



## Aboriginal and Torres Strait Islander Family Wellbeing Services

### What are Family Wellbeing Services?

We are a free and confidential one stop shop for Aboriginal and Torres Strait Islander families to access support to improve your social, emotional, physical and spiritual wellbeing, and help you be able to safely care for and protect your children.

Mums, dads and families can reach out to receive personalised support to help you and your family to achieve the goals you set.

All Family Wellbeing Services are delivered by Aboriginal and Torres Strait Islander community controlled organisations ensuring the support available is culturally safe and appropriate.

### How we help families

Your local Family Wellbeing Service will work with you and your family to look at your strengths and your worries and work out how to get your family the support you need.

We can assist you whether you just need a little bit of support to feel better about your day to day parenting, if you are sorting through some bigger family challenges, or even if Child Safety is involved with your family.

We work with other culturally-appropriate services, including the Family Participation Program, housing services and health services to plan and provide a coordinated response to your family's needs.

### Contact us

We are located right across Queensland, ensuring there is a service available to you and your family.

Visit [familywellbeingqld.org.au](http://familywellbeingqld.org.au) or call **1300 117 095** to find a Family Wellbeing Service near you. To seek help, you can visit in person, call your local service or complete an online referral form.

Your local Family Wellbeing Service is:

Funded by



Queensland  
Government