

EARLY CHILDHOOD HEALTH SERVICES AND HOSPITALS



CHILD HEALTH SERVICES

Child & Family Health Nursing

Child and Family Health Nursing provide a free service staffed by Child and Family Health Nurses who offer health, development and wellbeing checks for your child as well as support, education and information on all aspects of parenting. We provide information and support regarding: breastfeeding, infant feeding and nutrition, sleep and crying patterns, adjusting to parenting, children's growth and development, infant and child behavior, immunization, safety, playing with babies and toddlers to stimulate and promote development and parental wellbeing. Ph: 9562 5400

Child & Family Health Promotion

Ph: 9515 9055

Munch & Move Program – supporting early childhood education & care services and family day care providers <https://www.healthykids.nsw.gov.au/campaigns-programs/about-munch-move.aspx>

Child Protection helpline

(NSW Dept of Communities & Justice)
Ph: 132 111

Children of Parents with a Mental Illness Service

Ph: 9378 1100

www.slhd.nsw.gov.au

Focus on families where a parent has a mental health problem. Programs include holiday program for 7-14 years, psycho-education for children, parenting programs for parents with mental health problems, consultation and information resources.



Croydon Community Mental Health Service

Ph: 9378 1100 for general inquiries
Ph: 1800 011 511 for acute and crisis mental health and ask for the local crisis team

www.healthdirect.gov.au/australian-health-services/23020328/croydon-community-mental-health-service/services/croydon-2132-liverpool

Assessment and treatment for people experiencing mental health and/or drug and alcohol issues.

Family Mental Health Service

Ph: 9378 1100

www.slhd.nsw.gov.au

Focus on families where a parent has a mental health problem. Programs include holiday program for 7-14 year olds, groups for mothers with mental health problems, playgroup, and consultation and information resources.

Feeding infants with complex feeding needs

www.childfeeding.org

Go4Fun Program – for children aged 7-13yrs who are above a health weight and their families <https://go4fun.com.au/>

Hope Cottage – The Infants Home

Ph: 9799 4844 or 0431 360 452

www.theinfantshome.org.au

The Infants' Home's Sydney Hope Family Cottage provides a comprehensive range of postnatal health services for infants from birth to 18 months, including home visiting by qualified child and family health nurses.

Karitane

Ph: 9794 2300

Care Line 1300 227 464

www.karitane.com.au

138-150 The Horsley Drive,
Carramar NSW 2163

A statewide residential unit. Week stay for families experiencing difficulties parenting with children up to the age of 4yrs. Referrals only by health professionals.

Leichardt Women's Community Health Centre

Ph: 9560 3011

www.lwchc.org.au

55 Thornley Street, Leichardt NSW 2040

A nonprofit women's healthcare centre, operated by women for women, providing low cost medical and complimentary health care.

Live Life Well @ School Program – supporting primary schools

<https://www.healthykids.nsw.gov.au/teachers-childcare/live-life-well-@-school.aspx>

Rivendell – Child, Adolescent and Family Mental Health

Ph: 9736 2288

Thomas Walker Building, Hospital Road,
Concord West NSW 2138

Provides mental health services, including inpatient, outpatient care & schooling for children & adolescents.

Sydney Dental Hospital

Ph: 9293 3333 for Bookings

www.slhd.gov.au

2 Chalmers Street, Surry Hills NSW 2010
Comprehensive dental treatment for child 0-17yrs. Assessment carried out at some primary schools. Clinic services at Croydon and Concord. Also provides specialist dental treatment for children with a disability.

Tresillian Family Care Centre

Ph: 1300 2parent or 1300 272 736

www.tresillian.net

McKenzie Street, Belmore NSW 2192

Offers support & advice for families experiencing difficulties with infants & young children aged 0-5yrs. Services Include a parent help line (7 days a week, 7am-11pm), residential, day stay & outreach programs, parent education programs & help for women experiencing postnatal depression

HOSPITALS

Concord Hospital

Ph: 9767 5000

www.slhd.nsw.gov.au

Hospital Road, Concord NSW 2137

Royal Prince Alfred Hospital (RPA)

Ph: 9515 6111

www.slhd.nsw.gov.au

Missenden Road, Camperdown NSW 2050

St John of God Hospital

Ph: 9715 9215

www.sjog.edu.au

13 Grantham Street, Burwood NSW 2134

Not for profit private mental health care. Offers integrated services for the whole family across the range of inpatient, outpatient and day to stay. Holistic approach to care and focus on early intervention.

Strathfield Private Hospital

Ph: 9745 7444

www.strathfieldprivate.com.au

3 Everton Rd, Strathfield NSW 2135

Sydney Children's Hospital

Ph: 9382 1111

www.sch.edu.au

High Street, Randwick NSW 2031

Westmead Children's Hospital

Ph: 9845 5555

www.chw.edu.au

Cnr Hawkesbury & Darcy Roads,
Westmead NSW 2145



FAMILY SUPPORT SERVICES



The aim of support services is to strengthen the relationship between parents and children, increase the use of positive parenting practices, improve knowledge about local services and expand parents support networks. This is done by providing advice and supported referrals, advocacy, case management, parenting skills workshops and playgroups. It is helpful to all parents, particularly those who are facing stresses and issues such as coping with being new parent/s, isolation, family breakdown, serious illness, financial crisis, domestic violence, drug and alcohol dependence. The following services all provide a level of support to families.

Anglicare

Support for families with children 0-18 years in Ashfield.
Ph: 9798 1400

lwfamilysupport@anglicare.org.au

Barnardos Aboriginal Early Years Family Support.

For children 0-5yrs and their family.
Ph: 9218 235

www.barnardos.org.au

Carer and Parent Support (CAPS)

For children 0-12years and their family.
Ph: 9716 7032

www.carerandparentsupport.com.au

Catholic Care

Support for families including Parent Education, Counselling, Family Dispute Resolution, Family Recovery and other services throughout the Inner West.

Ph: 13 18 19

www.CatholicCare.org

Family Referral Service (FRS) (Sydney City)

Works with families and young people to link them to support services in their local community, increasing engagement and reducing vulnerability in homes.

Ph: 1800 066 757

www.familyreferralservice.com.au

The Infants Home - Child & Family Services

Provides integrated early childhood education and health support services for children and their families. This includes long day care, family day care, supported playgroups, parent education, family support, postnatal services and integrated allied health within educational programs.

Ph: 9799 4844

www.theinfantshome.org.au

Inner West Family Connect

For culturally diverse families with children 0-8yrs.

Ph: 9798 1700

www.metroassist.org.au

Inner West Family Support Service

For families with children 0-12 years.

Ph: 9744 1866

www.bcw.org.au

Inner West Play and Chat (KU)

Supported playgroup facilitated by an early childhood educator. Supported playgroups operate in various locations across the inner west.

Ph: 9692 0559

www.ku.iwplayandchat@ku.com.au

Kids @ Weldon Summer Hill Family Support

Practical and emotional support and parenting education and peer support groups. Services for families and children from birth to 13 years.

Ph: 9797 8676

www.shfs@weldon.com.au

Metro Assist Inc.

Ph: 9798 1700 (Ashfield)

Ph: 9789 3744 (Campsie)

www.metroassist.org.au

Provides support services to families and communities including migrant settlement services, family support and early intervention. This includes emergency relief, tenancy services, financial counselling and community development. Metro Assist's service area includes the Bankstown, Burwood, Canada Bay, Rhodes Peninsula, Strathfield, Canterbury, and Inner West local Government area.

My Forever Family

Provides support, training and services for Foster parents and those interested in becoming carers.

Ph: 1300782 975

www.myforeverfamily.org.au

Prosper (Project Australia)

Provides school programs, playgroups, parenting activities, support groups, material aid for families experiencing financial hardship.

Ph: 0402 787 571

www.prosperprojectaustralia.org

Volunteer Home Visiting - Benevolent Society

The Volunteer Home Visiting service is an early intervention program, assisting and supporting vulnerable families in homes in Strathfield.

Ph: 8314 9494

www.benevolent.org.au

Sydney City Family Relationship Centre

Offers a broad range of services to individuals, families and communities throughout the country. Core services are counselling, mediation, and family dispute resolution -

as well as associated early intervention and post-separation services.

Ph: 8235 1500

www.relationshipsnsw.org.au

Volunteer Family Connect - Save the Children

Volunteer Family Connect is an early intervention program, assisting and supporting vulnerable families in the Burwood, Ashfield and Canterbury area.

Ph: 0419 235 694

www.savethechildren.org.au

INTENSIVE FAMILY SUPPORT

Support for families experiencing multiple and complex issues, needs and transitions.

Benevolent Society - Child & Family Services

An integrated service model for children and families facing complex issues, including parental neglect, abuse, mental health, drug and alcohol use.

Ph: 83149494

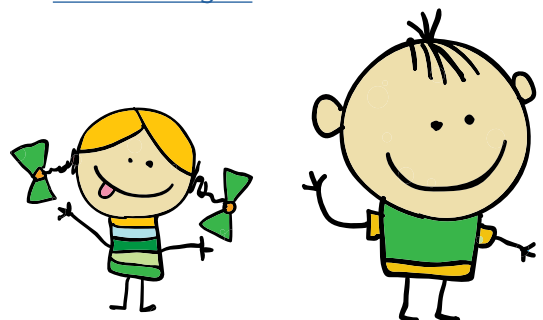
www.benevolent.org.au

SDN Brighter Futures

Provides case management with families at high risk.

Ph: 97156568

www.sdn.org.au



SERVICES FOR CHILDREN WITH ADDITIONAL NEEDS (DISABILITY)



The following services are NDIS approved and are community based not for profit organisations.

EPIK Disability Services

Ph: 9747 5782

www.safc.org.au

Encourages potential in children and young people with disabilities by providing a range of support services from our site in Croydon and within the community. EPIK Disability Services is NDIS registered.

Eurella Community Services

Ph: 9747 4810

www.eurella.org.au

Provides intervention services for children of any age with a disability or developmental delay. Services include early intervention group programs for children from birth to school age and individual sessions in occupational therapy, speech pathology and behaviour support for children of any age. Eurella is a NDIS registered provider.

Figtree

Ph: 9747 5782

www.safc.org.au

Provides an inclusive Early Learning Centre for children 0-6yrs. Figtree supports all children to access the early childhood education and care they deserve to develop to their greatest potential.

Koorana

Ph: 8321 9600

www.koorana.org.au

Provides learning opportunities for all families. Works across the inner west and south west of Sydney. Range of early education and intervention services for children with additional learning needs and family support. Preschools are located in Lakemba and Roselands, and supported playgroups are in Canterbury/Bankstown area. Disability specific services are offered including individual therapy, case management support during the diagnosis processes and supported access to other service in the community. A registered NDIS Provider.

Lifestart

Ph: 1800 953 390

www.lifestart.org.au

An early childhood partner for Early Childhood Early Intervention (ECEI). Supporting children 0-6 years who have a developmental delay or disability and their families and carers. Registered NDIS provider of therapy and other support services for children and young people aged 7-24 years living with a disability.

NSW/ACT Inclusion Agency

NSW/ACT Inclusion Agency

Ph: 1800 703 382

Metro South Hub

Ph: 9717 5444

The Australian Government funded Inclusion Support Program provides support directly to early childhood and childcare (ECCC) services to help build their capacity and capability to provide quality inclusive care environments for children with additional needs.

Participate Australia (Croydon)

Ph: 9799 4333

www.participateaustralia.com.au

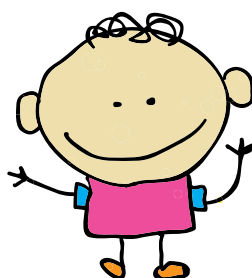
An NDIS approved provider. Offers support services for people living with intellectual, cognitive and developmental disabilities, as well as their families and carers. We deliver conventional and important respite services to people with a disability. Develops innovative independence programs that assist people with a disability can acquire life skills like financial literacy, cooking, swimming and water safety, road safety, housekeeping skills (to help them move into independent living arrangements), how to engage in and nurture rewarding and safe relationships, create art, and acquire IT skills to engage with family and friends through social networking.

Plumtree

Ph: 9572 8840

www.plumtree.org.au

Plumtree provides support for young children aged birth to 8 years old with a developmental delay or disability and their families, including tailored support for children and families, education, therapy, information and training in a variety of settings — in the home, at the child's preschool, child care centre or school, or at the Marrickville centre and in other community settings. A registered NDIS Provider.



SERVICES FOR CHILDREN AND FAMILIES FROM A DIVERSE BACKGROUND (MULTICULTURAL)



All services listed are based locally and are not-for-profit community organisations offering free or subsidized services

Australian-Korean Welfare Association (AKWA)

Ph: 0403 559 589

www.koreanwelfare.org.au

Provides access to resources and services such as Settlement and Social Welfare to the non-English speaking Korean community

Burwood Community Welfare Service

Provides assistance to socially and financially disadvantaged people such as case management, emergency financial relief, counselling, advice, referral and advocacy, family support, meals on wheels.

Ph: 97441866

www.bcw.org.au

Chinese Australian Services Society (CASS)

Ph: 9789 4587

www.cass.org.au

Provides a wide range of welfare services to the community, assisting migrants to settle and integrate into Australian society for Chinese, Korean, Indonesian and others in the general community. Services include childcare, disability services and more.

Chinese Migrant Welfare Association (CMWA)

Ph: 9716 0612

www.cmwa.org.au

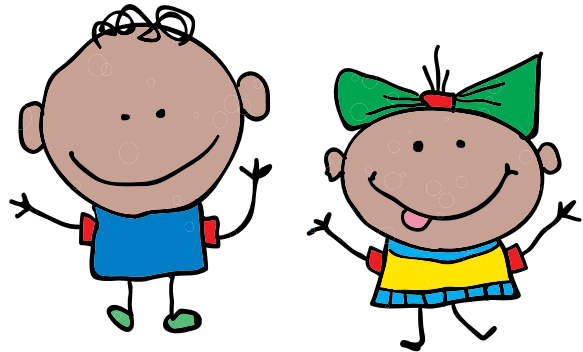
Provides a playgroup and recreational groups for Chinese speaking community

Co-As-It

Ph: 9564 0744

www.coasit.org.au

Includes advocacy, counselling, day care, social groups, community settlement services, bilingual school and drug and alcohol services for the Italian speaking community

**Ethnic Community Services Cooperative**

Ph: 9569 1288

ecsc.org.au

Provides support for children, people with a disability, older people and disadvantaged groups from CALD backgrounds.

Metro Assist Inc.

Ph: 9798 1700 (Ashfield)

Ph: 9789 3744 (Campsie)

www.metroassist.org.au

Provides support services to families and communities including migrant settlement services, family support and early intervention. This includes emergency relief, tenancy services, financial counselling and community development. Metro Assist's service area includes the Bankstown, Burwood, Canada Bay, Rhodes Peninsula, Strathfield, Canterbury, and Inner West local Government area.

- The Family Team provides a number of Early Intervention and Family Support Services (for children 0-18 years) supporting wellbeing and helping to build strong parenting skills and stronger families.
- The Community Development Team facilitates activities which promote cohesion, inclusion, wellbeing and empowerment to individuals and families within our communities including the delivery of educational, parenting and information based groups and programs.

Navitas

Ph: 9745 2420

www.navitas.com

Language and Literacy provider for newly arrived migrants and refugees

OTEN - Multicultural Education Unit

Ph: 9715 8676

Ph: 1800 637 549 (inside NSW)

www.oten.edu.au

Provides information, advice, language & cultural support services and specific courses to people from non-English speaking backgrounds (NESB) who wish to study by distance education with OTEN

Resourcing Parents

Ph: 9736 9852

www.resourcingparents.nsw.gov.au

Parenting Tips in over 40 languages - can be downloaded 24 hours a day. Tip sheets on topics such as: Children's Development, Health, Feeding & Nutrition, Mental Health, Parenting, Parent Education, Safety/ Child Protection, Special Needs, Teenagers.

Settlement Services International

Ph: 1800 849 010

www.ssi.org.au

Settlement Services International (SSI) provides a range of services in the areas of humanitarian settlement, accommodation, asylum seeker assistance, foster care, employment and disability support in NSW



Parenting courses are like a good map to guide parents understanding of their child's development. Parenting programs are run by qualified, experienced parent educators to support all families

Resourcing Parents

Ph: 9736 9852

www.resourcingparents.nsw.gov.au

For a listing of parenting courses being offered near you, please go to the website. Resourcing parents aims to assist parents to easily access information about parenting tips and parenting education and early learning events. Parenting Tips are available in over 40 languages, and can be downloaded 24 hours a day. Tip sheets are on popular topics such as:

- Children's Development
- Children health
- Feeding & Nutrition
- Mental Health
- Parenting
- Parent Education
- Safety/ Child Protection
- Teenagers

Raising Children

www.raisingchildren.net.au

Provides free, reliable, up-to-date and independent information to help families grow and thrive together. Funded by the Australian Government, reviewed by experts and non-commercial. Provides tips and tricks for you to try, our content is easy to find and easy to digest. We have the answers to hundreds of parenting questions, where and when you need them.

Our articles, videos and interactive resources are tailored to different ages and stages, taking you from nurturing a newborn to raising a confident, resilient teen – and helping you to look after yourself as a parent too.

LOCAL COMMUNITY ORGANISATIONS THAT OFFER REGULAR PARENTING COURSES AND WORKSHOPS INCLUDE:

Anglicare

Ph: 9798 1400

lwfamilysupport@anglicare.org.au

Catholic Care

Ph: 13 18 19

www.CatholicCare.org

Drummoyne Community Centre

Ph: 9719 8102

www.dcc.org.au

The Infants Home

Ph: 9799 4844

www.theinfantshome.org.au

Inner West Family Support

Ph: 9744 1866

www.bcw.org.au

Kids @ Weldon

Ph: 8741 0500

www.weldon.com.au

Metro Assist Inc.

Ph: 9798 1700

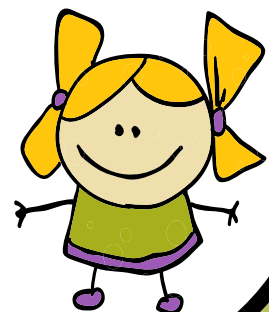
www.metroassist.org.au

Summer Hill Family Support Services

(Kids@ Weldon)

Ph: 9797 8676

www.shfs@weldon.com.au



FAMILIES IN CONFLICT



These services are for individuals or families experiencing interpersonal problems or conflict. They offer a range of support including relationship counselling, domestic violence support, emergency housing, legal aid and more.

RELATIONSHIP COUNSELLING AND/OR MEDIATION

Burwood Community Welfare Service

Ph: 9744 1866

www.bcw.org.au

Provides a wide range of support service for families including:

- **Burwood Women's Domestic Violence Court**

Advocacy Services: this service primarily provides assistances to women and their children who are victims of domestic violence attending Burwood Local Court for Apprehended Violence Orders (AVOs).

- **Inner West Counselling Service:** a professional service that focuses on enhancing people's capacity to cope with specific life challenges. Seeing a counsellor can help people resolve crises, reduce distress or anxiety and develop goals for change. Counselling can also assist with problem solving and the development of inner resources to move on with life in meaningful ways

- **Family Support Services:** provide a range of support to families with dependent children who are having trouble managing as a result of internal or external stresses of life. They are preventative services with a focus on supporting families, strengthening and building on family members' existing skills. The focus is on encouraging and developing positive relationships within families and promoting environments which value, nurture and protect children.

Family Relationship Centre (Relationships Australia)

Ph: 8235 1500

www.relationshipsnsw.org.au

Relationships Australia offers a broad range of services to individuals, families and communities throughout the country. Core services are counselling, mediation, and family dispute resolution - as well as associated early intervention and post-separation services. The closest Family Relationship Centres are located in Sydney City and Parramatta.



Metro Assist Inc. - Psychological Support Service

Ph: 9789 3744 or email: psych@metroassist.org.au

www.metroassist.org.au

A free service for children, adolescents and their parents living in the Inner West. Psychologists specialise in working with people and communities from culturally and linguistically diverse backgrounds. We can help with adolescent support, anger management, anxiety, child development, depression, domestic & family violence, family & couples therapy, grief & bereavement, parent's support, relationship issues, stress, trauma.

DV SPECIFIC SERVICES OR PROGRAMS

After the Storm Program

Ph: 0420386841

atsbcw@gmail.com

A free six week program for women who have left an abusive relationship. A safe and supportive environment incorporating practical information about safety plans, the legal system, and financial supports.

Burwood Police Area Command

Ph: 000 for emergencies or life threatening situations

Ph: 131 444 for non-emergencies (Police Assistance Line) or www.police.nsw.gov.au/community_portal

Ph: 9745 8499 for Burwood Police Station

Ph: 9797 4099 for Ashfield Police Station

Domestic Violence Line

Ph: 1800 65 64 63 (24 hours/ 7 days)

**Women's Domestic Violence Court
Advocacy Services (DVCAS)**
Ph: 1800 938 227

Women and Girls Emergency Centre (WAGEC)
Ph: 9319 4088

www.wagec.org.au

Provides a range of early intervention accommodation and support services to women, children and young people, and families who are experiencing or are at risk of homelessness and / or domestic and family violence

HELPLINES, WEBSITES AND APPS

www.1800respect.org.au/help-and-support/safety-apps-for-mobile-phones

www.askizzy.org.au

www.familyviolencelaw.gov.au

Family Relationship Advice Line (free)

Ph: 1800 050 321

www.familyrelationships.gov.au/talk-someone/advice-line

Financial Counselling (Free)

Ph: 1800 007 007

www.financialcounsellingaustralia.org.au/

Kids Helpline (Free)

For children 5 – 25 years

Ph: 1800 551 800

www.kidshelpline.com.au

Mens Line Australia

Ph 1300 789 978

Mens Referral Service – No to Violence

Ph: 1300 766 497

www.ntv.org.au

Free counselling, information and referral to help men to stop using violence and abuse against family members

FAMILIES WHO ARE HOMELESS OR AT RISK OF HOMELESSNESS

Aboriginal Women and Children's Crisis Service

Ph: 9558 1702

Email: awccs@awccs.com.au

www.directory.wayahead.org.au/service/4167/

Crisis accommodation for indigenous women and their children who are escaping domestic violence, or are homeless as a result. It provides eight week shared accommodation. Assistance is available with community services and housing. Available to mothers and children, including boys up to 18 years of age.

Anglicare –SHIFT Housing Program

Ph: 9798 1400

shift@anglicare.org.au

A support housing initiative for families in Transition

Innari Housing Inc.

Ph: 9518 3133

www.innari.org

Email: innarihousing@bigpond.com

Launchpad Youth Community

Ph: 9557 2810

www.launchpadyouth.org.au

admin@launchpadyouth.org.au

Offer medium and long term accommodation for young people aged 16-25yrs. Partner with other youth services to deliver flexible services to young parents.

Sydney Homelessness Early Intervention Service

Ph: 1800 272 877

www.missionaustralia.com.au

Women and Girls Emergency Centre (WAGEC)

Ph: 9319 4088

www.wagec.org.au

Provides a range of early intervention accommodation and support services to women, children and young people, and families who are experiencing or are at risk of homelessness and / or domestic and family violence

LEGAL AID

Law Access NSW

Ph: 1300 888 529

www.lawaccess.nsw.gov.au

Is a free government telephone service that provides legal assistance for people who have a legal problem in NSW. They can provide you with information about your legal problem and contact details for services that might be able to assist you.

Legal Aid NSW

Ph: Burwood Office of Legal Aid on 9747 6155

Legal aid has a number of specialist services that provide help over the phone.

Ph: Youth Hotline 1800 10 18 10

Ph: Child Support Service 02 9633 9916 (Sydney)

or 1800 451 784 (regional)

Ph: Mental Health Advocacy Service 02 9747 6155

Ph: Veteran's Advocacy Service 02 9219 5148

Ph: Prisoners Legal Service 02 8688 3888

www.legalaid.nsw.gov.au

Provide free face-to-face advice on most legal issues and have factsheets and resources to help with problems. Also can provide lawyers to assist at many courts and tribunals across NSW.

GOVERNMENT CONTACTS



NSW Department of Communities & Justice

Child Protection helpline Ph: 132 111
Domestic Violence Line
Ph: 1800 65 64 63 (24 hours/ 7 days)

www.facs.nsw.gov.au

Provides Child protection services, parenting support and early intervention, foster care, adoption services and help for communities affected by disaster

Housing NSW

Ph: 1300 468 746
Burwood office: 8372 4700

www.housing.nsw.gov.au

Provide housing solutions for people in need. Works with others to address homelessness in NSW. Manages NSW public housing and aboriginal public housing portfolios

NSW Education - Department of Education & Communities

Ph: 1300 679 332

www.det.nsw.gov.au

Student Queries for this district:
Ph: 8848 4900

Responsible for NSW early childhood education and care, public schools, higher education and training

Centrelink

(Commonwealth Government)

Ph: 13 24 68

www.humanservices.gov.au/individuals/centrelink

Medicare

Ph: Families 136 150 (Mon- Fri 8am to 8pm)

Ph: Disability 132 717 (Mon - Fri 8am to 5pm)

www.humanservices.gov.au/individuals/medicare

Provides Australians with access to some health services at low or no cost eg seeing a doctor, getting medicine, and accessing mental health services, accessing government entitlements and family support.

