

Harvey Services Directory
for Families with Young Children - March 2010
 All services listed are free of charge unless otherwise indicated.

COMMUNITY NURSES IN CHILD HEALTH CENTRES

An experienced Registered Nurse is 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. Contact Karen Whittock, Telephone 9729 3377 Monday to Wednesday 8.00am to 4.30pm by appointment. The Child Health Centre is located in the Dr. Burkitt Community Health Centre - off Wright Street.

A-Z CHILD HEALTH AND SAFETY

Audiology:
 Bunbury based hearing screening and assessments for children.
Telephone: 9795 2888

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

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

Disability Services Commission
 Provides information, advocacy and support to people with disabilities.
Telephone: 9729 2844

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
 A 24hr health advice line staffed by Registered Nurses to provide health advice.
Telephone: 1800 022 222

Immunisation:
 Child Health Centre 4th Tuesday of every month 10.45am - 1.00pm
Karen Whittock 9729 3377
Jenny Pringle 9782 2222

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
 Assessment, support and review for nutrition related issues. Telephone for appointments.
Telephone: 9782 2222

Occupational Therapy - Paediatric:
 Assessment, support and therapy for individuals and groups
Telephone: 9782 2222

Poisons Information Centre
 Help Line available 24hrs, 7 days a week
Telephone: 13 11 26

SARC (Sexual Assault Resource Centre)
 Assists any person 13 years and over. 24 hour crisis free call.
Telephone: 1800 199 888

Speech Therapy:
 Individual and/or group therapy for communication and feeding difficulties in children.
Telephone: 9782 2222

A-Z CHILD HEALTH AND SAFETY_Cont'd...

School Nurse:
 Supports students, families and the whole school community with early detection of difficulties, health promotion and specialist health expertise. Includes screening, referral, immunisation, monitoring and supporting children of refugees, or who have parents with a mental illness, children in out of home care, children with disabilities and indigenous children. Contact your local school or:
Telephone: 0427 085 822

ACTIVITIES FOR CHILDREN

Annie's Angels Play and Development Centre
 Childcare, After School Care, Pre-Kindy, Parent Support. Open 7.30am to 6pm Mon to Fri. Childcare benefit available. We are here to nurture you and your child with loving care and support. 1 Hester St Harvey.
Telephone: 9729 3344

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

Harvey Library
 Story-time and rhyme-time for under school aged children, 9.30am Wednesdays. School holiday activities at advertised times. "Books at Breakfast" broadcast on Community Radio 96.5fm at 8.00am on school days - readings of favourites such as Wind in the Willows, Peter Pan, Wizard of Oz and Gumnut Babies. Children's resources at the library include reading books, audio books, videos, DVD's toys, puzzles and games.
Telephone: 9729 1080

Harvey Play Group:
 Meet in the RSL Hall, Becher Street on Thursdays 9.30-11.30am for 0-4year olds. Small fee for materials.
Telephone Mel Corso 9729 3829

Kindy Gym
 Held at the Harvey Rec Centre, Tom Latch Drive on Fridays from 9.30-10.30am for 2-5year olds cost is \$3.00 per child or \$5.00 per family.
Telephone: 9729 3311

SCHOOL SERVICES

Local schools can access the following support services:
 School Nurse, School Psychologist, Chaplaincy services, and Aboriginal support services.

Harvey Primary School: 9729 1212
St Anne's Primary School: 9729 1287

PARENTING GROUPS

Introducing Solids:
 1-hour info session on introducing solids for parents with children aged 4-6 months.
Telephone Karen: 9729 3377

New Parents Group
 Held on the first Wednesday of every month at Harvey Child Health Centre. Provides Parent information and guest speakers.
Telephone Karen: 9729 3377

Post Natal Exercise Classes:
 Facilitated by physiotherapist. Classes take place at Harvey Recreation and Cultural Centre. Dates and times to be announced.
Telephone Karen: 9729 3377

Play Cafés:
 School café and activities for local families with children 0-4years. Informative discussion and free coffee at the Harvey Primary School.
Telephone: 9729 1212

Positive Parenting Program:
 8-week Triple P Program on positive parenting for parents with children aged 3-5 years and 6-10 years.
Telephone Karen: 9729 3377

STRESS AND MENTAL HEALTH SUPPORT SERVICES

Childbirth Stress/Depression Support Group:
 Bunbury based support group for women who are feeling stressed/depressed before and/or after childbirth. Meets first and third Monday of each month.
Telephone: Sharon Binnie 0417 923 744

Childbirth Stress/Depression Therapeutic Program:
 Bunbury based 8-week program for women who are stressed, depressed, or just not coping after childbirth.
Telephone: Sharon Binnie 0417 923 744

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.
Telephone: 9729 1600 or 9729 1064

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

South West 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
Telephone: 9722 1300



*The Harvey Early Years Program
 Is a local initiative designed to strengthen links between
 Schools and the families of 0-4 year olds. For more information see entry "Play Café's"*

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Compilation of this resource list has been a joint venture between
Investing In Our Youth Inc and Harvey Primary School and was funded by the Department for Communities
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FAMILY ASSISTANCE

Alcohol and Drug Information Services

Confidential counselling & information
Telephone 1800 198 024

Anglicare:

Offers free advice to anyone in financial crisis.
Telephone - Wendy Mahaffy 9791 2585

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. Appointments are available in Harvey on Tuesday mornings at HACC offices, Becher St. Bookings essential.

Telephone: 9791 3207 Free call: 1800 999 727

Department for Child Protection:

Families can ask for advice if they are concerned about a child being harmed.

Telephone: 9722 5000

Family Help Line

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. Sessions available in Harvey by arrangement.

Telephone: 9792 1155

Harvey Family Support Program:

Crisis support, information, emergency relief (food vouchers, payment of utility accounts, clothing), advocacy with creditors and referral to other agencies. Appointments are available in Harvey Monday and Wednesday morning.

Telephone: 9782 4000

Men's Domestic Violence Helpline: 1800 000 599

Men's Line Australia

Is a dedicated service for men with relationship or family concerns. Staffed by trained professionals. Confidential and anonymous 24hour service.

Telephone: 1300 789 978

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 9am- 5pm.

Telephone: 9721 3511

Parenting Line

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

Telephone: 1800 654 432

Relationships Australia

Counselling to individuals, couples, families and children. Education courses, Men and Family relationships program and Mediation for families are also available. Enquiries about fee structure are welcome. Opening hours 9.00am to 5.00pm Mon, Tues, Thurs & Friday, and Wed 9am to 9pm.

Telephone: 9792 1111

FAMILY ASSISTANCE CONT'D.....

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 9.30am to 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

Social Worker

Assessment, support and therapy for families, individuals and groups. Appointments available Mon and Fri, at Harvey Hospital.

Telephone: 9782 2222

South West Community Drug Services Team:

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

Telephone: 9721 9256

South West Counselling Services

Offers counselling, therapy and life skills to people in rural communities. Small fee, donations welcome. Tuesday and Thursday by appointment at Harvey Hospital.

Telephone: 9754 2052

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

Pregnancy Counselling Link: 1800 777 690

Women's Domestic Violence Helpline:

Telephone 1800 007339

A-Z SUPPORT GROUPS

Active Birth Workshops

Angela Jordan 9795 5191

Australian Breastfeeding Association:

For confidential breastfeeding counselling please phone the 7 Day Helpline or one our locally trained counsellors:

Telephone Rike 9729 3325

Telephone Annie 9729 1972

Telephone Sharon 9729 3068

7 Day Helpline: 1800 Mum 2 Mum

My Time:

Bunbury based support group for parents and carers of young children with disabilities or a chronic medical condition.

Telephone Naomi Amat 0419 909 860

INDIGENOUS SERVICES

South West Aboriginal Medical Service:

Provides a range of health services including ante-natal 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

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

USEFUL RESOURCES

Bunbury Early Years Network

Our organization consists of a network 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 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

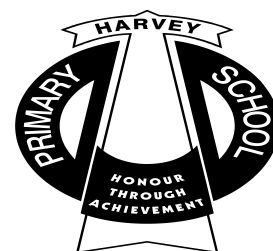
A wide range of information including books, DVD's and videos on pre-birth, babies, toddlers, children, teenagers and parenting. This is a free service and you can borrow items for up to 4 weeks. We offer a free postal service for those who borrow and live outside of Bunbury. Please call us and speak to a member of our staff.

Telephone: 9725 2622 Mob: 0417 991 052

South West Women's Health and Information Centre:

Offers 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), unplanned pregnancy support and general counselling.

Telephone: 9791 3350



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