

DISABILITY ORGANISATIONS

NSW Department of Family & Community Services, Ageing, Disability & Home Care

Phone: 9407 1855 – www.adhc.nsw.gov.au

Information, referral and direct services for people with Intellectual Disabilities. Includes therapy, casework, respite and behaviour intervention.

Early Education (Early Ed) Phone: 9923 2727

www.earlyed.com.au

A family-centred early childhood intervention service for young children with disabilities or delays in their development and their families.

Lifestart Phone: 9451 9564

Services to families who have a child with a disability – includes early intervention programs.

Northcott Phone: 9472 5200 (Hornsby)

www.northcott.com.au

Range of support programs including therapy, education, respite and family support to families.

SDN Early Childhood Links: 9439 2182

ECLNS@sdn.org.au

Provides access, participation and inclusion of children aged 0 – 8 years with a diagnosed disability, developmental delay or undergoing assessment

ASPECT Phone: 1800 277 328 www.autismspectrum.org.au

Services for children with an autism spectrum disorder and their families.

Cerebral Palsy Alliance Phone: 1300 888 378

www.cerebralpalsy.org.au

Services for children with cerebral palsy and their families.

Riverlink Interchange Phone: 9638 0999

Offers respite to carers of children with a disability in-home or in a Saturday and School Holiday program for ages 3-10 and 10up.

Commonwealth Carelink and Respite Centre

Phone: 1800 052 222

Information and referral service and provision of short-term and emergency in-home respite care.

Association for Children with a disability

www.acdns.org.au Phone: 1300 851 603

A not for profit organisation operated by parents of children with a disability. Information books covering the stages from diagnosis to adulthood, available for a small fee.

HELPFUL RESOURCES

For all Emergencies,
Police, Ambulance, Fire Brigade
Phone 000 (112 for mobiles only)

Help Lines

| | |
|---------------------------------|--------------|
| Child Protection Helpline: | 132 111 |
| Centrelink Migrant Information: | 131 202 |
| Domestic Violence: | 1800 656 463 |
| Kids Helpline: | 1800 551 800 |
| Parent line: | 1300 130 052 |
| Mens line Australia | 1300 789 978 |
| Mental Health information line | 1300 794 991 |
| Poisons Information Service: | 13 11 26 |
| Telephone Interpreter Services: | 13 14 50 |
| GP Line (After Hours): | 1800 022 222 |

Parenting Information & Resources

Strengthening Families Resourcing Parents

www.resourcingparents.com

Raising Children Network

www.raisingchildren.net.au

Community Services

www.community.nsw.gov.au

Child care services and vacancies

www.mychild.gov.au

Government Schools

www.schools.nsw.edu.au

Fatherhood Foundation

www.fatherhood.org.au

Families NSW

www.families.nsw.gov.au

Grandparents raising grandchildren www.raisinggrandchildren.com.au

Parent line

www.parentline.org.au

Tresillian Parent Help Line

Phone: 9787 0855 or 1800 637 357

www.tresillian.net

Centres at Willoughby and Wollstonecraft.

Karitane Careline

Phone: 1300 227 464

www.karitane.com.au

LOCAL GOVERNMENT - INFORMATION

Your local council & library has information and service directories on local services, such as child care services & schools.

Lane Cove Council

Phone: 9911 3555

www.lanecove.nsw.gov.au

Mosman Council Children's Services

Phone: 9978 4161

www.mosman.nsw.gov.au

North Sydney Council

Phone: 9936 8100

www.northsydney.nsw.gov.au

Willoughby City Council

Phone: 9777 1000

www.willoughby.nsw.gov.au

Relationships Australia

NEW SOUTH WALES

familiesnsw
supporting families to raise children

Lower North Shore Child & Family Services



Family Referral Service 1800 066 757

For families in Lane Cove, Mosman,
North Sydney and Willoughby
Local Government Areas

An initiative of the Lower North Shore Child
and Family Interagency
November 2013

FAMILIES FROM MULTICULTURAL BACKGROUNDS

A Migrant Welcome Pack has been produced by the Lower North Shore Multicultural Network and is available from Councils & The Crows Nest Centre.

Translation and Interpreting Service

Phone: 131 450 (24 hours/7 days)

Crows Nest Community Centre

Phone: 9439 5122

www.crowsnestcentre.org.au

MOSAIC Multicultural Centre

Phone: 9777 7952

www.willoughby.nsw.gov.au

Transcultural Mental Health Centre

Phone: 02 9912 3850 or Toll free 1800 648 911

Website: www.dhi.health.nsw.gov.au

Armenian Community Welfare Centre

Phone: 9419 6394

Chinese Cultural Centre NSW

Lower North Shore, Lower Northern Sydney, Willoughby

Phone: 9411 3799

Chinese Australian Services Society (CASS)

Phone: 9789 4587

Website: www.cass.chinatown.com.au

Greek Welfare Centre – Crows Nest

Phone: 9516 2188

Korean Lifeline

Phone: 9858 5900

Open Door Korean Cultural Society

Phone: 9410 1233

GOVERNMENT

Centrelink & Medicare www.humanservices.gov.au

Centrelink Phone: 136 150 for family tax benefit, child care benefit/rebate, parenting payment & baby bonus

Medicare Phone: 132 011

Multicultural (language) Phone: 131 202

Indigenous Australians Phone: 1800 556 955

Centrelink, 56-64 Archer St, Chatswood

Medicare located at above address & Westfield Chatswood; Northpoint at North Sydney; & Bridgepoint at Spit Junction (Mosman).

Housing NSW – www.housing.nsw.gov.au

(Link Housing – Chatswood – 9412 5111)

HEALTH SERVICES

Royal North Shore Community Health Centre

2C Herbert St, St Leonards NSW 2065

Phone: 9926 7111

The centre provides physical, social and emotional health assessment and support for children aged 5-18 years and their families, with a multidisciplinary team including paediatricians, nurses, social workers, psychologists, occupational therapists, dentists and speech therapists.

Oral Health Service – Phone: 1300 798 404

Cremorne Community Health Centre

231 Military Rd, Cremorne NSW 2090

Northern Sydney Intellectual Disability Health

Multicultural Health Service

Women's Health Service

Phone: 8968 3400

Phone: 8968 3406

Phone: 8968 3412

HOSPITALS

Royal North Shore Hospital

Reserve Rd, St Leonards NSW 2065

Phone: 9926 7111

Mater Hospital

26 Rocklands Rd, Crows Nest NSW 2065

Phone: 9900 7300

North Shore Private Hospital

Westbourne St, St Leonards NSW 2065

Phone: 9425 3000

EARLY CHILDHOOD HEALTH CENTRES

Free confidential health services for parents with children 0-5 years.

The services provide information, support, advice, developmental checks, new parent groups, breast feeding & nutrition support, & referral to other services.

Call the listed phone number for an appointment or check for opening times and hours.

Chatswood Early Childhood Health Centre

57 Hercules St, Chatswood NSW 2067

Phone: 9926 4640

Cremorne Early Childhood Health Centre

108 Parraween St, Cremorne NSW 2090

Phone: 9953 7042

Crows Nest Early Childhood Health Centre

2 Ernest Place, Crows Nest NSW 2065

Phone: 9438 3019

Lane Cove Early Childhood Health Centre

172 Longueville Rd, Lane Cove NSW 2066

Phone: 9427 2977

Northbridge Early Childhood Health Centre

11 Eastern Valley Way, Northbridge NSW 2063

Phone: 9958 5812

SUPPORT SERVICES FOR FAMILIES

The Benevolent Society - Aboriginal Early Years

Phone: 9900 1712

www.bensoc.org.au

Activities and services for Aboriginal families.

CatholicCare – Naremburn Family Centre

Phone: 8425 8700

www.centacarebrokenbay.org.au

Parenting and relationship education, counselling & support, supported playgroup, men and family relationships, mediation/family dispute resolution, domestic violence.

Relationships Australia NSW

Phone: 9418 8800

www.nsw.relationships.com.au

Relationship support courses and counselling for individuals, couples and families.

North Ryde Family Relationship Centre

Phone: 8874 8088

www.nsw.relationships.com.au

Programs are aimed at families at all stages of their life, including people starting relationships, those wanting to make their relationships stronger, those having relationship difficulties and those affected when families separate.

Playgroup NSW

Phone: 1800 171 882

www.playgroupaustralia.com.au/nsw

Playgroup is an informal session where mums, dads, grandparents, caregivers, children and babies meet up in a relaxed and friendly environment.

Integricare Supported Playgroups Northern Sydney

Provides supported play groups, including Artarmon Chinese & Chatswood Community.

Phone: 9410 0174

POLICE CONTACTS

Mosman Police Station

Phone: 9969 1933

96 Bradleys Head Rd, Mosman

North Sydney Police Station

Phone: 9956 3199

273 Pacific Highway, North Sydney

Chatswood Police Station

Phone: 9414 8499

63 Archer Street, Chatswood