



# Family Connections

Being a parent is very rewarding, but it can also be a challenge. If your child is under twelve and you live in the Cowra or Young region, Family Connections is here to lend a hand.

[livebetter.org.au](http://livebetter.org.au)

**liveBetter**  
community services



# Family Connections

## We offer a range of services including:

- Community playgroups
- Parenting courses
- Home visits
- Peer support groups

The Family Connections program offers support to families in the Cowra and Young regions with children under twelve.

Family Connections understands that it's not unusual to need an extra hand at times and offers a range of services to assist both families and children. The program aims to build on the existing skills of individuals, families and their communities and enable everyone to be the best that they can be.

Services include free group programs for mothers, fathers or caregivers and their children. Centre-based activities include groups, advocacy and referrals where it might be helpful.

Any support and information required can either be provided at a centre, or in the home.

### ○ Who can use this service

LiveBetter understands that every family experiences a time when it could benefit from a little extra support.

If you live in the Cowra or Young region and are a parent or carer for a child aged 0-12, Family Connections can help out where you most need it.

Our range of services includes community playgroups, parenting courses, home visits and peer support groups. We'll work with you to identify the right support or referral for your family.

### ○ Where it is available

At LiveBetter we value diversity. This service is open to all families with children in their care aged 0-12. Programs are provided in partnership with other community organisations across the Cowra and Young region.

### ○ Accreditation

LiveBetter is accredited for ISO 9001:2015.

### ○ Payment

The Family Connections Program is a free service.

### ○ Talk to us

To find out how LiveBetter can help you, your family, or someone you know, or to make a comment or complaint, please contact us. You are also welcome to use an advocate to speak on your behalf.

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