

# Bunbury Services Directory for Families with Young Children - 2012

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 1<sup>st</sup> 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**  
Community Health Centre

**Bunbury Forum**  
Strickland Street

**Bunbury Prosser**  
Prosser Street

**Gelorup**  
Community Hall, Hastie St

Free call number for all child health clinic appointments: 1800 457 949

## A-Z CHILD HEALTH AND SAFETY

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

**Audiology** 9795 2812  
Hearing screening and assessments for children.

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

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

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

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

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

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

**Immunisation** 9795 2814  
Standard infant, child and adult immunisations.

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

**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** 9795 2813  
Individual and/or group therapy for communication and feeding difficulties in children.

## SERVICES FOR MIGRANTS

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

**SMILE - Supporting Migrants In Learning English** 0402 262 759  
A social, relaxed and child friendly environment for migrant mums with children to learn English together.

## INDIGENOUS SERVICES

**South West Aboriginal Medical Service**  
9791 7666 Free Call 1800 779 000

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.

### Boodjari Yorgas & Koolangka

Strong babies Strong Families. Health check for you and your baby. Speak to your Child Health Nurse, Midwife, GP or Aboriginal Health Service.

## PARENTING GROUPS

**Best Beginnings** 9781 2900  
A 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 years old. It involves regular visits to your home by caring trained professionals.

**Early Parenting Groups** 9795 2888  
5 week program to assist new mums and dads in their parenting journey. Includes Better Beginnings program and visit to local library.

**Group Positive Parenting Program** 9795 2888

8-week program on for parents with children aged 3-8 years. Parents will learn effective parenting strategies, ways to encourage behaviour you like and how to prevent or manage common child behaviour problems that all parents experience from time to time. Free crèche available.

**Nixi Teen and Young Mums Group** 9721 8944

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.

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

**Play Cafés**  
South Bunbury 9721 3299  
Bunbury 9721 2660  
Withers 9795 7701  
East Bunbury 9721 3144  
Carey Park 9721 3011

School café and activities for local families with children 0-4years. Informative discussion and free coffee. (LEAF Program)

**Seminar Series Positive Parenting Program** 9795 2888

3 week program for parents with children aged 3-8 years. Learn about the power of positive parenting, how to raise confident, competent and resilient children. Free crèche available.

**Sleep Matters** 9795 2888  
2-week sleep management program for parents with children 7months -2years. Free crèche available.

**Transition to Solids** 9795 2888  
A 2-hour program that will give you a great start to introducing solids to your baby. For parents with children aged 4-12 months.

## 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](http://www.mychild.gov.au)

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

**Playgroup WA South West Office**  
Karen 0421 819171  
Information on Playgroups in your area by postcode [www.playgroupaustralia.com](http://www.playgroupaustralia.com)

**My Time** 97218944  
Supporting parents of children with disabilities in a Playgroup environment.

## STRESS AND MENTAL HEALTH SUPPORT SERVICES

**Practical and Family Support Program** 9726 6709

Provide hands-on support and role modeling from a team of volunteers to support new Mums experiencing perinatal mental health issues, Post Natal Depression, social isolation and multiple births.

**Doctor**  
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  
Free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25.

**Lifeline** 13 11 14  
Connects people with care by providing services in Suicide Prevention, Crisis Support and Mental Health Support.

**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.

**SW 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**

**1800 198 024**

Confidential counselling and information.

**All Families Mediation and Counselling**

**9721 1367**

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

**Anglicare Financial Counselling Services**

**9792 1900**

Offers free advice to anyone in financial crisis.

**Beer and Bubs** **0439 920 969**

**Childbirth Education for Men at the Pub**

A one night session where expectant dads learn how to support their partner through the birth of their baby.

**Bunbury Supported Accommodation Services**

**9791 3213**

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.

**Bunbury Community Legal Centre**

**Free Call 1800 999 727**

Free preliminary legal advice to the community on all areas of law. Mediation service to help resolve family, neighbourhood, workplace and other disputes.

**Department for Child Protection** **9722 5000**

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

**Family Helpline** **1800 643 000**

A confidential telephone counselling and information service for families with relationship difficulties.

**Family Relationships Centre** **9792 1155**

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.

**Mensline Australia** **1300 789 978**

For men with family and relationship concerns.

**Men's Domestic Violence Helpline**

**Free Call 1800 000 599**

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

**Men's Family Relationship Program**

**9791 3213 0438 938 332**

Service for men wanting to work on any issues relating to relationships.

**Parenting Line**

**1800 654 432**

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

**Parent's Plus (REACH)**

**9721 3213**

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

**Pregnancy Assistance**

**9792 4759**

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 & Fri 9.00-5.00pm.

**Pregnancy Counselling Link**

**1800 777 690**

Supportive, confidential and non-judgemental counselling for concerns or queries associated with an unexpected or difficult pregnancy.

**Relationship's Australia**

**9792 1111**

Counselling to individuals, couples, families and children. Education courses, Men and Families Relationships programs are also available. Enquiries about fee structure are welcome. Open Mon, Tues, Thurs & Friday 9-5pm and Wednesday 1pm-9pm.

**Salvation Army Family Crisis Centre**

**9721 4519**

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

**South West Disability Coalition**

**0419 909 860**

Networking and information sharing to improve the effectiveness of service provision for families/carers of children living with a disability.

**South West Community Drug Services Team**

**9721 9256**

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

**South West Emergency Care for Children**

**9791 1335**

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.

**South West Women's Refuge Inc**

**9791 2894 or 0448 095249**

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

**Women's Domestic Violence Helpline**

**Free Call: 1800 007 339**

Support and counselling for women experiencing family and domestic violence.

**Australian Breastfeeding Association**

**7 day Helpline: 1800 686 268**

Support network for breast-feeding mums, meets three times a month at Kidspace Hudson Rd Family Centre.

**FIFO South West**

**0410 445 798**

Support group for families living the Fly in-Fly out lifestyle.

**South West Autism Support Service**

**0410 445 798**

Offer support and information and a social network to families with members on the Autism Spectrum.

**South West Multiple Births Association**

**0488 639 058**

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

**USEFUL RESOURCES**

**Commonwealth Respite and Carelink Centre**

**1800 052 222**

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.

**Investing In Our Youth**

**9721 6951**

A community group that aims to support the healthy development of children and young people in the South West region. We do this by working collaboratively with business, agencies and the community. For more information [www.investinginouryouth.com.au](http://www.investinginouryouth.com.au).



**Parenting WA South West**

**9725 2622 0417 991 052**

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

**South West Women's Health and Information Centre**

**9791 3350**

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.

**Withers Family Learning Centre Library**

**9792 7244**

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.

**Bunbury Public Library**

**9792 7190**

Bunbury Library co-ordinates the Better Beginnings family literacy program in the Bunbury Area. Has a large selection of children's and parenting books and runs children's rhymetime and storytime activities.

**A-Z SUPPORT GROUPS**