

# FAMILY

BY family

## **Feeling isolated, worried or stressed? Would you like connection with another family who gets it?**

Family by Family is a network of families helping other families. Having someone on the end of the line who is not Government or a social worker, who can help you to de-brief when the kids get under your skin, or troubleshoot hard times, can help you feel connected and remind you that you are not alone.

Sharing Families (who you will be connected with) are families who have been through their own tough time and get where you are coming from. We are not judgemental, political or government but rather a network of families helping families.

We can help you brainstorm great ideas to keep the kids occupied and help keep that adult conversation happening, or support with ideas around your children's education and routines to help stop cabin fever. We can also just be someone to talk to in these uncertain times.....

If your family would like to connect with another family through this time please contact us, through our web page, on messenger or via our phone line 8202 5181.