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.

Free call number for all child health clinic appointments 1800 467 949

Bunbury Hudson Road East Dalyellup Bunbury Forum Bunbury South Geelong
Community Health Centre Community Centre Strickland Street Prosser Street Community Hall, Hastie St

A-Z CHILD HEALTH AND SAFETY

Asthma 9722 1880
Advice for people with asthma and their families. Mon, Tues, Thurs.

Audiology 9795 2888
Hearing screening and assessments for children.

Bed Wetting 9795 2888
Consultation and assessment for children who are bed-wetting after the age of 5.

Child Safety South West 9721 8944
Workshops to educate children from an early age on the importance of keeping safe. Empowers children to deal with bullying and other forms of abuse.

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

FACE 9791 4140
Program supporting young people aged 10 - 15 years who live with drug and/or alcohol misuse.

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.

Nutrition/Dietitian 9722 1408
Assessment, support and review for nutrition related issues for individuals and groups.

Poisons Information Centre 13 11 26
Help line available 24 hours - 7 days.

Speech Therapy 9795 2888
Individual and/or group therapy for feeding and communication difficulties in children.

Waratah Children's Services 9791 2884
A free, confidential and professional service that provides counselling and support to families who have experienced family and domestic violence and/or sexual assault/abuse.

SERVICES FOR MIGRANTS

Bunbury Multicultural Group 0429 315 931
Organises various social events to enable migrants and Australians to find friends and learn about culture and diversity.

Multicultural Service Centre of Western Australia 9791 5281
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 9726 6000
Free Call 1800 779 000
Provides a range of health services including antenatal and post-natal support, counselling, and education and prevention workshops.

SWAMS provides counselling and support to Aboriginal families throughout the SW through the Social and Emotional Wellbeing Program.

Boodjari Yorgas and Koolakas
Strong babies—strong families. Health check for you and your baby. Speak to your Child Health Nurse, Midwife, GP or Aboriginal Health Service.

PARENTING SUPPORT

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 visit to playgroup and local library.

Group Positive Parenting Program 9795 2888
8-month program 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. Fee creche available.

Lifestyle Triple P 9795 2888
A 14-week program for parents with children aged 5 to 10 years who are outside the healthy weight range. Information and strategies to promote healthy eating and physical activity.

My Time 9721 8944
A group for parents and carers of children with special needs.

Nixi Teen and Young Mums Group 9721 8944
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.

Parenting Your Toddler 9795 2888
5-week program on understanding and managing toddlers. For parents with children aged 18mths—3 years.

Parenting Line 1800 654 432
Information and advice about parenting children up to 18 years of age.

Play Cafes
School cafe and activities for local families with children 0-4 years. Informative discussion and free coffee. Contact your local primary school for session times and dates.

Playgroup WA (South West) 0421 819 171

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 creche available.

Sleep Matters 9795 2888
2-week sleep management program for parents with children 7mths—2 yrs. Free creche 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.

CHILD CARE

Child Care Services 9795 3068
For up to date information on services, locations, times, in-home child care options and fees and enrolments see www.mychild.gov.au

SW Emergency Care for Children 9791 1335
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 have difficulty paying.

STRESS AND MENTAL HEALTH SUPPORT SERVICES

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.

Kids Help Line 1800 551 800
Free, private and confidential telephone and online services counselling services 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.
STRESS AND MENTAL HEALTH SUPPORT SERVICES (continued)

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.

Practical and Family Support Program 9726 6709
Provides hands-on support and role modelling from a team of volunteers to support new Mums experiencing perinatal mental health issues, postnatal depression, social isolation and multiple births.

SW Child and Adolescent Mental Health Team 9722 4300
Offers assessment and treatment to children, young people and their families experiencing emotional, psychological, behavioural, social and or mental health problems.

Well Mamas 9721 8944
A 16 week program for women who have or are at risk of developing postnatal depression. Women have the opportunity to meet people in similar circumstances and learn the skills required to maintain mental wellbeing.

Email Pamm@miligan.org.au.

FAMILY ASSISTANCE

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

Anglicare Financial Counselling Services 9791 1900
Offers free advice to anyone in financial crisis.

Beer and Bubs 0450 953 738
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. Fees apply.

Bunbury Community Legal Centre 9791 3206
Free preliminary legal advice to the community on all areas of law. Mediation service to help resolve family, neighbourhood, workplace and other disputes.

Bunbury Supported Accommodation Service 9729 9000
Provides supported crisis accommodation for singles or families who are currently homeless in the Bunbury area. Information and referral to relevant services, living skills, budgeting advice, advocacy and liaison with other services.

Child Witness Service 9781 4212
Provides support for children who witness or are victims of crime.

Communities for Children 9729 9000
Family focused education, support and counselling for parents of ‘at-risk’ young children (0-12) who may be experiencing a difficult time or simply want advice. Group programs as needed, workshops and 1 on 1 sessions.

Department for Child Protection and Family Support 9722 5000
Families can ring number above 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 Relationship Centre 9792 1155
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 3hrs of joint sessions free of charge.

Family Relationship Program 9721 1155
Information and referral service for people wanting to strengthen their family relationships.

Mensline Australia 1300 789 978
For men with family and relationship concerns.

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

Pregnancy Assistance 9792 4759
Confidential service offering a wide range of information on pregnancy related issues. Provides emotional and practical assistance (ranging from free pregnancy testing to baby clothing and furniture). Mon & Fri 9am-5pm.

Pregnancy Counselling Link 1800 777 690
Supportive, confidential and non-judgemental counselling for concerns or queries associated with an unexpected or difficult pregnancy.

Relationships Australia 9792 1111
Counselling to individuals, couples, families and children. Education courses. Enquiries about fee structure are welcome.

Salvation Army Family Crisis Centre 9721 4519
Can assist with temporary crisis accommodation to young families, food voucher and hampers (appointment preferred), furniture, bedding, and clothing.

SIDS and Kids WA 9474 3544
Offer education and advice about Safe Infant Sleeping for parents/carers.

24 hour Bereavement and Loss Helpline 1800 686 780
Available to anyone affected by the loss of a child during pregnancy or after birth.

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

Waratoh 9791 2884
Waratoh is a free, confidential and professional counselling service for people who have experienced sexual assault or abuse or domestic violence.

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

A-Z SUPPORT GROUPS

Australian Breastfeeding Association 1800 686 268
Support network for breast-feeding mums.

Group Leader & Breast Pump Hire 9795 6533

Bunbury Men's Support Group 0427 539 198
Chat list and share a little about the complicated world of personal relationships.

FIFO/DIDO South West Support Group 0419 097 586
Support group for families living the fly in fly out and drive in drive out lifestyle.

South West Autism Support Service 9754 7322
Offers 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 multiples births.

USEFUL RESOURCES

Advocacy SW 97973233
Provides advocacy services in partnership with people with disabilities.

Bunbury City Library 9792 7190

Willows Community Library 9792 7245
Co-ordinates Better Beginnings family literacy program. Offers selection of children's and parenting books and Storytime and 'Baby Books & Rhymes' sessions.

Commonwealth Respite and Carerlink Centre 1800 200 422
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.

Indigenous Community Links 9721 5033
Supports Indigenous community members and their families by providing links and referrals to a range of mainstream and Indigenous services, such as welfare and social support, employment, family violence, health (including drug and alcohol services), legal, child care and housing.

Parenting WA South West 9729 9703
A wide range of information including CDs, books, magazines and DVDs on pre-birth, babies, toddlers, children teenagers and parenting. Items can be borrowed for up to 4 weeks.

South West Women's Health and Information Centre 9791 335C
Offers health education and information promoting well being to women of all ages in the SW including pregnancy testing. Women's Health Nurse, Well Women's Service (pap smears), unplanned pregnancy support, Community Agency Information, general counselling and brochures and books.

To report updates to this directory: Carmen.G reggi@investinginyouth.com.au