



Do you need extra family support?

Our Focus On Families Volunteer Family Connect Program in the Macarthur / Wollondilly Region is here to help.

Volunteer Family Connect is a volunteer home visiting program that has been supporting families for over twenty years.

Volunteer Family Connect works by linking a skilled, trained volunteer with parents who identify as needing extra support in their parenting role, ensuring that every child has a good beginning.

Volunteers can help parents adjust to a new baby, cope with multiple children, assist parents in overcoming feelings of isolation and frustration, or help with many other factors that can overwhelm mums, dads and carers. Volunteers are caring, experienced, respectful and confidential. They help by being good listeners, reducing stress and increasing support.

We are here for families who:

- Have young children aged 0-5 years
- Feel in need of more support in their parenting role
- At times feel isolated or overwhelmed
- Would like a volunteer home visitor
- Have limited or no local networks to support them and need support connecting to services in their local community

Contact VFC to get support today.
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