

Who is Act for Kids?

Act for Kids is an Australian not-for-profit organisation providing free professional therapy and support services for children and their families.

For over 27 years we have helped thousands of children and families through practical support and therapeutic intervention.

We offer families the support they need to raise happy, healthy kids and enjoy positive family relationships.

We work to:

- keep kids safe by providing information, support and therapy to help parents/carers
- help families develop new ways to cope in times of stress
- support the emotional and developmental need of children and young people so they can reach their full potential.

What makes us different?

- We have over 27 years' experience working with kids, young people and families.
- Our unique multidisciplinary teams include family support practitioners, psychologists, occupational and speech therapists, and other professionals who provide expert help.
- We listen to everyone in your family and will talk with them in ways they understand.
- We have Aboriginal and Torres Strait Islander practitioners and cultural advisors.
- We don't have a 'one size fits all' approach; every person we work with can expect support plans to help them reach their own goals.



We're here when you need us

If you have any questions or would like to access our free counselling and support, parents and carers can call us directly to discuss eligibility or make an appointment.

North Queensland
Child and Family Centre of Excellence
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Notes:

Supporting North Queensland's children and families



Our team

The Act for Kids team includes family support practitioners, psychologists, social workers, a teacher, occupational therapists and speech and language pathologists.

We work with children and their families who may be impacted by trauma. Children and their carers/family are supported to develop and achieve their own goals for their future and wellbeing.

Goals often include:

- learning protective behaviours
- parenting support and strategies
- dealing with grief and loss
- family relationships
- addressing traumatic experiences.

Our friendly team is able to help all kinds of families from all kinds of cultures, with many different needs. All of our services are provided for free to children and families.

Child and Family Centre of Excellence

In 2014, Act for Kids opened its first dedicated Child and Family Centre of Excellence at James Cook University. The centre is a flagship facility providing comprehensive support and therapy services along with a specialist preschool, a child protection and development research centre, and a training centre for professional development workshops.

The centre also provides a family friendly facility for community use with purpose-built therapy spaces and a child friendly outdoor play and meeting space for families and other community organisations to conduct parenting programs.



Intensive Family Support

Our Intensive Family Support service is tailored for families that have multiple or complex needs. The service is designed for parents/caregivers, and their children, to help them overcome their experiences and challenges.

This service is available to families in the Townsville, Charters Towers, Burdekin and Ingham region and surrounding areas who would like support from our team.

If you have any questions or would like to access our free service, please call us directly to discuss eligibility or make an appointment. You can also complete the online referral form available at <https://secure.communities.qld.gov.au/CBIR> that will be forwarded directly to us and we will contact you.

Counselling and Intervention Service

Our Counselling and Intervention Service counsellors are dedicated to working with child and adolescent mental health concerns and children and young people who have experienced physical harm, emotional harm or neglect, or who are at risk.

This comprehensive counselling service is for children and young people aged 0-17 years, and their carers/family. A referral from Child Safety Services is required for this program.

Sexual Abuse Counselling Service

Our Sexual Abuse Counselling Service team work with child and adolescent mental health concerns by supporting children and young people (aged 0-17 years) who have experienced sexual abuse, or who are at risk. Our team also work with children aged 12 years and under who display early problematic or reactive sexual behaviours.

We can travel to see children and their carers/families within the Townsville, Ayr, Charters Towers, and Ingham regions. A referral from Child Safety Services is required for this program.

Growing and Learning

We are dedicated to supporting early childhood development and early learning. Our multi-disciplinary team provide therapy and support for children and their carers when they need some extra help. All children aged 0-12 years referred to Act for Kids in Townsville are assessed by this team to determine how we can help.

Thriving Kids

Our friendly team of counsellors provide therapeutic support to children and young people aged 0-17 years and their families, who have experienced any form of harm or neglect, or who are at risk. This service is for children and families within the Townsville region who want support (and who do not have an open case with Child Safety Services).

To access support, the young person's parent or guardian can call our office to make an appointment. A referral letter from other professionals is appreciated but not required.

Learn to be safe with Emmy and friends

Learn to be safe with Emmy and friends is a protective behaviours program helping to empower and protect children by enhancing their knowledge and skills. The program is taught at school by trained professionals through weekly one-hour workshops over five to six weeks. It teaches children to understand when they feel safe and unsafe, identify trusted adults they can talk to and what to do when they feel unsafe.

