

BUNBURY 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 Carey Park on 9721 6991

A-Z CHILD HEALTH

Australian Breast Feeding 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.

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 pathologist, physiotherapists, social workers, audiologists, dietitians, occupational therapists and paediatricians. Phone 9795 2888 for 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. 9795 2814.

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.

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: Five week program to assist new mums and dads in their parenting journey. Includes visit to Playgroup and local library. 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.

Living and Learning with your Toddler: Three week program on understanding and managing toddlers. For parents with children aged 18 mths – 3 yrs. 9721 2888.

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. 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 creche provided. 9721 8944.

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

Positive Parenting Program: Parenting tips and strategies for developing positive relationships, attitudes and conduct in children. 9721 6991.

Sleep Matters: Two week sleep management program for parents with children 6 mths – 12 mths. 9795 2888.

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.

SW Multiple Births Association: Support group for expectant parents, carers, grandparents and families of multiple births. 0439 863 969.

ACTIVITIES

Child and Parent Centre: Offers a range of parenting programs, playgroups and activities for families with children aged birth – 8 years. 9721 6991.

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

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.

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. 6164 0500.

Child and Adolescent Therapeutic Services: Support for childhood and adolescent issues such as loss and grief, self-esteem, depression, anxiety, social skills issues. 9729 9000.

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 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 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 services for young people up to their eighteenth birthday who have moderate to severe mental illness and are experiencing substantial impairment to functioning. 9722 4300.

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For changes to service details please contact Carmen at:
Carmen.Gregg@investinginouryouth.com.au

FAMILY ASSISTANCE

Accordwest Family Services

Team: Provides adolescent, adult and family counselling (including drug and alcohol counselling), parenting support, and tenant advice and education. 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 or 132468.

Child Care Services: For up to date information on services, locations, times, in-home care options and enrolments see www.mychild.gov.au. Fees apply.

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. 6167 7960.

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. 6164 0350.

Family Support Program:

Offers in-home help for mothers experiencing, or at risk of, postnatal depression; multiple birth families; and, socially isolated families. Service Delivery area limited please contact coordinator. 9226 6700.

Financial Counselling:

Anglicare WA offers free advice to anyone in financial crisis. 9792 1900.

Griefline:

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

FAMILY ASSISTANCE (Cont.)

Men's Domestic Violence Helpline:

This service provides counselling for men who are concerned about becoming violent or abusive. 1800 000 599.

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.

Relationships Australia:

Counselling to individuals, couples, families and children. Education courses. Enquiries about fee structure are welcome. 6164 0550.

Salvation Army Family Crisis

Centre: Can assist with temporary crisis accommodation to young families, food voucher and hampers, furniture, bedding and clothing. 9721 4519.

Sids and Kids WA:

Offer education and advice about safe infant sleeping for parents/carers. 9474 3544.

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 Community Legal

Centre: Free preliminary legal advice, information and mediation services targeted towards disadvantaged and vulnerable people across the South West. 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.

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 SW. 1800 779 000.

Boodjari Yorgas and Koolangkas:

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.

South West Autism Network:

Email, face to face, and group support available. Access to resource library. 0499 819 038.

South West Women's Health &

Information Centre: Offers health education and information promoting well-being in women of all ages. 9791 3350.