



## Armidale Family Support Service

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89 Rusden St,  
PO Box 1214,  
Armidale, NSW

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

Office hours: 9am - 4pm

Monday to Thursday.

02 6772 7243

The Armidale Family Support Service provides programs and support to all families with dependent children in the Armidale area.

Outreach services are available in Guyra, Uralla and Walcha.

Armidale Family Support Inc.

Funded by Family And Community Services  
and the NSW State Government  
May 2018

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Support for all families in the  
New England.





## About us

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Armidale Family Support Service (AFSS) is a non-government, not for profit organisation that assists all families with dependent children.

AFSS is funded by Family and Community Services. AFSS staff assist families with: Counselling; emotional and psychological support; living skills; Parenting skills; advocacy; and accessing other services.

## What We Do

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We are a free, confidential service that works in a supportive way to help families make positive changes. Our workers are friendly, experienced, caring and supportive.

### **AFSS staff work with families to achieve goals such as:**

- Improving family relationships
- Parenting skills
- Living with more stability and less crisis
- Feeling better about themselves
- Making new friends
- Finding better housing
- Obtaining information on education, drug, alcohol or legal issues
- Sorting out money worries

## Programs

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We run an assortment of programs to assist families in meeting their goals. These include:

- Supported Playgroups - in Armidale, Guyra, Walcha and Uralla.
- Parenting courses - Triple P; 1,2,3, Magic and emotion coaching
- Mindfulness and Mental Health.
- Nutrition, Budgeting and housekeeping.



## Contact Us

Armidale Family Support Service  
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Armidale, 2350

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