

Training Dates 2009

14, 21, 28 May
9.30am—3pm

4 June
9.30am—1.30pm

Venue

8 Montgomery Street
East Doncaster
(Mel Ref 43,B1)

Training Cost

FREE

A Handbook for Volunteers
will be provided to each participant on
the first day of training.

2009

Doncare's Vision

We aspire to working within a
community where *all those in need*
are offered a helping hand to
overcome adversity whilst retaining
their dignity.

About Doncare

Operating for 40 years, Doncare is an
independent, community-based
organisation supported by all levels of
government, while raising a large
portion of its income itself. Doncare is
also supported by local and
philanthropic organisations.

Programs Include:

- Family Services including Parent Education, Chinese Playgroup and Family Support.
- Clinical Services which includes Counselling and Women's Support Programs.
- Social Support Program for frail or disabled older people.
- Information and Emergency Relief Program.
- Volunteering in Manningham (ViM): volunteer recruitment and referral.
- 5 Opportunity Shops.

Telephone: 9841 4215

Email: anna@doncare.org.au

Web: www.doncare.org.au



DONCARE
COMMUNITY SERVICES

STRENGTHENING THE LOCAL COMMUNITY

Hands on Parenting Support Program

Become a Volunteer



Why Become a Volunteer for Doncare ?

- ☺ To make a difference to the young families in Manningham with children from babies up to 5 years old .
- ☺ To share your experiences of being a parent.
- ☺ To meet new people, their children and babies.
- ☺ To have fun.

What is involved?

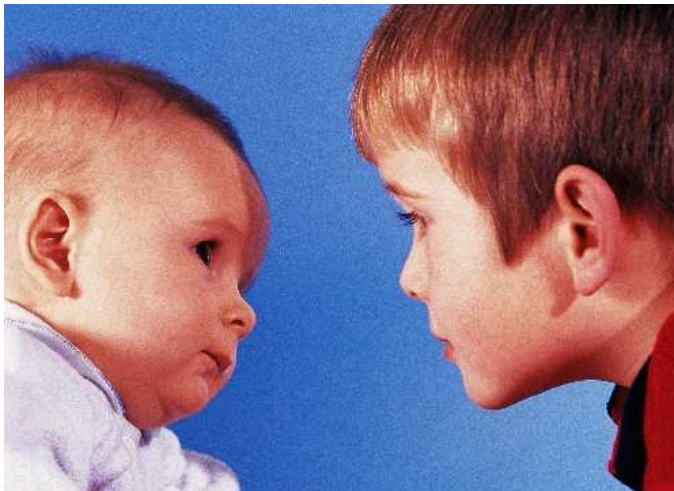
Visiting families in their homes to provide parenting support for up to 2-3 hours per week, for up to 12 months

HOPS Volunteers:

- ☺ Are parents themselves or have experience with parenting
- ☺ Undergo specialized training
- ☺ Attend monthly team meetings to keep abreast of new information and services available
- ☺ Have a police check and Working with Children Check

Aims of Doncare Volunteer Family Support

- Work alongside families to help them identify what supports they need.
- Focus on the strengths of families and encourage independence and self confidence in parents.
- Acknowledge and respect the values, beliefs and attitudes of others.
- Promote the use of local services and resources.
- Maintain confidentiality.
- Promote safety.



Training

The training program covers four main areas of information and knowledge.

The four main areas are:

- Being a Volunteer
- Being a Parent
- Child Development
- Communication Skills

“I would have loved to have had someone to talk to in those early months when I was a new parent. There is so much you don’t know and it can be overwhelming”

HOPS Volunteer

What do I do next?

If you are interested in being a HOPS Volunteer call 9841 4215 for further information or to make an appointment with the Coordinator, or email anna@doncare.org.au