

# COLLIE SERVICES DIRECTORY FOR FAMILIES WITH YOUNG CHILDREN – 2018

*All services listed are free of charge unless otherwise indicated.*

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

## ACTIVITIES

**Child and Parent Centre Collie Valley:** Offers a range of parenting programs, playgroups and activities for families with children aged birth -8 years. 9734 3364.

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

**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 for local families with children aged 0-4 years. Morning sessions. Contact your local primary school for times and dates.

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

**Sporty Tots:** 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 crèche leader. Fridays 9:30-12. 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 corner Prinsep and Regent St. 0416 784 066.

## CHILD CARE

**Collie Early Education Inc:** 72 licenced place centre to care for children aged birth to 6 years. Fees apply. 9734 4200.

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

**YMCA WA Family Day Care Service:** Providing education and care for children aged birth to 12 years in a home environment. Fees apply. 9752 4033.

## A-Z CHILD HEALTH

**Australian Breastfeeding Association:** Support network for breastfeeding mums freecall 1800 686 268. A local Collie breastfeeding support group meets at the Child and Parent Centre. 9734 3364.

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

**Child Development Services:** The Department of Health provides a range of child development services for children who experience developmental difficulties in areas such as coordination and movement (e.g. crawling, walking, writing and drawing), speech and language (e.g. problems saying, using and understanding sounds, words and sentences), social and emotional skills, attention and behaviour (e.g. managing feelings), play, learning and everyday tasks (e.g. eating, dressing). The Child Development Services team comprise of speech pathologists, physiotherapists, social workers, audiologists, dietitians, occupational therapists and paediatricians. Phone 9735 1450 to make an appointment.

**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 referral 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 8 am and 8pm every day to assist with parenting issues of children aged 0 – 18 years. 1800 111 546.

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

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

## USEFUL RESOURCES

**Child and Parent Centre Collie Valley:** Family friendly services to support parents, and children in their early years. 9734 3364.

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

**Collie Family Centre:** Providing support to families and individuals by 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.

**South West Autism Network:** Email, face to face, and group support available. Access to resource library. 0499 819 038.

## 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 main stream 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 and child and maternal health outreach service to Collie. 1800 779 000.

## PARENTING SUPPORT

**Circle of Security-Parenting:** Eight week interactive course for parents and carers of children 0-5 years who want to support and strengthen parent-child relationships. 1800 457 949.

**Early Parenting Groups:** Three week program to assist new mums and dads in their parenting journey. 1800 457 949.

**HIPPY Program:** Program for parents and their children aged 3-5 years to help prepare children for a confident start to school. 0459 785 699.

**It Takes Two To Talk:** Six - eight training sessions for parents of young children 0-5 years to help their children learn language naturally throughout their day together. 9735 1450.

**The Incredible Years:** Fourteen week parenting course for parents who want to enjoy parenting and create a strong bond with children in their care. Suited to parents of children aged 3-8 years. 9734 3364.

**Parenting Connection WA:** Provides individual support and group parenting programs for parents with children pre-birth to 18 years. Outreach to Collie. 9720 9223.

**Positive Parenting Program:** Parenting tips and strategies for developing positive relationships, attitudes and conduct in children. 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

**Accordwest Family Services Team:** Provides adolescent, adult and family counselling (including drug and alcohol counselling), parenting support, and tenant advice and education. Outreach to Collie. 9729 9000.

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

**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 St. 132468.

**Crisis Relief:** Food vouchers supplied through Accordwest at Collie Community House. Fortnightly. 1800 115 799.

**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 supports 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. 6164 0350.

**Financial Counselling:** Anglicare WA offers free advice to anyone in financial crisis. 9734 4490.

**Griefline:** Counselling support service for individuals and families who are experiencing loss and grief. 1300 845 745.

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

**Palmerston:** Free individual and /or family therapy sessions and a support group for families who are impacted by methamphetamine and other drug and alcohol use. Collie Community House. 0427 383 292.

**Palmerston Residential Rehabilitation:** For people in the SW seeking to recover from alcohol and drug use in a safe and therapeutic environment. 0427 383 292.

**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 Community Legal Centre:** Free preliminary legal advice, information and mediation services targeted towards disadvantaged and vulnerable people across the South west region. Collie Community House. 9791 3206.

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

**Waratah:** A confidential and professional counselling service for people who have experienced sexual assault/abuse or domestic violence. 9791 2884 or 1800 017 303.

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

## STRESS AND MENTAL HEALTH SUPPORT SERVICES

**Counselling Service:** Free local face to face support for individuals and families experiencing difficult times. 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:** Weekly support group operates from Collie Community House. Supporting families and carers of those affected by mental illness. 9791 1257.

**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. 6164 0500.

**Kids Help Line:** Free private and confidential telephone and online counselling service for young people aged between 5 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 afterhours help for people who need support with depressions, 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.