

## Eligibility

Referrals to the PUP program can be made by yourself or other community organisations.

UCW's PUP program is open to parents with children 0-12 years that are experiencing multiple issues such as depression, anxiety, substance misuse, family violence or financial stress.

We are accepting referrals from families in the Merriwa and surrounding areas.

If you have any questions please feel free to contact us on **9206 6200**.

## Further information

UCW acknowledges the developers of the Parents under Pressure (PUP) program:

- Paul H. Harnett BA MA (Hons) PhD
- Sharon Dawe BA MA (Hons) PhD
- Vanessa Rendalls BBehSc (Hons)

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## Contact us

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UnitingCare West is there to work with people and communities so that everyone can belong and thrive; providing a broad range of services and partnerships that build healthier, more resilient, and better connected communities.

UnitingCare West is committed to achieving justice, hope and opportunity for all.

It is a not-for-profit community services organisation and part of the mission of the Uniting Church in Australia.

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## PUP Parenting Under Pressure



**Supporting families  
to develop strong relationships  
with their children**

**Justice, hope and opportunity for all**





## What is the Parenting Under Pressure Program?

The Parenting Under Pressure (PUP) Program is designed for families dealing with difficult life circumstances that impact on their parenting, such as

- Depression
- Anxiety
- Substance misuse
- Family violence
- Financial stress

Parenting a child is challenging and this job becomes harder when parents are experiencing these issues.



## The PUP Program helps parents to:

- Identify high risk situations and develop strategies to keep themselves and their children safe
- Challenge negative views one may hold about oneself and to develop positive ones
- Learn helpful emotional management strategies and coping skills
- Increase positive parenting skills
- Develop a more rewarding relationship with their children
- Build confidence to address relationship and drug and alcohol issues
- Expand helpful life skills such as budgeting and healthy lifestyle
- Build a stronger connection to their community and extend support networks.



## About PUP

PUP is an in-home service for parents that delivers a practical and flexible three to six month program, focusing on the parent's individual needs.

The aim of the program is to help parents gain skills to develop positive and secure relationships with their children.

The program focusses on the family's strengths to help the family environment become more nurturing and less conflictual where children's behaviour can be managed in a calm and positive way.

Many parents have found the strategies suggested in the PUP program helpful in providing opportunities to create stronger relationships with their children.

