



Karitane Focus on Families
Macarthur | Wollondilly
8 Allman Street, Campbelltown NSW 2560
0447 961 445

KRTNE-OnlineEnquiries@health.nsw.gov.au
www.karitane.com.au



Volunteer Family Connect is a Joint Alliance between:



WESTERN SYDNEY
UNIVERSITY



Volunteer Family Connect

Connecting families and communities

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 trained volunteer with a local parent who has identified 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 to overcome feelings of isolation and frustration, or help with many other factors that can overwhelm mums, dads and carers.

Volunteers are skilled, trained and supervised. They are caring, experienced, respectful and confidential. They help by being good listeners and are non-judgemental and friendly to you and your family.



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
- > Have limited or no local networks to support them
- > Need more support connecting to services in their local community
- > Would like a volunteer home visitor.

Benefits for families

- > Encourage parent and child relationships
- > Reduce isolation, stress and anxiety
- > Connect to a network of parent and community supports
- > Have access to information and support
- > New ideas for playing with your child
- > Increase resilience and parental capacity