



CARBAL YARNIN!

APRIL 2016

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NEWSLETTER APRIL 2016

Dear valued members of the Carbal Medical Centre Community,

I would like to thank those clients and members who took the time to attend our recent Special Members meeting to finalise the resolutions required to migrate Carbal to Company status.

I am pleased to report that following the unanimous decision to proceed with the process that was secured at the October AGM, the overwhelming majority of members have again supported the future sustainability of Carbal by agreeing to the final, formal requirements for changeover to be progressed.

Given the enormous growth that has occurred at Carbal, particularly over the past year, the status of Company will provide far greater support and protections to all involved with the delivery of our health services.

The name, '**Carbal Aboriginal and Torres Strait Islander Health Services Pty Ltd**' and the new constitution will be registered by June 30 this year.

It was agreed that the current Board of Management will continue in office and become the initial members of the new Company Board. The process for appointing Company Director vacancies and additional Company Members will be initiated after June 30 according to the guidelines stated in the new constitution.

I commend the current Carbal Management Board and the Association Members who have supported this long change process, for their vision and commitment to ensuring that Carbal remains at the forefront of providing appropriate and culturally sensitive health services for the Aboriginal and

Torres Strait Islander communities of our region.

In other news..... Carbal is currently in the final stages of concluding an agreement with Qld Health to operate services directly from a site within the grounds of Stanthorpe hospital.

We have been working with community contacts within the Stanthorpe region and there has been much support expressed for the expansion of Carbal services to the area.

At this stage we hope to be established and operating by sometime in June.

The extremely successful **Personal Helpers and Mentors program (PHaMs)** that has been operating from premises in Russell Street, Toowoomba will soon be re-locating to a newly refurbished and customised centre located within the grounds of Mercy Community Services in South Street.

Carbal and Mercy enjoy much synergy and work closely together on a number of activities and programs. The new centre will also provide much better facilities and more room for our expanding Allied Health Services.

The Tackling Indigenous Smoking program, funded by the Commonwealth Department of Health is now well underway in Toowoomba, Warwick and Goondiwindi.

Around 400 community members attended the recent Rugby League Clinic and Health Information Fun Day that was organised by Carbal and held at Gold Park.

A terrific response and being able to meet with sporting heroes like Nathan Merritt, Rhys Wesser, Beau Champion and Luke Carroll who will be reinforcing the implications of smoking, specifically for Indigenous peoples, through our upcoming television infomercials was a great thrill for all who attended.

NEW POLICY FOR THE 'NO SHOWS'

If you cannot attend an appointment for any reason, please have the courtesy to contact the particular clinic and let them know.

AT CARBAL, WE OFFER A FREE TRANSPORT SERVICE AND ALWAYS ATTEMPT TO CONFIRM APPOINTMENTS PRIOR TO THE DAY, MULTIPLE TIMES.

However, we still need to deal with quite a high rate of DNA's on a daily basis. There are many reasons why clients are unable to make appointments - we understand this.

We simply ask that if you cannot attend an appointment for any reason, please have the courtesy to contact the particular clinic and let them know.

It is unfair and disrespectful to our doctors, to our staff and to the many clients who are unable to secure appointments that are held over for those who simply do not attend.

The next major event that Carbal will be hosting is our **Flu Immunisation Day**, scheduled for the 19th April – details in this newsletter.

Brian Hewitt
CEO

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Sadly, bulk-billing practices and AMS's like Carbal experience a much higher 'did not attend (DNA)' rate than mainstream practices at different times of the year.



As of next Monday, clients with a history of DNA incidences will not be allocated set appointment times.

The best they will be offered will be to attend at either 9am or 2pm on the desired day and wait for a vacancy to occur with one of the doctors.

Repeat DNA clients who have booked transport will no longer be eligible for this service. We are initiating this policy in the best interests of all those associated with Carbal Medical Services and we seek your support to enable all clients to have fair access to health services

Brian Hewitt
CEO



ART PROJECT FOR WARWICK CARBAL

Eight community artists from families accross the community.

Warwick's deadly art project was unveiled at the opening of the new Carbal Medical Centre in Warwick. Eight community artists from families across the community have gifted a piece of artwork to brighten up the walls and give a more cultural feel to our building.

MANY OF THE ARTWORKS HIGHLIGHT THE IMPORTANCE OF CULTURE, BUSH TUCKER AND BUSH MEDICINE TO OUR MOB.

The pieces also talk about the expectations community have for the Warwick practice. As a central gathering point Carbal Medical Centre has the added responsibility of fulfilling the dreams and expectations our community has for us as an AMS. Your feedback will continue to help us know if we are on track with your expectations...

A big thank you to Aunt Margaret Boney who donated a beautiful piece of artwork from her family and also Ann Pacey who gifted one of her lovely landscape photographs which we have displayed in reception.

Thanks to all the beautiful voices shared on the day: the Shades, the Community choir and also Roger Knox. It was an awesome effort on a very hot day – and of course thanks to all the artists for their deadly work and stories. Your artwork has given our centre a cultural uplift and feels like home now. Thank you.



CLOSING THE GAP
Anniversary

SOMETHING CAN BE DONE

CLOSING THE GAP DAY - 2016

Closing the Gap Days at Toowoomba and Stanthorpe were attended by a number of Carbal staff.

It is an important and very special day, because each year marks the anniversary of an acknowledgement by all levels of government that improving the opportunities and health outcomes for Aboriginal and Torres Strait Islander people should be a national priority.

**THE CLOSING THE GAP INITIATIVE
BUILDS ON A FOUNDATION OF RESPECT
AND UNITY TO DELIVER OUTCOMES
THAT ARE A NORMAL EXPECTATION FOR
NON-INDIGENOUS AUSTRALIANS.**

The poorer health of Australia's Aboriginal and Torres Strait Islander peoples when compared to the non-Indigenous population is no secret – and **something can be done** about it.

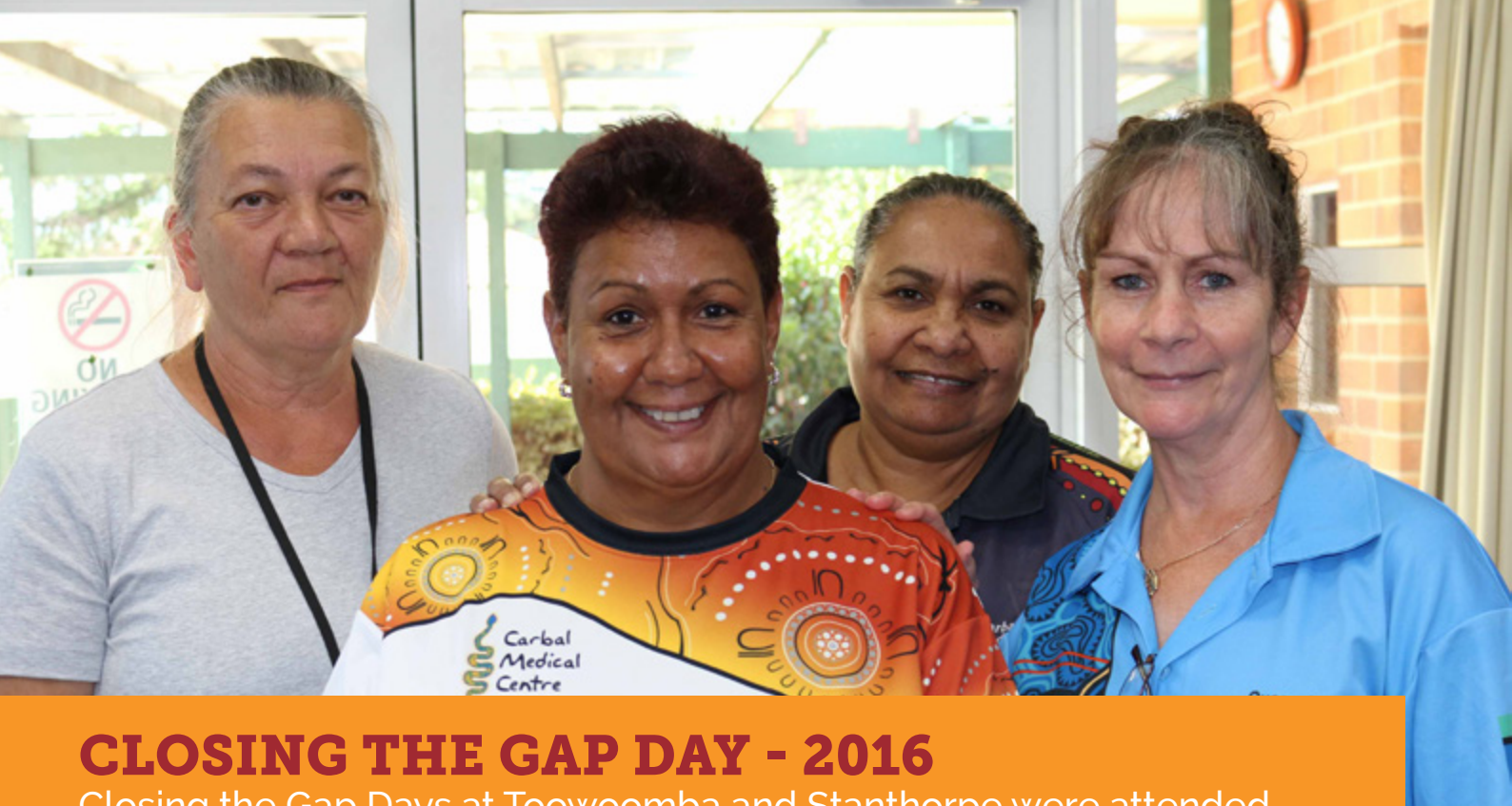
Something can be done about the fact that every day in this country, an indigenous person dies of a chronic disease having never seen a doctor during the time

when that disease may have been addressed or even prevented.... most of whom live in cities where there is access to medical services and not just in remote areas where access is limited and difficult.

95 % of all Aboriginal people are unable to access private medical services of any kind at any time.....

Something can be done about the fact that the Aboriginal, infant mortality rate compared to other Australians is 3 times higher..... the Closing the Gap initiative aims to reduce this statistic significantly by 2018.

Something can be done about the fact that average



CLOSING THE GAP DAY - 2016

Closing the Gap Days at Toowoomba and Stanthorpe were attended by a number of Carbal staff.

life expectancy for Aboriginal people compared to other Australians is a staggering 11 years less.....in fact two thirds of all Aboriginal men and women die before reaching age 65.....

Something can be done about the 30% of all Aboriginal people who suffer from diabetes.....diabetes is completely preventable, it is mostly caused by economic and social factors.....over one quarter of all Aboriginal people die from a circulatory disease.....

Something can be done about the 60% higher chance that Aboriginal people will die from all types of cancer compared to other Australians.

Something can be done about lowering the 12 times greater risk of developing heart disease if you are indigenous compared to being non-indigenous

Something can be done to reduce the 10 times greater risk of contracting ear diseases and hearing loss, trachoma and other eye diseases if you are indigenous..... the 15 times greater risk of suffering from chronic kidney disease.....

Something can be done to achieve health and life expectation equality for Australia's Aboriginal and Torres Strait Islander peoples....Aboriginal Medical Services like Carbal exist so that in partnership with Commonwealth and State governments we can deliver the necessary services to do that something.

By combining all our efforts we can make sure that by 2030 any Aboriginal or Torres Strait Islander child born in this country has the same opportunity as other Australian children to live a long, healthy and happy life.

Carbal welcomes the pledge this year from DDHHS as it provides a further opportunity to raise wider community awareness of the importance of community health equality and reaffirms a commitment from all health providers to prioritise our ongoing work towards closing the health and life expectancy gap for Indigenous Australians by 2030.

Brian Hewitt
CEO

RECOGNISING SERVICE

JANET MILLER

New Directions | Aboriginal Health Worker



Janet Miller

Circa 10 years ago....

Thank you for your great humour, balance, dedication and commitment to our clients Janet, Carbal is most fortunate and a better place for the ten years of service you have delivered..... we hope there will be many more to come!

Celebrating Janet Miller's

10th

Anniversary

LONG SERVING STAFF MEMBER JANET DUNN IS ABOUT TO CELEBRATE HER TENTH ANNIVERSARY WORKING WITH CARBAL....

Here is what Janet had to say in a staff profile 3 years ago....

Hi, my name is Janet Miller; I am a Koori woman from the NSW Riverina region. I have been employed with Carbal Medical Centre for the past 7 years, originally as a transport driver, where I enjoyed meeting the community.

For the last 5 years I have worked in the New Directions program as an Aboriginal Health Worker. In this position,

I work with the Midwife, Child Health Nurse, the Young Parent Support Worker, Child Health Worker, the Strong Families Worker and the Early Intervention Counsellor to deliver individually tailored services.

We do home visits, run Ante-Pre and Post natal programs, which include: healthy cooking, jewellery making, bellycast painting, scrap booking, yarnning time, special guests and playgroup.

Over the past 4 years I have also developed and facilitated the Healthy Kulila kids program and regularly attend Kulila to speak with children and staff about Healthy food options.

I have worked with a fantastic Aboriginal and Torres Strait Islander community, great staff and I love my job!



This package is the first of its kind receiving accreditation from RACGP, GPMHSC, ACCRM & Cultural Awareness recognition.

DEADLY MENTAL HEALTH SKILLS TRAINING

Saturday 27th February, Carbal Medical Centre in partnership with Darling Downs West Moreton PHN delivered 'Deadly, Mental Health Skills Training' to over 20 Health Professionals.

With facilitators Dr Hume Rendle-Short and Dr Therese Landers, the six hour training covered the prevalent issues of how to treat substance abuse in Aboriginal & Torres Strait Islander peoples.

Carbal have developed the educational package for health professionals to address the local needs of substance misuse including methamphetamine and to further support the work of the National ICE taskforce that was established April 2015.

This package is the first of its kind receiving accreditation from RACGP, GPMHSC, ACCRM & Cultural Awareness recognition.

If you would like further information regarding future training opportunities or your organisation is interested in facilitating the same event in your region, **please contact:**

admin@carbal.com.au





TACKLING INDIGENOUS SMOKING

Rugby League Clinic Fun Day

Carbal Medical Centre in conjunction with Southern Suburbs Junior Rugby League, held a Footy Clinic on the 2ND April 2016 at Gold Park. Carbal Medical Centre organised Rhys Wesser, Beau Champion and Nathan Merritt to come along and run the clinic.

THIS CLINIC WAS AN EXTENDED PROMOTIONAL EVENT FOR THE TACKLING INDIGENOUS SMOKING INITIATIVE FUNDED BY THE AUSTRALIAN GOVERNMENT DEPARTMENT OF HEALTH.

Carbal Medical is rolling out the TIS program in Toowoomba, Warwick and Goondiwindi.

The clinic was for all Aboriginal and Torres Strait Islander kids, aged from under 7's through to under 16's. The clinic was all about giving the kids the opportunity to learn and understand the way NRL footy players train throughout their career and adhere to a healthy lifestyle. Rhys and the boys put the kids through some drills of ball handling, kicking, passing and exercising.

They also talked to the kids about why it is important to eat healthy, keep your body in good shape by not smoking and drinking alcohol, working hard and following your dreams.

Even if it is not to be an NRL footy player, it could be dreaming of becoming a doctor or a mechanic.

This was a fantastic day for the kids, who had their photos taken with the players, autographs, and a South Sydney hat that was donated by Rhys Wesser.

Carbal put on a free breakfast and lunch for all that attended.

Carbal would like to thank Rhys Wesser, Beau Champion, Nathan Merritt and Luke Carroll for taking the time out of their busy schedules to come along, we would like to thank Souths Juniors for donating the footy field and also the training gear, and thank you to all the Carbal staff that were involved in making this day a success.

Charlie Rowe
PROGRAMS MANAGER



HEALTHY MURRI **QUIT** THE DURRI

TACKLING INDIGENOUS SMOKING

Carbal Medical Centre in conjunction with Southern Suburbs Junior Rugby League, held a Footy Clinic on the 2ND April 2016 at Gold Park.





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HEALTHY MURRI
QUIT
THE DURRI

TRANSPORT.....

DEAR CLIENTS

Just a reminder that Carbal Medical Centres Toowoomba and Warwick offer transport to our clients, if it is available, to attend appointments.

Please be very mindful when you are making your booking that you notify reception of the correct address for pick up and drop off.

If you need to change your address whether it be a pick up or a drop off, you must notify reception 24hrs in advance. On the day changes will not be accepted.

This just helps with the smooth operation of our service and for our drivers to work collaboratively in the process.

Do not hesitate to contact us if you have any queries on 07 4639 7300



PROGRAMS

WARWICK WALKING GROUP:

9am – Monday to Friday

Transport Available.

If you are interested, please contact Carla on: **46397310**

Carla Murphy
ABORIGINAL HEALTH WORKER

WARWICK PERSONAL TRAINING SESSION:

Weekly

Tuesday's – 5pm

Park end across from Bunnings.

\$10 per session

(\$5 for concession card holders)

Transport is not available.

If you are interested, please contact Carla on: **46397310**

Carla Murphy
ABORIGINAL HEALTH WORKER

Carbal provides an Early Intervention Service for Aboriginal and Torres Straight

The program's goal is to support the development of emotionally healthy and psychologically strong children through the provision of individual therapy, family therapy, play-based therapy and group therapy programs.

CHILDREN CAN GET CAUGHT UP IN DIFFICULT SITUATIONS THAT THEY CAN'T CONTROL, EG. SCHOOL BULLYING, FAMILY CONFLICT, FAMILY ILLNESS AND DEATH.

Some of the early signs that children are struggling emotionally are:

- **Changes in behaviour, eg. getting angry or keeping to themselves**
- **Drop-off in school grades**
- **Changes in appetite**
- **Changes in sleeping patterns**

The Early Intervention Service (EIS) is run by Clinical Psychologist, Dr Thérèse Landers.

Therapy sessions are bulk-billed, so families can access up to 10 sessions in a year with no cost.

**Dr Therese Landers
CLINICAL PSYCHOLOGIST**

THE NATIONAL DISABILITY INSURANCE SCHEME

The National Disability Insurance Scheme (NDIS) is coming to the Toowoomba area as of 1 January 2017. The NDIS will bring about a big change to the way people with a disability, their families and carers are supported in Australia.

After completing an online registration process Individuals with a permanent and significant disability or mental illness will be assessed and allocated funds. Individuals will then work with a Plan Manager to decide the best way the participant's funds can be used within the NDIS guidelines.

The individualised funding package will be very flexible and will allow participants the right to choose where they receive supports from.

THEY WILL BE FREE TO CHANGE SERVICE PROVIDERS IF THEY FEEL THEIR NEEDS ARE NOT BEING MET.

Carbal PHaMs staff have attended training and planning days to look at NDIS and how we can best support the Carbal community. Over the coming months we will be working with the community and current service providers so that by January 1 we are able to provide or refer community members to the services required.

You can find out more information about the scheme at: <http://www.ndis.gov.au/sites/default/files/documents/QLD-Participant-Pack-Final.pdf>

**Renee Day
OPERATIONS MANAGER**

JOIN THE MERCY ELDER'S PROGRAM

The Mercy Elders Program draws on the skills and wisdom of our Elders to support and guide our children in foster care in maintaining their culture and links with community.

We also work with foster carers to help them give culturally appropriate support to the Indigenous children in their care.

We meet at Mercy Community Services to develop and take part in activities for families who are supported by Mercy Community Services.

In 2015, we had a busy program of events that families and children loved participating in. We have developed another exciting calendar of activities for this year.

We also appreciate Carbal's fantastic ongoing support for the program.

JOIN US!

If you are 60 years or over, you would be welcome as a valued member of the Mercy Elders Program.

Your experience, wisdom and ideas will help our children build culturally strong and vibrant lives.

For more information, contact:

Judith Standen or
Nicole Jackson-Ryan
at **MERCY COMMUNITY SERVICES**
on: **4617 7600.**

We would love to hear from you!

PERSONAL HELPERS AND MENTORS PROGRAM (PHAMS)

PHaMS participants and staff recently celebrated National Closing the Gap Day on 17th March. Phams staff and clients believe they are playing their part in helping 'Close The Gap'.

Phams clients actively work hard to increase their own life expectancy:-

Physical Health:	Attending all Medical appointments;
	Keeping all Allied Health appointments;
	Taking medications;
	Maintaining good physical health by way of exercise through aqua aerobic sessions;
Mental Health	Maintain adequate diet;
	Keeping all counselling/psychology appointments
	Participation in Phams Men's Group;
	Participation in Phams Womens Art Groups;
	Yarning with Phams staff;

Phams staff empower Participants to take control of their own recovery and this includes maintenance of good physical and mental health.

Have a chat to your GP about the Carbal PHaMS program or phone:

Kim on: 07 46 397406.



March 1st 2016 saw the new direct acting anti-viral (DAA) medicines available on the PBS for the treatment of Hepatitis C (genotypes 1,2 and 3).

For the majority of people with Hepatitis C this means effective treatment, without the need for Interferon. Islander communities in Toowoomba.

Medicines are available to people living with HCV over the age of 18 and who have a Medicare card.

Treatment for people with genotypes 4, 5 and 6 will still require taking a combination of one of the new medicines in conjunction with pegylated interferon and ribavirin, but

There are a number of benefits. The new Direct Acting Antiviral (DAA) medicines are:

- more effective, resulting in a cure for 90-95% of people
- taken as tablets only and have very few side-effects
- taken for as little as 8-12 weeks in most cases, and
- provide interferon-free treatment options for all common genotypes in Australia.

NEW HEPATITIS C TREATMENTS LISTED ON THE PBS:

[Hepatitis C Infographic \(PDF 497KB\)](#)

[Hepatitis C Medicines Fact Sheet for Consumers](#)

[Hepatitis C Medicines Fact Sheet for Community Based Prescribers](#)

[Hepatitis C Medicines Fact Sheet for Community Pharmacy Dispensers](#)

[Hepatitis C Medicines Fact Sheet for Public & Private Hospital Prescribers & Dispensers](#)

LINK TO LIVER CLINICS IN QLD

http://www.hepqld.asn.au/images/resources/factsheets/how_to_get_treatment_for_viral_hepatitis.pdf

THE HEP C COUNCIL'S HEP C TREATMENTS UPDATE SHEET

https://www.hep.org.au/wp-content/uploads/2016/04/Hep_Resources_Treatment_Insert.pdf

'BE WISE, IMMUNISE'

Carbal looking after our mob!

GET YOUR
FREE BEANIE



Be Wise, Immunise

No appointment needed
drop in between:
12pm - 4pm

FREE BBQ

Toowoomba:
104 Mary Street
19 April 2016

Warwick:
55 Wood Street
27 April 2016



IMPROVING INDIGENOUS HEALTH

Every day of the week, we are improving the health of Indigenous people in our community.

My Health Record HAS BEEN RE-LAUNCHED.

The launch of **My Health Record** on March 4th 2016 signals the start of a new era of faster, more effective and more efficient health care for Australians.



My Health Record is currently a self register system, meaning that you need to **choose to have your health records added to the system.**

You can register by going to myhealthrecord.gov.au or talk to one of our staff at reception.

WHY WOULD I WANT TO REGISTER?

Your digital health records contain important health information such as allergies, medical conditions, medications and test results.

The **"My Health Record"** initiative allows this vital information to be stored in one online data system.

Having your information accessible nationally is essential to providing the best care in an emergency or if you are travelling.

Elders and children have the most to be gained.

LIKE US ON FACEBOOK !



REGISTER HERE

carbal.com.au

COMMUNICATION:

If you wish to speak to a doctor during consulting hours, a message will be forwarded to the Doctor and a Carbal staff member will return your enquiry as soon as possible.

Enquiries & Appointments bookings are to be made by telephone only.

CLIENT & STAKEHOLDER FEEDBACK

Carbal Medical Centre values all client feedback. We encourage the use of the suggestion box located at all of our sites as well as our feedback forms. Feedback can also be lodged through our website.

CLIENT COMPLAINTS

Complaints can be submitted to the CEO on (07) 4688 0560 or by PO Box 1879, Toowoomba.

Alternatively, you can contact the Health Quality and Complaints Commission directly on 1800 007 308.

VERSION 6 April 2016



OPENING HOURS:

TOOWOOMBA: 104 Mary Street
Phone: (07) 4639 7300

WARWICK: 55 Wood Street
Phone: (07) 4661 0800

BUSINESS HOURS: 8.30-4.30PM MON-FRI

AFTER HOURS:

Toowoomba: Call 13SICK (13 7425) or
present to the
Toowoomba Hospital.

Warwick: Call Warwick Hospital
4661 6900 or present to
the Warwick Hospital.

In an emergency Dial 000

Interpreter Service 131 450

RESULTS:

For any results or follow
up, please book in to see your regular doctor.



HOW CARBAL CAN HELP
YOU AND YOUR FAMILY

LEARN HOW

KEEP IN TOUCH

Email: admin@carbal.com.au
www.facebook.com/CarbalMedical

Visit our website for news,
podcasts and videos at:

WWW.CARBAL.COM.AU



ABOUT CARBAL

Carbal Medical Centre is a Community Controlled Aboriginal and Torres Strait Islander Health Service. Carbal acknowledges all support provided by the Federal and State government Departments of Health and our many partners who assist us.

Our service is dedicated to improving the prevention and management of chronic disease through early intervention and improved access to culturally appropriate medical services.

CLINIC STAFF

- ✓ General Practitioners
- ✓ 3 Care Coordinators
- ✓ Aboriginal Health Workers & Allied Health Providers
- ✓ Clinic Nurses
- ✓ Midwives



FREE TRANSPORT!

Carbal offers transport to and from your appointment.

You can book at reception when you make your appointment.

CLINIC SERVICES

Our clinic's provide a range of medical and health services.

WE CAN HELP YOU WITH :

- ✓ Health Checks
- ✓ Screenings and follow up visits
- ✓ Chronic Disease Management Plans
- ✓ Immunisations
- ✓ Pregnancy care
- ✓ Sexual and Reproductive Health Checks
- ✓ Quit Smoking Advice & Support
- ✓ Mental Health Support & Counseling
- ✓ Home Medication Reviews
- ✓ Recalls and Reminders
- ✓ Allied health clinics are available from Carbal Clinic Services if applicable.

Referral's to Specialist & Allied Health Services

CARBAL REGION SERVICE AREAS

DARLING DOWNS

SOUTHERN DOWNS

GOONDIWINDI

CARBAL AIMS TO PROVIDE HOLISTIC WORLD CLASS MEDICAL AND HEALTH CARE SERVICES

FEES & BILLING

Carbal is a Bulk Bill service for clients who have a current Australian Medicare card. Our Clinical staff will advise of any potential out of pocket expenses if applicable.

PRIVACY & CONFIDENTIALITY

Consultations are confidential. Your health information will be accessed by those directly involved with your care, including monitoring of its quality.

Carbal aligns its services in accordance with the Australian Privacy Principles. Carbal's full privacy policy is available at carbal.com.au/about

If we are required to access further medical services on your behalf, you will be asked to sign a patient consent at one of our clinics.

BEING A STRONG SUPPORT MODEL IS IMPORTANT FOR FATHERS

How you behave teaches your kids how to act when they grow up. Some ideas that might help being a strong role model include:

- ✓ Teach your kids respect by being a good role model.
- ✓ Your daughter will learn about male/female relationships by watching you, it is important she sees you showing care and respect for women in the family.
- ✓ Your son will watch you and copy what you do. This is how he learns about being a man, male/female relationships, friendships and his role in the community and family.

BENEFITS FOR CHILDREN WHO HAVE A STRONG RELATIONSHIP WITH THEIR FATHER:

- ✓ Better results at school.
- ✓ Have better relationships.
- ✓ Have a stronger connection with their community.

GET IN TOUCH

Carbal Medical Centre
PO Box 1879, Toowoomba,
Queensland 4350
P: (07) 4688 0500 F: (07) 4688 0550
E admin@carbal.com.au



Carbal acknowledges all support provided by the Federal and State government Departments of Health and our many partners who assist us.

**STRONG FATHERS,
STRONG FAMILIES**
Carbal Medical Centre
can help you and your family!

CARBAL AIMS TO PROVIDE HOLISTIC
WORLD CLASS MEDICAL AND HEALTH
CARE SERVICES

VERSION 1 NOVEMBER 2015



STRONG FATHERS, STRONG FAMILIES

Strong Fathers Strong Families, is a program to promote the important role of Dads, Pops, Uncles and Carers to be a healthy role model and engage fully in the child's life as early as possible.

AIMS OF THE PROGRAM

1. To improve Aboriginal and Torres Strait Islander male's ability to contribute positively to the health and wellbeing of their children.
2. To support the development needs of children by encouraging fathers, uncles, pops and carers to be healthy role models and engage fully in the child's life.

PROGRAM DETAILS

Strong Fathers Strong Families delivers a program that is run over 6 weeks; a 3 hour session per week.

Sessions include:

- ✓ Roles of Dads
- ✓ Communicating with Children
- ✓ Children and Confidence
- ✓ Behaviour
- ✓ Stress and Anger
- ✓ Relationships & Personal Development



VISIT OUR WEBSITE FOR NEWS,
PODCASTS AND VIDEOS AT:
WWW.CARBAL.COM.AU

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Each session has a child and father focus and sessions take place through a 'yarnin circle', giving fathers the chance to ask questions and to have an input in the sessions.
.....

PRIVACY & CONFIDENTIALITY

Consultations are confidential with your health information accessed only by those directly involved with your care, including monitoring of its quality.

Carbal Medical Centre aligns its services in accordance with the National Privacy Principals and if you are required to access further medical services, you will be asked to sign a patient consent at our clinic.

DAD'S SUPPORT NETWORKS

- ✓ **MEN'S LINE**
1300 78 99 78
www.mensline.org.au/links.html
- ✓ **LIFELINE - MEN AND RELATIONSHIPS PROGRAM (MARP)**
1300 991 443
www.lifelinedarlingdowns.org.au
- ✓ **SALVATION ARMY**
(07) 4632 4133 | 1300 363 622
24 hour crisis counseling and referral
www.salvos.org.au
- ✓ **OZCARE TOOWOOMBA**
1800 692 273
- ✓ **ST VINCENT DE PAUL**
(07) 4632 9960