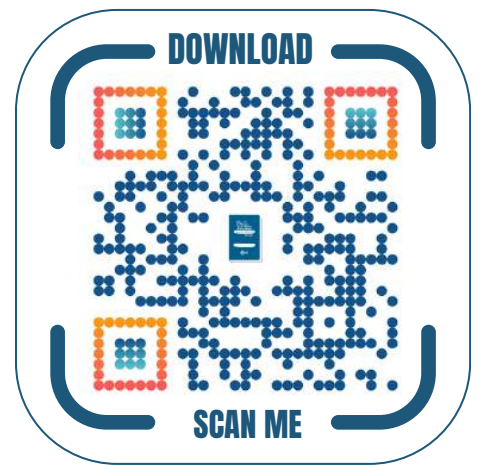


CHECK THE BLUE BOOK. ACT EARLY. SEEK SUPPORT.

Your Blue Book helps record your child's health, illnesses, injuries, growth and development from 0-5 years. Keep up to date with your child's health and development checks for each age below.



SOME THINGS I MAY BE DOING WHEN I AM:



0-4 Weeks



- crying to tell you I need something
- calming when you hold me
- looking at your face and eyes
- grasping your fingers when placed in my hand

6-8 Weeks



- making sounds like I am 'telling you something'
- becoming quiet when someone is talking to me
- smiling
- moving my head towards different noises

4 Months



- making new sounds
- lifting my head and shoulders when laying on my tummy
- following people and objects with my eyes
- rolling
- playing with my hands and feet

6 Months



- standing with support
- bringing things to my mouth
- passing things from one hand to the other
- babbling lots
- rolling over

12 Months



- saying 1 or 2 words, waving, pointing, clapping
- pulling to stand
- responding to my name
- crawling and exploring
- trying to get things out of reach

18 Months



- saying 20 or more words
- pointing to body parts or toys
- having big emotions
- walking on my own and feeding myself
- using my imagination when playing

2 Years



- saying 50 or more words & putting two words together
- having rapid changes in feelings
- copying what you do, like sweeping the floor
- listening to simple stories and songs
- climbing, dressing up and playing make believe

3 Years

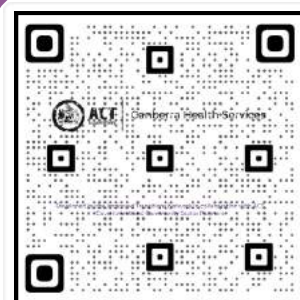


- speaking simple sentences
- understanding most of what you say
- asking lots of questions
- drawing, joining the dots
- running and learning to climb stairs

4 Years



- counting 10 or more objects
- playing with other children
- starting to tell the difference between real and pretend
- wanting to do more things by myself
- catching a ball



Contact **Central Health Intake** to make an appointment for your child's health and development checks.

☎ 5124 9977

If you have concerns or questions, call the **Early Parenting Support line**, ☎ 5124 1775 to speak with the maternal and child health team.

or drop in to your local **Child and Family Centre**. Scan here for locations.

✉ childandfamilycentres@act.gov.au

Contact **Winnunga Nimbitjyah Aboriginal Health and Community Services**
☎ 6284 6222

Contact **Yerrabi Yurwang Child & Family Aboriginal Corporation**
☎ 0400 123 258

0-2 months old

In the first five years of life, my brain grows faster than at any other stage. I learn and develop through play and interaction.

Some things you can do to help my brain keep growing well:

- provide me with warm, friendly relationships, read and talk with me
- bond with me by smiling, playing, talking and cuddling
- spend time with me, we will build a connection which is important for me to thrive



Some things I may be doing are:

- making sounds like I am 'telling you something'
- becoming quiet when someone is talking to me
- smiling
- moving my head towards different noises

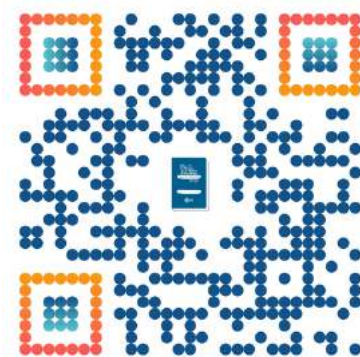


Talk to our Maternal, Child and Family Health nurse/midwife or doctor if I am NOT:

- making sounds other than crying
- beginning to smile
- looking at you in the eyes
- moving my legs and arms



SCAN ME



Scan to watch 0-2 months old child development video

Some ideas for how you can spend time with me:

- sing and talk with me
- show me picture books
- play with me on my tummy
- take me out in my pram or carrier for walks
- hold and cuddle me



Don't forget to look after yourself. If you're happy and healthy it helps me to be happy and healthy as well.

2-4 months old

In the first five years of life, my brain grows faster than at any other stage. I learn and develop through play and interaction.



Some things you can do to help my brain keep growing well:

- provide me with warm, friendly relationships, read and talk with me
- bond with me by smiling, playing, talking and cuddling
- spend time with me, we will build a connection which is important for me to thrive

Some things I may be doing are:

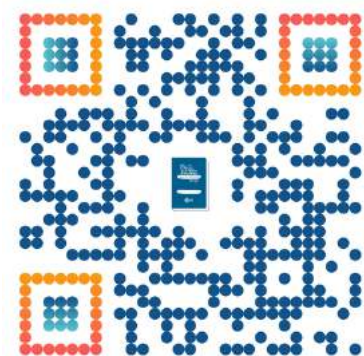
- making new sounds
- lifting my head and shoulders when laying on my tummy
- following people and objects with my eyes
- playing with my hands and feet
- rolling – please don't swaddle me!



Talk to our Maternal, Child and Family Health nurse/midwife or doctor if I am NOT:

- doing things, I used to
- responding to noise
- making sounds or laughing
- trying to grasp things

SCAN ME



Scan to watch 2-4 months old child development video

Some ideas for how you can spend time with me:

- read and share picture books with me
- sing and talk to me
- play on the floor with me
- count my toys with me
- take me out in my pram or carrier for walks
- hold and cuddle me



Don't forget to look after yourself. If you're happy and healthy it helps me to be happy and healthy as well.

4-6 months old

In the first five years of life, my brain grows faster than at any other stage. I learn and develop through play and interaction.



Some things you can do to help my brain keep growing well:

- provide me with warm, friendly relationships, read and talk with me
- bond with me by smiling, playing, talking and cuddling
- spend time with me, we will build a connection which is important for me to thrive

Some things I may be doing are:

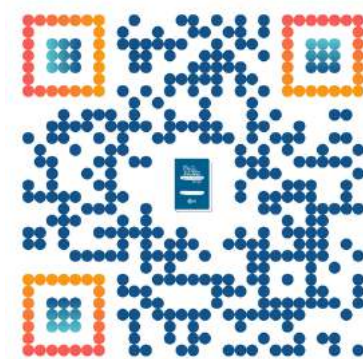
- standing with support
- putting things in my mouth
- passing things from one hand to the other
- babbling lots
- rolling – please don't swaddle me!
- trying to get things that are out of reach



Talk to our Maternal, Child and Family Health nurse/midwife or doctor if I am NOT:

- doing things, I used to
- taking weight on my legs
- responding to my name
- babbling or laughing
- rolling

SCAN ME



Scan to watch 4-6 months old child development video

Some ideas for how you can spend time with me:

- read and share picture books with me
- sing, smile and talk to me
- play on the floor with me
- count my toys with me
- take me out in my pram or carrier for walks
- talk to me about the tasks we are doing
- help me calm down when I'm upset or excited



Don't forget to look after yourself. If you're happy and healthy it helps me to be happy and healthy as well.

6-12 months old

In the first five years of life, my brain grows faster than at any other stage. I learn and develop through play and interaction.

Some things you can do to help my brain keep growing well:

- provide me with warm, friendly relationships, read and talk with me
- bond with me by smiling, playing, talking and cuddling
- spend time with me, we will build a connection which is important for me to thrive



Some things I may be doing are:

- saying 1 or 2 words
- waving, pointing, clapping
- pulling to stand using furniture
- responding to my name
- crawling and exploring my environment
- trying to get things that are out of reach

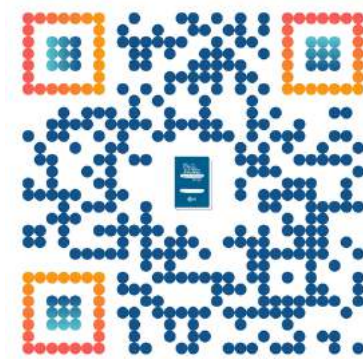


Talk to our Maternal, Child and Family Health nurse/midwife or doctor if I am NOT:

- interested in sounds or voices
- babbling
- letting you know what I want
- enjoying eye contact or cuddles
- seeming to understand you



SCAN ME



Scan to watch 6-12 months old child development video

Some ideas for how you can spend time with me:

- read books with me everyday
- play music and sing with me
- count my toys with me
- pretend play with boxes, pots, pans or dress ups
- take me out to the park or library



Don't forget to look after yourself. If you're happy and healthy it helps me to be happy and healthy as well.

12-18 months old

In the first five years of life, my brain grows faster than at any other stage. I learn and develop through play and interaction.

Some things you can do to help my brain keep growing well:

- provide me with warm, friendly relationships, read and talk with me
- bond with me by smiling, playing, talking and cuddling
- spend time with me, we will build a connection which is important for me to thrive



Some things I may be doing are:

- saying 20 or more
- pointing to body parts or toys
- having big emotions
- walking on my own
- feeding myself
- using my imagination when playing

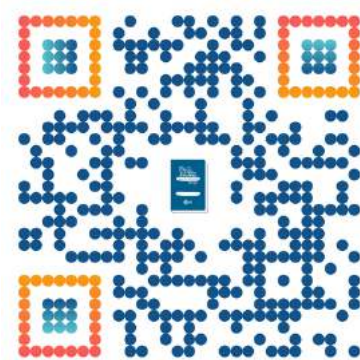


Talk to our Maternal, Child and Family Health nurse/midwife or doctor if I am NOT:

- understanding many words
- using 5-10 words with meaning
- trying to communicate
- enjoying eye contact or cuddles
- walking, pointing, or waving



SCAN ME



Scan to watch 12-18 months old child development video

Some ideas for how you can spend time with me:

- read books with me everyday
- sing simple songs with me
- count my toys with me
- pretend play with boxes, pots, pans or dress ups
- draw, write and count with me.
- take me out to the park or library
- take me to playgroup and so I can be around other children



Don't forget to look after yourself. If you're happy and healthy it helps me to be happy and healthy as well.

18 months - 2 years old

In the first five years of life, my brain grows faster than at any other stage. I learn and develop through play and interaction.

Some things you can do to help my brain keep growing well:

- provide me with warm, friendly relationships, read and talk with me
- bond with me by smiling, playing, talking and cuddling
- spend time with me, we will build a connection which is important for me to thrive



Some things I may be doing are:

- saying 50 or more words and putting 2 words together
- having rapid changes in mood
- copying what you do, such as, sweeping the floor
- listening to simple stories and songs
- dressing up and playing make believe
- climbing

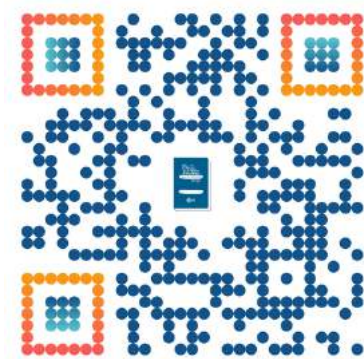


Talk to our Maternal, Child and Family Health nurse/midwife or doctor if I am NOT:

- doing things, I used to
- coming to you for comfort
- understanding many words
- enjoying pretend play
- running



SCAN ME



Scan to watch 18 months - 2 years old child development video

Some ideas for how you can spend time with me:

- read books with me everyday
- talk, play and sing with me
- visit the playground, library or play group with me
- count my toys with me



Don't forget to look after yourself. If you're happy and healthy it helps me to be happy and healthy as well.

2-3 years old

In the first five years of life, my brain grows faster than at any other stage. I learn and develop through play and interaction.

Some things you can do to help my brain keep growing well:

- provide me with warm, friendly relationships, read and talk with me
- bond with me by smiling, playing, talking and cuddling
- spend time with me, we will build a connection which is important for me to thrive

Some things I may be doing are:

- speaking simple sentences
- understanding most of what you say
- asking lots of questions
- drawing, joining the dots
- running and learning to climb stairs

Talk to our Maternal, Child and Family Health nurse/midwife or doctor if I am NOT:

- speaking clearly enough for others to understand
- understanding simple instructions
- playing with other children
- making eye contact
- showing emotions or feelings

SCAN ME



Scan to watch 2-3 years old child development video

Some ideas for how you can spend time with me:

- read books with me everyday
- allow me to try things by myself
- support me to ride a balance bike or tricycle
- encourage me to play with other children
- allow me lots of outdoor play
- take me to playgroup so I can be around other children
- enrol me in a pre-school program

Don't forget to look after yourself. If you're happy and healthy it helps me to be happy and healthy as well.

3-4 years old

In the first five years of life, my brain grows faster than at any other stage. I learn and develop through play and interaction.

Some things you can do to help my brain keep growing well:

- provide me with warm, friendly relationships, read and talk with me
- bond with me by smiling, playing, talking and cuddling
- spend time with me, we will build a connection which is important for me to thrive



Some things I may be doing are:

- counting 10 or more objects
- playing with other children
- starting to tell the difference between real and pretend
- wanting to do more things by myself
- catching a ball



Talk to our Maternal, Child and Family Health nurse/midwife or doctor if I am NOT:

- speaking clearly enough for others to understand
- understanding simple instructions
- playing with other children
- making eye contact
- showing emotions or feelings



SCAN ME



Scan to watch 3-4 years old child development video

Some ideas for how you can spend time with me:

- everyday read with me or listen to audio stories
- sort toys by shape & colour
- simple counting games
- support me to try and ride a bike
- make time for lots of outdoor play like running, climbing, and kicking a ball
- take me to playgroup so I can be around other children



Don't forget to look after yourself. If you're happy and healthy it helps me to be happy and healthy as well.

Child Health Checks

Please take me to my health checks

You will find information on all 9 of my health checks in my Blue Book. This is my personal health record. My Blue Book has health information to help you track my immunisations, growth, and development. To book my next health check or immunisation call

Central Health Intake



02 5124 9977

Keep me up to date with my immunisations

Keep me protected against common infectious diseases. The Immunisation Record in my Blue Book will tell you what immunisations I need from birth to 4 years. You can book me in for my immunisations through Central Health Intake.

Child and Family Centres

If you want to speak with someone about my health, wellbeing, learning and development, the Child and Family Centres offer free support for families and carers.

West Belconnen



02 6205 2904

Tuggeranong



02 6207 8228

Gungahlin



02 6207 0120

Child health and development services

There are lots of services you can contact to help support me as I grow.

Early Parenting Support line



02 5124 1775

Child Development Service



02 6207 8884

EACH - NDIS Partner



1300 003 224

Raising Children Network



raisingchildren.net.au

First Nations Organisations

I can have a free health check every year under Medicare, and so can you. Ask your doctor about it.

Winnunga Nimmityjah



02 6284 6222

Yerrabi Yurwang



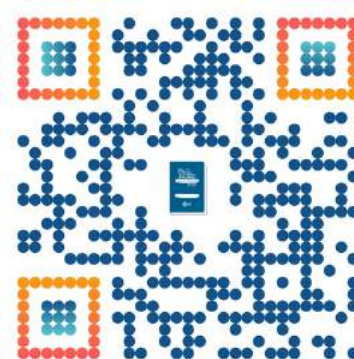
0400 123 258

Gugan Gulwan



02 6296 8900

SCAN ME



Scan to find useful resources that support child health & development.



We thank Village partners for their contribution, and we acknowledge ACT Health and Canberra Health Services authorship and ownership of content relating to the 'Blue Book'.



PATHWAYS TO SUPPORT YOU AND YOUR CHILD

IF YOU HAVE A CHILD DEVELOPMENT, DISABILITY OR HEALTH CONCERN



Scan here for an interactive version of this poster and links to services.

- Birth to adulthood
- Case management
- Early intervention
- Group programs
- Therapeutic services
- Advocacy & referral
- Collaboration with other services (specialists, community stakeholders and networks)
- Drop-in supports
- Contact: **6296 8900**

GUGAN GULWAN YOUTH ABORIGINAL CORPORATION

FREE

WINNUNGA NIMMITYJAH ABORIGINAL HEALTH & COMMUNITY SERVICES

FREE

Bulk bill

- Holistic culturally appropriate healthcare service for Aboriginal & Torres Strait Islander people
- Child health nurse drop-in
- Immunisation program
- Australian Nurse-Family Partnership Program
- Transport available
- GP/Doctors
- Phone: **6284 6222**

* This resource is produced through A Village for Every Child

- For families & children 0-8 years
- Playgroups
- General parenting guidance
- Childrens behaviour support
- Drop-in clinics and other services
- Contact: Tuggeranong **6207 8228**
Gungahlin **6207 0120**
Belconnen **6205 2904**
Holder **6205 1277**

CHILD & FAMILY CENTRES

FREE

YERRABI YURWANG CHILD & FAMILY ABORIGINAL CORPORATION

FREE

- Women's Circle
- Culturally appropriate support and services
- Health, wellbeing and development of Aboriginal children and families
- Contact: **0400 123 258**

- Assessment, support, and information for developmental concerns (0-6 years)
- Early intervention therapy (24-36 months) not accessing NDIS
- Autism assessment (aged up to 12 years)
- Speech Pathologist
- Occupational Therapist
- Physiotherapist
- Drop-in clinics
- Contact: **6207 8884**

CHILD DEVELOPMENT SERVICE

FREE

EACH (NDIS partner delivering the Early Childhood Approach)

FREE

- For children 0-9 years
- Disability and development assistance, advice and access to local disability supports
- Phone: **1300 003 224**

- For children 0-5 years old
- Early Parenting Support Line **5124 1775**
- New parent groups & online videos
- Breastfeeding & emotional support
- Child health & development checks (Blue Book)
- Contact: Central Health Intake **5124 9977**

MATERNAL, CHILD & FAMILY HEALTH SERVICE

FREE

LIBRARIES ACT

FREE

- For children 0-5 years:
- Giggle and Wiggle (in person/online)
 - Storytime (in person/online)
 - Bilingual Storytime
 - Sensory Storytime
 - Online literacy activities, books & videos
 - Reading resources & tips
 - Book suggestions for 0-3 years
 - School holiday programs
 - Contact: **6205 9000**

- Injury or illness
- Child health and development checks (Blue Book)
- Immunisations
- Referrals to specialists

GP/DOCTORS

Cost/bulk bill

ACT PLAYGROUPS

FREE

- Playgroup is an informal session where parents, carers, babies, and children aged birth to school age come together for fun and learning through play.
- Contact: **1800 171 882**

SPECIALIST AND ALLIED HEALTH SERVICES FOR YOU AND YOUR CHILD

YOU MAY BE REFERRED TO THESE SERVICES BY A GP, NURSE, OR ALLIED HEALTH PROFESSIONAL.

PAEDIATRICIAN

Paediatricians are doctors who provide specialist medical care to infants, children and adolescents.

Paediatricians assess, diagnose, and provide health care for medical and developmental concerns.

To see a paediatrician, visit your GP and discuss your concerns with them first. They will assess your child and make a referral to an appropriate paediatrician.

 **Community Paediatric and Child Health Service**

GPs can make a referral by contacting

 **Central Health Intake**
02 5124 9977

COSTS

Government services are usually free or low cost if you hold a concession health care, pension or Medicare card. Private services will have a cost dependent on which service your child needs and if you have any concessions, Medicare, a health care plan or private health insurance. Ask about costs when you book into any service.

 **Healthdirect Service Finder**

 **Raising Children Network**
(Online Resource)

OCCUPATIONAL THERAPIST

An occupational therapist helps people with physical, sensory, or cognitive challenges to participate in activities they find meaningful.

An occupational therapist can help you and your child with:

- ✓ self-care (toileting, sleep)
- ✓ play skills
- ✓ gross and fine motor skills
- ✓ self-management skills (emotional regulation, behaviour, sensory)
- ✓ learning skills (attention, concentration, executive functioning)
- ✓ social skills (engaging with others, play, making friends)

To find an occupational therapist, check out

 **Child Development Service**

 **Occupational Therapy Australia**

SPEECH PATHOLOGIST

A speech pathologist or therapist diagnoses and treats communication issues or swallowing difficulties.

A speech pathologist can help you and your child with:

- ✓ speaking
- ✓ listening
- ✓ language
- ✓ social skills
- ✓ stuttering
- ✓ voice
- ✓ swallowing
- ✓ feeding

If you are on a speech pathology waiting list you can visit the NSW Health website for ideas to help you and your child while you wait.

 **NSW Health Website**

To find a speech pathologist, check out

 **Child Development Service**

 **Speech Pathology Australia**

NUTRITIONIST OR DIETITIAN

Nutritionists or dietitians help people to understand the relationship between food and health.

A dietitian can help you and your child with:

- ✓ eating for good health
- ✓ fussy eating
- ✓ introducing solids
- ✓ food allergy and intolerance
- ✓ vegetarian eating
- ✓ weight management
- ✓ disordered eating, and
- ✓ healthy eating during pregnancy and breastfeeding

Tuckatalk handouts are factsheets that provide nutrition support and advice for infants and children up to 12 years of age.

 **Tuckatalk handouts**

To find a nutritionist, check out

 **Women, Youth and Children - Nutrition**

PHYSIOTHERAPIST

Physiotherapists diagnose and manage conditions with the bones, muscles, cardiovascular system, nerves and other parts and systems of the body.

A physiotherapist can help you and your child with:

- ✓ balance, coordination and gross motor skills
- ✓ joint, muscle or nervous system problems that are causing weakness, pain or movement difficulties
- ✓ weight and physical activity advice
- ✓ growth or injuries
- ✓ recovery after surgery or illness to improve strength, movement, function and independence

To find a physiotherapist, check out

 **Child Development Service**

 **Early Family Support Physiotherapy**

 **Community Care Physiotherapy**

OTHER SERVICES TO SUPPORT THE HEALTH AND WELLBEING OF YOU AND YOUR CHILD:

 **Early Childhood Education and Care Services**

 **Starting Blocks**

 **Parentline ACT**

 **Early Literacy Resources and Services**

 **Children's Hearing Service**

 **Hearing Australia**

 **Early Childhood Immunisation**

 **Dental - Child and Youth**

BELCONNEN CHILD AND FAMILY PROGRAM AND
SERVICE

DIRECTORY



belconnenvillage.com.au

Inside the Directory you will find child and family information on free services and programs that operate across ACT, with a particular focus on Belconnen.

2023

A VILLAGE FOR
EVERY CHILD
Belconnen





Belconnen Child and Family Program and Service Directory

Version 1.0

This document has been created by **A Village for Every Child** as a resource for schools, ECECs, services and families in the Belconnen community. It provides information about services and programs that operate in Belconnen or across the ACT to support children and families, with a focus on, but not limited to, pregnancy to 5 years. The programs and services included are largely free or low-cost.

A Village for Every Child is developing an online directory on our website that will be built around the information in this document.

*Please note the directory has been sourced from many different websites and organisations. These organisations and services will change and update their services according to their needs. We will aim to update this document every 6-12 months.

Last Update: March 2023 (Version 1.0)

This document is a work in progress, one that hopes to benefit the public by being an easy to use and effective Service Directory. Village is appreciative of anyone who assists in the completion of this document. Any feedback aimed at improving its effectiveness should be sent to - bailey@kippax.org.au



How to use this document

To use this document please refer to the contents page and Ctrl+Click on the desired organisation. All entries are hyperlinked and will take you directly to the page.

If seeking a specific program or service utilise the Ctrl+F function to search the document for key words or phrases.

For example:

Ctrl+F "Breastfeeding" will result in highlighting all programs that provide any assistance in this domain across all recorded organisations.



Belconnen Child and Family Program and Service Directory 1

***How to use this document*2**

Government Organisations9

ACT Education Directorate 9

- Access to early-childhood educational resources
- Child capacity building programs
- Transition to schooling assistance programs
- Aboriginal and Torres-Strait Islander specific school programs

Canberra Health Services 10

- Pre & Post-birth educational programs for parents
- Emergency & High-risk medical screening during pregnancy and post-birth
- Parent & Child support programs
- Child immunisation & health-checks
- Counselling for parents (including counselling specific to parents needing support with alcohol and/or other drugs)
- Parent & Child mental health support programs

Community Services Directorate 17

- Child development services
- Drop-in clinics
- Child & Family centres
- Parent – Child relationship building programs
- Educational programs specific to Aboriginal & Torres-Strait Islander children
- Engagement programs specific to children with additional needs
- CALD programs
- Early years parental development groups/programs



- Early years information sessions for parents

Libraries ACT 23

- Language development
- Reading and pre-reading
- Bi-lingual and English reading assistance
- Online & borrowable literacy resources

Non-Government Organisations 26

Catholic Care 26

- Psychological assessments for children, young people & adults
- Therapeutic support for children who have experienced trauma
- Speech pathology
- Case management
- Positive behaviour support programs for children

Capital Region Community Services..... 28

- Engaging therapeutic programs for kids
- Parent – Child relationship development
- Community transport services
- Home-based accessible education programs
- Young parent social support groups
- Family case management
- Wellbeing assessments
- Playgroups
- Child development programs
- Parental emotional coaching
- Playgroups specific to Aboriginal & Torres-Strait Islander children and family



Marymead.....32

- Parent – Child relationship development programs
- Family social support groups
- Healthy child-centred post parental separation support programs
- Early intervention mental health program (In school)
- Autism specific playgroups
- Mens/fathers support group (Autism specific support)
- Parental skill development programs
- Mental health counselling for children
- Grandparents group

Playgroups ACT..... 36

- Variety of playgroups connecting play & child development
- Playgroups specific to:
 - Intergenerational playgroups
 - Additional needs playgroups
 - Playgroups specific to children living with chronic illness
 - Autism specific playgroups

The Smith Family 37

- Educational programs for children
- Financial literacy programs for new parents
- Literacy programs for children
- Mathematics programs for children

Tresillian 38

- Short stay assistance for mothers needing additional support
- Parenting development courses



UnitingCare Kippax39

- Parent support programs
- Case management
- Financial assistance programs
- Parental skill development programs
- Parent – Child relationship development programs
- Playgroups

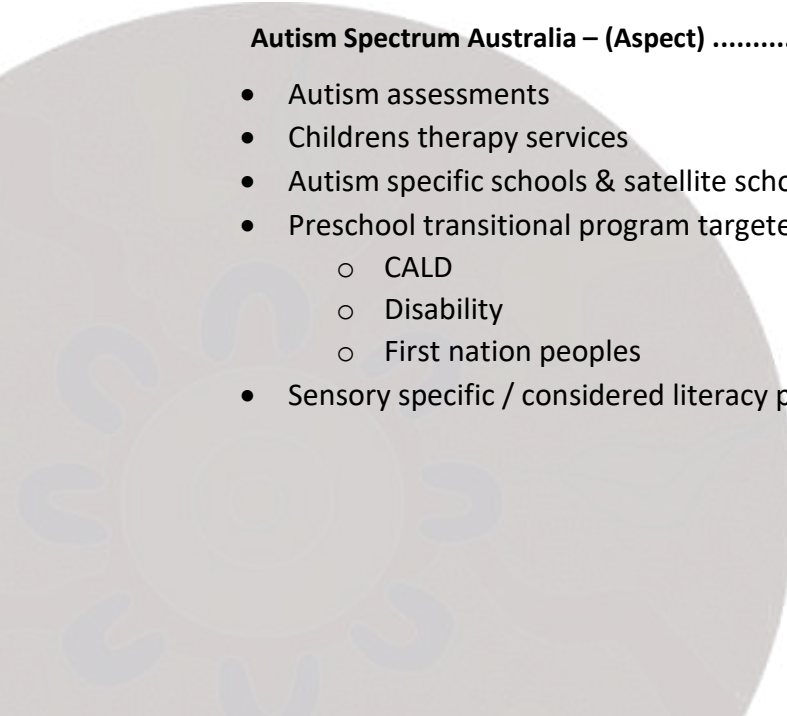
YWCA Canberra 42

- Tenancy support programs
- Transitional housing
- Domestic violence support services
- Family counselling
- Child specific counselling for difficulties facing social integration

Disability or accessibility specific services45

Autism Spectrum Australia – (Aspect) 45

- Autism assessments
- Childrens therapy services
- Autism specific schools & satellite schools/Educational programs
- Preschool transitional program targeted to:
 - CALD
 - Disability
 - First nation peoples
- Sensory specific / considered literacy programs





Abilities Unlimited Australia47

- Therapeutically informed physical-skill based development programs
- All services provided are designed to be highly accessible

EACH..... 50

- Parent skill development
- Community social support groups
- Early access to child disability services

Sanctuary Australia..... 52

Behavioural support planning specific to children living with disability

Trauma specific services 53

Australian Childhood Foundation 53

- Mother & Child therapeutic programs specific to domestic violence trauma

Domestic Violence Crisis Service 54

- Outreach targeted to youth suspected to have experienced trauma

Refugee or Asylum Seeker specific services..... 55

Companion House 55

- Assistance programs specific to assisting Refugees & Asylum seekers:
 - Community connection support
 - Counselling
 - Medical services



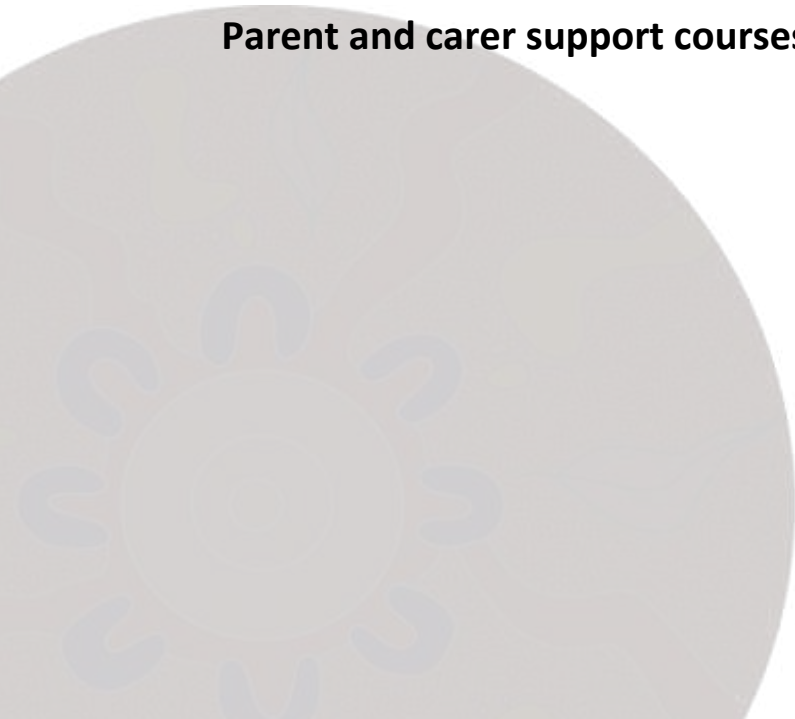
Aboriginal & Torres-Strait Islander specific 56

- Yerrabi Yurwang Child and Family Aboriginal Corporation 56**
- Gugan Gulwan 57**
 - Aboriginal & Torres-Strait Islander specific parenting programs
 - Family support programs
 - Drop-in centre
- Winnunga Nimmityjah 59**
 - Clinical Medical Services
 - Social Support Groups
 - Social Health Campaigns
 - Transportation Services

Resources 63

Crisis & Support lines: 65

Parent and carer support courses 68





Government Organisations

Organisation & Service Location	Program Name	Target group/Available for:	Description	Referral process OR Prerequisites	Program Structure / Location	
<p>ACT Education Directorate</p> <p>'Every child and young person receives an excellent education, delivered and supported by highly skilled and valued professionals.'</p> <p>Phone: 6205 5429 Location: 220 London Cct Canberra ACT 2601</p> <p>For more information click here</p>	<p>'Quality early childhood education for three-year-old's' initiative <i>For program-specific information click here</i></p>	Children experiencing disadvantage & vulnerability aged 3.	Free access to two days per week of quality early childhood education.	Families cannot self-refer or enrol their children now. Eligible families with children who are most in need will be contacted directly to be offered the opportunity to have their child join the initiative.	Ongoing – with placement available to continue after one year.	
	<p>Preschool Pathways Program <i>For program-specific information click here</i></p>	Preschool Pathway Partners (PPP)	ECECs and Preschool Partners (those involved in the 3-year-old initiative)	<p>The PPP teamwork with educators in public preschools and ECECs to provide:</p> <ul style="list-style-type: none"> - Targeted coaching on evidence-based inclusive practices and transition practices - Capacity building beyond coaching experiences through the modelling of different approaches to coaching for educational leaders and educators - Professional learning for educators in contemporary early childhood pedagogies - Facilitation of connections between ECECs, ACT public preschools and families with the aim of increasing knowledge and understanding of children and families prior to their transition <p>Responses to enquiries from families about inclusive practices and transition supports.</p>	Contact PPP for more information via email: preschoolpathways@act.gov.au	
		Transitions Resources	Parents and carers	Provide resources to parents and carers to support child transitioning to preschool (the first phase of the Preschool Pathways program)		
		<p>Koori Preschool <i>For program-specific information click here</i></p>	<p>Aboriginal and Torres Strait Islander children aged 3 to 5 years</p> <p>(Some exceptions made for children 0-3, see referrals)</p>	<p>Koori Preschool provides Aboriginal and Torres Strait Islander children with a play-based, culturally safe learning program aligned with the Early Years Learning Framework.</p> <p>In addition to enrolment in Koori Preschool, Aboriginal and Torres Strait Islander children can enrol in their local preschool and attend both in junction with each other.</p> <p>Koori Preschools work closely with the Child and Family Centres to develop strong partnerships with families, support parent engagement in children's learning, increase enrolment and attendance, and link families with other programs that strengthen community and cultural connections.</p>	<p>Koori Preschools are open to self-referrals and enrolments via online submissions.</p> <p>Children from birth to three years can also attend a Koori Preschool when accompanied by a parent or guardian</p>	<p>Koori Preschools operate at the following school sites:</p> <ul style="list-style-type: none"> -Ngunnawal Primary School -Kingsford Smith School -Narrabundah Early Childhood School -Wanniassa School -Richardson Primary School. <p>Each Koori Preschool provides 15 hours of preschool per week at their local preschool.</p>



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<p>Canberra Health Services</p> <p>'Creating exceptional health care together'</p> <p>Phone: (02) 5124 0000</p> <p>The Switchboard handles all calls to, from and within our services 24 hours/seven days a week.</p> <p>For more information click here</p>	<p>Childbirth Education For program-specific information click here</p>	<p>Women and Children and who are greater than 30 weeks' pregnant. Partners and/or support people are also very welcome to attend.</p>	<p>Sessions offered are 'Pregnancy to Parenting' and 'Next Birth after Caesarean' childbirth education sessions.</p>	<p>Bookings into a childbirth education session can be made through Eventbrite. A midwife can also let patients know when and how to book online for these sessions</p>	
	<p>Early Pregnancy Assessment Unit For program-specific information click here</p>	<p>Available to people with a confirmed pregnancy of less than 20 weeks.</p>	<p>A non-urgent outpatient service for women experiencing problems in early pregnancy such as bleeding, threatened miscarriage, confirmed miscarriage and other complications of early pregnancy.</p>	<p>A doctor's referral is required to access this service.</p>	
	<p>Early Pregnancy Information Session For program-specific information click here</p>	<p>No restrictions</p>	<p>Those who are pregnant or thinking about getting pregnant) can attend a free early pregnancy information session to learn about having a baby in the public hospital system in Canberra.</p>	<p>To book into an early pregnancy information session visit Eventbrite.</p>	
	<p>Fetal Medicine Unit For program-specific information click here</p>	<p>Caring for people with identified risk factors in their pregnancy. Those who have had complications in a previous pregnancy will also be referred to this service.</p>	<p>The Fetal Medicine Unit (FMU) provides care for people and families with complex or high-risk pregnancies who need specialised care for either themselves or their baby.</p>	<p>General Practitioners (GP's) or the Maternity Options Team will inform patients if they think believe they need to see the FMU. They will send us a referral on your behalf. Sometimes your midwife or obstetrician will ask you to go to the Fetal Medicine Unit during your pregnancy. They will send the referral for you. <u>These services for free if you have a Medicare Card or an Asylum Seeker Card.</u></p>	
	<p>Maternity Assessment Unit For program-specific information click here</p>	<p>This service is available to those who have:</p> <ul style="list-style-type: none"> - Given Birth at Centenary Hospital for Women and Children within the last 14 days - Parents who's children are receiving care in the Neonatal Intensive Care Unit 	<p>The Maternity Assessment Unit is a 'walk in' outpatient service. Providing planned and unplanned assessment services to patients in the second half of your pregnancy or in the first two weeks after giving birth. Services include, but are not limited to:</p> <ul style="list-style-type: none"> - Assessing maternal and fetal wellbeing in the antenatal period (during pregnancy) - Assessing maternal and fetal wellbeing in early labour, and 	<p>This service is available via self-referral or referral by a health professional.</p>	



Canberra Health Services		<p>(NICU) or Special Care Nursery (SCN)</p> <ul style="list-style-type: none"> - Parents who have recently given birth and are receiving care through the Midcall midwives or continuity midwives. - Women who are booked to give birth at Centenary Hospital for Women and Children and require assessment and/or additional monitoring from 20 weeks' gestation. - Those who have been referred by the emergency department 	<ul style="list-style-type: none"> - Assessing maternal and newborn wellbeing in the postnatal (after birth) period. 			
	Early Pregnancy and Parenting support Line <i>For program-specific information click here</i>	<p>This service is for expecting parents and parents/carers with children up to 5 years of age.</p>	<p>Support over the phone for questions or concerns about:</p> <ul style="list-style-type: none"> - Early pregnancy - Maternal and child health and development - Breastfeeding and emotional wellbeing concerns. <p>This service is also able connect with other services for additional follow-up care.</p>	<p>To contact the Early Pregnancy and Parenting Support line, Call: (02) 5124 1775 Leave a voicemail message with your: Name, best contact number, and the reason from your call. A health professionals will call you back between 8:30am and 5pm Monday to Friday.</p>		
	Breastfeeding Support <i>For program-specific information click here</i>	<p>Children 0 - 5 years</p>	<p>Our Maternal and Child Health service supports parents/carers with information and advice about breastfeeding.</p>	<p>To book an appointment at one of our health clinics, or a telehealth appointment please call Central Health Intake: (02) 5124 9977: 8am – 5pm</p>		
	First home visits <i>For program-specific information click here</i>	<p>Families living in the ACT who have just welcomed the birth of a child.</p>	<p>Maternal and Child Health (MACH) Registered Nurses/ Midwives offer first home visits soon after your baby is born providing support, education, and information on aspects of adjusting to parenting, child development and wellbeing. This home visit is a chance to discuss the wellbeing and any health concerns of you and your baby.</p>	<p>Midwife or maternity unit will organise a referral.</p>	<p>Home visits to take place at the families registered residence.</p>	



Canberra Health Services	Early Childhood Immunisation <i>For program-specific information click here</i>	Children 0-6 (Unable to provide this service after the child's 6 th birthday.	Free immunisation service. Children (accompanied by their parents or carers) are offered free immunisation against potential diseases in accordance with the ACT Health immunisation Schedule .	Self-referral is available via contacting the Central Health Intake: (02) 5124 9977.	Early Childhood Immunisation Clinics are available by appointment only at the following locations and on the following days: Monday <ul style="list-style-type: none"> • Belconnen Community Health Centre • Tuggeranong Child and Family Centre Tuesday <ul style="list-style-type: none"> • Phillip Health Centre • West Belconnen Child and Family Centre Wednesday <ul style="list-style-type: none"> • Gungahlin Community Health Centre Thursday <ul style="list-style-type: none"> • Inner North (Dickson) Community Health Centre Friday <ul style="list-style-type: none"> • Lanyon Family Care Centre • Ngunnawal Child Health Clinic
	Maternal and Child Health (MACH) booked appointments and child health checks <i>For program-specific information click here</i>	Available for children 0 - 5 years, as well as support, education and information for parents.	Our Maternal and Child Health nurses and midwives support parents with information and health advice. Child health checks are a primary function. Regular health checks are recommended for children to monitor their growth and development and offer early intervention for any concerns that may arise. Health checks are recommended at the following ages/milestones: <ul style="list-style-type: none"> - 0 to 4 weeks - 6 to 8 weeks - 4 months - 6 months - 12 months - 18 months - 2 years - 3 years - 4 years or before starting school. 	To book an appointment for your child's health check please call Central Health Intake: (02) 5124 9977: 8am – 5pm	



Canberra Health Services			<p>Follow-up appointments for other parenting issues; can be made for information and advice on:</p> <ul style="list-style-type: none"> - Parenting - Child health - Breastfeeding - Nutrition and feeding issues - Keeping your child safe - Toddler behaviour issues - Adjustment to parenthood, and - Maternal emotional health. 		
	<p>New Parents group For program-specific information click here</p>	<p>This group is available to first time parents with their infant under four months old.</p>	<p>New parent groups give you the opportunity to meet other first-time parents with babies of a similar age. The groups discuss topics and issues about:</p> <ul style="list-style-type: none"> - Parenting - Caring for yourself and your baby - How to access services available to you in the community. 	<p>To book into a new parent group please call Central Health Intake. (02) 5124 9977: 8am – 5pm</p>	
	<p>Understanding your baby information sessions For program-specific information click here</p>	<p>These videos are for parents and carers of babies from birth to nine months.</p>	<p>Our Maternal and Child Health service offers videos online to help parents with understanding their baby. These videos provide information on infant behaviour and development and infant cue-based care to support feeding, play, sleep and settling.</p>	<p>You can view the videos at home, at a time suitable for you and your family. Access to these videos is free.</p>	<p>This service is offered as an online resource.</p>
	<p>Early Parenting Counselling For program-specific information click here</p>	<p>All parents and carers in the ACT with children aged up to 5 years old, and all pregnant people and their partners in the ACT.</p>	<p>Provided are: Up to eight sessions of individual counselling and therapeutic interventions with a parent or caregiver, though additional sessions can be facilitated in some situations. Counselling sessions provide support and advice to better manage and overcoming challenges that may arise in the early stages of family life. Group programs, subject to demand. Please note we are not an emergency or crisis service.</p>	<p>Self-referrals available via calling Central Health Intake on (02) 5124 9977. GP's or other health professional may also arrange for access to this service. <u>This service is free to Medicare and Asylum Seeker card holders.</u></p>	<p>Location: Face to face appointments are available at: Tuggeranong Community Health Centre Belconnen Community Health Centre Gungahlin Community Health Centre</p> <p>Home visits can be arranged in exceptional circumstances.</p> <p>Telehealth and phone counselling may be available by request.</p>
	<p>IMPACT For program-specific information click here</p>	<p>Available to those who are clients of one of Canberra's Alcohol and Drug or Mental Health Services.</p>	<p>The IMPACT program supports pregnant people, their partners and their young children who are clients of Mental Health ACT and/or who are receiving opioid replacement therapy. CHS can help clients coordinate their involvement with multiple services.</p>	<p>Generally referrals come from a GP, the Antenatal Clinic or a health professional at one of CHS' Alcohol and Drug or Mental Health Services. However self-referrals are also accepted.</p>	<p>This service is open, 9am to 4:30pm, Monday to Friday. Location: Centenary Hospital for Women and Children, Building 11, Level 3, Canberra Hospital. &</p>



Canberra Health Services				You can also refer yourself to this service. This service is free to Medicare and Asylum Seeker card holders.	City Health Centre
	'Mums and Bubs' Physiotherapy Service For program-specific information click here	Available to those who have given birth in the previous 12 months and their infants.	Individual Physiotherapy Appointments We offer physiotherapy assessments and treatments for a range of postnatal conditions including: <ul style="list-style-type: none"> - Musculoskeletal concerns (especially back, pelvic, and wrist pain) - Abdominal muscle separation - Pelvic floor, bladder and bowel concerns - Treatment for mastitis and blocked ducts - Infant assessment (head shape, neck issues and foot issues). Physiotherapy Information Group Our group sessions are a chance for you to come ask our physiotherapists for advice about the first year after giving birth. Our sessions cover post-natal advice including: <ul style="list-style-type: none"> - Pelvic floor, bladder and bowel concerns. - Post-natal recovery exercises and general exercise advice - Back, pelvic, wrist and general musculoskeletal care. 	Mothers do not need a referral from a health professional to access this service; they can self-refer. This service is free to Medicare and Asylum Seeker card holders.	Individual appointments are available at 3 clinics across Canberra, including: <ul style="list-style-type: none"> - Belconnen Community Health Centre - Tuggeranong Community Health Centre - Gungahlin Community Health Centre. Our physiotherapy information group sessions are held: <ul style="list-style-type: none"> - On the First Wednesday of the month at Flore Child Health Clinic - On the second Wednesday of the month at Woden Community Library All sessions start at 1.30pm.
	Newborn hearing screening program For program-specific information click here	Provided are hearing tests for all infants born or living in the ACT and any baby admitted to ACT hospitals who has not had a hearing screen.	This program identifies babies who are born with hearing loss and refer them to hearing services as soon as possible. Trained screeners do a hearing test as soon as possible after a baby's birth placing sensors on the baby's head to record brain stem responses to different sounds. It usually takes 10 to 20 minutes and parents are welcome to stay with your baby during this time. Results are available as soon as the screen is complete and will be recorded in your baby's personal health record (Blue Book). Sometimes a repeat test is required, which is carried out later.	Most babies are tested before going home from hospital. Some babies may need to come back to hospital for an appointment. In this case, the clinic will contact you to arrange a suitable time for your baby to be tested. Contact: Email: newbornFollow-UpClinic@act.gov.au	Location: Centenary Hospital for Women and Children, Building 11, Level 1, Canberra Hospital.
	Neonatal Intensive Care Unit (NICU) Growth and Development follow-up Clinic	Infants who have received intensive care. Typical patients are infants of 8 months, 12 months, and 24	The NICU Growth and Development Follow-up Clinic monitors the long-term growth and development of babies at risk who have required Neonatal Intensive Care.	Parents do not need to do anything to arrange access to this service. If a baby has been in NICU and needs follow-up, the clinic will	



Canberra Health Services	<p><i>For program-specific information click here</i></p>	<p>months (of corrected gestational age) if they: -Were born at term (37-40 weeks of gestational age) and are at risk -Were born between 30 and 37 weeks of gestational age and are at risk -Were born prematurely at less than 30 weeks of gestational age or weighed under 1000 grams at birth</p>	<p>A multidisciplinary team that includes physiotherapists, nurses and doctors that provides parents of babies at risk an opportunity to discuss clinical issues, growth and developmental progress.</p>	<p>arrange an appointment before both mother and child leave hospital. The Growth and Development Follow-up Clinic is by appointment only. <u>This clinic is free if you have a Medicare Card or an Asylum Seeker Card.</u> The contact details of the NICU Growth and Development Follow-up Clinic are: Email: newbornFollow-UpClinic@act.gov.au Phone: (02) 5124 7573</p>	
	<p>Newborn and Parent Support Service (NAPSS) <i>For program-specific information click here</i></p>	<p>Our Newborn and Parent Support Service cares for newborns who require medical care in hospital and have ongoing care needs once they go home.</p>	<p>Our Newborn and Parent Support Service (NAPSS) nurses have extensive experience in caring for sick and premature babies. They work with the clinical care coordinator, neonatologist, paediatrician, speech pathologist, nutritionists, social workers, and other members of the allied health team to provide ongoing nursing and medical care once your baby comes home from the Neonatal Unit.</p>	<p>A hospital referral is required to access this service. When mothers are in hospital after the birth of a child, a member of the NAPSS team will meet with you to discuss the ongoing care needs of their baby and will offer access to the Newborn and Parent Support Service if this is appropriate.</p>	<p>This service will primarily be conducted as an 'at home service', meaning support staff will attend your residence to provide any assistance.</p>
	<p>Postnatal Follow-up Clinic <i>For program-specific information click here</i></p>	<p>New parents with their child born at Canberra Hospital or have been referred to the clinic by their General Practitioner or Paediatrician.</p>	<p>The Postnatal Follow-up Clinic is a service provided by the Department of Neonatology for babies who require a medical review or follow-up.</p>	<p>A general practitioner or medical practitioner will organise appointments to attend this clinic. If a baby was born at Canberra Hospital and requires an appointment, the neonatal team will organise the appointment. <u>This service is free to Medicare and Asylum Seeker card holders.</u></p>	<p>The Postnatal Follow-up Clinic is held most Thursday afternoons. Location: Centenary Hospital for Women and Children, Building 11, Level 1, Canberra Hospital.</p>
	<p>Child and Adolescent Mental Health Service (CAMHS) <i>For program-specific information click here</i></p>	<p>Children and young people who live in the ACT experiencing a major mental illness/ a severe mental health incident or detained under the mental health act, aged up to 18 years old.</p>	<p>CAMHS use the Choice and Partnership Approach (CAPA) to assist in the management of serious and complex mental health problems in children and adolescents. This is achieved through a comprehensive assessment and treatment program. During an assessment, a team will gather information from clients to build a detailed picture of a client's mental health. All clinicians have a relevant professional qualification and experience in working with</p>	<p>Children, Youths and Young-Adults can access this service via self-enrolment, referred through a parent or carer or once provided with the individual's permission a professional may refer on your behalf. Referrals can be made by calling us Monday to Friday, between 8.30am and 4:30pm on the numbers shown below:</p>	<p>Location:</p> <ul style="list-style-type: none"> • CAMHS Northside - Belconnen Community Health Centre, 56 Lathlain Street, Belconnen • CAMHS Southside – Callam Offices, Level 2, Easty Street, Woden, ACT



Canberra Health Services			<p>children, young people and their families. Members of the team include psychologists, social workers, occupational therapists, nurses and consultant psychiatrists.</p>	<p>CAMHS Northside: (02) 5124 1407 CAMHS Southside: (02) 5124 3133 Outside these hours you can call Access Mental Health on 1800 629 354 or (02) 6205 1065. This is a mental health crisis support service available 24/7.</p>	
	Preterm Birth Prevention Clinic <i>For program-specific information click here</i>	<p>The clinic offers continuity of pregnancy care for women who have an increased chance of having a spontaneous early birth before 37 weeks. This includes: -Women who have had a previous spontaneous preterm birth between 16 and 34 weeks -Women who have had an ultrasound that shows a short cervix in the current pregnancy.</p>	<p>A specialised team will support parents during their pregnancy, including an obstetrician, a midwife and ultrasound technicians. A personalised management plan will be made for each pregnancy care and will be discussed with parents during their first pregnancy visit.</p>	<p>Our service is available for women who are referred from a general practitioner (GP) or from the Maternity Options Service. <u>This service is free to Medicare and Asylum Seeker card holders.</u></p>	<p>Location: Fetal Medicine Unit, Centenary Hospital for Women and Children, Building 11, Level 2, Canberra Hospital.</p>
	Community Paediatric and Child Health Service <i>For program-specific information click here</i>	<p>Children up to the age of 16.</p>	<p>This service offers assessments, treatments and advice for children and young people with: they are coping with the classroom setting. e care of another paediatrician.</p>	<p>This service is only accessible for children 0-16 post a GP's referral. <u>These services are offered free if clients have a Medicare Card or an Asylum Seeker Card.</u> Referrals to be directed via: Phone: (02) 5124 9977 Acute Phone: (02) 6205 1464 Online referral: Click here</p>	<p>Location:</p> <ul style="list-style-type: none"> - Canberra Hospital, Building 3. (<u>Canberra Hospital's</u> Community Paediatric and Child Health Service) - 26 Weingarth Street, Holder ACT. (Community Paediatric and Child Health Service <u>Centre</u>)



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<p>Community Services Directorate</p> <p>Community Services Directorate delivers a range of Community Services including disability, housing, Seniors assistance, Domestic and Family Violence Support, Children and Family services, Multicultural and Aboriginal/Torres Strait Islander services.</p> <p>Our vision is to empower people to meet their full potential and enable the development of inclusive and strong communities.</p> <p>Address : GPO Box 158, Canberra ACT 2601</p> <p>Email: CSD@act.gov.au</p> <p>Phone: 133 427</p> <p>For more information click here</p>	<p>Child Development Services For more information click here</p>	<p>Children 0-6 years old</p>	<p>The Child Development Service offers assessment, referral, information, and linkages for concerns relating to child development. Children that require early intervention supports are referred to the NDIA Early Childhood Early Intervention service partner, EACH.</p> <p>From early 2023, the Child Development Service will also provide early intervention therapy services for children aged 24 to 36 months with developmental vulnerabilities or delays.</p>	<p>For more information contact general enquires via: Phone 62051277 Email Child.development@act.gov.au</p> <p>For service providers to make a referral, contact: Phone: 62078884</p>	<p>The Child Development Service is located at: 26 Weingarth Street Holder ACT 2611</p>
		<p>Autism assessment service For program-specific information click here</p>	<p>Children before the age of 12 years who live in the ACT</p>	<p>The Child Development Service is a Canberra based service that provides residents in the ACT with free Autism assessments for children aged up to 11 years 11 months.</p>	<p>A referral from a Paediatrician or Psychiatrist is required.</p> <p>Referrals for Autism Assessment by these medical professionals can be directed to the Child Development Intake Service on phone 6207 8884, facsimile 6205 1266 or email Child.Development@act.gov.au.</p> <p>Cost: The assessment service is provided without a fee.</p>



<p><u>Community Services Directorate</u></p>	<p>Child Development Services</p>					<p>parents/carers to confirm that their child has been added to the Autism Assessment waiting list.</p> <p>Step 4</p> <p>We will call you by phone when an appointment becomes available to arrange the assessment appointments.</p>
		<p>Drop-in clinics <i>For program-specific information click here</i></p>	<p>Drop In Clinics are available for children 0 to 6 years who have a residential address in the ACT and are not eligible for the National Disability Insurance Scheme.</p>	<p>Drop-in clinics offer assessment, referral, information and linkages for children 0 to 6 years where there are concerns relating to their development. The assessments vary to address multiple concerns:</p> <ul style="list-style-type: none"> - Speech Pathology - Physiotherapy - Occupational Therapy - Autism - Psychology - Social Work 	<p>Though Drop-in Clinics require no appointments there are set session times for walk-ins.</p> <p>Phone: 62078884 Location: 26 Weingarth St Holder ACT 2611</p>	
	<p>Child and Family Centres ACT</p> <p>Contact: West Belconnen Child and Family Centre Phone: (02) 6205 2904 Location: 6 Luke Street, Holt ACT 2615 Email: childandfamilycentres@act.gov.au</p> <p>For more information click here</p>	<p>Children's Behaviour and Emotional Wellbeing Clinic</p>	<p>Parents with Children under 8 years old.</p>	<p>Consultation clinics for parents and carers of children under 8 years to provide information on child development and behaviour, relationships, and strategies to support these concerns.</p>	<p>Contact your local C&F Centre to find out how to participate in this program.</p> <p>Phone: (02) 6205 2904 Email: childandfamilycentres@act.gov.au</p>	<p>Located at the West Belconnen Child & Family Centre, 6 Luke Street, Holt ACT 2615.</p>
		<p>Circle of Security <i>For program-specific information click here</i></p>	<p>Parents with Children under 8 years old.</p>	<p>This international and widely researched program provides opportunities to develop and enhance a secure relationship between parents and children. Parents will learn how to recognise, understand and meet their children's emotional needs in order to prevent and manage behavioural and emotional difficulties. This is an 8-week, small group program which uses observation, reflection, practice and discussion.</p>	<p>Contact your local C&F Centre to find out how to participate in this program.</p> <p>Phone: (02) 6205 2904 Email: childandfamilycentres@act.gov.au</p>	<p>Located at the West Belconnen Child & Family Centre, 6 Luke Street, Holt ACT 2615.</p>
	<p>Cool Little kids <i>For program-specific information click here</i></p>	<p>Parents of children aged 3 – 8 years old.</p>	<p>A group for parents, assisting them in learning strategies to better aid their anxious child.</p>	<p>Contact your local C&F Centre to find out how to participate in this program.</p> <p>Phone: (02) 6205 2904</p>	<p>Located at the West Belconnen Child & Family Centre, 6 Luke Street, Holt ACT 2615.</p>	



<p><u>Community Services Directorate</u></p>	<p>Child and Family Centres ACT</p>				<p>Email: childandfamilycentres@act.gov.au</p>	
		<p>Tuning into kids <i>For program-specific information click here</i></p>	<p>Parents of children aged 3 – 10 years old.</p>	<p>A parenting program that aims to give parents and carers helpful ways of teaching their child to develop skills for good emotional intelligence. Tuning into Kids teaches parents awareness and regulation of their own and their child’s emotions. It also teaches parents skills to assist their children to verbally label and manage their emotions, and to problem solve. The program assists parents in guiding their children’s behaviours within appropriate limits.</p>	<p>Contact your local C&F Centre to find out how to participate in this program. Phone: (02) 6205 2904 Email: childandfamilycentres@act.gov.au</p>	<p>Located at the West Belconnen Child & Family Centre, 6 Luke Street, Holt ACT 2615.</p>
		<p>GET UP <i>For program-specific information click here</i></p>	<p>Young parents under 25 years old.</p>	<p>A group for young parents where parents can meet new friends, tap into creative skills, play with their child/children, connect with support and find out useful parenting tips.</p>	<p>Contact your local C&F Centre to find out how to participate in this program. Phone: (02) 6205 2904 Email: childandfamilycentres@act.gov.au</p>	<p>Friday mornings during weeks 2–9 of school term Located at the West Belconnen Child & Family Centre, 6 Luke Street, Holt ACT 2615.</p>
		<p>Koori Playgroup <i>For program-specific information click here</i></p>	<p>Aboriginal and Torres Strait Islander families with Children aged 0 – 5 years old.</p>	<p>A supported playgroup for Aboriginal and Torres Strait Islander children and their parents and carers.</p>	<p>Contact your local C&F Centre to find out how to participate in this program. Phone: (02) 6205 2904 Email: childandfamilycentres@act.gov.au</p>	<p>Located at the West Belconnen Child & Family Centre, 6 Luke Street, Holt ACT 2615.</p>
		<p>Koori Boys <i>For program-specific information click here</i></p>	<p>Aboriginal and Torres Strait Islander boys in school grade 3-6.</p>	<p>An opportunity for primary school-aged Aboriginal and Torres Strait Islander boys to come together to explore opportunities to connect with culture in a culturally safe and supported environment. This group focuses on healthy mind, body and spirit, building strong connections to culture and Country, growing young people as future leaders and strengthening relationships between schools, communities and families.</p>	<p>Contact your local C&F Centre to find out how to participate in this program. Phone: (02) 6205 2904 Email: childandfamilycentres@act.gov.au</p>	<p>Located at the West Belconnen Child & Family Centre, 6 Luke Street, Holt ACT 2615.</p>
		<p>Koori Girls <i>For program-specific information click here</i></p>	<p>Aboriginal and Torres Strait Islander girls in school grade 3-6.</p>	<p>An opportunity for primary school-aged Aboriginal and Torres Strait Islander girls to come together to explore opportunities to connect with culture in a culturally safe and supported environment. This group focuses on healthy mind, body, and spirit, building strong connections to culture and Country, growing young people as future leaders and strengthening relationships between schools, communities and families.</p>	<p>Contact your local C&F Centre to find out how to participate in this program. Phone: (02) 6205 2904 Email: childandfamilycentres@act.gov.au</p>	<p>Located at the West Belconnen Child & Family Centre, 6 Luke Street, Holt ACT 2615.</p>
		<p>Learn, Giggle and Grow</p>	<p>Parents and children aged 0-5 years old.</p>	<p>Parents and children have the opportunity to interact and play in a safe and supported environment. The emphasis is on encouraging parents to engage with their children in</p>	<p>Contact your local C&F Centre to find out how to participate in this program.</p>	<p>Groups run from weeks 2–9 of each school term.</p>



Community Services Directorate	Child and Family Centres ACT	<i>For program-specific information click here</i>		play, enrich the parent-child relationship and help parents build confidence.	Phone: (02) 6205 2904 Email: childandfamilycentres@act.gov.au	
		Parents as Teachers <i>For program-specific information click here</i>	Families with a child under 2½ years of age.	A monthly home visit program to help parents recognise everyday learning opportunities in their children's lives. During visits, trained parent educators provide parents with practical information and guidance to help their child develop skills essential for later learning. Emphasis is placed on developing children's thinking and curiosity, language, motor and social skills. Support can start later in the prenatal period and may continue until a child reaches 3 years of age.	Contact your local C&F Centre to book an appointment. Phone: (02) 6205 2904 Email: childandfamilycentres@act.gov.au	Located at the West Belconnen Child & Family Centre, 6 Luke Street, Holt ACT 2615.
		POPPY (Parents' Opportunity to Participate in Play with their Young) <i>For program-specific information click here</i>	Parents living with mental health issues with children 0-5 years of age.	A supported group for mothers and fathers focusing on mental health, wellbeing and resilience. Parents can meet other parents and share experiences while having fun playing with their children.	Contact your local C&F Centre to find out how to participate in this program. Phone: (02) 6205 2904 Email: childandfamilycentres@act.gov.au	Located at the West Belconnen Child & Family Centre, 6 Luke Street, Holt ACT 2615.
		South Sudanese Group <i>For program-specific information click here</i>	South Sudanese families with children 0- 5 years of age.	A group for South Sudanese families aiming to build links with the community and improve access to parenting information and services.	Contact your local C&F Centre to find out how to participate in this program. Phone: (02) 6205 2904 Email: childandfamilycentres@act.gov.au	Wednesday mornings during weeks 2-9 of school term. Located at the West Belconnen Child & Family Centre, 6 Luke Street, Holt ACT 2615.
		Child Health Clinics <i>For program-specific information click here</i>	Families and children up to the age of 4.	Developmental health checks, feeding support including breastfeeding, bottle feeding and solids, sleep and settling information and maternal wellbeing.	Appointments are necessary. Contact Community Health Intake for bookings: Phone: (02) 51249977	
		Drop-in Clinics <i>For program-specific information click here</i>	Families with children	Best suited for quick questions and concerns, not full health checks. Usually around 15-20 minutes per family. No appointment necessary. Please be prepared to wait, at times you may be asked to return another day instead of waiting. Best accurate scales are available to weigh your baby. If your baby is very young, or you are concerned, please see the MACH nurse.	Contact Community Health Intake for details on how to participate in this service. Phone: (02) 51249977	
		Early Days <i>For program-specific</i>	Mothers with children up to 3 months old.	Early Days are group sessions that provide information and support for breastfeeding, bottle feeding and settling infants under 3 months.	Contact Community Health Intake for details on how to participate in this service.	



Community Services Directorate	Child and Family Centres ACT	<i>information click here</i>			Phone: (02) 51249977	
		Early Childhood Immunisation Service <i>For program-specific information click here</i>	Children under 5 years of age.	Free Immunisation service.	Bookings are essential to take part in this service. Contact Community Health Intake for bookings: Phone: (02) 51249977	
		New Parents Group <i>For program-specific information click here</i>	First-time parents with children from birth – 4 months old.	Run by MACH nurses, giving first-time parents the opportunity to meet other new parents with babies of a similar age. Parents can discuss topics and issues including parenting, caring for yourself and your baby and learn how to access services available to you in the community.	Bookings are essential to take part in this service. Contact Community Health Intake for bookings: Phone: (02) 51249977	4-week program timetable.
		Sleep and Settling Groups <i>For program-specific information click here</i>	Parents and Carers with children from 3 months to 3 years of age.	These are Groups which provide information to help parents and carers understand young children’s sleep and learn some practical skills.	Contact Community Health Intake for details on how to participate in this service. Phone: (02) 51249977	The three age specific sessions are 3-8 months; 9-18 months; 19-36 months.
		Fussy Eaters Group <i>For program-specific information click here</i>	Parents/Carers of children aged 1-5 years old.	This group service offers free session for parents and carers of fussy eaters a dietitian available to answer questions and offer advice to help make mealtimes easier for parents.	Contact Community Health Intake for details on how to participate in this service. Phone: (02) 51249977	
		Orthoptist <i>For program-specific information click here</i>	For children from birth – 6 years of age.	A secondary screening clinic for children who may need treatment of irregularities with their eyes.	Referrals made through MACH nurses and school kindergarten health screen.	
		Physio Information Group <i>For program-specific information click here</i>	Mothers and Infants 0-1 years old.	A monthly group providing information on the first year postnatally.	Contact Community Health Intake for details on how to participate in this service. Phone: (02) 51249977	
		Nutrition <i>For program-specific information click here</i>	Families with children.	Free service for children, young people, and their families. Dietitians can provide advice on a range of nutrition topics including fussy eating, introducing solids, weight management, food allergy and intolerance, disordered eating and healthy eating for women during pregnancy.	Contact Community Health Intake for details on how to participate in this service. Phone: (02) 51249977	

Village, Child and Family Program and Service Directory



<p><u>Community Services Directorate</u></p>	<p>Child and Family Centres ACT</p>	<p>Women's Health Service <i>For program-specific information click here</i></p>	<p>Women experiencing significant barriers to health service access. Counselling is for women who have experienced trauma.</p>	<p>Nursing and counselling services to support women's health and wellbeing. Counsellor services only at Tuggeranong and Gungahlin. Nurse and counsellor services available at West Belconnen.</p>	<p>Enquire via: Phone: (02) 51241787</p>	
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Organisation & Service Location	Program Name	Target group/Available for:	Description	Referral process OR Prerequisites	Program Structure / Location
<p>Libraries ACT</p> <p>'We champion literacy, learning and the pleasure of reading and provide a safe and happy environment.'</p> <p>Email: Library.customerinfo@act.gov.au</p> <p>Phone: 02 6205 9000</p> <p>Location: 12 Chandler St, Belconnen</p> <p>For more information click here</p>	<p>Giggle and Wiggle</p> <p><i>For program-specific information click here</i></p>	Babies (Children 0-2 years old)	Sing songs, dance and share rhymes to help boost child language development.	<p>Online registration required.</p> <p>Cost: Free program</p> <p>Registrations open 4 days before the program. Attendees must register all participants online to attend including adults, babies, toddlers etc.</p>	<p>Mondays, at Dickson Library 10:15 and 11:15</p> <p>Tuesdays, at Gungahlin 10:15 and 11:15</p> <p>Wednesdays, at Tuggeranong 10:15 and 11:15</p> <p>Thursdays, at Woden and Belconnen, 10:15 and 11:15</p> <p>Fridays, at Kippax at 10:15 and 11:15</p> <p>Saturdays, at Kippax at 10:15</p>
	<p>Story Time</p> <p><i>For program specific information click here</i></p>	3-5 year olds.	Story Time brings stories, rhymes and songs alive for children aged 3 to 5. The sessions encourage a love of books and lifelong use of libraries. Focusing on fun and creativity, children will learn pre-reading skills, listening and language skills, and an understanding of subjects and concepts e.g. daily life, the environment, animals, occupations, and seasonal events. The sessions are interactive and allow parents and carers to participate with their children.	<p>Online registration required.</p> <p>Cost: Free program</p> <p>Attendees must book for all participants including adults, babies, toddlers etc</p>	<p>Mondays, at Tuggeranong at 10:15</p> <p>Tuesdays, at Civic and Kippax at 10:15</p> <p>Wednesdays, at Belconnen and Woden at 10:15</p> <p>Thursdays, at Erindale and Dickson at 10:15</p> <p>Fridays, at Gungahlin at 10:15</p>
	<p>Bilingual Story Time and Bilingual Giggle & Wiggle</p> <p><i>For program specific information click here</i></p>	0-5 year olds	Learn more about language and culture with our various bilingual story times in a selection of languages. Our native-speaking presenters will read stories and sing songs featuring the language.	<p>Online registration</p> <p>Free program</p> <p>Please book for all participants including adults, babies, toddlers etc</p>	Various Locations across the ACT



Libraries ACT	<p>Story Dogs For program-specific information click here</p>	<p>Children aged 7-years and over.</p>	<p>Story Dogs aim to make reading fun for children, so they become confident lifelong readers. Readers who benefit most from the program are children who are reluctant readers or have low confidence in their abilities and need some extra encouragement to practice. Reading to a dog is a stress-free environment where children don't have to worry about mistakes and can enjoy increasing their skills with a non-judgemental pet.</p>	<p>Online registration available to attend the free program held at Woden library. Also required is to fill in the permission form found here. This form is required to be brought to the first session.</p>	<p>Woden, Mondays 4pm-6pm Gungahlin, Wednesdays 4-6pm Dickson, Fridays 4-6pm Sessions are 20 minutes long</p>
	<p>Sensory Story Time For program-specific information click here</p>	<p>Children up to 6 years old who are living with Autism or sensory challenges.</p>	<p>Sensory Story Time is aimed at engaging children in activities supporting the development of social play and literacy. This program will model appropriate behaviours while reading a story and exploring simple questions about the narrative. There will also be singing and free play time. The program will explore and engage the seven senses throughout this story time session. Sensory Story Time is aimed at those who are living with autism or who are living with challenges related to sensory experiences. However, it can be of benefit for all children.</p> <p>Kippax and Belconnen Branch will have staff from University of Canberra Good Start in Life program attending to connect families with child development services in the area and provide informal advice.</p>	<p>Online registration required with dates listed for upcoming events on the page found here. Cost: Free program</p>	<p>During School Term time; Thursdays, 10am-11am at Kippax Library Fridays, 10am-11am at Belconnen Library</p>
	<p>0-5 Membership drive</p>	<p>Children aged 0-5</p>	<p>Children aged 0-5 who sign up for their own library card (with an identified responsible adult who also has a library card) will receive a free book to keep.</p>	<p>Cost: Free service This service can be entered by signing up at a local library branch with proof of address and Medicare card.</p>	<p>All library branches across the ACT.</p>
	<p>Online Kids Digital Resources Explore in this link here</p>	<p>0-14 year olds</p>	<p>Various apps available for free download with a library card supporting children's early language, literacy, numeracy, science and entertainment including</p> <ul style="list-style-type: none"> • Online picture books in English and over 50 community languages • Online National Geographic Kids • Educational games • eBooks and E-audio books • Movie streaming services 	<p>Cost: Free service Download the apps on your digital device with your library card number to access any resources.</p>	<p>Online delivery.</p>
	<p>Borrowable items</p>	<p>0-12 year olds</p>	<p>Various items available to borrow (up to 50 physical items per library card for a four week loan)</p> <ul style="list-style-type: none"> * Board Books (0-3) * Picture Books (3+) * Junior Easy Non Fiction (3+) * First Readers (4+) * Bilingual Picture Books (3+) 	<p>Free with library membership</p>	<p>All library branches</p>



<p><u>Libraries ACT</u></p>		<ul style="list-style-type: none"> * Junior Fiction (6+) * Junior Fictional Hot Picks (7+, one week loans for very popular titles) *Dyslexic Font Junior Fiction * Large print Junior Fiction * Junior Non-Fiction (7+) * Parenting book collection 		
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Non-Government Organisations

Organisation & Service Location	Program Name	Target group/Available for:	Description	Referral process OR Prerequisites	Program Structure / Location
<p>Catholic Care (Canberra & Goulburn)</p> <p>CatholicCare Canberra & Goulburn is the welfare arm of the Archdiocese of Canberra and Goulburn</p> <p>Contact Phone: 02 61626100 Email: info@catholiccare.cg.org.au</p> <p>Location: 51 Cooyong Street, Braddon ACT 2612</p> <p>For more information click here</p>	<p>Stepping Stones <i>For program-specific information click here</i></p>	<p>Children aged 0-12 who have experienced trauma.</p>	<p>Stepping Stones program is a short-term, therapeutic service for children who have experienced trauma. Trauma may involve a single incident like a car accident or assault, repeated traumatic incidents such as abuse, neglect, or witnessing family violence.</p>	<p>Cost: Free Program. A referral form can be accessed here: Stepping Stones Referral Form.</p> <p>Families can self-refer to the service by completing the referral form or contacting our team on 6163 7600. Children can also be referred to the service by another health professional (such as their GP or Paediatrician) or another service provider.</p> <p>Please be aware that the Stepping Stones service may have a significant waitlist.</p>	
	<p>Speech Pathology <i>For program-specific information click here</i></p>	<p>Available for all ages.</p>	<p>CatholicCare’s Speech Pathology service offers screening, standardised assessments, reviews, consultations, individual therapy, and group therapy. The service also offers access to professional education sessions.</p> <p>The service provides flexible, high quality, evidence based and person-centred support to individuals of all ages in the following areas:</p> <ul style="list-style-type: none"> • Speech sounds • Language (expressing themselves and understanding others) • Literacy (reading and spelling) • Voice • Fluency • Pragmatics and social skills • Using alternative and augmentative communication systems • Eating, drinking and swallowing 	<p>CatholicCare’s Speech Pathology services is NDIS registered. The service is also offered for a fee for those who are not covered by the NDIS. Contact 6162 6100 for more information and enquiries.</p>	
	<p>Youth & Family Case Management Service</p>	<p>Children, young people and families in the ACT</p>	<p>The Youth & Family Case Management service is an outreach program that supports children, young people and families in the ACT with circumstances preventing a stable and healthy</p>	<p>Referrals for this program are made through Onelink Monday to Friday from 8am to 6pm on 1800 176 468</p>	<p>Managers can come to you and meet in a place where you feel most comfortable;</p>



<p>Catholic Care (Canberra & Goulburn)</p>	<p><i>For program-specific information click here</i></p>		<p>family life. This could include housing issues, family and relationship conflict, mental illness and substance use, or difficulties with parenting.</p>		<p>be it your home, your community, your school or work.</p>
	<p>Summit Positive Behaviour Support</p> <p><i>For program-specific information click here</i></p>	<p>Children up to the age of 18</p>	<p>Summit is a Positive Behaviour Support (PBS) Program for youths who has or may be at risk of developing behaviours of concern. Summit aims to help young people and their carers understand their behaviour, work with them to build strategies to manage challenging behaviours and promote quality of life. This includes and is driven by a commitment to the reduction and elimination of restrictive practices. Summit services include:</p> <ul style="list-style-type: none"> ● Assessment and Functional Behavioural Analysis ● Interim PBS Plans and Risk Management ● Writing Comprehensive Behaviour Support Plans ● Training stakeholders in the implementation of PBS Plans ● Ongoing review of PBS Plans 	<p>The service is targeted towards individuals with a current NDIS plan and funding for Positive Behaviour support however other privately funded referrals will also be considered. For more information on the program contact: P: (02) 6163 7600 E: PBSadmin@catholiccare.cg.org.au</p>	



Organisation & Service Location	Program Name	Target group/Available for:	Description	Referral process OR Prerequisites	Program Structure / Location
<p>Capital Region Community Services (CRCS)</p> <p>Capital Region Community Services provide services and programs for the whole community. From babies and toddlers to people over 65, parents, people living with a disability, Aboriginal and Torres Strait Islander specific programs and youth services for children at school and young people between 12 and 25.</p> <p>Contact Details Telephone: 02 6264 0200</p> <p>Fax: 02 6253 2901</p> <p>Email: contact@crs.com.au</p> <p>Address Street Address: 26 Chandler Street, Belconnen ACT 2616</p> <p>Postal: PO Box 679, Belconnen ACT 2616</p> <p>For more information click here</p>	<p>Bringing Up Great Kids (BUGK) For program-specific information click here</p>	Families with children 0-12 years.	<p>The program centres on building positive relationships and interactions between parents and children and aims to resource parents to:</p> <ul style="list-style-type: none"> Identify and evaluate the source of their parenting approach and philosophy Develop an increased understanding of the 'messages' that they communicate to their children through their behaviours, acts and attitudes Increase their ability to understand and acknowledge the impact of these messages on their child Develop skills in identifying and managing their stress associated with parenting. 	<p>Registrations are essential. Please contact CRCS Reception or email groups@crs.com.au</p> <p>Cost: This is a free program.</p>	This program is offered throughout the year at different times and days, in a range of locations.
	<p>Bungee Youth Resilience Program For program-specific information click here</p>	Young people (aged 5-18).	<p>Bungee is an inclusive, resilience-building program that promotes social connection and emotional wellbeing through the arts. Bungee classes operate across the ACT and are facilitated in a small, safe and supportive group setting. The program employs professional artists and support workers who develop a series of interactive and structured workshops that are tailored to the individual skill level, need, and interest of the enrolled participants.</p>	<p>For more information regarding enrolment into the Bungee Youth Program contact the Connect Team at connect@crs.com.au</p> <p>Cost: This is a free program.</p> <p>An intake interview with the parents/caregivers is required prior to enrolment in Bungee activities</p>	
	<p>Circle of Security For program-specific information click here</p>	Available to families with children aged 0-10 years.	<p>Circle of Security is a parenting program designed to enhance attachment and security between parents and children.</p> <p>Topics covered include:</p> <ul style="list-style-type: none"> Introducing the Circle of Security Develop skills in distinguishing the 'need' moments Building a solid emotional foundation for your children Tuning into children's shifts in attention and emotion <p>This relationship-based program is designed to enhance attachment between parents and children. Participants will learn how to establish a secure base that gives your children a sense of safety, and develop observational skills to strengthen your relationships.</p>	<p>Registrations are essential as places are limited.</p>	Provided throughout the year at a variety of locations, both face-to-face and online.
	<p>Community Transport For program-specific information click here</p>	ACT residents	<p>CRCS provides a friendly, flexible and reliable door to door Community Transport service. Offered as an ACT wide service and focused on promoting participants' independence and social and community involvement. Community Transport support is for people who are ageing, recovering from a medical episode or for people living with a disability.</p>	<p>To register for Transport support please contact CRCS Connect on 6264 0200 or email connect@crs.com.au</p> <p>Referrals may also be made directly via the Community Transport service by phone to</p>	Transport service operates ACT wide Monday to Friday from 7:00am – 7:00pm excluding public holidays.



Capital Region Community Services (CRCS)				02 6278 8124 or email to transport@crccs.com.au	
	Bungee After School Classes <i>For program-specific information click here</i>	Children and young people aged 5-18 years old.	Bungee After School Classes support participants to take part in activities designed to enhance wellbeing and social and emotional health. Bungee offers a range of free, creative after-school classes for children and young people aged 5-18 years old, in various locations across Canberra	An intake interview with the parents/caregivers is required prior to enrolment in Bungee activities	9am – 5pm Monday - Friday Various locations across Canberra
	Early Autism Education – EAE <i>For program-specific information click here</i>	Children with Autism Spectrum Disorder (ASD) and other developmental delays.	Early Autism Education (EAE) is a unique program in the Capital Region that specialises in providing home-based early development programs to children with autism and other developmental delays focussing on speech, communication, play, social and cognitive skills. EAE come to the home where the child feels secure and more relaxed to create the ideal conditions for learning.	Open to parental self-referral via online booking or phone for an in-person consultation. Early Autism Education Telephone: 02 6264 0200 Email: gae@crccs.com.au	Fees apply. NDIS funding can be used in some circumstances.
	English Conversation <i>For program-specific information click here</i>	Any ACT resident is welcome to attend.	The Capital Region Community Services English Conversation Group is a friendly and welcoming group for people who want to improve their English language skills and connect with their community.	There is no cost for attending the group, and all people with all levels of English language skills are welcome.	
	Family Foundations <i>For program-specific information click here</i>	Parents /carers with children aged 0-5 years old.	Family Foundations is an early intervention therapeutic program that promotes strong, secure, and healthy relationships between children and their parents/carers. Family Foundations Clinicians support parents and carers to strengthen family relationships and bonds during early childhood through a 12 session home-visiting program.	To enquire about accessing this service, please contact a member of the Family Foundations team on the details below. Phone: 02 6264 0200 Email: families@crccs.com.au Cost: This is a free program	Monday – Friday. Sessions may take place outside of these hours Location: Home visiting based service.
	Get Up, Young Parents <i>For program-specific information click here</i>	Parents under 25 years of age with children 0-5 years of age.	Meet new friends, tap into creative skills, play with your child/children, connect with support and find useful parenting tips.	Registrations are essential. (Register through contacting the CRCS general information line Phone: 02 6264 0200 or families@crccs.com.au) Cost: This is a free program.	Fridays, 10 - 11:30am, partnership with West Belconnen Child and Family Centre.
	Family Support <i>For program-specific information click here</i>	Parents/carers with a child or children aged 0-18 years	This program provides free case management support to vulnerable children, young people, and their families. Family Support connects, advocates, and empowers families to access support across a range of areas including family violence, mental health, financial issues, drug and alcohol concerns, and accommodation.	Self-referrals and service referrals are welcome. Enquire further via: CRCS Connect 02 62640200 or email, families@crccs.com.au Cost: This is a free service.	Flexible service that is able to home visit, meet in the community, or meet at the Holt Families office.



<p>Capital Region Community Services (CRCS)</p>	<p>Wellbeing’s Therapy and Assessment Services <i>For program-specific information click here</i></p>	<p>Children, young people and adults.</p>	<p>WellBeings is a multidisciplinary, allied health practice that believes in accessible, holistic mental health care for clients of all ages, needs, and backgrounds.</p> <p>The Wellbeings team provide high-quality, evidence-based services in a welcoming atmosphere, to provide the right support to help manage mental health and cope with life’s challenges.</p>	<p>Self-referral and service referrals are welcome. For referrals or more information contact CRCS Connect via: 02 62640200 or email: wellbeings@crs.com.au Cost: Fees apply for this service.</p>	<p>Mental Health Care plans are not required to see any of our practitioners. Rebates available for sessions with our clinical psychologist.</p>
	<p>Playgroups – Family Education</p>	<p>Parents/carers with children aged 0-5 years of age.</p>	<p>CRCS provides a range of playgroups across the week in a range of locations. CRCS Playgroups are free and drop-in – no registration required.</p>	<p>No referral or registration required. Contact CRCS Connect to enquire: Phone: 02 62640200 Email: families@crs.com.au</p>	<p>Contact CRCS Connect for the locations and schedule for each term as they are subject to change.</p>
	<p>Healthy Habits</p>	<p>Parents/carers expecting a child and/or with a child aged 0-2 years old.</p>	<p>Healthy Habits is a small group for parents/carers of children aged 0-2 years, and expecting parents. Over eight sessions, we explore a variety of topics relevant to enhancing family connection and child development, including:</p> <ul style="list-style-type: none"> • Early Literacy • Physical Development • Speech and Language Development • Circle of Security introduction – attachment and connection • Emotional Health 	<p>Self-referral and service referral welcome. Registration prior to group is required. Cost: This is a free program. Contact CRCS Connect to enquire. Phone: 02 62640200 Email: families@crs.com.au</p>	<p>Eight sessions, one per week, in school terms. Each term is located in a different suburb in the Belconnen region.</p>
	<p>Tiny Tumblers <i>For program-specific information click here</i></p>	<p>Children aged between two and four years</p>	<p>Tiny Tumblers is an educational gym play program for children (2-4 years of age) that assists in developing and refining gross motor-skills. The class encourages children to challenge themselves and explore their physical abilities in a safe environment, developing their confidence and coordination, accompanying younger siblings are welcome to come along. a different set up every week. singing, dancing, and a lot of active fun. Tiny Tumblers also helps children and their parents and caregivers to connect socially.</p>	<p>Tiny Tumblers runs throughout the year and enrolments are accepted on an ongoing basis. Cost: Casual Visit: \$14 10 Class Pass: \$120 10 class passes do not need to be used at consecutive sessions.</p>	<p>Tiny Tumblers runs from January to December, including school holidays with the exception of a short break over the Christmas period. Location: Sports Hall Belconnen Community Centre Swanson</p>



Capital Region Community Services (CRCS)				Note* You may use your Tiny Tumblers Pass to attend Move and Groove classes.	
	Tuning in to Kids <i>For program-specific information click here</i>	Families with children aged 2-10 years.	<p>Tuning in to kids is an evidenced-based, emotion coaching parenting program. This eight-week course is suitable for parents of children from two to 10 years of age.</p> <p>Tuning in to Kids helps parents to:</p> <ul style="list-style-type: none"> - Improve interactions with their child - Better understand their child - Help their child learn to manage their emotion - Help to prevent behaviour problems - Teach their child to deal with conflict. <p>With the goal of assisting parents in developing their child's emotional intelligence.</p>	<p>Registrations are essential. (Register through contacting CRCS Connect via; Phone: 02 6264 0200) or Email: families@crcs.com.au</p> <p>Cost: This is a free program.</p>	<p>This programs runs several times a year. Please enquire with CRCS Connect or email families@crcs.com.au for more information.</p> <p>Location: Various locations across Canberra</p>
	Yurwang-Gulwan - Koori Girls (8-16 years) <i>For program-specific information click here</i>	Girls of Aboriginal and/or Torres Strait Island heritage, 8-16 years.	<p>This group aims to build links within the community focusing on mentoring healthy lifestyle choices, confidence building, positive role-modelling, aspirations, creative arts and future pathways. Activities include guest speakers, excursions, arts and crafts and sport. There is also a strong emphasis on celebrating days and events significant to the Aboriginal and Torres Strait community in a meaningful manner.</p>	<p>Registrations are essential. (Register through contacting the CRCS general information line Phone: 02 6264 0200)</p> <p>Cost: This is a free program.</p>	<p>Mondays, 3:30 - 5pm Partnership with West Belconnen Child and Family Centre</p> <p>Location: West Belconnen Child and Family Centre Corner Starke St and Luke St Holt</p>



Organisation & Service Location	Program Name	Target group/Available for:	Description	Referral process OR Prerequisites	Program Structure / Location
<p>Marymead</p> <p>Marymead offers a wide range of services and programs to provide support to those with complex issues that affect their daily lives. We provide specialist, early intervention, clinical therapeutic services and support programs and services.</p> <p>Phone: (02) 6162 5800 Location: 255 Goyder Street, Narrabundah ACT PO Box 4260 Kingston ACT 2604 Email: enquiries@marymead.org.au Opening Hours 9.00am – 5.00pm, Monday – Friday</p> <p>For more information click here</p>	<p>Attachment Counselling <i>For program-specific information click here</i></p>	Parents/carers and their children (aged 0-8).	Attachment Counselling provides therapeutic counselling services for families who have babies and young children and are worried about how they themselves or their baby is behaving or feeling. Attachment counselling utilizes Circle of Security (COS) to focus on attachment through relationships between parents/carers and their child.	Self-referred program entry. For more information: Email: enquiries@marymead.org.au Phone: 1800 427 920 Cost: there is a fee for this service, enquire via ^	Counselling is not individually tailored but can be provided individually or within a group. Location 255 Goyder Street, Narrabundah, ACT
	<p>Boundless Buddies <i>For program-specific information click here</i></p>	Parents and/or carers of children of all ages.	<ul style="list-style-type: none"> - A space where families can create local friends and social networks. - A place where parents and caregivers can support each other through sharing ideas, parenting experiences, concerns, and information. - Build family capacity through peer support. - A place where families can build long-term friendships as their children grow and transition to school. - An affordable and regular opportunities for families to enjoy a shared outing. 	This is a free program that does not require a referral. For more information: Email: enquiries@marymead.org.au Phone: 1800 427 920	Monday from 10:00 am to 11:30 am, including school holidays. Location Kings Park, Wendouree Dr, Parkes ACT
	<p>Changeover Program <i>For program-specific information click here</i></p>	Parents who are currently going through or have been divorced with children who are struggling to facilitate shared custody without conflict when exchanging custody.	The Program provides a safe environment for children to move from parent to parent without being exposed to ongoing parental conflict. Parents using the service agree to certain conditions which ensure that they do not meet each other.	Parents can self-refer, or referrals can be made by the family court or other related services. Cost: A limited number of fee free allocations are available. You will be placed on a waiting list if a place is not available. Fee for service places can be offered if your need is urgent. For more information: Email: enquiries@marymead.org.au Phone: 1800 427 920	Monday to Sunday, 9.00am-5.00pm (closed on public holidays). Location: 255 Goyder Street, Narrabundah
	<p>Family Skills <i>For program-specific information click here</i></p>	Any parent/carer who would like to; <ul style="list-style-type: none"> ● Improve their parenting skills. ● Strengthen relationships. 	Assisting parents/carers find ways to deal with their children's emotions, reduce conflict and build resilience, and develop ways to manage their own emotions.	Cost: Individual counselling - \$60 Individual counselling concession - \$30	Family Skills is facilitated by professionals either individually or in a group environment. Location 255 Goyder Street, Narrabundah, ACT



Marymead		<ul style="list-style-type: none"> • Work towards positive changes in their lives and the lives of their family members • Accept and value experiences as parents. • Effectively respond to the diverse needs of their children 		<p>Please contact Marymead for information regarding Group Session costs. For more information: Email: enquiries@marymead.org.au Phone: 1800 427 920 Or to self-enrol contact: intake@marymead.org.au</p>	
	In-School Support (IMPACT Program) <i>For program-specific information click here</i>	Parents/Carers of children 0-18	The IMPACT program leverages Marymead’s established expertise from two of our existing programs – New Horizons Early Intervention Mental Health program (for 0- 18 years old) and our Family Support & Connect in Schools (in NSW Primary and Secondary Schools). The particular configuration of IMPACT is developed in consultation with each school and is fully customisable. Delivery is dependent on resourcing and prioritisation of service offerings to meet the needs of each school community. Service and supports will continue over the school holidays where relevant, with the clinician based either at the school or at Marymead during this time. The flexible service model is offered within the school and includes the following components: <ul style="list-style-type: none"> • Individual short-term counselling (both alone with child/young person and with parents present) • Parental support and interventions • Family support • Supported referral to external services • Therapeutic group sessions • Teacher in-service and support • Participation in case meetings and pastoral care reviews. 	This service has fees attached. For more information: Email: enquiries@marymead.org.au Phone: 1800 427 920	Service operated Canberra-wide though specific to some schools, enquire via: intake@marymead.org.au or 1800 427 920
	Kayaks Program (Kids and Youth are Kool post Separation) <i>For program-specific information click here</i>	KAYAKS is a program for children aged 4-12 years and young people aged 13-18 years, whose parents and caregivers are separated or divorced.	KAYAKS is a program for children aged 4-12 years and young people aged 13-18 years, whose parents and caregivers are separated or divorced. The aim of the program is to reduce conflict and assist parents developing and maintaining a co-parenting relationship. The programs take a child-focused view and utilise Child Inclusive Practice (CIP) to bring in the voice of the child.	Enquirers and referrals from parents, caregivers, other service providers, the Family Court and legal practitioners. Phone: 61625800 or Email: intake@marymead.org.au	



Marymead	<p>Lego Builders For program-specific information click here</p>	<p>Children aged 5 – 18 years diagnosed with ASD (with siblings welcomed)</p>	<p>Kids can come along and enjoy building something new or from the instructions while developing their problem solving, fine motor and social skills. Parents are encouraged to participate and chat with other parents.</p>	<p>This is a free program. To reserve your spot or for any additional information, email adam.king@marymead.org.au</p>	<p>Monday from 3:30 pm to 5:00 pm and the third Saturday of every month from 10:00 am to 11:30 am.</p>
	<p>Men's support Group For program-specific information click here</p>	<p>Young men, men on the autism spectrum and fathers of children on the autism spectrum.</p>	<p>Facilitated by David Smith from Employ for Ability, this support group meets to discuss issues with other men on the autism spectrum while offering each other support.</p>	<p>This is a free program. For more information Email: enquiries@marymead.org.au autism@marymead.org.au Phone: 1800 427 920 or you can join the private Facebook group: Marymead Autism Centre: Marymead Autism Centre Men's Support Group</p>	
	<p>Navigating Parenting For program-specific information click here</p>	<p>Any parent who sees and spends time with their children – even if only a couple of hours a week.</p>	<p>A four-week group for parents to explore the role of being a parent in the lives of their children, understanding the developmental and emotional needs of children and young people, and strengthening positive family relationships.</p>	<p>There is a fee attached to this service dependant on the clients needs. For more information Email: intake@marymead.org.au Phone: 1800 427 920</p>	<p>The group is run over four weeks, generally in a face-to-face setting. Though this can be delivered online. Location 255 Goyder Street, Narrabundah, ACT</p>
	<p>New Horizons (Mental Health Counselling for Children & Young People) For program-specific information click here</p>	<p>Any child or young person aged 0-18 years old who;</p> <ul style="list-style-type: none"> • Is showing signs of mental illness • Is at risk of developing mental illness • Needs support, counselling or connections • Is wanting to talk about what matters to them • Needs assistance with improving relationships. 	<p>The New Horizons program provides mental health counselling to help children stay connected to others, explore their life choices, increase capacity and coping strategies, improve wellbeing and support them in strengthening their relationships with their family, friends and loved ones.</p>	<p>This program is offered as both government subsidised and fee-for-service. Cost: 50-minute session - \$165 Government subsidised options available (please note these sessions have a longer waiting list)</p>	<p>Flexible support delivery as our sessions can be offered across varied locations to meet your needs. Support can be provided both individually or in groups within schools. Individual counselling is delivered over 6–12 months.</p>
	<p>Parenting after Separation For program-specific information click here</p>	<p>Parents who have separated or have divorced/are divorcing with children.</p>	<p>This group assists parents to explore the issues of parenting children post separation from a child-focused perspective. The aim of the group is to encourage parents to have an empathetic view of their children's experience of the family separating such as:</p> <ul style="list-style-type: none"> • Living between two homes 	<p>There is a fee for this service. For more information Email: intake@marymead.org.au Phone: 1800 427 920</p>	<p>This service is ran in a group setting, facilitated in the mornings and evenings, over four weeks both online and face-to-face.</p>



Marymead			<ul style="list-style-type: none"> • Transitions • Acknowledging past memories of the family together • Loving and missing both parents • Continued emotional experience of the separation. 		<p>Location: 255 Goyder Street, Narrabundah, ACT</p>
	<p>Post-Separation Counselling for Parents <i>For program-specific information click here</i></p>	<p>Parents experiencing family separation or divorce that want to:</p> <ul style="list-style-type: none"> • Find ways to deal with their emotions • Build resilience skills for life • Reduce conflict • Develop and maintain a co-parenting relationship 	<p>A 4-part program intended to assist individuals to effectively co-parent and decrease conflict after family breakdown.</p>	<p>There is a fee for this service. For more information Email: intake@marymead.org.au Phone: 1800 427 920</p>	<p>This is delivered between 9.00am and 5.00pm. This service is delivered in a 4-part program-structure. Part 1 - Detection of Overall Risk Screen (DOORS) Assessment Part 2 - Talking With Your Kids (TWYK) Part 3 - Assisting Responsible Care of Kids (ARCK) Part 4 - Keeping Kids In Mind (KKIM)</p>
	<p>Grandparents Group <i>For program-specific information click here</i></p>	<p>Any Grandparents that are:</p> <ul style="list-style-type: none"> • Preparing to be the primary carer for their grandchild/ren aged zero to eighteen • Are the primary carer for their grandchild/ren aged zero to eighteen • Wanting to meet with other Grandparents in a similar situation • Needing advocacy, advice and support • Wanting to discuss issues • Wanting to receive peer support from experienced Grandparent volunteers 	<p>Grandparents Group provides support, education and social connection for people who are preparing to be or who are the primary carer for their grandchild/ren aged 0-18 years.</p> <p>Grandparents Group meets on a monthly basis offering the chance to connect with other Grandparents in a similar situation, offering advocacy, advice and the chance to discuss the issues they may be facing.</p>	<p>Cost: This is a free program. Self-referral available via contacting: intake@marymead.org.au 1800 427 920</p>	<p>Frequency: This group meetings monthly.</p> <p>Location: 255 Goyder Street, Narrabundah, ACT</p>



Organisation & Service Location	Program Name	Target group/Available for:	Description	Referral process OR Prerequisites	Program Structure / Location
<p>Playgroups ACT</p> <p>ACT Playgroups has a range of different types of playgroups and programs to suit all families and types of life, these include:</p> <p>Several facilitated groups for families with additional needs or who otherwise face barriers to playgroup participation.</p> <p>Note* Membership is free but is required to participate in most playgroups.</p> <p>Address: Cook Community Hub, 41 Templeton Street, COOK ACT Phone: 1800 171 882 (Free call within the ACT region) (02) 6251 0261 (if calling from outside the ACT region) Email: play@playgroupact.org.au</p> <p>For more information click here</p>	<p>Paint and Play <i>For program-specific information click here</i></p>	For parents to attend with their children aged 0-5 years old.	Paint and Play Playgroups provide a dynamic variety of activities that cater from ages 0 -5 including our much-loved painting easels, playdough, puzzles, art and craft, books, gross motor play and a variety of other resources.	Cost: This program is free to attend.	Occurring weekly during school terms and varying timeslots dependant on location.
	<p>Intergenerational Playgroups <i>For program-specific information click here</i></p>	Open to families with children aged 0-5 years.	Intergenerational Playgroup program provides a unique opportunity for young children to learn and play, promote interaction with the older generations and build relationships across generations.	No referral process listed, though an option to sign up to the mailing list is available on the website linked.	Occurring weekly during school terms and varying timeslots dependant on location.
	<p>Community Playgroups <i>For program-specific information click here</i></p>	Open to all children and carers.	Benefits of adults attending Playgroup: <ul style="list-style-type: none"> - A space where families can create local friends and social networks. - A place where parents and caregivers can support each other through sharing ideas, parenting experiences, concerns, and information. - Build family capacity through peer support. - A place where families can build long-term friendships as their children grow and transition to school. - An affordable and regular opportunities for families to enjoy a shared outing. 		Occurring weekly during school terms and varying timeslots dependant on location.
	<p>MyTime playgroups <i>For program-specific information click here</i></p>	Children with additional needs, or chronic illness.	MyTime groups are specifically for children who have been diagnosed with genetic disorders, hearing loss, speech delay, impaired mobility, developmental delay, and a variety of undiagnosed additional needs.	No plan or referral is required to attend the early support playgroups. Online registration available.	Occurring weekly during school terms and varying timeslots dependant on location.
	<p>PlayConnect playgroups (Subject to name change) <i>For program-specific information click here</i></p>	Autism specific playgroup for children with or without a diagnosis.	PlayConnect playgroups are for children with autism spectrum disorder (ASD) and other neurodiverse children who may need support with their sensory needs, self-regulation, play and social skills.	A plan or referral is not required to attend the early support playgroups. No diagnosis is required to attend these playgroups.	Occurring weekly during school terms and varying timeslots dependant on location.



Organisation & Service Location	Program Name	Target group/Available for:	Description	Referral process OR Prerequisites	Program Structure / Location
<p>The Smith Family <i>We believe that education is one of the world's most powerful change agents. That's why we focus on helping young Australians to overcome educational inequality caused by poverty.</i></p> <p>State and Territory offices Australian Capital Territory 02 6283 7600</p> <p>Cnr Launceston and Easty Streets, Woden, ACT 2606.</p> <p>Learning for Life Offices Australian Capital Territory Belconnen 02 6283 7600</p> <p>Gungahlin 02 6283 7600 Tuggeranong 02 6283 7600 Woden 02 6283 7600.</p> <p><i>For more information click here</i></p>	<p>Learning for Life <i>For program-specific information click here</i></p>	Primary school-aged children	Financial support (from kindy), one on one advocacy support (start from kindy) Education programs - numeracy, literacy, career pathways (from year 3)	Through schools	Ongoing
	<p>Saver Plus <i>For program-specific information click here</i></p>	Adults living in the ACT or surrounding areas.	Financial literacy program for parents – strategies for saving money. Assistance in setting up bank account for savings for ten months with savings matched by Smith Family. Savings use restricted to be solely used for educational purposes of the parent or child.	To be eligible for saver plus you must have all of the following: <ul style="list-style-type: none"> • A Health Care Card or Pensioner Concession Card and an eligible Centrelink payment. • Have a child in school (can be starting school next year) OR be studying yourself. • Have regular income from work (either yourself or your partner) • Be older than 18 years of age. 	One workshop per week for ten weeks.
	<p>Let's Read <i>For program-specific information click here</i></p>	Practitioners	Provides training for people who work with families with children 0-5. Teaches parents about strategies about reading and brain development so that they are skilled in talking with parents with about how to be their child's first literacy teacher.		Training delivered twice a year. Let's Read – 1 day Let's Count – 2 days
		Parents and carers with young children	Let's Read provides disadvantaged parents and carers with reading books and support to encourage them to have fun reading with their young children. The program also encourages children to develop a love of books and the ability to name letters and play with the sounds of words.		
	<p>Let's Count <i>For program-specific information click here</i></p>	Practitioners - Early Childhood Educators	Provides training for people that work with children 0 – 5, providing numeracy skills as per details below.		2 days (delivered twice per year)
		Parents and carers with young children	The program supports parents to develop the maths skills of the children in their care by noticing, exploring, and talking about numbers, counting, measurement and patterns in their daily lives.		



Organisation & Service Location	Program Name	Target group/Available for:	Description	Referral process OR Prerequisites	Program Structure / Location
<p>Tresillian</p> <p><i>Tresillian Family Care Centres is Australia's largest not-for-profit Early Parenting Service offering professional advice, education and guidance to families with a baby, toddler or pre-schooler. Tresillian has helped generations of parents for over 100 years providing reassurance and support.</i></p> <p>Location: Tresillian QEII Family Centre 129 Carruthers Street, Curtin ACT 2605 Monday to Friday 8:00am-4:30pm Phone: (02) 6205 2333</p> <p><i>For more information click here</i></p>	<p>Tresillian QEII Residential Services <i>For program-specific information click here</i></p>	<p>Parents with a single child or children aged from birth – 3 years old. (This service does not cater to families with children older than 3.</p>	<p>Tresillian QEII helps families needing a more intensive level of support in their parenting journey. Families can reside at Tresillian for 4-nights, 5-days with meals and accommodation provided. Tresillian’s support team includes experienced child & family health nurses, specialists in lactation, psychologists, paediatricians, psychiatrists, and GP’s who work in partnership with client’s to help make sense of a child’s crying, sleep, feeding and behaviour. Tresillian aims to build a positive relationship between child and parent, providing confidence and reassurance as parents progress through their parenting journey.</p>	<p>Self-referral available via contacting the Tresillian Helpline via: 1300 272 736 Or referral via GP or Child & Family Health Nurse.</p> <p>Cost:</p> <ul style="list-style-type: none"> For the parent and child, fees are covered by Medicare and/or by your Private Health Insurance. For the mothers partner, a boarding fee per night applies to cover meals and accommodation. 	<p>Location: 129 Carruthers Street, Curtin ACT 2605 Accessibility: Monday to Friday 8:00am-4:30pm Phone: (02) 6205 2333</p>
	<p>Parenting Courses <i>For program-specific information click here</i></p>	<p>Parents of young children</p>	<p>Tresillian offers online and face-to-face parenting educational courses teaching best-parenting practice.</p>	<p>Registration is free via the Tresillian website.</p>	<p>Location: 129 Carruthers Street, Curtin ACT 2605 Accessibility: Monday to Friday 8:00am-4:30pm Phone: (02) 6205 2333</p>
	<p>Day Service <i>For program-specific information click here</i></p>	<p>Parents with a single child or children aged from birth – 3 years old. (This service does not cater to families with children older than 3.</p>	<p>Tresillian’s residential service is available at a single day visitation consultation.</p>	<p>Tresillian QEII Day Service fees are covered by Medicare.</p>	<p>Location: 129 Carruthers Street, Curtin ACT 2605 Accessibility: Monday to Friday 8:00am-4:30pm Phone: (02) 6205 2333</p>



Organisation & Service Location	Program Name	Target group/Available for:	Description	Referral process OR Prerequisites	Program Structure / Location
<p>UnitingCare Kippax <i>Our vision is to create a more empowered and equitable community, in which people and the community have robust human, social, economic, spiritual and cultural capital, and social platforms to maintain that robustness.</i></p> <p>Kippax Uniting Church Hardwick Cres & Luke St, Holt ACT 2615 Phone: 02 6254 1733</p> <p>Email: info@kippax.org.au</p> <p>For more information click here</p>	<p>Parenting Engagement Program For program-specific information click here</p>	Families within the wider Belconnen & Gungahlin regions.	Match parent mentor to family to provide support in the home to increase parent skills and capacity	Entry to program available via schools, services or self-referrals	Up to 12 months
	<p>Emergency Material Financial Assistance For program-specific information click here</p>	ACT Residents	<p>The EMFA team provides short-term emergency financial and material aid to families and individuals who are in crisis or may be experiencing difficulties.</p> <p>Types of assistance can include:</p> <ul style="list-style-type: none"> • Food and hygiene hampers • Grocery vouchers • School uniform assistance • Winter clothing assistance • Prescription assistance through partner pharmacies • Short-term counselling • Social inclusion support individually and through groups <p>Targeted support on a case-by-case basis for financial emergencies, advocacy and outreach (offsite support/home visits). The assistance team also provide external agency referrals.</p>	<p>Availability for members of the public to self-refer via: Calling 02 6254 1733 to book an appointment to see a counsellor or walk-in to chat with the volunteers</p> <p>OR</p> <p>For sector professionals to refer clients email the EMFA team lead @ Rhiannon.sorenson@kippax.org.au</p>	Program structure variable and determined by specific needs of client.
	<p>Case Management For program-specific information click here</p>	Families within the wider Belconnen & Gungahlin regions.	Intensive case management and support, (up to ten months) advocacy, coordinating support through other services, warm referrals to more intensive services	Self-referral and Service Referral are applicable.	Up to 12 months
	<p>HIPPY (The Home Interaction Program for Parents and Youngsters) For program-specific information click here</p>	Parents with children aged 3 years of age (who have turned 3 before April 30 th of that years program) – 4 years of age (in their second year of the program).	<p>The Home Interaction Program for Parents and Youngsters (HIPPY) is a two-year, home-based early childhood education program aimed at improving school readiness for children 2 years before formal education. Studies have shown this program changes children’s developmental trajectory. Parents are linked with a HIPPY Tutor (who has previously completed or is currently enrolled in HIPPY) and they meet with the parent/carer weekly or fortnightly to go through the pack, practise some activities encouraging behaviour-specific praise and positive language to encourage learning. The parent then completes an activity pack during the week with their child.</p> <p>Each activity pack has 5 activities each relating to a learning area:</p> <ul style="list-style-type: none"> • Thinking and exploring • Communication 	<p>There are 30 spots available for each year group and 75% of families need to meet the HIPPY priority access criteria. For more information and to register an expression of interest at any time, contact the HIPPY Belconnen Coordinator on; 0450 962 007 or email warrick@kippax.org.au. Enrolment closes on 31 May the year the child is in preschool.</p> <p>Cost: This is a free program.</p>	<p>Delivered as a curriculum of 45 activity packs over two years.</p> <p>HIPPY is mainly conducted in school hours and the coordinator works from 9am to 3.30pm weekdays.</p>



UnitingCare Kippax			<ul style="list-style-type: none"> • Creativity • Social and emotional development • Family and community <p>There is also an opportunity to connect in 'Parent Group Meetings' where we have guest speakers about an enrichment topic such as nutrition, learning sounds and letters from a child's perspective, or building resilience.</p>		
	Circle of Security	Available to families with children aged 0-10 years.	<p>Circle of Security is a parenting program designed to enhance attachment and security between parents and children. Topics covered include:</p> <ul style="list-style-type: none"> • Introducing the Circle of Security • Develop skills in distinguishing the 'need' moments • Building a solid emotional foundation for your children • Tuning into children's shifts in attention and emotion <p>This relationship-based program is designed to enhance attachment between parents and children. Participants will learn how to establish a secure base that gives your children a sense of safety, and develop observational skills to strengthen your relationships.</p>		
	Tuning into kids <i>For program-specific information click here</i>	Parents and Carers.	Tuning in to Kids' is a suite of parenting programs that focus on the emotional connection between parents/carers and their children, from pre-schoolers to teens. The evidence-based programs have proven success in improving parenting, parent-child relationships and children's emotional competence and behaviour.		
	Bringing up great kids	Families with children 0-12 years old.	<p>The program centres on building positive relationships and interactions between parents and children and aims to resource parents to:</p> <ul style="list-style-type: none"> • Identify and evaluate the source of their parenting approach and philosophy • Develop an increased understanding of the 'messages' that they communicate to their children through their behaviours, acts and attitudes • Increase their ability to understand and acknowledge the impact of these messages on their child • Develop skills in identifying and managing their stress associated with parenting. 		Program delivery available in group or individual setting.
	Kippax Kids <i>For program-specific information click here</i>	Children aged 0-5 years old.	<p>Kippax Kids is a safe and welcoming space. It is available for community-run groups and organisations to hire and use for their own playgroups and parenting sessions. The Kippax Kids space includes:</p> <ul style="list-style-type: none"> • Indoor playroom with reading corner, kitchenette and children's bathroom/changing facilities 	<p>It is free for community groups and not-for-profit organisations. A small hourly fee applies for profit organisations.</p> <p>For more information, contact the Kippax Kids Administrator on</p>	<p>Location: Across the road from Kippax Fair and Kippax Library.</p> <p>Available Monday to Friday, 9am-3pm, during school terms.</p>



			<ul style="list-style-type: none">• Large enclosed outdoor playground with pergola, bike track and sandpit• Access to toys, books, craft supplies and resources.	02 6254 1733 or email kippaxkids@kippax.org.au .	
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Organisation & Service Location	Program Name	Target group/Available for:	Description	Referral process OR Prerequisites	Program Structure / Location
<p>YWCA Canberra</p> <p>Providing accommodation and support services for people who are homeless, or at risk of homelessness, through a variety of programs that take into account our clients' varied needs.</p> <p>CONTACT YWCA Canberra central office Street address: Level 2, 71 Northbourne Avenue, Canberra City ACT 2601 Postal address: GPO Box 767, Canberra ACT 2601 Phone: 02 6185 2040</p> <p>For more information click here</p>	<p>Supportive Tenancy Service For program-specific information click here</p>	<p>Any ACT resident (with existing tenancy) who believes they are in danger of homelessness.</p>	<p>If you currently have housing (whether a mortgage or renting) and you are in housing stress*, you can access the Supportive Tenancy Service. The Supportive Tenancy Service operates as a partnership between Woden Community Service, the YWCA of Canberra and Canberra Region Community Service. Each organisation is responsible for delivering the service in specific locations, with Canberra Region Community Service covering the Belconnen and Gungahlin areas.</p> <p>*Housing stress is defined as paying over 30 per cent of your income on housing, whether through a mortgage or rent, and being unable to financially support this situation</p>	<p>The Supportive Tenancy Service is a free service that works with people who already have an existing tenancy. This service is not available to people who are already experiencing homelessness.</p> <p>You can contact STS through OneLink, where an assessing officer will talk to you about your situation and what assistance you need. They can provide information and connect you to support services, including STS.</p> <p>Phone: 1800 176 468</p>	<p>Mon to Fri, 8 am to 6 pm Sat and Sun, 12.30 pm to 5 pm</p>
	<p>Next Door For program-specific information click here</p>	<p>Single older women age 50+ (or 45+ for Aboriginal or Torres Strait Islander women) and are homeless or in housing stress*,</p>	<p>Next Door is a specialist service that empowers older women to access and maintain affordable, appropriate, and safe homes in the ACT.</p> <p>Next Door can assist in finding a home, maintaining existing tenancy or support access to services needed to maintain dignity and choice in one's living arrangements.</p> <p>Next Door's team take a person-centred approach, leaving the service-seeker in control of decision making.</p> <p>*Housing stress is defined as paying over 30 per cent of your income on housing, whether through a mortgage or rent, and being unable to financially support this situation</p>	<p>To find out more about Next Door or to speak to a friendly team member:</p> <p>Email: NextDoor@ywca-canberra.org.au</p> <p>Phone: 02 6185 2000</p>	
	<p>Affordable Housing For program-specific information click here</p>	<p>Single women in unstable housing or homeless</p>	<p>Supported, shared accommodation services on behalf of the ACT Government for families including women and children, who are in unstable housing or homeless.</p>	<p>For additional information on affordable housing services, contact:</p> <p>Email: Housing@ywca-canberra.org.au</p> <p>Phone: 02 6185 2000</p>	<p>When rooms become available in these homes, YWCA advertise them on Allhomes with notes of special circumstance living.</p>
	<p>Transitional Housing For program-specific information click here</p>	<p>Women with dependent children (with or without a partner) and are in unstable housing or homeless.</p>	<p>YWCA currently have 14 transitional housing properties, which provide short to medium term accommodation. These properties are available for flexible rent agreements set at approximately 25 per cent of a family's combined income; however, capacity to pay is not a criterion of eligibility.</p>	<p>You can only be referred to our Transitional housing services through OneLink. direct referrals are not accepted.</p>	<p>All families in our Transitional housing services have a dedicated Family Case Manager who ensures their needs are addressed through a tailored case plan, advocacy support, and referrals to other specialist services.</p>



<p>YWCA Canberra</p>	<p>Rent Well For program-specific information click here</p>	<p>Individuals in the ACT struggling to find affordable rent, most likely candidates are single parents or elderly women.</p>	<p>Rentwell will manage and lease privately-owned investment properties in the ACT at below 75 per cent market rate, providing affordable housing to people on moderate incomes who are finding it difficult to enter the private rental market. In return homeowners are incentivised by receiving tax-deductions equal to the difference between rent offered to recipients and market value.</p>	<p>To find out more about Rentwell or to speak to our property manager:</p> <ul style="list-style-type: none"> Email Rentwell@ywca-canberra.org.au Call 02 6185 2000 	<p>Available across the ACT.</p>
	<p>Domestic and Family Violence Support Services For program-specific information click here</p>	<p>This service is for women and non-binary people and their families in Canberra who are experiencing domestic and family violence.</p>	<p>Our Domestic Violence Support Service provides free, confidential, non-judgemental support to help women decide what steps they want to take, and then support them through those steps.</p> <p>Some of the support offered is:</p> <ul style="list-style-type: none"> Identifying and assessing the risks to your safety and planning how to prevent or reduce those risks. Helping you understand domestic and family violence. Emotional support, where you can talk in a safe and non-judgmental environment. Support for getting a family violence order, including referrals to legal services. Support in exiting an abusive relationship if you choose to, including identifying appropriate safety measures and helping you arrange resources and suitable accommodation. Referrals to specialist services for housing, consumer and legal rights, finances and other wrap-around services Individual case management, including identifying what your needs are, providing support to access community services, advocating on your behalf where needed. Support in getting your house assessed for safety and getting safety upgrades. Support for your family's mental and physical wellbeing Providing support that is culturally sensitive and meets your needs. Providing material assistance or referring you to services that can help. 	<p>This service is free and open to self-referrals.</p> <p>Phone: 02 6185 2000</p> <p>Email: Respect@ywca-canberra.org.au</p>	<p>Location: Across the ACT. Please note that support services are available from Monday to Friday, from 9am to 5pm. We can provide support in the community, over the phone, online or in one of our offices (located in Civic and Conder).</p>



<p><u>YWCA Canberra</u></p>	<p>Warm Connections For program-specific information click here</p>	<p>Families with children and young people aged 0 to 15 years.</p>	<p>This service offers long-term support to parents, children or young people and aims to strengthen family relationships and improve wellbeing.</p> <p>Some of the issues Warm Connections Counselling can help address include:</p> <ul style="list-style-type: none"> • Trauma, including historic family violence or abuse • Feelings of anxiety or depression • Challenges around parenting (including step-parenting/new partnerships) • Social and emotional difficulties causing challenges at home, work or school <p>However, different support may be needed for:</p> <ul style="list-style-type: none"> • Group or family therapy with the whole family together, including time-limited skills training • Couples counselling • Serious diagnosed mental health conditions • Diagnosing learning difficulties or other neurological difficulties • Social, communication and behavioural learning for children diagnosed with or suspected of having autism spectrum disorder • Mediating family conflict after separation and family situations where child safety is an ongoing concern • Managing ongoing family violence or abuse where safety continues to be at risk • School academic challenges or difficulties. <p>Warm Connections Counselling is a free service funded through the ACT Government, Community Services Directorate, Child, Youth and Family Services Program.</p>	<p>We accept referrals from other professionals, agencies, and self-referrals from prospective clients. For questions or to make a referral please contact Warm Connections Counselling via:</p> <ul style="list-style-type: none"> • Email: counselling@ywca-canberra.org.au • Phone: 02 6185 2000 <p>Where clients' needs would be better met by another service, YWCA can provide information and suggestions on an alternative specialist service designed to meet those needs and may offer a short session to explore options.</p>	<p>Warm Connections Counselling is delivered through counselling rooms in Tuggeranong, Civic and locations across Canberra and can see a child/young person at their school.</p>
	<p>Circle of Support</p>	<p>School-aged children</p>	<p>YWCA offers therapeutic supports for children and their families who are experiencing social, emotional and/or behavioural difficulties.</p>	<p>Contact your local Centre for more information. Phone: 02 6185 2000</p>	



Disability or accessibility specific services

Organisation & Service Location	Program Name	Target group/Available for:	Description	Referral process OR Prerequisites	Program Structure / Location
<p>Autism Spectrum Australia – (Aspect)</p> <p><i>Australia’s largest service provider for people on the autism spectrum. Our specialised, evidence informed schools program is one of the largest in the world, with additional services that include information and advice, diagnostic assessments, behaviour support, parent and family support, and adult programs. We share evidence-informed autism practice and applied research nationwide.</i></p> <p>Contact: Phone: 1800 277 328</p> <p>For more information click here</p>	<p>Therapy Services <i>For program-specific information click here</i></p>	<p>Children aged 0-7 years on the autism spectrum.</p>	<p>Therapy services include:</p> <ul style="list-style-type: none"> • Speech pathology • Occupational therapy • Psychology • Education and skills development • Positive behaviour support • Telehealth services • Parent training <p>Therapy services utilise key elements from behavioural, developmental and social learning, therapy-based and family-based support.</p>	<p>Enquiries about accessing services via: Phone: 1800 277 328</p>	<p>These services are delivered in an environment that best suits the individual, family and support network. This may be in the home, online via videoconferencing or in another environment, such as at childcare, preschool, school, out in the community, day programs or in one of our group-based therapy programs.</p>
	<p>Aspect Schools <i>For program-specific information click here</i></p>	<p>Aspect schools can enrol children from as young as 3 years and 9 months.</p>	<p>Aspect schools offer dynamic, individualised learning for students with a caring and nurturing approach. Aspect has over 50 years experience in providing autism-specific schooling in Australia. Although these school are not established in Canberra, Aspect does offer Autism Distance Education. Which allows the Aspect satellite schools to reach children via digital means and interaction to ensure they can to receive the tailored education.</p>	<p>The enrolment process. (For specific process information click here or call: 1800 277 328)</p> <p>Step 1 - Attend a School Information Session.</p> <p>Step 2 - Register your child to an Aspect school’s waiting list.</p> <p>Step 3 – School enrolment committee to fill a school vacancy.</p> <p>Step 4 – Family invited to an interview meeting.</p> <p>Step 5 – The enrolment offer.</p>	<p>Program Structure:</p> <ul style="list-style-type: none"> • Nine independent autism schools across Australia. • 113 satellite classes based in mainstream primary and high school settings. • Education to around 1185 children on the autism spectrum in our schools every year aged from 4 years to 17 years.
	<p>Building Tots Transition to Preschool Program <i>For program-specific information click here</i></p>	<p>All children with specific inclusions towards children with a disability, children from CALD backgrounds and Aboriginal and Torres Strait Islander who are between 2-4</p>	<p>The program’s objective is to identify these children and provide support to families and centres to facilitate the successful transition of the child into an early childhood education setting. The key elements of Building Tots Transition to Preschool include:</p>	<p>For more information on the availability of Aspect Therapy in your area, contact us via: Phone: 1800 277 328 OR</p>	



Autism Spectrum Australia – (Aspect)		years of age and are not attending an early childhood education setting.	<ul style="list-style-type: none"> • Transition Support including up to six visits to your child’s new early childhood education setting • Optional Screening Service for children presenting with signs of developmental delay • Access to an Online Virtual Playgroup, Sensory Story Times and Parent/Carer training webinars 	Email: aspecttherapynsw@autismspectrum.org.au	
	Sensory Story Time For program-specific information click here	Children 0-9 years of age.	Sensory Story Time aims to engage children to learn through movement, music, stories and sensory activities. It allows children who may find regular story time challenging, to participate in an inclusive environment which is structured yet fun. Sensory Story Time incorporates built in play time and movement breaks which facilitates greater engagement and interactions. Sensory Story time will include specific strategies to assist with participation and engagement for children on the autism spectrum -or additional needs.	You can access videos on Autism Spectrum Australia (Aspect) ’s website by clicking here .	All resources are delivered online.





Organisation & Service Location	Program Name	Target group/Available for:	Description	Referral process OR Prerequisites	Program Structure / Location
<p>Abilities Unlimited Australia</p> <p>AUA exists to offer people with disabilities, illness or other vulnerabilities a chance to take part in active recreation and/or communities sport within their communities inclusively and meaningfully. All programs are delivered by a team of allied health professionals, teachers and specialist coaches and support workers</p> <p>Contact: Email: info@abilitiesunlimited.com.au</p> <p>For more information click here</p> <p>NDIS can be used to cover costs</p>	<p>Cyclabilities</p> <p><i>For program-specific information click here</i></p>	<p>Children of all abilities.</p>	<p>Cyclabilities is a unique therapeutic informed program that equips participants with:</p> <ul style="list-style-type: none"> • Cycling techniques and skills. • Developmentally appropriate road safety knowledge and understanding. • Physical literacy with a focus on movement skills to support cycling. • Social/emotional skill development through joint social interaction. 	<p>Registration into course required. Follow the link above to find out the specific dates.</p> <p>Cost: \$378.84 for the 8-week course. (NDIS funds can be used)</p> <p>NDIS can be used to cover costs</p>	<p>This Program is broken down into 4 classes that work with a child’s level of competence ranging from balance.</p> <p>Participants and their parents participate in a variety of structured skill building opportunities. <u>Cyclabilities Programs meet for 45 minutes each week for 8 weeks.</u> The program structure includes 3 stations:</p> <ul style="list-style-type: none"> • Pedestrian/Cycle Safety. • On the Bike Cycle Skilling. • Off the Bike Strength and Conditioning Skilling – movement skills to support cycling. <p>Classes run both during the school term and during school holidays.</p> <p>Location: Evatt Primary School, Evatt ACT</p>
<p>NDIS can be used to cover costs</p>	<p>Waterabilities</p> <p><i>For program-specific information click here</i></p>	<p>Children of all abilities.</p>	<p>The Waterabilities Program is designed to teach life-saving skills to children with diverse abilities. The program helps them embrace their natural affinity with water in a safe and beneficial way.</p> <p>The program is modelled on the existing Cyclabilities intensive capacity skill building and safety program. All instruction is therapy based, drawing on occupational therapy, exercise physiology, social work and education.</p>	<p>Registration into course required. Follow the link above to find out the specific dates.</p> <p>Cost: \$ 836.00 for the 8-week course.</p> <p>NDIS can be used to cover costs</p>	<p>Sessions will run for a total of 45 minutes. Each session will be comprised of one on one targeted, supportive swim instruction aimed at teaching swim skills and water safety.</p> <p>Location: Cranleigh Pool, Holt, ACT</p>



<p>Abilities Unlimited Australia</p>	<p>Shredabilities</p> <p><i>For program-specific information click here</i></p>	<p>Children of all abilities.</p>	<p>Shredabilities, skateboarding program provides the opportunity for children of all abilities participate in an activity that improves gross motor skills, balance, social interaction, social emotional skills and self-esteem in a non-competitive, healthy and fun environment.</p> <p>Children participating in the program work one-on-one with competent, experienced skate instructors.</p>	<p>Registration into course required. Follow the link above to find out the specific dates.</p> <p>Cost: \$ 757.68 for the 8-week course.</p> <p>NDIS can be used to cover costs</p>	<p>AUA offers both Beginners and Intermediate classes</p> <p>Location: Evatt Primary School, Evatt ACT</p>
	<p>Teamabilities</p> <p><i>For program-specific information click here</i></p>	<p>Children of all abilities.</p>	<p>Teamabilities is a team sports skill development, community inclusion program enabling children to try and develop team sporting skills in a safe, inclusive and caring environment.</p>	<p>Registration into course required. Follow the link above to find out the specific dates.</p> <p>Cost: \$ 757.68 for the 8-week course.</p> <p>NDIS can be used to cover costs</p>	<p>Location: Evatt Primary School, Evatt ACT</p>
	<p>Defendabilities</p> <p><i>For program-specific information click here</i></p>	<p>Children of all abilities.</p>	<p>Defendabilities is designed to introduce your children to the fundamentals of training in a martial arts/self-defence discipline.</p> <p>Defendabilities is rooted in the fundamentals of boxing and designed to increase strength and stamina, confidence, self-control and discipline while improving your children's situational awareness and ability to defend themselves.</p> <p>Many of the fundamentals covered in Defend-abilities (balance, footwork, hand speed and coordination) are transferable to other fighting and self-defence disciplines as well as other sports.</p> <p>The versatility of Defendabilities makes it easily adaptable to people with various abilities and needs. In addition to the obvious benefits of increasing fitness and resilience. Defendabilities assists with emotional regulation, anger management, stress relief and social skills development.</p>	<p>Registration into course required. Follow the link above to find out the specific dates.</p> <p>Cost: \$ 757.68 for the 8-week course</p> <p>NDIS can be used to cover costs</p>	<p>Location: Evatt Primary School, Evatt ACT</p>
	<p>Moveabilities Kids</p> <p><i>For program-specific information click here</i></p>	<p>Children aged 3-7 years old.</p>	<p>Moveabilities Kids introduces fundamental movement skills, like running, kicking and throwing, and supports the growth of important motor, social and learning skills.</p>	<p>Registration into course required. Follow the link above to find out the specific dates.</p> <p>Cost: Not available as available classes for Term 1 2023 are yet to be listed.</p> <p>NDIS can be used to cover costs</p>	<p>A typical Session includes participants and their parents participating in a variety of structured skill building opportunities for 45 minutes each week for 8 weeks.</p> <p>Location: Evatt Primary School, Evatt ACT</p>



<p><u>Abilities Unlimited</u> <u>Australia</u></p>	<p>Hoopabilities Kids <i>For program-specific information click</i></p>	<p>Children of all abilities.</p>	<p>The AUA Hoopabilities Program is a team sports skill development, community inclusion program for children of all abilities, created in collaboration with the Ginninderra Rats Basketball Club.</p> <p>The fundamentals of basketball are introduced across the term program enabling children to develop basketball specific skills together with sportsmanship skills in a safe and inclusive environment.</p>	<p>Registration into course required. Follow the link above to find out the specific dates.</p> <p>Cost: Not available as available classes for Term 1 2023 are yet to be listed.</p> <p>NDIS can be used to cover costs</p>	<p>Location: Not available as available classes for Term 1 2023 are yet to be listed.</p>
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Organisation & Service Location	Program Name	Target group/Available for:	Description	Referral process OR Prerequisites	Program Structure / Location
<p>EACH</p> <p><i>EACH provides a range of health, disability, counselling and mental health services across Australia</i></p> <p><i>A School Aged Therapy Services is a multi-disciplinary therapy service working with children predominantly aged 7 to 18 living in the Canberra region.</i></p> <p>EACH</p> <p>Location</p> <p>EACH Office - Suite 1/57 Eyre Street, Kingston ACT 2604</p>	Early Childhood Approach	Children aged 0-6 years old.	<p>The Early Childhood Approach service helps families with children aged 0 - 6 with assistance, advice, and access to support in your local community.</p> <p>If your child is aged 0 - 6 and has a disability, or if there are concerns with their development, they may be eligible to receive support from the NDIS through the Early Childhood Approach service.</p> <p>As the NDIS Partner delivering Early Childhood Approach services, EACH will be the first point of contact for parents and carers who have a baby or young child with developmental delay or disability, we will work with families to ensure they have access to supports quickly and easily.</p>	<p>NO referral or diagnosis needed, families can self-refer on:</p> <p>1300 003 224</p> <p>Or refer online via: NDIS Referral to Early Childhood Partners (snapforms.com.au)</p>	<p>Early Years Specialists can meet families in the location of their choice, this could be at their home, the local park, their child’s Early Learning Centre or school or our office in Kingston, ACT.</p>
	Early Connections, Early Supports, and support to access the NDIS	Children aged 0-6 years old.	<ul style="list-style-type: none"> • Supports can be offered in a range of everyday environments such as at home, childcare, playgroup, sporting, and community activities • Families and carers will also be supported to help their children develop and use new skills • Every child and family will require different types of supports and services according to their needs • Partners delivering the Early Childhood Approach service will work with families to provide the right level of support based on the needs of each child and family <p>For more information about these supports: What types of early connections are available? NDIS</p>	<p>NO referral or diagnosis needed, families can self-refer on:</p> <p>1300 003 224</p> <p>Or refer online via: NDIS Referral to Early Childhood Partners (snapforms.com.au)</p>	<p>Early Years Specialists can meet families in the location of their choice, this could be at their home, the local park, their child’s Early Learning Centre or school or the EACH office in Kingston, ACT.</p>
	Community outreach (Ask Each)	Children aged 0-6 years old.	<p>Ask EACH Fridays – Every Friday EACH hold a drop-in session where families and the community can “Ask EACH” any questions about their child’s NDIS Plan, about referral pathways and about EACH and the Early Childhood Approach.</p>	<p>No referral is needed to attend the Ask EACH sessions. (Walk-ins welcomed)</p>	<p>Every Friday 2pm – 4pm (excluding school holidays)</p>



<u>EACH</u>			EACH do outreach to numerous Playgroups around Canberra where we are able to provide information and support to families and the community	Please refer to ACT Playgroups for information about the playgroups that they run	Playgroups are held at locations all around Canberra. ACT Playgroups advertises when we will be at their Playgroups to their families throughout the school terms
	Parent capacity building programs	Parents of children aged between 0 – 6	EACH run parent capacity building programs throughout the year for families of children aged 0 – 6 years old. These programs have included: It Takes Two to Talk, Tuning into Kids and physical development programs	Flyers become available each term which we advertise to our EACH families and services who work with families who have children with developmental concerns and delays	Programs are usually delivered at our office in Kingston, with one-on-one check sessions held with families at their home or location of choice





Organisation & Service Location	Program Name	Target group/Available for:	Description	Referral process OR Prerequisites	Program Structure / Location
<p>Sanctuary Australia</p> <p>Sanctuary Australia staff have a wide range of specialist skills and qualifications. The team utilise creative and cognitive therapies, developmental trauma interventions, holistic assessments, skills training and group work to support positive growth for each family we work with.</p> <p>Contact Phone: 0400158105</p> <p>For more information click here.</p>	<p>Disability Services For program-specific information click here</p>	<p>Children, young people and parents with Autism, ADHD, intellectual Disability, developmental delays, complex trauma and other similar disabilities.</p>	<p>Sanctuary Australia specialises in providing Behaviour Support Services for children and young people who are struggling to manage their behaviours.</p> <p>Sanctuary provide both Behaviour Support Planning and direct Behaviour Support services. Taking a holistic approach to offered services - identifying what needs are underlying the behaviours used and providing services to address those needs, focusing on skills development, relationships, motivation and environmental factors.</p>	<p>Online self-referral available via the link.</p>	<p>Wherever possible Sanctuary Australia work in the environment where the behaviours are being used, such as in the home, school or community.</p>



Trauma specific services

Organisation & Service Location	Program Name	Target group/Available for:	Description	Referral process OR Prerequisites	Program Structure / Location
<p>Australian Childhood Foundation</p> <p>ACF's trauma teams help children, families and carers, and support professionals throughout Australia, including remote and regional areas. Their collaboration with a network of adults and organisations focuses on creating an environment dedicated to the recovery and healing of children traumatised by abuse, neglect and family violence.</p> <p>Contact Phone: 1300 381 581</p> <p>Email: support@childhood.org.au</p> <p>For more information click here</p>	<p>Unnamed DFV Pilot Program For program-specific information click here</p>	<p>Children (5-12) and mothers who have experienced domestic family violence.</p>	<p>The program for mothers is an adaptation of ACF 'Bringing Up Great Kids' and offers parents the opportunity to receive therapeutic support in being able to respond to the needs of their children following experiences of DFV.</p>	<p>Referrals are necessary to join this program. Program spaces are currently filled for 2023 though ACF hope to receive extensions and renewal for future years.</p>	<p>Weekly group sessions across 8 weeks sessions commencing in 2023.</p>



Organisation & Service Location	Program Name	Target group/Available for:	Description	Referral process OR Prerequisites	Program Structure / Location
<p style="text-align: center;">Domestic Violence Crisis Service</p> <p><i>DVCS' services are available to anyone living in the ACT region affected by domestic and family violence—children, young people, and adults.</i></p> <p style="text-align: center;">Contact Phone: 02 6280 0900 (24/7 Crisis Line) 0421 268 492 (SMS) Email: crisis@dvcs.org.au Online chat service: Here</p> <p><i>For more information click here</i></p>	<p style="text-align: center;">Young Peoples Outreach Program <i>For program-specific information click here</i></p>	<p>Children between the ages of 5 – 13 who are displaying concerning behaviours indicative of trauma.</p>	<p>DVCS' first priority is to build positive, trusting and safe relationships with children and their families. This is accomplished by engaging each child in their interests and sharing new experiences with them, either at home or in the community. DVCS can also work closely with their school and teachers.</p> <p>Once a positive and safe relationship is established, and the child is ready, the service invites the child to have a conversation about their experiences at home and the strategies they have used to be safe. This helps the child to identify personal strengths and resiliencies. The key areas DVCS focus on include:</p> <ul style="list-style-type: none"> • Healthy relationships • Confidence and self-esteem • Building trust • Non-violent ways of responding • Anti-bullying • Coping strategies • Respect • Exploring new skills and interests. <p>Further to this the service also develop support networks so that each child continues to have access to ongoing support after the program.</p>	<p>These services are provided free of charge.</p> <p>To access the Young People's Outreach Program call the 24/7 crisis telephone line: 02 6280 0900.</p>	



Refugee or Asylum Seeker specific services

Organisation & Service Location	Program Name	Target group/Available for:	Description	Referral process OR Prerequisites	Program Structure / Location
<p>Companion House</p> <p>Companion House is a non-government community-based organisation. Working with adults and children who have sought safety in Australia from persecution, torture, and war related trauma. Companion House believe that people who have survived torture, trauma and human rights violations should have access to services that respect, empower and promote recovery. Services are free of charge.</p> <p>Contact</p> <p>Phone: 61262514550</p> <p>Email: info@companionhouse.org.au</p> <p>Location: 41 Templeton St Cook ACT 2614</p> <p>For more information click here</p>	<p>Medical Service</p> <p><i>For program-specific information click here</i></p>	<p>Refugees and/or asylum seekers of all ages.</p>	<p>The Medical Service provides general practice and primary health services for refugees usually for the first 12 months in Australia or longer if assessed as needing ongoing services from Companion House.</p> <p>Patients are then assisted to find a community GP in their local area.</p> <p>The Medical service is also used by asylum seekers and people from refugee backgrounds with complex needs.</p> <p>The service is committed to long GP consultations, bulk-billing and interpreter use. The service includes facilitated referrals to dental, allied health and specialists.</p>	<p>For enquiries about the Medical Service please contact our Lead Practice Nurse Megan Enright on 6251 4550 or use our Contact Us form and mark it Attn Megan Enright. If you would like to make a referral please use the Medical Referral Form.</p> <p>Cost: All services are offered free of charge.</p>	
	<p>Counselling Service</p> <p><i>For program-specific information click here</i></p>	<p>Counsellors work with both newly arrived people and longer-term settlers and with adults, children and young people.</p>	<p>Counsellors are assisted by Support Workers to aid with asylum seekers and refugees to provide support in hopes to rebuild their lives in Australia; to manage difficult life situations; and to manage and process the effects of past trauma.</p> <p>Specialist counsellors are available to work with children.</p>	<p>If you would like to make a referral for Counselling you can complete and submit the Counselling Referral Form or submit an email through Contact Us and mark it Attn Counselling Team Leader.</p> <p>Cost: All services are offered free of charge.</p>	
	<p>Community Development</p> <p><i>For program-specific information click here</i></p>	<p>Asylum seeker and Refugee communities.</p>	<p>Companion House work with asylum seeker and refugee communities to promote health, make cultural transitions, find solutions to community issues and strengthen community groups and structures.</p> <p>Working closely with bi-cultural and bilingual workers and community elders and leaders to carry out this work.</p> <p>Ran as various groups and activities for and in consultation with members of client communities in the ACT based on identified needs and choices of the client community.</p>	<p>Contact the Community Development Team for more information on (02) 6251 4550 or use our Contact Us form and mark it Attn Glenn Flanagan.</p> <p>Cost: All services are offered free of charge.</p>	<p>Activities include discussion groups, sporting activities, gardening and cooking activities, playgroups and cultural celebrations.</p>



Aboriginal & Torres-Strait Islander specific

Yerrabi Yurwang Child and Family Aboriginal Corporation

About:

Yerrabi is an Aboriginal Community Controlled Organisation, which means it is owned and operated by Aboriginal people for Aboriginal people. We are committed to self-determination for all Aboriginal people and to engage with community to support and empower all mob who choose to access Yerrabi's services.

What we do:

We listen to our community to develop and deliver culturally appropriate supports and high-quality services across health, education and wellbeing.

Connected Beginnings:

The Connected Beginnings Program is all about giving our deadly kids the best possible start for the first 1000 days of life. The program provides cultural, community, family and educational supports from 0-5 years old.

Contact us:

If you want a yarn or have a cuppa give us a call or email or follow at:

Address – Yerrabi Yurwang, Luke St. Holt, ACT 2615

Phone – 0400 123 258

Email – ejoseph@yerrabi.org.au & mharland@yerrabi.org.au

Facebook



Organisation & Service Location	Program Name	Target group/Available for:	Description	Referral process OR Prerequisites	Program Structure / Location
<p style="text-align: center;">Gugan Gulwan</p> <p><i>Gugan Gulwan is an Aboriginal youth centre located in the ACT suburb of Wanniasa. It works with its clients through a range of programs that go well beyond the services provided by most youth centres</i></p> <p>Contact Phone: (02) 6296 8900 Location: 1 Grattan Ct, Wanniasa ACT 2903 (Located behind Police and Community Youth Club in Wanniasa)</p> <p>For more information click here</p>	<p>Parenting Our Way POW <i>For program-specific information click here</i></p>	<p>Parents of children (Specific to Aboriginal or Torres Strait islander parents)</p>	<p>The program provides opportunities for families to engage in the learning and development of life skills, group activities, community consultations and educational information sessions. Participants in this program receive practical parental support, advice and information on issues affecting them. The program is delivered in an environment that is safe, free from judgement and culturally sensitive.</p>	<p>To self-enrol in the POW group program, call the Centre. (02) 6296 8900.</p>	
	<p>Functional Family Therapy (Child Welfare) <i>For program-specific information click here</i></p>	<p>Families with children and young people aged 0-17 who are at risk of entering the out of home care system.</p>	<p>The aim of the FFT-CW program is to reduce the number of Aboriginal and Torres Strait Islander children and young people entering or remaining in out of home care through culturally specific interventions that strengthen families and communities.</p>	<p>Steps to access:</p> <ol style="list-style-type: none"> 1. The Child Protection worker from Child and Youth Protection Services (CYPS) or Gugan Gulwan determines the families suitability and eligibility for the program. 2. The referral is forwarded to the FFT-CW team who will determine if the referral meets the criteria for FFT-CW, there may be times we contact the referrer for further information to determine criteria suitability. 3. Once suitability is obtained, the referral will be accepted or declined. If the referral is declined we will provide clear reason for this. 4. If the referral is accepted FFT-CW practitioners will engage with the family to discuss the program and if appropriate obtain consent to undertake the program. 5. After completion of the intake process, Child Protection will be notified if FFT-CW is approved to continue 6. FFT-CW will attend case conferences with all services involved with the family, these case conferences must include the family and is convened by CYPS 	



Gugan Gulwan				<p><u>Eligibility</u></p> <ul style="list-style-type: none"> • Referred families must be of Aboriginal and/or Torres Strait Islander descent • Families with a child or children living in the home aged 0-17 years. • Families where the primary child is currently in care and will be restored with family within four weeks. • Families experiencing risk factors which could place the child at risk of out of home placement and there is an intention to keep the family together. 	
	<p>Child, Youth & Family Support <i>For program-specific information click here</i></p>		<p>The Child, Youth and Family Support Program (CYFSP) provides an integrated and collaborative, child centred and family focused service system which meets the needs of vulnerable children, youth and families in our community.</p>	<p>If you are wanting to apply for case management services please call the Centre during business hours, Monday to Friday 9am-5pm. Phone: (02) 6296 8900</p>	
	<p>Drop-In Centre <i>For program-specific information click here</i></p>	<p>Open to all young people.</p>	<p>The program is a soft entry point for young people who maybe experiencing exclusion due to behaviours of concern or other challenges. The program is responsive to community needs and is a safe space for young people to gather with immediate support available to and for them.</p>	<p>Open to walk-ins.</p>	<p>Drop-In Centre's operate Monday – Thursday, 10am to 3pm.</p>



Organisation & Service Location	Program Name	Target group/Available for:	Description	Referral process OR Prerequisites	Program Structure / Location	
<p>Winnunga Nimmityjah <u>Aboriginal Health and Community Services</u> <u>(WNAHCS)</u> <u>“Winnunga”</u></p> <p><i>Winnunga an Aboriginal community controlled primary health care service operated by the Aboriginal and Torres Strait Islander community of the ACT.</i></p> <p><u>“All our services are free of charge to Aboriginal and/or Torres Strait Islander clients’.”</u></p> <p>Located: 63 Boolimba Crescent Narrabundah ACT 2604 Contact: (02) 6284 6222</p> <p>Hours of operation</p> <p>Nursing Services: Monday to Friday, 9:00 am to 5:00 pm Medical Services: Monday to Friday, 9:00 am to 5:00 pm Social Health Team Services: Monday to Friday, 9:00 am to 5:00 pm</p>	<p>AMC Clinic</p> <p><i>For program-specific information click here</i></p>	<p>Aboriginal and Torres Strait Islander detainees in the Alexander Maconochie Centre (AMC).</p>	<p>Standalone coordinated health care delivered:</p> <ul style="list-style-type: none"> • Health checks • Mental health care plans • Chronic condition care plans • GP consultations • Nursing assessments and procedures • Social and emotional wellbeing services • Diagnostic investigations • Medication management • Referrals to specialists & allied health • Women’s health • Men’s health • Drug and alcohol rehabilitation counselling 	<p>All services are free of charge.</p>	<p>Services offered within the Alexander Maconochie Centre Correctional Facility Located: 10400 Monaro Hwy, Hume Australian Capital Territory 2620</p>	
		<p>Clinical Services</p> <p><i>For more information click here</i></p>	<p>Aboriginal and Torres Strait Islander people of the ACT and surrounding region.</p>	<p>Providing a range of services including:</p> <ul style="list-style-type: none"> • Health checks • Immunisations • Acute care • Chronic disease care • Asthma care • Health screening • Child health • Men’s health • Women’s health • Drug and alcohol • Help with smoking cessation • Referral to other services at Winnunga and externally 	<p>All services are free of charge.</p>	<p>GPs and nurses are available Monday to Friday 9.00am – 5.00pm</p> <p>Centre location: 63 Boolimba Crescent Narrabundah ACT 2604</p>
		<p>Midwifery programs</p> <p><i>For program-specific information click here</i></p>	<p>Aboriginal and Torres Strait Islander women of the ACT and surrounding region.</p>	<p>The midwifery team offers antenatal and postnatal care, community at home support, baby health checks, breastfeeding support, immunisations, and a range of women’s health services. The midwives work closely with ACT hospitals, and assist in ensuring continuity of care between Winnunga Nimmityjah AHCS and hospital services.</p>	<p>All services are free of charge.</p>	<p>Centre location: 63 Boolimba Crescent Narrabundah ACT 2604</p>



Winnunga			Winnunga Nimmityjah AHCS has a comprehensive child immunisation program, and patients are encouraged to access this. This also allows for follow ups on patients progress with post-partum recovery, and to assist them with any needs in relation to caring for their infants. Winnuna also ensures that these services are Aboriginal specific and culturally appropriate towards the community to encourage interactions between services and community members.		
	Dental Clinic <i>For program-specific information click here</i>	Aboriginal and Torres Strait Islander people of the ACT and surrounding region.	The program provides treatment and preventative dental and oral hygiene care. Treatments include fillings, dentures and extractions.	For more information or to make an appointment, Phone (02) 6284 6222.	Centre location: 63 Boolimba Crescent Narrabundah ACT 2604
	Chronic Health Care <i>For program-specific information click here</i>	Aboriginal and Torres Strait Islander people of the ACT and surrounding region.	Winnunga has a particular focus on assisting people with diabetes, or at risk of developing diabetes. All individuals are encouraged to receive a free health check an receive information on ways to manage chronic disease and promote healthy living.	This is a free service. For more information call 6284 6222.	Centre location: 63 Boolimba Crescent Narrabundah ACT 2604
	Diabetes Clinic <i>For program-specific information click here</i>	Aboriginal and Torres Strait Islander people of the ACT and surrounding region.	The clinic will give you information on managing your diabetes via healthy cooking and eating, regular exercise, and health checks. Winnunga also provides access to a podiatrist, diabetes educator and dietician (nutrition worker), and can link you with other services at Winnunga.	Self-referrals available by contacting Winnunga on 6284 6222 for more information.	When: The second Wednesday of the month. Time: 10am – 1pm Where: Meet at Winnunga reception Centre location: 63 Boolimba Crescent Narrabundah ACT 2604
	Hearing Clinic <i>For program-specific information click here</i>	The Hearing Health Program provides hearing tests for clients at Winnunga and for primary school aged children in public schools across the ACT.		Self-referrals available by contacting Winnunga on 6284 6222 for more information.	Centre location: 63 Boolimba Crescent Narrabundah ACT 2604



Winnunga		Allied Health Services <i>For program-specific information click here</i>	Aboriginal and Torres Strait Islander people of the ACT and surrounding region.	Winnunga AHCS offer a range of services delivered by allied health professionals including a: <ul style="list-style-type: none"> • Physiotherapist • Dietician • Pharmacist • Podiatrist 	Access available via self enrolments. Contact Winnunga on 6284 6222 to access any of our allied health services	Centre location: 63 Boolimba Crescent Narrabundah ACT 2604
		Mental Health Services <i>For program-specific information click here</i>	Aboriginal and Torres Strait Islander people of the ACT and surrounding region.	Winnunga AHCS provides the following mental health services: <ul style="list-style-type: none"> • Psychologists • Psychiatrists • Mental Health Nurse • Counselling 	Talk to your GP if you would like to see one of our mental health staff members. Contact: Winnunga on 02 6284 6222	Centre location: 63 Boolimba Crescent Narrabundah ACT 2604
		Visiting Specialists <i>For program-specific information click here</i>	Aboriginal and Torres Strait Islander people of the ACT and surrounding region.	Winnunga AHCS has the following visiting health specialists available for appointments: <ul style="list-style-type: none"> • Gastroenterologists • Ophthalmologist • Dermatologist • Endocrinologist • Gynecologist 	Please talk to your GP to make an appointment with a visiting specialist. Winnunga GP's are able to conduct referrals.	Centre location: 63 Boolimba Crescent Narrabundah ACT 2604
		Opiate Program <i>For program-specific information click here</i>	Aboriginal and Torres Strait Islander people of the ACT and surrounding region.	Winnunga Nimityjah AHCS employs a full-time specialist drug and alcohol nurse to provide individualised clinical care to clients dependant on opioids, amphetamines, and benzodiazepines.	Contact Winnunga AHCS on 6284 6222 for more information	Centre location: 63 Boolimba Crescent Narrabundah ACT 2604
	Social Health Services <i>For more information click here</i>	Tackling Indigenous Smoking Program <i>For program-specific information click here</i>	Aboriginal and Torres Strait Islander people of the ACT and surrounding region.	Winnunga's TIS health promotion program delivers a range of activities including information sessions and stalls at events, schools and workplaces to provide education and information on smoking harms. Smoking cessation support is referred to Winnunga's 'No More Boondah' quit smoking program and the Aboriginal quitline.	Enquire about our Tackling Indigenous Smoking Team attending your event, workplace or school please call us on 02 6284 6222 and ask for TIS Coordinator. More information about Winnunga's 'No More Boondah' quit smoking program, call the Winnunga Social Health Team on 02 6284 6222.	Winnunga's TIS team cover the ACT/Canberra area. Centre location: 63 Boolimba Crescent Narrabundah ACT 2604
		Healthy lifestyle	Multiple tailored classes are available for different groupings.	Healthy Cooking groups are held weekly at Winnunga, and run by the Winnunga AHCS Social Health Team Workers and a Dietician (nutrition worker)	Self-enrolment is available: Contact: Social Health Workers on 6284 6222	When: Tuesdays Time: 12pm – 2pm



<u>Winnunga</u>		<p>cooking groups</p> <p>For example, cooking classes for Elders, for women, cooking on a budget, and children’s cooking classes.</p> <p><i>For program-specific information click here</i></p>				<p>Where: Winnunga – please phone or visit Winnunga for details</p> <p>Centre location: 63 Boolimba Crescent Narrabundah ACT 2604</p>
		<p>Needle Syringe Program</p> <p>For program-specific information click here</p>	Aboriginal and Torres Strait Islander people of the ACT and surrounding region.	This service is to provide safe injecting equipment and disposal containers to ensure a safety-focused approach to needle use amongst the community.	<p>Cost: This is a free service.</p>	<p>This program operates at Winnunga (63 Boolimba Crescent) from Monday – Friday, 9.00am – 5.00pm.</p> <p>For afterhours access to clean injecting equipment, there is a vending machine located outside Winnunga. There is a small fee for the vending machine.</p>
		<p>ANFPP (Australian Nurse-Family Partnership Program)</p> <p><i>For program-specific information click here</i></p>	For first time mums (or first time mothering), who are having an Aboriginal and/or Torres Strait Islander baby	The ANFPP provides information and education to mothers using a strengths-based approach, which builds the mother’s capacity to identify solutions to problems. The mothers are thus empowered as they learn how to work with their strengths, realise the power of their own actions and gain a greater sense of control over their lives	For more information, contact the ANFPP Team on 6284 6222 or talk to your Winnunga GP, nurse or midwife.	<p>The ANFPP team starts the engagement process as early as possible –from weeks 16-28 of pregnancy. From there support continues to develop a therapeutic relationship with mum and her baby over the first 2 years of the baby’s life</p> <p>Centre location: 63 Boolimba Crescent Narrabundah ACT 2604</p>
		<p>Transportation Services</p> <p><i>For program-specific information click here</i></p>	Aboriginal and Torres Strait Islander people of the ACT and surrounding region.	Offering transport to Winnunga AHCS clients who may for whatever reason otherwise be unable to get to Winnunga AHCS for their appointments, to seek medical assistance or to access other Winnunga AHCS supports.	<p>The service is free and covers the ACT and surrounding areas including Queanbeyan.</p> <p>For more information call Winnunga AHCS reception on (02) 6284 6222.</p>	Presently this service is unavailable to those who require wheel-chair accessible transport.



Resources

[My Community Directory](#)

My Community Directory lists organisations that provide services that are free or subsidised to the public in thousands of locations across Australia.

[One Link](#)

OneLink provides information and connections for support services in the ACT, including services for families and young people, and services for people who are homeless or at risk of homelessness.

[Parent Link](#)

ParentLink aims to provide information based on the latest research and promote the importance of effective parenting practices.

[Raising Children](#)

The raisingchildren.net.au website is for all parents, parents-to-be and carers throughout Australia. Parents and carers in other countries might also find relevant information on the website.

raisingchildren.net.au is also for professionals who work with and support parents and carers – general practitioners, child and family health nurses, early childhood educators, preschool teachers, school teachers, social workers, psychologists and so on. Professionals can refer parents to the site or download and share its information with the families they work with.

[Assistance Website](#)

The ACT Government provides support to Canberrans by offering a range of discounts, rebates and subsidies. Aiming to help people who need it most by making sure that people can cover the cost of essential goods and services.

[Starting Blocks](#)

StartingBlocks.gov.au is a starting point to:

- Learn about children's developmental milestones
- Understand what to expect from an early childhood education and care service
- Find services and learn about their quality ratings, fees, vacancies and inclusions
- Get tips on starting child care or preschool, and what can be done at home to encourage your child's learning and development.



[Child Development](#)

The Child Development Services provides a suite of information relating to all stages of healthy child development.

[Health Direct Australia](#)

Launched in 2012, the National Health Services Directory (NHSD) is a national directory of health services and the practitioners who provide them.

[Community Services, Therapeutic Resource](#)

A collection of resources developed especially for parents, carers and professionals working with children. Many of the strategies explained are also useful for parents and carers to use themselves to support their own wellbeing in caring for a child or young person who has experienced trauma.

[Autism CRC](#)

An online gateway to Autism resources, tools and publications. The website contains up-to-date information from the early years through to adulthood and includes research papers and a wide range of resources for the Autism community, service providers, educators and clinicians.

[Parenting HUB, Catholic Care](#)

Parenting Hub provides tips and practical advice on building positive relationships with your child. Also available are suggestions on how to handle the challenges of parenthood and the importance of emotional and physical wellbeing for the whole family. Resources categories include; primary school, high school, family wellbeing, relationships and learning.

[CARE Community Loans](#)

Providing 0% interest loans in Canberra and the surrounding NSW area for over 30 years. If you are on a low to moderate income, you can borrow to purchase essential goods and services.

CARE also have a specialist loan program for people who have experienced and left a domestic or family violence situation.

Enquire on 02 6257 1788 or email microfinance.admin@carefcs.org



Further support: - Follow the links below:

- [Parent Education Groups](#)
- [Counselling and relationship support](#)

Crisis & Support lines:

[ParentLine ACT](#)

02 6287 3833

parentline@parentlineact.org.au

This service aims to enhance the development, health and emotional wellbeing of children by supporting parents and carers and connecting them with the network of services available to families in Canberra and surrounding areas.

This support is given through telephone and face to face counselling and education.

[PANDA \(Perinatal Anxiety & Depression Australia\) Helpline](#)

1300 726 306 (Monday to Saturday)

The Helpline provides a safe and confidential space for any expecting or new parent needing support with the challenges of becoming a parent.

[Lifeline](#), Crisis Support Helpline

A national charity providing all Australians experiencing emotional distress with access to 24-hour crisis support and suicide prevention services.

24/7 Crisis Support – Call 13 11 14

Text Support line – Message 0477 13 11 14

Online chat options available via the website.



Mensline Telephone & online Counselling

Call 1300 78 99 78

MensLine Australia is a free telephone and online counselling service offering support for Australian men anywhere, anytime.

Kids helpline

Call: 1800 55 1800

Kids Helpline is Australia's only free (even from a mobile), confidential 24/7 online and phone counselling service for young people aged 5 to 25.

Qualified counsellors at Kids Helpline are available via WebChat, phone or email anytime and for any reason.

ForWhen, Perinatal depression & Anxiety helpline

National Helpline on 1300 24 23 22 is now live between 9.00am-4.30pm – Monday to Friday.

Connecting parents that are struggling to navigate the complex waters of pregnancy and new parenthood to the critical mental health services you might need most.

Brother to Brother, 24/7 Crisis line

The Brother-to-Brother crisis line provides phone support for Aboriginal men who need someone to talk to about relationship issues, family violence, parenting, drug and alcohol issues or who are struggling to cope for other reasons.

The line is staffed by Aboriginal men, including Elders, who have a lived experience in the issues that the line offers support.

Autism connect, National autism helpline

Call: 130 308 699 (Autism Connect is open 8am to 7pm, Monday to Friday)

Autism Connect is a free, national autism helpline, providing independent and expert information over phone, email and webchat. It supports Autistic people, their families and carers, health professionals, researchers, teachers, employers and the broader community.



Autism Connect advisors offer expert advice in many areas, including:

- Exploring autism and Autistic identity
- Assessment and diagnosis support
- School and education
- The NDIS
- Transition to employment
- Behaviour and communication strategies
- Referrals to services peer support connections,
- Finding autism-friendly places and events, and
- Making environments accessible.

13YARN – Crisis support phonenumber.

Call: 13 92 76 (24/7 availability across Australia)

13YARN is the first national service of its kind for Aboriginal & Torres Strait Islander people in crisis. Offering a confidential one-on-one over the phone yarning opportunity and support with a trained Lifeline Aboriginal & Torres Strait Islander Crisis Supporter for mob who are feeling overwhelmed or having difficulty coping.

Access Mental Health

Call: 1800 629 354

The Access Mental Health Line is available 24/7 for people of any age who have concerns about their own mental health.

Carers, family, friends, GPs, health professionals, support providers, and other members of the public can also contact the Access Mental Health Line to seek advice about or refer someone who may be experiencing mental health issues.

Village, Child and Family Program and Service Directory



[Parent and carer support courses](#)

The above link include dates and details of no-cost parental & carer support courses such as, 'Tuning into Kids' & 'Mindful Motherhood'.

