

# BUNBURY RESOURCE DIRECTORY FOR FAMILIES WITH YOUNG CHILDREN 2016

All services listed are free of charge unless otherwise indicated.  
For more info contact the Child and Parent Centre, Carey Park 9721 6991.

## A-Z CHILD HEALTH

### **Australian Breastfeeding**

**Association:** Support network for breastfeeding mums. 1800 686 268.

**Audiology:** Hearing screening and assessments for children. 9795 2888.

**Bed Wetting:** Consultation and assessments for children who are bed-wetting after the age of 5. 9795 2888.

**Community Child Health Nurse:** Experienced Registered Nurses are able to provide information about all aspects of parenting and family health, including children's growth and development, family needs, relationships and the prevention of disease and injury. Home visits arranged as required. Community Child Health Nurses have knowledge of family support services and can facilitate referrals as needed. Appointments required. 1800 457 949.

**Disability Services Commission:** Assists individuals who have a disability and their families/carers to access support and services. 6167 7960.

**Health Direct:** A 24hr telephone health advice line staffed by Registered Nurses to provide expert health advice. 1800 022 222.

**Immunisation:** Standard infant, child and adult immunisations. 9795 2814.

**Ngala:** Phone support available between 8am and 8pm everyday to assist with parenting issues of children aged 0-6. 1800 111 546.

**Nutrition/Dietitian:** Assessment, support and review for nutrition related issues for individuals and groups. 9722 1408.

**Occupational Therapy and Physiotherapy:** Group and individual sessions available. 9795 2888.

**Poisons Information Centre:** Helpline available 24 hours-7 days. 131 126.

**Speech Therapy:** Individual and group therapy for feeding and communication difficulties in children. 9795 2888.

**Waratah Children's Services:** A free, confidential and professional service that provides counselling and support to families who have experienced family and domestic violence and/or sexual assault/abuse. 9792 4955.

## PARENTING SUPPORT

**Best Beginnings:** Home visiting service for mums and dads with extra demands. The service can start at any time from pregnancy until your baby is three months old, and you can continue in the program until your child is two. It involves regular visits to your home by caring, trained professionals. 9781 2900.

**Early Parenting Groups:** Five week program to assist new mums and dads in their parenting journey. Includes visit to playgroup and local library. 1800 457 949.

**Group Triple P Program:** Eight week program for parents with children aged 3-8 years. Parents will learn effective parenting strategies, ways to encourage behaviour you like and how to prevent or manage the common child behaviour problems that all parents experience from time to time. Crèche available. 9795 2888.

**HIPPY Program:** Program for parents and their children aged four and five years to help prepare children for a confident start to school. 0459 785 699.

**Living and Learning with your Toddler:** Three week program on understanding and managing toddlers. For parents with children aged 18mths-3yrs. 9721 6991.

**Nixi Teen and Young Mums Group:** Parenting support for teens, young mums and mums to be. A great opportunity to get out of the house and meet other young mums. Activities for parents and children, information sessions and free crèche provided. 9721 8944.

**Parent Support:** An early intervention service to help parents take control of behavioural problems in children aged under 15. 9722 5000.

**Parenting WA:** Provides individual support and group parenting programs for parents with children pre-birth to 18 years. 9729 9703.

**Play Cafés:** School café and activities for local children 0-4 years. Information, discussion, and free coffee. Contact your local primary school for session times and dates.

**Playgroup WA (South West):** Information on Playgroups in your area. 0421 819 171.

## PARENTING SUPPORT

**Seminar Series Triple P Program:** Three week program for parents with children aged 3-8 yrs. Learn about the power of positive parenting, how to raise confident, competent and resilient children. Crèche available. 9795 2888.

**Sleep Matters:** Two week sleep management program for parents with children 8mths-18mths. Crèche available. 9795 2888.

**Transition to Solids:** Two hour program that will give you a great start to introducing solids to your baby. For parents with children aged 4-12 months. 1800 457 949.

**South West Autism Support Network:** Offers support and information and a social network for families with members on the autism spectrum. 9754 7322.

**SW Emergency Care for Children:** A service where a family support worker provides care in the home when the parents are unable to look after their children. There is a fee schedule based on family income, but please contact us if you may have difficulty paying. 9791 1335.

**SW Multiple Births Association:** Support group for expectant parents, carer, grandparents, and families of multiple births. 0488 639 058.

**SW Women's Health & Information Centre:** Offers health education and information promoting well being in women of all ages. Includes pregnancy testing, Women's Health Nurse (pap smears), unplanned pregnancy support, general counselling and resources. 9791 3350.

## FAMILY ASSISTANCE

**Alcohol and Drug Information Services:** Confidential counselling and information. 1800 198 024.

**Bunbury Community Legal Centre:** Free preliminary legal advice to the community on all areas of law. Mediation service to help resolve family, neighbourhood, workplace and other disputes. 9791 3206.

**Bunbury Supported Accommodation Service:** Provides supported crisis accommodation for singles or families who are currently homeless in the Bunbury area. Information and referral to relevant services, living skills, budgeting

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For changes to service details please contact Carmen at:  
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## FAMILY ASSISTANCE (Cont.)

advice, advocacy and liaison with other services. 9729 9000.

**Child Witness Service:** Provides support for children who witness or are victims of crime. 9781 4212.

**Child Care Services:** For up to date information on services, locations, times, in-home child care options and enrolments see [www.mychild.gov.au](http://www.mychild.gov.au). Fees apply.

**Department for Child Protection and Family Support:** Families can ring to ask for advice if they are concerned about a child being harmed. 9781 2900.

**Family Helpline:** A confidential telephone counselling and information service for families with relationship difficulties. 1800 643 000.

**Family Relationship Centre:** Information and referral service for people wanting to strengthen their family relationships. Dispute resolution services for separated parents wanting to establish agreements regarding parenting arrangements. All individual sessions or up to 3 hrs of joint sessions free of charge. 9792 1155.

**Family Support Program:** Offers in-home help for mothers experiencing, or at risk of, postnatal depression; multiple birth families; and, socially isolated families. 9226 6700.

**Financial Counselling:** Anglicare WA offers free advice to anyone in financial crisis. 9792 4955.

**Mensline Australia:** For men with family and relationship concerns. 1300 789 978.

**Men's Domestic Violence Helpline:** This service provides counselling for men who are concerned about becoming violent or abusive. 1800 000 599.

**Pregnancy Counselling Link:** Supportive, confidential and non-judgemental counselling for concerns or queries associated with an unexpected or difficult pregnancy. 1800 777 690.

**Relationship Australia:** Counselling to individuals, couples, families and children. Education courses. Enquiries about fee structure are welcome. 9792 1111.

## FAMILY ASSISTANCE (Cont.)

**Salvation Army Family Crisis Centre:** Can assist with temporary crisis accommodation to young families, food voucher and hampers (appointment preferred), furniture, bedding and clothing. 9721 4519.

**Sids and Kids WA:** Offer education and advice about Safe Infant Sleeping for parents/carers. 9474 3544.

**24 hour Bereavement and Loss Helpline:** Available to anyone affected by the loss of a child during pregnancy or after birth. 1800 686 780.

**South West Community Alcohol and Drug Service:** Services to any individual, or to family members, or community members, who may be affected by alcohol or other drug use. 9721 9256.

**South West Women's Refuge:** Crisis accommodation for women and children escaping domestic/family violence. 9791 2894.

**Waratah:** A confidential and professional counselling service for people who have experience sexual assault/abuse or domestic violence. 9791 2864.

**Women's Domestic Violence Helpline:** Support and counselling for women experiencing family and domestic violence. 1800 007 339

## INDIGENOUS SERVICES

**South West Aboriginal Medical Service:** Provides a range of health services including antenatal and postnatal support, playgroups, counselling, and education and support to Aboriginal families throughout the South West. 1800 779 000.

**Boodjari Yorgas and Koolankas:** Strong babies—strong families. Health check for you and your baby. Speak to your Child Health Nurse, Midwife, GP or Aboriginal Health Service.

## SERVICES FOR MIGRANTS

**Bunbury Multicultural Group:** Organises various social events to enable migrants and Australians to find friends and learn about culture and diversity. 0439 189 391.

**Multicultural Service Centre of WA:** A referral and support service for migrants with assistance given to access housing, education, health and employment services. 9791 5281.

## USEFUL RESOURCES

**Public Libraries:** Offers selection of children's and parenting books and Storytime and Babies, Books and Rhymes sessions. Bunbury 9792 7190 Withers 9792 7244

## STRESS AND MENTAL HEALTH SUPPORT SERVICES

**4Families:** Family mental health support service providing counselling and emotional support for families and carers with children from birth to 18 years who are living in Bunbury and surrounds. 9792 1111.

**Doctor:** Your GP can refer you to counselling services if required. The service is available to all patients requiring counselling with an allied mental health professional.

**Kids Help Line:** Free private and confidential telephone and online counselling service for young people aged between five and 25. 1800 551 800

**Lifeline:** Connects people with care by providing services in suicide prevention, crisis support and mental health support. 13 11 14.

**RuralLink:** Professional after hours help for people who need support with depression, suicide, anxiety, drug use, alcohol abuse and other mental health concerns. 1800 552 002

**SW Child and Adolescent Mental Health Team:** Provides service for young people up to their eighteenth birthday who have moderate to severe mental illness and are experiencing substantial impairment to functioning. 9722 4300.