



How can you be referred to PEEK?

- Sisters Inside Staff
- Prison Staff
- Self Referral

WHERE WE ARE

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OFFICE HOURS 8.30am - 4.30pm

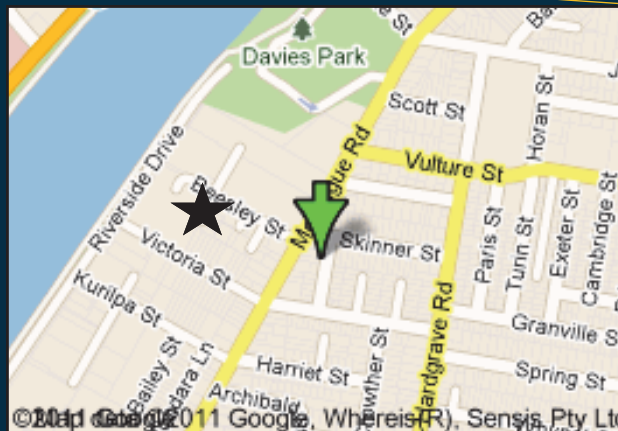
PUBLIC TRANSPORT
City Glider from Brisbane CBD; Get off at
Stop 10 Corner of Victoria and Montague.



PEEK PROGRAM

Who is the PEEK Program for?

The PEEK Program is for mothers and carers of children separated due to the criminal justice system. PEEK provides intensive support for women and their children in rebuilding their lives after the trauma of prison.



Australian Government
Department of Families, Community Services
and Indigenous Affairs



What can PEEK provide

- ◆ Confidence in parenting again
- ◆ Techniques in how to be sensitively responsive to your child
- ◆ Techniques to stay calm and mindfully aware when life gets tough
- ◆ Practical parenting support
- ◆ Rewarding relationships with your child/children and family
- ◆ Increased self esteem
- ◆ Sense of community connectedness
- ◆ Life skills

What's PEEK about?

PEEK is a parenting program designed for mothers in and from prison. Raising children demands an entirely different form of parenting as a result of prison - it's parenting under pressure.

Mums have often lost their identity, their dignity and hope of witnessing their children grow up in a safe and secure environment.

Children have often lost trust and security with their mother, cultural identity and sense of belonging in a family. The effects of separation are traumatic on both the incarcerated mother and child/ren – inside the walls of prison parenting is both distant and the object of assessment. On the outside (“free world”) parenting is much the same if welfare is involved.

This program works on an individual basis. The strategies are simple and they work. Relationships with your children become richer and more comfortable, and your lives together more meaningful. The program starts and ends with you.

What services are available?

The availability of these services depends upon your circumstances at the time.

- ◆ Liaise with Department of Communities and Child Safety for access visits with children.
- ◆ Liaise with area offices for access visits with children. This includes transportation & supervision for children to access visits and Friday playgroups in prison, and providing relevant feedback to Area Offices.
- ◆ Information, referrals and advocating to government, non-government organisations, schools and preschools.
- ◆ Prison visits
- ◆ Practical support, such as Centrelink, transport, identification and accommodation.
- ◆ Counselling — one-on-one or family
- ◆ One day programs to build social networks and community connections.
- ◆ Visiting parents at home or meeting them elsewhere such as a shopping centre.
- ◆ Helping parents develop an understanding of their child's developmental needs.

GOT QUESTIONS?

Please talk to one of our staff if you have any other questions about what is contained in this brochure .



Working with women in Prison since 1992

Sisters Inside Inc. is an independent community organisation, which exists to advocate for the human rights of women in the criminal justice system, and to address gaps in the services available to them.