



Strong, connected and thriving  
whānau and tamariki

## CONTACT US

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## SUPPORT US



South  
Otago  
Services



## REFERRALS

You can refer yourself from our website, by email or by calling us.

You can also be referred to our services by your healthcare or education providers, legal professionals, or your community workers

## AFC OFFER FREE AND VOLUNTARY SERVICES

to support parents/caregivers living in South Otago, who may be facing challenges which are impacting on their family's wellbeing. Our services aim to strengthen parent/child relationships and increase skills, knowledge and confidence, so that children thrive in safe, loving environments.

*We work together one on one at your pace, at your place.*

Our FAMILY START service will begin to support babies and their parents or caregivers early, before the baby's birth or in their first year.

Our HOME-BASED FAMILY SUPPORT Service works with parents/caregivers who have children between 0 and 17 years old on a short to medium-term basis. All our Home-based Family Support workers are social-work qualified and registered.

FAMILY CENTRED SERVICE works with families impacted by family harm and has a focus on safety planning. It is a free family violence prevention service for families/whānau who have experienced, or are at risk of experiencing family violence, and want their homes to become safe places to be. We are client led - you choose your goals and we help you achieve them.



"My worker has me walking in my own shoes again, one step at a time"

## HOW DO WE WORK?

A worker will:

- visit you at home, starting with once a week, and get to know you, your child, partner and whānau
- explain how your child is growing and changing
- help you work out what you want to achieve, change or improve, and make a plan with you to help you get there
- offer you advice and ideas, and help you solve problems as you work towards your goals
- support you to put safety first for your baby or child
- support you to get the right health care for you and your child
- put you in touch with other help and services you may need.

## WHAT YOU CAN EXPECT FROM US

Our services are:

- for all people regardless of their beliefs
- client-led: you set the goals you want to achieve for your children and family.
- available throughout Otago with offices in Dunedin, Balclutha, Alexandra, Wanaka, Queenstown, and Oamaru. Our South Otago team work between Waihola and Clinton, Lawrence and Owaka