

Staying strong together when we are apart

5-week online family strengthening program for DIDO and FIFO workers and their families

This five-week interactive course consists of the following modules:

- Connections, intimacy, and strengths
- Keeping it real when raising kids in FIFO families
- Day to day sharing the doozies, dramas and the diamonds
- Finished the swing and a week off - holiday or homemaking?
- Feeling the FIFO blues and simple strategies everyone can use

Each module is approximately 1 hour in duration.

PB West practitioners have designed this course utilising over 90 years of combined experience. Our professionals have qualifications in teaching, social work, social science, counselling, mental health and all have specialties working with families, children and communities.

In addition to formal qualifications Jodie Ferguson, the Director of PB West, has over 20 years of experience living as a wife and mother in a FIFO family.

Contact us to bring this informational course and these family-strengthening skills to your workers and their families. Don't forget to ask us about our personal wellbeing training.

All of our programs aim to build self empowerment, strength, resilience and to educate people, families and communities to live safe adventurous happy lives.

PB West values

At PB West we work from a strengths-based perspective. We believe in investing in social capability and working with families and communities to build self-empowerment, assisting everyone to feel safe and connected in life's journeys and adventures.

Our practice is grounded in upholding, respecting, advocating, and role modelling our responsibility to and responsibility for human rights.

Contact us

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