

SUPPORTING CHILDREN IN OUR COMMUNITY

Families NSW Initiative for 2019

PARENTING SUPPORT

Pregnancy, Birth & Baby Helpline
1800 882 436

Australian Breastfeeding Association (ABA)
24 hour helpline 1800 686 268

ABA Local Support0401 619 334
NSW Parent Line.....1300 130 052
Post & Antenatal Depression Association
(PANDA).....1300 726 306
Tresillian 24 hour line..... 1800 637 357
Karitane 24 Hour line 1300 227 464
QEII Family Centre..... 6205 2333
Anglicare Family Services.....4823 4000
Brighter Futures Mission Aust.....4824 4000
Home-Start Family Service0427 466 847
Goulburn Family Support Service.....4822 2200
Grandparents Group
(Mission Australia).....0408 440 093
Family Relationships Centre
(Parenting Plans).....6122 7100
Southern Youth & Family.....4824 6260
ParentsNext4824 4000

Resourcing Parents:

www.resourcingparents.nsw.gov.au

HEALTH

Goulburn Community Health Service
4827 3913

Child & Family Services *breastfeeding/bottle feeding, sleep & settling, developmental screening, maternal health, postnatal depression & anxiety, parenting, immunisations, new mothers group*

Goulburn Community Health Service
Referrals Central Intake 1800 999 880

Other Services *counselling, speech, occupational therapy, physio, nutritionist, women's health nurse, dental, sexual health, & sexual assault, sexual assault, Integrated Violence & Neglect (IVANS) at Goulburn Hospital, Aboriginal Health*

Dental Clinic1800 450 046
Crookwell Healthcare Centre.....4843 2500
Multicultural Health8753 5002
Grand Pacific Health4824 4900

COUNSELLING / SUPPORT

ARCK@Goulburn (Assisting Responsible
Care for Kids)6162 5829
Goulburn Community Health.....4827 3913
Goulburn Family Support4822 2200
Grand Pacific Health4824 4900
headspace (12-25yrs).....4824 4944
Goulburn Multicultural Cnt4803 9042
Marymead.....1800 427 920
Pathways (15-19ys) 6297 3121/0447 230 192
Richmond Fellowship Residential Recovery
(Mental Health).....6248 6118
One Door Mental Health0400 533 052
Relationships Australia.....6122 7100
Service NSW137 788
SHINE for Kids.....4821 2300
CatholicCare.....6295 4300
Anglicare Gambling Help.....4823 4034
Gambling Hotline1800 633 635
Drug & Alcohol Line1800 422 599
Warooga Outreach (under 25)4824 6256
Warooga HYAP Outreach4824 6260

FAMILY REFERRAL SERVICE

Southern NSW Family Referral Service
1300 736 384

ABORIGINAL SERVICES

Pejar Land Council4822 3552
Aboriginal Health AHEO/AHLO4827 3913
Aboriginal Foster Care.....4723 4000
Aboriginal Ability Links NSW4448 0200
Murra Mia Tenant Advice
Service1800 672 185
Grand Pacific Health Aboriginal
Services4824 4900
Wirringa Baiya Aboriginal Women's
Legal Service1800 686 587
Women's Legal Helpline.....1800 639 784
Aboriginal Legal Service
Crime 1800 765 767 / Care 1800 733 233

IN AN EMERGENCY RING 000

Crookwell Police 4832 1044
Crookwell Hospital..... 4837 5000
Goulburn Police..... 4824 0799
Goulburn Base Hospital..... 4827 3111
Child Protection Helpline 132 111
Kids Line 1800 551 800
Lifeline..... 131 114
Rape Crises Line..... 1800 424 017
Mental Health Access Line 1800 011 511
Mensline 1300 789 978
Violence Abuse & Neglect Via hospitals

SUPPORTED PLAYGROUPS

Bradfordville Playgroup4823 4052
Goulburn Family Support Svc.....4822 2200
Home-Start Family Services.....0427 466 847

Goulburn Schools As Communities (Sacc)
Outreach Playgroups 0409 365 566

Glb Public School.....Mon 9.30 – 11.30
Goulburn Public School/Goulburn Family
Support ServiceThurs 9.30 – 11.30
DaltonMon 9.30 – 11.00
East GoulburnTues 9.30 – 11.00
TallongWed fortnight 9.30 – 11.00
Glb PublicWed fortnight 9.30 – 11.30
WindellamaThur fortnight 9.30 – 11.00
Taralga HallThur 10.30 – 12.00
MarulanFriday 9.30 – 11.00
Crookwell.....Friday 9.30 – 11.00
Binda.....Tues 9.15 – 11.15
Goulburn Regional Art Gallery
Outreach Programs.....4823 4442

CHILDCARE SERVICES & PRESCHOOLS

SDN Crookwell Preschool.....4832 2591
Crookwell Early Learning.....4832 2075
Crookwell Mobile Long Day Care.....4832 1953
Goulburn Academy of
Early Learning4822 5505
Good Start Early Learning.....4821 3422
Goulburn Early Childhood Centre...4821 5111
Goulburn Family Day Care4823 4052
Goulburn Preschool.....4821 9047
Gunning Early Learning Centre.....4845 1396
Imaginations Early Education.....4821 9233
Jump start Early Learning4822 2545
SDN Lady McKell.....4821 2442
Marulan Children's Centre4841 1985
Marulan Preschool.....4841 1765
Orana Preschool.....4823 4030
River Heights.....4822 1049
Scalliwags Long Day Care4822 0377
Lilac Early Learning.....4822 8222
Tarago Preschool.....4849 4427
The Learning Tree.....4822 7735
Reynold St Community Preschool...4821 1251
Romp & Stomp Vacation Care.....4821 2609

CROOKWELL CHILDREN'S SERVICES

9:00am – 4:00pm 4832 1953
Playgroups in schools (Binda, Crookwell & Taralga)

Mobile Long Day Care

(Bigga, Collector, Laggan & Taralga)

Mobile Preschool (Collector, Laggan & Taralga)
Before & after school care & vacation care

CROOKWELL NEIGHBOURHOOD CENTRE

Community Hub
9:00am–4:00pm 4832 1953
Information and Referrals • Work Development Orders • Community Office & Room Rental • Heart Foundation Walking Group • Emergency Respite Care
Centrelink Agent: 4832 1953 (10:30am–12pm)

ACCOMMODATION

Argyle Community Housing.....6297 5929
Housing NSW4823 0555
S-W Tenants Advice.....1800 642 609

EMERGENCY ACCOMMODATION

Anglicare Emergency Accommodation
and Domestic Violence Support4823 4022
Link 2 Home Homelessness Line (24hr)
1800 152 152
Warooga Youth Refuge4824 6256

DOMESTIC VIOLENCE

Domestic Violence Helpline1800 656 463
National Counselling Helpline....1800 737 372
Domestic Violence Liaison Officer
Goulburn Police Station.....4824 0799
Rape & Domestic Violence Services (24hr)
1800 424 017
Community Health Counselling
Support.....1800 999 880
SEWDVACS
(Court Advocacy Support)6299 3835
Victims Services NSW
Counselling.....1800 633 063
D.V Advocacy Service
(DVAS)02 8745 6999/1800 810 784

DISABILITY SERVICES

National Disability Scheme (NDIS) 1800 800 110
Uniting Goulburn NDIS8833 0557
EACH NDIS1300 003 224
Marymead NDIS coordination...1800 427 920
Flexibility Plus Anglicare Respite
Options4823 4040
Ability Links NSW 0455 099 809/0431 213 706
CarersAct - Carer Gateway.....1800 422 737
Commonwealth Respite &
CareLink1800 052 222

EMERGENCY RELIEF

St Vincent de Paul.....4828 5971
Salvation Army.....1300 371 288
Warooga Emergency Relief
Packages4824 6256
Baptist Emergency
Relief0466 559 821 (for apt)

FINANCIAL

Service NSW137 788
Centrelink132 300
Centrelink Family Assistance.....136 150
Child Support Services.....131 272
Relationship Debt133 220
Credit & Debt Hotline.....1800 808 488
Family Support-Basic Budgeting....4822 2200
Mission Australia Financial/
Gambling SE NSW4824 4000
Moneycare – Salvation Army
Financial Counselling.....0478 402 058
The Smith Family Learning for Life
(Educational Support).....4334 4947

LEGAL

Family Court1300 353 000
Family Law Line1800 050 321
Family Dispute Resolution
Relationships Australia.....6122 7100
Goulburn Court House4824 0300
Legal Aid.....1800 451 780
Law Access NSW1300 888 529
Mission Australia Legal Clinics.....4824 4000
Women's Legal Centre1800 634 669
Women's Legal Helpline1800 801 501