

Family and Relationship Services:

- **Relationships Australia NSW.** Family counselling and mediation service, 1300 364 277
- **Community Action for Better Living.** Women's DV advocacy, Family support, community programs, Meals on Wheels, 9744 1866
- **Metro Assist.** Family service, Settlement services, Employment support, financial counselling and community events, 9789 3744
- **YWCA Australia.** Homeless Early Intervention service for families, youth and unaccompanied women over 50 years, 9285 6267
- **Catholic Care Lewisham Wellbeing Family and Relationships.** Parenting programs and counselling services, 13 18 19
- **Cara Care.** Group programs for traumatised children and young people, www.caracare.org.au

Emergency Relief

- **Centrelink Family Assistance** *Parenting payment*, 132 150
- **Disability & Carers Allowance:** 132 717
- **Child Protection Helpline:** 132 111
- **Domestic Violence Line:** 1800 656 463
- **Domestic Violence Counselling & Advice:** 1800 656 463
- **Kids Helpline:** 1800 551 800
- **Marrickville Legal Centre:** 9559 2899
- **Law Access NSW- Legal Aid:** 1300 888 529

Local Playgroups

- **Playgroup NSW:** 02 9684 5613
- **KU Inner West Supported Playgroups:** 0428 602 322
- **Burwood Council Mobile Playvan:** 9911 9911

Child & Family Resources Directory

Sally Sitou MP

Here's a guide of some useful local services that I've put together to help out young families.

I can also help with other government services like NDIS, Centrelink, and childcare. So if you have an issue, please get in touch.



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Parenting support

- **Parent Line NSW.** *Free counselling and support service for parents and carers, 1300 130 052*
- **Karitane Careline.** *Virtual Home visit, breastfeeding clinic, kids behaviour clinic for child 3-5 years old, karitane.com.au, 1300 227 464*
- **Tresillian.** *Parents' helpline for advice and support in the early years of a child's life, 1300 272 736*
- **Australian Breastfeeding Association.** *Breastfeeding helpline, 1800 686 268*
- **Pregnancy, Birth and baby helpline.** *Maternal child health nurses helpline, 1800 882 436*
- **Raising Children.** *Resources on pregnancy, newborns and raising children, raisingchildren.net.au*
- **Deadly Tots.** *Information, resources, parenting courses and community events for Aboriginal families, deadlytots.com.au*

Parenting support (cont.)

- **SMS4dads.** *A free text message service to connect expectant and new dads in NSW with their baby and support their partner, sms4dads.com.au*
- **Drummoyne Community Centre.** *Parenting programs and playgroups, 9719 8102*
- **Australian Red Cross Young Parents Program.** *Free program for parents aged under 25 with complex needs, 8383 7500*
- **Kidsafe.** *Information on how to make your home safer for children, kidsafe.com.au*



**Scan here
for local
community
updates**

Authorised by Sally Sitou MP, ALP, 72 Burwood Rd, Burwood NSW 2134.

Local child and family health centres

- **Croydon Community Health Centre:** 9378 1100
- **Concord Child and Family Health Centre:** 9562 5400
- **Five Dock Child and Family Health Centre:** 9562 5400
- **Homebush Child and Family Health Centre:** 9562 5400
- **Chiswick Child and Family Health Centre:** 9562 5400
- **The Infants' Home Child & Family services.** *Parenting programs, playgroups, free postnatal health service, 9799 4844*
- **Get Healthy NSW.** *Free telephone-based health coaching, 1300 806 258*
- **PANDA – Perinatal Anxiety & Depression Australia.** *Mental health helpline for parents and families during pregnancy and in their first year of parenthood. 1300 726 306*