

Bunbury Services Directory for Families with Young Children - April 2010

All services listed are free of charge unless otherwise indicated.

COMMUNITY NURSES IN CHILD HEALTH CENTRES

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 Health Nurses have established knowledge of family support services and can facilitate referral as needed. Appointments required.

Bunbury Hudson Road	Bunbury Forum	Bunbury Prosser	Gelorup
Community Health Centre Tel: 9795 2888 Mon - Fri AM & PM	Strickland Street Tel: 9721 7519, Tues - Fri AM & PM & alternate Mon AM	Prosser Street Tel: 9721 3268 Wed & Thurs AM & PM	Community Hall, Hastie St Tel: 9795 5828, Tues & Wed AM & PM & alternate Mon.

A-Z CHILD HEALTH AND SAFETY

Asthma:
Advice for people with asthma and their families.
Mon, Tues, Thurs.
Telephone 97221880

Audiology:
Hearing screening and assessments for children.
Telephone: 9795 2812

Bed Wetting:
Consultation and assessment for children who are bed-wetting after the age of 5.
Telephone: 9795 2836

Breastfeeding:
Lactation Consultant refer Community Health Hudson Road between 8am-5pm Mon to Fri.
Telephone: 9795 2888

Child Car Restraint Checking Baby Kingdom
\$10.00 Fee applies.
Telephone: 9791 2700

Disability Services Commission
Provides information, advocacy and support to people with disabilities.
Telephone: 9722 3000

FACE
Program supporting people aged 10-15 who have a family member or carer who misuses drugs or alcohol.
Telephone Tammy 9722 4600 or 0429 684 591

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

Gro Baby Hire and Sales
Offer free child car restraint checking and large range of baby goods for hire. Ring to arrange.
Telephone Natasha: 0407 959 328

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

Kids and Teens Waratah:
Provides individual and group counselling for children aged 5-18 who have been sexually abused/assaulted.
Telephone: 9792 4955

Nutrition/Dietician 9722 1373
Assessment, support and review for nutrition related issues. Leanne Maasikas.

Poisons Information Centre 13 11 26
Help Line available 24hours, 7 days a week

Speech Therapy:
Individual and/or group therapy for communication and feeding difficulties in children.
Telephone: 9795 2813

SERVICES FOR MIGRANTS

South West Migrant & Multicultural Service:
A referral and support service for migrants with assistance given to access housing, education, health and employment services.
Telephone: 9791 5271

INDIGENOUS SERVICES

South West Aboriginal Medical Service:
Provides a range of health services including antenatal and post-natal support, counselling, and education and prevention workshops. SWAMS also has qualified professional workers providing support for youth and children through the Social and Emotional Wellbeing Program.
Telephone: 9791 7666
Mobile 1800 779 000

PARENTING GROUPS

First Time Parents:
4-week program to assist the parenting journey for new mums and dads.
Telephone: 9795 2888

Infant Massage:
3-week program on infant massage for parents with children 3-9 months.
Telephone: 9795 2888

Parenting Your Toddler:
5-week program on understanding and managing toddlers. For parents with children aged 1½-3yrs
Telephone: 9795 2888

Play Cafés:
School café and activities for local families with children 0-4years. Informative discussion and free coffee. (LEAF Program)
Telephone: Fiona Farren 9721 3299

Positive Parenting Program::
8-week Triple P Program on positive parenting for parents with children aged 3-5 years and 6-10 years. Small fee for materials.
Telephone: 9795 2888

Transition to Solids:
2-hour info session on introducing solids for parents with children aged 5-12 months.
Telephone: 9795 2888

Twinkle Twinkle:
2-week sleep management program for parents with children 7mths-3yrs.
Telephone: 9795 2888

ACTIVITIES FOR CHILDREN

Child Care Services: 9795 3068
For up to date information on services, locations, times, fees and enrolments see www.mychild.gov.au

ACTIVITIES FOR CHILDREN Cont..

Milligan House Toy Library
35 Milligan Street, Bunbury, opening times vary.
Telephone Milligan House 9721 8944

Play Groups: 9725 2622
Contact Parenting WA, South West, for location and times.
Mob: 0417 991 052

Play Groups WA 1800 171 882
Information on playgroups in your area by postcode www.playgroupaustralia.com

My Time:
Supporting parents of children with disabilities in a Playgroup environment.
Telephone: Naomi Amat 0419 909 860

STRESS AND MENTAL HEALTH SUPPORT SERVICES

Bunbury's Teen and Young Mums Group:
Parenting support group for teens, young mums, and mums to be. A great opportunity to get out of the house, and meet other great young mums. Activities for parents and children, information sessions and free crèche provided. Meet Wednesday 9:30-12 noon at Milligan House.
Telephone: Annette 9721 8944

Childbirth Stress/Depression Support Group:
Support group for women who are feeling stressed/depressed before and/or after childbirth. Meets first and third Monday of the month.
Telephone: Sharon Binnie 0417923744

Childbirth Stress/Depression Therapeutic Program:
8-week program for women who are stressed, depressed, or just not coping after childbirth.
Telephone: Sharon Binnie 0417923744

Doctors Surgery
Your GP can refer you to free counselling services if required. The service is available to all patients requiring counselling with an allied mental health professional. Contact your local GP for referral.

Kids Help Line: 1800 551 800
Lifeline: 13 11 14

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

South West Child and Adolescent Mental Health Team: 9722 1300
Offers assessment and treatment to children, young people and their families experiencing emotional, psychological, behavioural, social and or mental health problems.

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Compilation of this Resource List has been a joint venture between Investing In Our Youth Inc and the Bunbury Early Years Network

FAMILY ASSISTANCE

Alcohol and Drug Information Services

Confidential counselling and information.

Telephone: 1800 198 024

All Families Mediation and Counselling

Specialising in mediation and counselling for families. Men's support meetings, Drug and Alcohol support, Quit program. Fees range from free services to reductions for concession card holders. Open Mon-Wed 9.00am to 7.00pm

Telephone: 9721 1367

Anglicare

Offers free advice to anyone in financial crisis.

Telephone -Wendy Mahaffy 9791 2585

Bunbury Supported Accommodation Services

Provides supported crisis accommodation for singles or families who are currently homeless in the Bunbury area. Support is offered in a number of ways including information and referral to relevant services, living skills, budgeting advice, advocacy and liaison with other services. Aim is to assist you to move onto independent living and is designed on an individual basis to suit your needs.

Telephone: 9791 3213

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.

Free Call 1800 999 727

Telephone: 9791 3206

Department for Child Protection

Families can ring number below to ask for advice if they are concerned about a child being harmed.

Telephone 9722 5000

Family Helpline: 1800 643 000

Family Relationships Centre

Provides an information and referral service for people wanting to strengthen their family relationships and dispute resolution services for separated parents wanting to establish agreements regarding parenting arrangements. Open Mon to Fri 9.00am to 5.00pm all individual sessions or up to 3hrs of joint sessions are free of charge.

Telephone: 9792 1155

Mensline Australia

For men with family and relationship concerns.

Telephone: 1300 789 978

Men's Domestic Violence Helpline

Free Call 1800 000 599

Men's Family Relationship Program

Small group of men aged between 20-40 something who come from all walks of life including married, recently separated, divorced and a single dad raising 2 children, meet weekly.

Telephone: 9792 1111

Mobile 0433 839 840

Parenting Line

Information and advice about caring for children up to 18 years of age.

Telephone 1800 654 432

FAMILY ASSISTANCE CONT'D...

Parent's Plus (REACH)

Provides family focused education, support and counselling to parents of "at risk" young children (0-12) who may be experiencing a difficult situation, or simply want advice. Also runs group programs as needed, workshops and 1 to 1 sessions. Mon to Fri 9.00am to 5.00pm

Telephone: 9721 3511

Pregnancy Assistance

Offers a wide range of information on pregnancy related issues, provides emotional and practical assistance (ranging from free pregnancy testing to baby clothing and furniture). This service is free and confidential. Open Mon 9.00-5.00pm, Wed 10.00-2.00pm and Friday 9.00-5.00pm

Telephone: Mary Kavanagh 9792 4759

Pregnancy Counselling Link: 1800 777 690

Relationship's Australia

Counselling to individuals, couples, families and children. Education courses, Men and Families Relationships program and mediation for families is also available. Enquiries about fee structure are welcome. Open Mon, Tues, Thurs & Friday 9-5pm and Wednesday 9am-9pm.

Telephone: 9792 1111

Salvation Army Family Crisis Centre

Can assist with temporary crisis accommodation to young families, food vouchers and hampers, (appointment preferred), furniture, bedding, and clothing. Mon to Wed and Friday 9.30-12.00pm

Telephone: 9721 4519

South West Disability Coalition

Aims to support and advocate for the needs of families with a member who has a disability.

Telephone: Naomi Amat 0419 909 860

South West Community Drug Services Team

Services to any individual, or to family members, or community members, who may be affected by *someone's* alcohol or other drug use.

Telephone: 9721 9256

South West Emergency Care for Children

A service where a family support worker provides care in the children's home when the parent(s) are unable to look after their children. There is a fee schedule based on family income, but please contact us if you need help even if you have trouble paying.

Telephone: 9791 1335

South West Women's Refuge Inc

Crisis accommodation for women and children escaping domestic/family violence. Outreach support for children and women in the South West

Telephone: 9791 2894 or 9791 6885

Women's Domestic Violence Helpline

Free Call: 1800 007 339

A-Z SUPPORT GROUPS

Australian Breastfeeding Association

Support network for breast-feeding mums, meets three times a month.

Telephone: - Ainsley 9791 3872
7 day Helpline: 1800 Mum 2 Mum

Grandparents Support Group

Monthly support group for grandparents who are primary carers of their grandchildren. No fee. For details contact Centrecare.

Telephone: 9721 5177

South West Multiple Births Association

Support group for expectant parents, carers, grandparents, and families of multiple births. Meet second Friday of each month 9.30am to 11.30am at Hudson Road Family Centre.

Telephone: Nicole Davies 9724 1728

USEFUL RESOURCES

Bunbury Early Years Network

Our organization consists of people from the community who have an interest and passion for children in the Early Years (0-8) to actively promote the vital importance of a strong foundation for our children's future and for families as a whole.

Telephone Karen Collins 9721 8944

Commonwealth Respite and Carelink Centre

A single point of contact for information referral and advice on a full range of respite care services. Assistance with respite in emergency or unexpected situations.

Carelink: 1800 052 222

Respite: 1800 059 059

Parenting WA South West

A wide range of information including books, DVD's and videos on pre-birth, babies, toddlers, children, teenagers and parenting. This is a free service and you can borrow items for up to 4 weeks.

Telephone: 9725 2622

Mobile: 0417 991 052

South West Women's Health and Information Centre

Offer Health Education and information promoting well being to women of all ages in the south west including pregnancy testing, Women's Health Nurse, Well Women's Service (Pap Smears), Community Agency Information, brochures and books, unplanned pregnancy support and general counselling.

Telephone: 9791 3350

Withers Family Learning Centre Library

Resource Centre that aims to provide family friendly environment to encourage children to read. Resources available for loan or families welcome to use facilities centre.

Telephone: 9795 8033



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