



## My Forever Family NSW is excited to announce the Carer Coaching Program.

The **Carer Coaching Program** assists you in creating a stable home for and relationship with the child or children in your care by offering intensive 1:1 coaching sessions with our qualified team. If you feel you need extra support to deal with issues that may have arisen in your carer journey, these sessions are for you. The sessions will be goal-focused, motivational, and encouraging to support you in the best way possible.

The program offers sessions through video conference or via phone, and content and resources will be personalised depending on your individual circumstances.

Topics may include:

- Carer self-care
- Feelings of lack of support or isolation
- Accessing therapeutic care and supports for children and young people
- Trauma-informed care
- Family time and building relationships with family, kin and community
- Supporting culture
- Processes for guardianship and/or adoption

If you feel these sessions would help you, call us on [1300 782 975](tel:1300782975) or email us at [enquiries@myforeverfamily.org.au](mailto:enquiries@myforeverfamily.org.au) to book in.



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[www.myforeverfamily.org.au](http://www.myforeverfamily.org.au)

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