

# COLLIE RESOURCE DIRECTORY FOR FAMILIES WITH YOUNG CHILDREN

All services listed are free of charge unless otherwise indicated

For more information, contact the Child and Parent Centre, Collie Valley 9734 3364

## ACTIVITIES

**Community Playgroups:** Free call Playgroup WA Hotline 1800 171 882.

**Kindy Gym:** Kindy gym is offered for children aged 18 months to four years. Fee applies. Collie PCYC 9734 5767.

**Learning For Life:** Programs to improve reading, numeracy, financial support through scholarship payments, links to learning opportunities in the community. Children in pre-primary and up could be considered eligible. The Smith Family 9734 4260.

**Play Cafes:** Learn and play activities in the mornings for local families with children aged 0-4 years. Contact your local primary school for times and dates.

**Rhyme Time:** Fun interactive rhymes for mums and their babies. Collie Library 9734 9042.

**Sporty Bots:** A sports based activity with a focus on increasing children's strength and coordination. Fee applies. Roche Park Recreation Centre 9734 4388.

**Story Time:** A story reading and craft activity for young children. Collie Library 9734 9042.

**Supported Playgroup:** Parents with children aged birth to 4 years can sit and chat or interact – supported playgroup with themed activities and a crèche leader. Fridays 9.30-11.30. Collie Family Centre 9734 5343.

**Toddler Jam:** Singing, dancing and fun for children birth to 4 years. Morning tea provided. Fee applies. Church of Christ 9734 5206. (corner Prinsep and Regent streets)

## CHILD CARE

**Collie Child Care and Early Learning Centre:** 38 licensed place centre to care for children aged birth to 6 years. Fees apply. 9734 4200.

**Kidz Cottage:** 19 licensed place centre to care for children aged 2 to 12 years. 9734 4331.

**YMCA Family Day Care Scheme:** Family day care – 2 educators based in Collie provide care for children aged birth to 12 years in their own home. 9752 4033.

## A-Z CHILD HEALTH

**Australian Breastfeeding Association:**

Support network for breastfeeding mums. 1800 686 268.

**Bed Wetting:** Consultation and assessment for children who are bed-wetting after the age of five. 9735 1450.

**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 for 1st visit and as required. Community Child Health Nurses have knowledge of family support services and can facilitate referrals as needed. Appointments required on free call number. 1800 457 949.

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

**Immunisation:** Standard infant, child and adult immunisation. 9735 1450.

**Ngala:** Phone support available between 8am and 8pm every day 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. 9735 1450.

**Occupational Therapy &**

**Physiotherapy:** Group and individual sessions available. 9735 1450

**Poisons Information Centre:** Helpline available 24 hours – 7 days. 13 11 26.

**Social Work:** Hospital social workers provide counselling and referral services to patients and their families and other residents of Collie. 9735 1450.

**Speech Therapy:** Individual and group therapy for feeding and communication difficulties in children. 9735 1450.

## 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:** 3 week program to assist new mums and dads in their parenting journey. Community Health 1800 457 949.

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

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

**Positive Parenting Program:** Parents will learn effective parenting strategies, and how to prevent or manage common problems that all parents experience from time to time. Crèche provided. Contact the Collie Child and Parent Centre on 9734 3364.

**SW Emergency Care for Children:** A service where a family support worker provides care in the children's 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.

## 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. Outreach to Collie 9791 3206

**Centrelink:** Social and health related payments and services; online access at [www.humanservices.gov.au](http://www.humanservices.gov.au) or onsite at Ngalang Boodja Council premises on Forrest Street.

# COLLIE RESOURCE DIRECTORY FOR FAMILIES WITH YOUNG CHILDREN

All services listed are free of charge unless otherwise indicated

For more information, contact the Child and Parent Centre, Collie Valley 9734 3364

## FAMILY ASSISTANCE (Cont.)

**Crisis Relief:** Food vouchers supplied fortnightly through Accordwest at Collie Community House 1800 115 799 or 9729 9000.

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

**Disability Service Commission:** Assists individuals who have a disability and their families/carers to access support and services. 9734 5137 or 9734 3101.

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

**Family Relationship Centre (Bunbury):** 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.

**Financial Counselling:** Anglicare WA offers free advice to anyone in financial crisis. 9734 6500.

**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.

**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. Outreach to Collie. 9721 9256.

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

**Waratah:** A confidential and professional counselling service for people who have experienced 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

**Aboriginal Liaison Program:** Aboriginal Liaison Officers are the link between Aboriginal and Torres Strait Islander patients and the health service during their hospital journey. Also assist with discharge planning and outpatient appointments. 9735 1452.

**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.

**Down South Aboriginal Health:** Aims to improve access to mainstream health services for the local Aboriginal community. Includes advice and support, counselling services and transport for medical appointments. 9734 3581.

**Ngalang Boodja:** Local community services and resource centre. 9734 5097.

**SW Aboriginal Medical Service:** Regular GP outreach service to Collie. 1800 779 000

## USEFUL RESOURCES

**Collie Early Years Network:** Coordination of activities and events with a focus on children from birth to 8 years. 'Kids in Collie' newsletter produced each school term. Find us on Facebook for information on activities suitable for children from birth to 8 years in Collie. 9734 9042.

**Collie Family Centre:** Providing support to families and individuals in offering programs, workshops and support groups that assist in developing knowledge, skills and community networks. 9734 5343.

**Collie Public Library:** Offers selection of children's and parenting books and Storytime and Rhyme Time sessions. 9734 9042.

**SMYL:** Provides opportunities for free training to improve skills for education and employment. 9583 5594.

**South West Autism Network:** Email, face-to-face, and group support available. Access to resource library. 9754 7322.

## STRESS AND MENTAL HEALTH SUPPORT SERVICES

**Counselling Service:** Local face to face support for individuals and families who may need assistance with difficult times or managing life's challenges. Collie Family Centre. 9734 5343

**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.

**Family Carer Support Program:** Fortnightly support group operates from the Collie Family Centre. Supporting families and carers of those affected by mental illness. 9734 5343.

**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, including Australind, Harvey, Capel and Collie. 9792 1111.

**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:** Offers assessment and treatment to children, young people and their families experiencing emotional, psychological, behavioural, social and/or mental health problems. 9722 4300.