

# Communities for Children Facilitating Partner Capricorn, QLD Program Overview 2025-2026



## Enhancing the wellbeing of children and families

### Priority areas

- Children thrive in their early years; and families and households are safe.
- People enjoy long and healthy lives; and children are born healthy and strong.
- Children are ready for school; succeed at school; stay in school; and reach their full potential.

**Communities for Children Facilitating Partner (CfC FP) is placed based and develops and facilitates a whole of community approach to support and enhance early childhood development and wellbeing for children aged from birth to 12 years.**

The Smith Family has been the CfC FP in the Capricorn region since 2011. Capricorn CfC FP works with local organisations to empower and support a strong, child friendly community. We build on local strengths to meet local community needs and facilitate the delivery of a range of services designed to improve outcomes for children aged birth to 12 years and their families.

The Capricorn region consists of Rockhampton Regional Council and Livingstone Shire Council areas.

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**Community Partners are funded to deliver services within the Capricorn Region for children aged from birth to 12 years and their families.**

## **STRONG CONNECTED & HEALTHY FAMILIES**

Strong, Connected & Healthy Families supports parents and caregivers of children aged birth – 12 through evidence-based programs including Circle of Security Parenting, Tuning in to Kids, CQ Dads for Kids, and Play & Connect community sessions.

These programs strengthen parent-child relationships, support emotional development, and build parenting confidence. Participants gain practical tools to create more positive, connected home environments.

The project aligns with service values focused on preventative, early intervention, and building strong, resilient families. Programs are trauma-informed, culturally inclusive, and accessible, with deliver options designed to meet a range of needs.

Quality is ensured through trained facilitators, structured supervision, and adherence to program fidelity. Outcomes are regularly reviewed to support continuous improvement.

Delivered by Strong Communities Ltd, this project has demonstrated strong engagement and positive outcomes across the Capricorn region over multiple years, contributing to long-term wellbeing for children and families.

**Community Partner:** Strong Communities Ltd.

**Service delivery area:** Capricorn Region

**Eligibility:** Parents and caregivers with children aged birth – 12 years

**Contact:** Natalie Piper or Indee-Annah Harvey, 0433 019 172, [admin@strongcommunities.org.au](mailto:admin@strongcommunities.org.au)

## **CAPRICORN LIFE ED**

Life Ed Queensland is dedicated to helping Queensland children grow up safe, healthy, and confident. Across the Capricorn region, we support children, teachers, and families with quality health, safety, and wellbeing education.

Through our evidence-based programs, young

people gain the knowledge, skills, and confidence to make positive choices – focusing on mental wellbeing, resilience, respectful relationships, and physical health.

Capricorn Life Ed delivers the following age-appropriate health, wellbeing and safety education modules:

- **Healthy Harold Program:** Delivers sessions on physical health and social/emotional wellbeing including nutrition, tobacco and vaping, personal and cyber safety.
- **Talk About It Program:** Curriculum-aligned education focusing on identity, protective behaviours, relationships and puberty.
- **Early Years Learning Program:** This play-based program has been designed to build healthy habits, safety, awareness, and mental resilience in children aged 3 – 5 years.

**Community Partner:** Life Ed Qld

**Service delivery area:** Capricorn Region

**Eligibility:** Children aged 3 – 12 years in participating schools or early learning centres

**Contact:** Secretary CQLEC, 0403 982 031, [secretary@cqlec.org.au](mailto:secretary@cqlec.org.au)

## **CARE & STABILITY**

Care & Stability supports families with young children through the following programs:

- **Care & Connect – 8-week play-based program** promoting parental wellbeing, self-care and parent/child connection.
- **Steps to Stability – 10-week program** supporting family connection, reducing household stressors and increasing parent capacity to make positive change for their family environment.
- **Friends for Life – 10-week program** supporting children aged 8 – 11 years in promoting social and emotional skills while increasing focus, self-confidence, capacity to relax and to develop empathy.

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- Adult Resilience (Strong not Tough) – a 10-week program delivered to parents of children participating in Friends for Life. The program provides coping and resilience skills for adults of all ages and strategies learnt will assist in supporting their child with take home activities, strategies and supporting language.

**Community Partner:** Roseberry Qld

**Service delivery area:** Capricorn Region

**Eligibility:**

- Care & Connect and Steps to Stability
  - \* Parents and caregivers with children aged under 8 years
- Friends for Life
  - \* Children aged 8 – 11 years
- Adult Resilience (Strong not Tough)
  - \* Parents and caregivers of children participating in Friends for Life

**Contact:** Colleen Cunningham, 0448 096 558 or 4923 7700, [colleen.cunningham@roseberry.org.au](mailto:colleen.cunningham@roseberry.org.au)

## CAPRICORN CONNECT AND PLAY

Capricorn Connect and Play is a community-based initiative designed to support families with young children through structured play-based learning programs and informative parent workshops. Delivered in partnership with local community-led playgroups and primary schools, these programs aim to strengthen parenting capacity, promote school readiness, and enhance children's social and emotional development.

- Connect and Grow – a 16-week facilitated playgroup for families with children aged birth – 5 years. This program incorporates the evidence-based Abecedarian Approach Australia (3a) to support early learning and build parenting confidence.
- Step into Prep – an 8 to 16-week school transition program for children aged 4 – 5 years, delivered in primary schools during Terms 3 and 4. The program uses 3a strategies to foster school readiness and ease the transition to formal education.
- Parent Workshops – held throughout the year, these sessions provide parents and caregivers with practical knowledge and strategies to support their child's development, particularly in

relation to school transition and emotional wellbeing.

**Community Partner:** Play Matters Australia

**Service delivery area:** Participating playgroups and primary schools, and various community locations in the Capricorn Region

**Eligibility:**

- Connect and Grow
  - \* Families with children aged birth – 5 years
- Step into Prep
  - \* Families and children aged 4 – 5 years starting Prep the following year
- Parent Workshops
  - \* Parents and caregivers of children aged birth – 5 years

**Contact:** Simone Bacon, 0497 081 586, [capricornconnectandplay@playmatters.org.au](mailto:capricornconnectandplay@playmatters.org.au)

## CAPRICORN DADS GROUP

Capricorn Dads Group supports fathers during the perinatal and early years, providing connection, peer support, and practical strategies that complement existing health and community services. Our evidence-informed programs reduce isolation, improve mental wellbeing, and strengthen family relationships, aligning with sector priorities for early intervention and holistic family support. We offer:

- Community Dads Groups – informal, low-barrier gatherings that foster peer networks and link participants to local services.
- The Dads Huddle – structured sessions featuring guest speakers on mental health, parenting, and relationships, with facilitated discussion and peer check-ins.
- Digital Dads Groups – accessible online sessions ensuring rural and remote fathers receive the same level of support.

Quality is maintained through trained facilitators, regular evaluation, and continuous improvement. The program has a proven track record nationally in increasing engagement of fathers in health, community, and parenting services.

**Community Partner:** Dads Group

**Service delivery area:** Capricorn Region

**Eligibility:** Fathers and father figures

**Contact:** Reghart Botha, 0457 061 753  
[reghart.botha@dadsgroup.org](mailto:reghart.botha@dadsgroup.org)

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## **MOUNT MORGAN REAL LIFE ACADEMY**

Mount Morgan Real Life Academy provides life-changing camps and challenge days designed to equip young people with the practical skills, confidence, and resilience they need to thrive. Participants are guided through engaging activities that promote teamwork, problem solving, communication and leadership, helping them grow into capable, respectful and community-minded citizens.

The Rockhampton Boxing and Youth Engagement club aligns with values of empowerment, inclusion, and positive youth development. The project is delivered by experienced facilitators using evidence-based approaches and quality is continually monitored through participant feedback, reflective practice, and partnerships with local community organisations.

Mount Morgan Real Life Academy has delivered strong outcomes, with young people reporting increased self-belief, stronger peer connections, and greater readiness to contribute positively in school, work and community life. The success of the project speaks to its impact and sustainability. By attending, participants don't just enjoy fun and challenging experiences – they gain lifelong skills and renewed sense of belonging and purpose.

**Community Partner:** Rockhampton Boxing and Youth Engagement

**Service delivery area:** Mount Morgan

**Eligibility:** Children aged 10 – 15 years

**Contact:** Russell Thomas, 0431 560 196,  
[president@rockybsp.com.au](mailto:president@rockybsp.com.au)



## **Contact Us**

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