

## Our Services

Our main focus areas are:-

- ◆ Domestic Violence Issues
- ◆ Parenting & Children's Services
- ◆ Family Support

We offer:-

- ◆ Domestic Violence Counselling
- ◆ General Counselling (Individual)
- ◆ Supported Playgroup Service
- ◆ Parenting Advice & Support
- ◆ Education
- ◆ Information
- ◆ Advocacy
- ◆ Referrals
- ◆ Resources
- ◆ Assessments
- ◆ Casework
- ◆ Groups/Workshops
- ◆ Court Support
- ◆ Professional Clinical Supervision for Workers (DV Specialist)

The Deli has been established since 1979 providing services to the community. The Deli Women & Children's Centre Inc. is a non-profit community based organisation funded by Family and Community Services and is managed by members from the local community

## The Deli Women & Children's Centre

### STAFF AT THE DELI

Manager-Vicki

Email: [manager@thedeli.org.au](mailto:manager@thedeli.org.au)

Centre Administration-Jennifer

Email: [admin@thedeli.org.au](mailto:admin@thedeli.org.au)

### Counselling & Casework Services

Monday-Friday 9am-4.30pm

Counsellor/Caseworker-

Juliette, Stefanie and Meg

Email: [counselling@thedeli.org.au](mailto:counselling@thedeli.org.au)

### Family & Parenting Support Services

Monday-Wednesday 9am-2.30pm

Family Support Team-

Jennifer & Nicky

Email: [childservices@thedeli.org.au](mailto:childservices@thedeli.org.au)



# The Deli



## Women & Children's Centre

## Program for Term 1, 2020

6/1/20– 9/4/20

**Office Hours:**

**Monday—Friday**

**9.00am—4.00pm**

**Telephone: (02) 9667- 4664**

**Facsimile: (02) 9669 - 5538**

**Website: [www.thedeli.org.au](http://www.thedeli.org.au)**

**Email: [admin@thedeli.org.au](mailto:admin@thedeli.org.au)**

# GROUPS AT THE DELI—TERM 1, 2020

## MONDAYS

### My Kids & Me Group

(for Parents with children in out-of-home or kinship care)

Commencing 17/2/20-30/3/20 (7 weeks)  
12pm (12.15pm -2.45pm)

Offering support to women to re establish or improve their relationship with their children. Gain a better understanding of your family situation and find ways to manage, develop strengths and build support networks. Bookings essential for group and free childminding, please contact us on 9667-4664 or admin@thedeli.org.au



## WEDNESDAYS

### Domestic Violence Group

Commencing 12/2/20-25/3/20 (6 weeks)  
(No Group on 4/3/20)  
12.15pm (12.30pm -2.30pm)

This is a 6 week program for women who are currently living with or have experienced Domestic Violence/abuse in their lives. Individual counselling appointments are offered to women who need extra support during the group work process. The aim is to educate, validate and support women in a positive, safe and empowering group environment. Bookings essential for group and free childminding, please contact us on 9667-4664 or admin@thedeli.org.au



## THURSDAYS

### FREE Family Law advice at The Deli provided by Legal Aid Early Intervention Unit

Resumes: 6 February 2020  
When: every Thursday  
Clinic times: 12.30pm to 3.30pm

**For appointments please contact 1800 551 589**

The solicitors can help you with:

- \*What to do when you separate
- \*Sorting out where children live and time they spend with other family members
- \*Making the most of family law mediation services
- \*Cases involving your children and FACS
- \*Child support matters

## FRIDAYS

### Guiding Children's Behaviour Parenting Group

Commencing 14/2/20-6/3/20 (4 weeks)  
9.45am (10am-12pm)

Learn the behaviour guidance techniques to manage your child's behaviour without punishment, so your child can develop the skills required become more cooperative, self-controlled, self-confident, independent and social. Bookings essential for group and free childminding, please contact us on 9667-4664 or admin@thedeli.org.au

### 123 Magic & Emotion Coaching Program

Commencing 13/3/20-27/3/20 (3weeks)  
11.15am (11.30am- 1.30pm)

**at Kooloora Community Centre  
167 Bilga Crescent Malabar**

Understand the nature of discipline and get better results with less effort and stress when dealing with your child's challenging behaviour. Get an introduction to emotion coaching. Bookings essential for group and free childminding, please contact us on 9667-4664 or admin@thedeli.org.au

### Parenting Support Appointments for Parents/Carers with children 0-16 years

We can provide you with answers to questions no matter how big or small. If you have concerns with parenting, your child's behaviour or development, our Early Childhood specialists are available for tailored individual support appointments on Monday, Tuesday and Wednesday afternoons. Bookings essential for appointment and free childminding, please contact us on 9667-4664 or admin@thedeli.org.au

### **SUPPORTED PLAYGROUP**

Looking for something to do with your children/ grand-children? Come along to our Supported Playgroup run by Early Childhood Educators on Monday, Tuesdays and Wednesday mornings 10am-11.30am. Engage, interact and make new friends in a fun, educational, supportive and family friendly environment. For more information, please contact us on 9667-4664 or