



**Parenting Programs and Family Support
(Updated Sept 2019)**

<p>Anglicare Marrickville 1 Sloane St Summer Hill NSW 2130</p>	<p>Provides case work and a variety of parenting groups including: 1-2-3 Magic and Emotion Coaching, Circle of Security, Tuning into Kids, Tuning into Teens, Peaceful Kids, Money Minders, Bringing Up Great Kids. Please contact the service to find out when and where these services are on, and whether childcare is available. Booking is essential. They run during school term and all programs are free.</p>	<p>Marrickville Ph: 9798 1400</p>
<p>Camperdown Community Child and Family Health Service</p>	<p>Home visits and new parents group. Information and advice about parenting, mothercraft issues, infant breastfeeding, childhood behaviour, nutrition, transition to parenting, child and family health service including Counselling, peditary and speech therapy.</p>	<p>Ph: 02 95163232 Appointments & Advice: 8788 4288 (Recommended to phone first) 142 Carillon Ave Newtown 2042</p>
	<p>Mental Health Services for adolescents aged 12-18 years.</p>	<p>Ph: 9515 9000 1800 011 511</p>
<p>Catholic Care 2C West St (cnr Thomas St) Lewisham 2049</p>	<p>Parenting support for new parents, telephone counselling, family support, parent education groups, single parent support and youth pregnancy and parenting support. PAUSE Parents Program For parents of adolescents and young adults experiencing alcohol, drug or gambling behaviours and related mental health issues Group programs for families children and young people affected by a family</p>	<p>Ph: 131819 Ph: 9509 1111 Ph: 9509 1255</p>

Newtown Neighbourhood Centre

	<p>members alcohol, drug or mental health problem</p> <p>Parent line NSW counsellors</p> <p>Programs include Circle of Security, 123 Magic and Emotion Coaching, Emotion Coaching, Bringing Up Great Kids, Tuning into Teens, Engaging Adolescents, Building Bully Shields, Parenting Side by Side in Australia, Keeping Kids in Mind, My Kids and Me. Please contact for more information and the most recent timetable.</p>	1300 1300 52
<p>Leichhardt Women's Community Health Centre</p> <p>55 Thornley St, Leichhardt Mon-Fri: 9:30-5:30 (closed for lunch 1-2pm)</p>	Information and support for women and mothers, female Doctors, anti-natal support, menopause support, naturopath, mothers walking group, drug and alcohol counselling. Domestic violence counselling, family law solicitor, psychologist.	Ph: 9560 3011
Karitane Care Line	Child and Family Health Nurses available for consultation on a range of issues for children aged 0-5	Ph: 1300 227 464 or 97942350
Parent Line	A help line for parents of children aged 0-18. Experienced counsellors providing support and information for any issue.	Ph: 1300 1300 52 Weekdays 9am to 9pm Weekends 4pm to 9pm
Tresillian 24 Hour Parents Help Line	Parental aid and advice regarding young children. Also provides help for parents themselves who are struggling to cope.	Ph: 1300 272 736
Benevolent Society	<p>Family and parenting support that includes services:</p> <ul style="list-style-type: none"> • Child and youth behaviour • Domestic and family violence support • Family and parental information and referral • Maternal health • Paediatric services • Parent coaching 	Ph: 1800 236 767 (Benevolent Society)
	Our trained volunteers visit new parents who don't have much support to assist with everything	Ph: 0428833738 (Jeniffer- for intake)

Volunteer Home Visiting Service	from looking after the children while parents do housework or shopping to helping families get involved in local activities or providing companionship and advice	Email : cyfses@benevolent.org.au Website : www.benevolent.org.au
Parent Coaching (By Benevolent Society)	Coaching and advice focused on better parenting.	1800 236 762
Family and Parenting Information and Referral By Benevolent Society)	Information on family and parenting services. Referrals to programs to suit your needs	1800 236 762
Glebe Schools Community Centre (The Glebe Treehouse)	Parenting support & parenting groups. Support for families with autistic children	Ph: 9566 1285 or 9566 1761 Monday-Friday 9am-5pm
Metro Assist (Services to Families)	Provides Early intervention / Family support services for families with children from 0 to 18 years of age from Aboriginal and CALD communities. Covers Ashfield, Burwood, Canada Bay, Leichhardt, Marrickville, Strathfield and Glebe area.	Ph: (02) 9798 1700 (Ashfield Office) Suite 1, 260 Liverpool Rd Ashfield NSW 2131 Ph: (02) 9790 1766 (Condell Park Office)
Good Shepherd	Parent Wise – Six weeks parenting course and carers of 12-17 years old facilitated by experienced worker.	Ph : (02) 8571 7800 Email: reception@goodshep.org.au
	Sydney Young Parents Program – Assists young mums (15-25 years) to develop the skills and confidence they need to support their family	Contact: 440 Marrickville Road, Marrickville NSW 2204 Ph: (02) 8571 7800 Email: reception@goodshep.org.au
Inner West Family Support Services 2 Wyatt Av Burwood 2134	The Inner West Family Support Service provides important services to families with children under 16 years of age who live in the Ashfield, Burwood, City of Canada Bay and Strathfield local government areas. Our services are confidential and free of charge. A variety of services and support including courses to develop skills in parenting, self-esteem, communication, relationships, play skills for parents and children, money management and household management.	Ph: 9744 1866 fss@bcw.org.au

	Please contact for more information about what is currently available.	
Men's line Australia	Men's Line Australia is a professional telephone and online support and information service for Australian men	www.mensline.org.au Ph: 1300 789 978 (24/7)
Connect Marrickville Marrickville West Primary School Beauchamp St, Marrickville 2204	Support for families raising young children birth to 8 years in Marrickville area. Services include: supported playgroups, multicultural women's group, adult education with crèche, parenting groups, community cultural development.	Contact: Vivi Martin, Local facilitator "Connect Marrickville" Ph: 9558 4036 Mob: 0421 550 119 PO BOX 6122, Marrickville 2204 Email: connectmarrickville@gmail.com
Good Beginnings Australia Elizabeth Grove Primary School, 20 Haynes STREET, ELIZABETH GROVE, 5112	Good Beginnings provides free early childhood and practical parenting programs for children and families across Australia, based at our Early Years Centres or visits to your home.	Ph: 08 8252 9483 Email: tap@elizgrps.sa.edu.au
Relationships Australia Sydney City Centre Level 7, 10 Barrack Street Sydney, NSW 2000	Family relationships centre, dispute counselling, parenting plans. (Fees are determined based on your income at a level affordable to you. No one is turned away because of an inability to pay fees.)	Ph: 1300 364 277 www.nsw.relationships.com.au
Uniting Care Uniting Burnside Father's support services 232 railway Parade Cabramatta NSW 2166	Information, mentoring, support, group work assisting fathers and case work.	Ph: 1800 864 846
Gidet Foundation 34A McLaren Street North Sydney	A safe haven, a sanctuary for women and their families affected by perinatal anxiety and depression.	Ph: 1300 851 758
The Infants Family Home Child and Family Services 17 Henry Street Ashfield 2131	Provides quality inclusive childcare and education, specialised family support services and early intervention services, designed to provide each child with every opportunity.	Ph: 02 9799 4844 Fax: 02 9799 4122 Email: mail@theinfantshome.org.au

Magic Yellow Bus	Mobile playgroups attending various parks and providing community information service in Marrickville area. https://www.innerwest.nsw.gov.au/live/community-well-being/children-and-families/magic-yellow-bus	Ph: 0439 436 555 or 02 9392 5000 0412 921 540 Email: comyb@marrickville.nsw.gov.au
Marrickville Council Children and Family Services	Information on day care centres, out of school hours care and pre school	www.marrickville.nsw.gov.au
Inner West Play and Chat	Promotes healthy parenting practices, social and community support. Supported playgroups.	Ph: 02 9692 0559 ku.iwplayandchat@ku.com.au
Department of Education and Training Child Care Finder	One stop shop of information for parents and carers of children.	mychild.gov.au
Sydney Day Nursery's (SDN) Children's Services	<p>Children and Parenting Support (CAPS) help children aged 0-12 and their parents with:</p> <ul style="list-style-type: none"> - Information about child's learning and development - In-home parenting skills support - Connecting with services and activities in the community- <p>We also run supported Playgroups called Playlinks for families living in Parramatta, Cumberland and Blacktown Local Government Areas</p> <p>Our Start Strong work with families with young children 0-3 years, to improve access to early childhood education, through an individualised approach and plan within Cumberland/Parramatta LGA</p> <p>All the services are free of cost.</p>	<p>Inner City Region: contact sdn@sdn.org.au</p> <p>Canterbury: Martin Nahorski 0427 988 557, email m.nahorski@sdn.org.au</p> <p>Parramatta: Anita Shrestha 0437 476 633, email a.shrestha@sdn.org.au</p> <p>For referral please contact 1300831445 or email sdn@sdn.org.au</p>
Learning Links	Education and support programs to parents	Monday to Saturday Ph no : 02 8525 8222 Support Office Suite 3, Level 1 140 Bourke Rd PO Box 6282 Alexandria NSW 2015
Inner West Council Children & Family Services	Marrickville Council Customer Service Centre	Ph: 9335 2222

City of Sydney Library Services Surry Hills Branch	Residents of the City of Sydney Area can borrow from a wide range of toys for babies and children, and attend story times.	405 Crown Street Surry Hills NSW 2010 Ph: 8374 6230 Mon, Wed & Fri: 10 -6pm Tue: 10-8pm Thur: 10-10:30pm Sat-Sun: 10 am – 4pm library@cityofsydney.nsw.gov.au
Department of Community and Justice Central Sydney CSC	Investigation of cases of abuse of children Access information for children in care Information on child care places	Ph: 8303 7677 219 - 241 Cleveland Street Strawberry Hills, 2012 Postal address: Locked Bag 42 Strawberry Hills NSW 2012 Fax: 8303 7677
Barnardos Australia	Provides Children’s family centre in eight locations i.e. Auburn, Canberra, Orange, Hunter Central Coast, Penrith, South Coast, Southern NSW, Sydney Metro, Sydney Youth Services, Western NSW.	18-24 Kerr Parade, Auburn, NSW 2144 Ph: (02) 9646 2770 Email : acfc@barnardos.org.au URL : https://www.barnardos.org.au/our-centres/
Lone Parent Family Support Service	4th Floor, 15-17 Young Street, Sydney, NSW 2000 Ph: 9251 5622 admin@lpfsscacityeast.ngo.org.au SUPPORT GROUP: Group Session held every Tuesday (Sc	Counselling, family support, support group, library, courses. Regular course on parenting, self-esteem, and single parent issues, etc.
Fathers Support Service (Uniting Care Burnside)	232 Railway Parade Cabramatta NSW 2166 T: 1800 864 846	Information, mentoring, support, group work and casework. Covers clients in Fairfield LGA
Parents Without Partners	City of Sydney Branch Tel: 9833 2633 Email: pwpnsw@bigpond.net.au	New Member Information Sessions every month. Meet people and make friends.
Baby Bumps Support Group	Northern Sydney Area, The Hills Area and Ku-ring-gai Hornsby Ph: 0414 773 192	Not-for-profit community group offering support to families experiencing antenatal or postnatal depression, anxiety or difficulties coping with motherhood.
Inner West Play & Chat Supported Playgroup (Benevolent Society)	Ashfield, Tempe, Homebush, Marrickville, Rozelle Ph: 1800 236 762	Provides play-based environments for children to thrive which links families to school and community support

		systems.
Inner West Play & Chat Supported Playgroup (KU)	Ashfield, Tempe, Marrickville, Rozelle Ph: 8314 9400 0292648366	Offers Preschool, Childcare and Early Learning, school age care, NDIS and early intervention, Inclusion support for children with additional needs, AMEP and supported playgroups.
Dads in Distress	2nd Floor 48 Chippen St, Chippendale Tuesday 7pm	In person support group for fathers who are separating or separated from their partners.
Volunteer Family Connect	Dr Jayne Meyer Tucker jaynemt@me.com Save the Children Ph: 0419 235 694	Provides one-on-one emotional support to parents and carers in their home. To find out more please contact Dr Jayne Meyer Tucker (Volunteer Family Connect Champion). Volunteer Family Connect is coordinated by Save the Children in the Inner West area.

WEBSITES

www.mychild.gov.au	Information and links to useful websites about children's health and wellbeing, parenting and family support services.
www.raisingchildren.net.au	The Australian parenting website that provides parenting videos, articles and apps.
www.dadsonline.com.au	Relevant information and ideas for dads about a variety of topics including separation.
www.resourcingparents.nsw.gov.au	Parenting education information to parents and carers of children aged 0-18 years. Look at the website for parenting programs and events held across NSW.
http://gidgetfoundation.org.au	Provides support services for families suffering emotional distress during pregnancy and early parenting.