

## Accessing services

Raising our gundoos is a joy. It can be a challenge too. Every parent and caregiver struggles now and then in our parenting role and sometimes we need help.

Our community values getting support through services and programs that promote the wellbeing of our children and ourselves.

But sometimes, there are obstacles that prevent us from getting the help we need. This might be practical issues like lack of transport, inconvenient timing or location, or having lots of children in our care.

There can be personal barriers that prevent us from accessing services, like fear of being judged or not trusting service providers.

Sometimes, we just don't know about the services available in our area or how they can help us.

But don't worry, there are also things that can help us access the support we need.

Many local parents have shared that they feel most comfortable with service providers who respect our cultural knowledge, traditional parenting ways, and understand we want to do the best for our children.

It's important that service providers are aware of our community's history, and current issues, and understand each parent's challenges and struggles without judgement.

And we want practical tips and ideas that fit with our culture and family values, and really make a difference.

It's also helpful when different agencies work together and we get referred to the best place for what's going on right now.

So, keep looking until you get the kind of support you want - support that's tailored for you and meets your family needs.

Think about joining a parenting group. It's a safe space where you can have a good yarn, share stories and learn from other parents, and have some fun. It's all part of finding support for yourself as a parent and supporting other parents too.

Remember, you deserve support that is right for your family. You can always drop in to local services to have a yarn about how they can meet your needs.

Stay strong and keep taking care of yourself and your family. We're all in this together.