DISABILITY ORGANISATIONS

NSW Department of Family & Community Services, Ageing, Disability & Home Care
Phone: 9407 1855 – www.adhc.nsw.gov.au
Information, referral and direct services for people with Intellectual Disabilities. Includes therapy, casework, respite and behaviour intervention.

Early Education (Early Ed) Phone: 9923 2727
www.earlyed.com.au
A family-centred early childhood intervention service for young children with disabilities or delays in their development and their families.

Lifestart Phone: 9451 9564
Services to families who have a child with a disability – includes early intervention programs.

Northcott Phone: 9472 5200 (Hornsby)
www.northcott.com.au
Range of support programs including therapy, education, respite and family support to families.

SDN Early Childhood Links: 9439 2182
ECLNS@sdn.org.au
Provides access, participation and inclusion of children aged 0 – 8 years with a diagnosed disability, developmental delay or undergoing assessment

ASPECT Phone: 1800 277 328 www.autismspectrum.org.au
Services for children with an autism spectrum disorder and their families.

Cerebral Palsy Alliance Phone: 1300 888 378
www.cerebralpalsy.org.au
Services for children with cerebral palsy and their families.

Riverlink Interchange Phone: 9638 0999
Offers respite to carers of children with a disability in-home or in a Saturday and School Holiday program for ages 3-10 and 10up.

Commonwealth Carelink and Respite Centre
Phone: 1800 052 222
Information and referral service and provision of short-term and emergency in-home respite care.

Association for Children with a disability
www.acdnsw.org.au Phone: 1300 851 603
A not for profit organisation operated by parents of children with a disability. Information books covering the stages from diagnosis to adulthood, available for a small fee.

HELPFUL RESOURCES

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

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

Parenting Information & Resources
Strengthening Families Resourcing Parents
www.resourcingparents.com
Raising Children Network www.raisingchildren.net.au
Community Services www.community.nsw.gov.au
Child care services and vacancies www.mychild.gov.au
Government Schools www.schoools.nsw.edu.au
Fatherhood Foundation www.fatherhood.org.au
Families NSW www.families.nsw.gov.au
Grandparents raising grandchildren www.raisinggrandchildren.com.au
Parent line www.parentline.org.au

Tresillian Parent Help Line
Phone: 9787 0855 or 1800 637 357
www.tresillian.net
Centres at Willoughby and Wollstonecraft.

Karitane Careline
Phone: 1300 227 464
www.karitane.com.au

LOCAL GOVERNMENT - INFORMATION

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

Lane Cove Council
www.lanecove.nsw.gov.au Phone: 9911 3555
Mosman Council Children’s Services
www.mosman.nsw.gov.au Phone: 9978 4161
North Sydney Council
www.northsydney.nsw.gov.au Phone: 9936 8100
Willoughby City Council
www.willoughby.nsw.gov.au Phone: 9777 1000

LOWER NORTH SHORE
Child & Family Services

Family Referral Service
1800 066 757

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

An initiative of the Lower North Shore Child and Family Interagency
November 2013
**FAMILIES FROM MULTICULTURAL BACKGROUNDS**
A Migrant Welcome Pack has been produced by the Lower North Shore Multicultural Network and is available from Councils & The Crows Nest Centre.

**Translation and Interpreting Service**
Phone: 131 450 (24 hours/7 days)

**Crows Nest Community Centre**
Phone: 9439 5122
www.crowsnestcentre.org.au

**MOSAIC Multicultural Centre**
Phone: 9777 7952
www.willoughby.nsw.gov.au

**Transcultural Mental Health Centre**
Phone: 02 9912 3850 or Toll free 1800 648 911
Website: www.dhi.health.nsw.gov.au

**Armenian Community Welfare Centre**
Phone: 9419 6394

**Chinese Cultural Centre NSW**
Lower North Shore, Lower Northern Sydney, Willoughby Phone: 9411 3799

**Chinese Australian Services Society (CASS)**
Phone: 9789 4587
Website: www.cass.chinatown.com.au

**Greek Welfare Centre – Crows Nest**
Phone: 9516 2188

**Korean Lifeline**
Phone: 9858 5900

**Open Door Korean Cultural Society**
Phone: 9410 1233

**GOVERNMENT**

Centrelink & Medicare www.humanservices.gov.au
Centrelink Phone: 136 150 for family tax benefit, child care benefit/rebate, parenting payment & baby bonus
Medicare Phone: 132 011
Multicultural (language) Phone: 131 202
Indigenous Australians Phone: 1800 556 955
Centrelink, 56-64 Archer St, Chatswood Medicare located at above address & Westfield Chatswood; Northpoint at North Sydney; & Bridgepoint at Split Junction (Mosman).

Housing NSW – www.housing.nsw.gov.au
(Links Housing – Chatswood – 9412 5111)

**HEALTH SERVICES**

**Royal North Shore Community Health Centre**
2C Herbert St, St Leonards NSW 2065
Phone: 9926 7111

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

**Oral Health Service – Phone: 1300 798 404**

**Cremorne Community Health Centre**
231 Military Rd, Cremorne NSW 2090
Phone: 8968 3400
Northern Sydney Intellectual Disability Health Service Phone: 8968 3406
Women’s Health Service Phone: 8968 3412

**HOSPITALS**

**Royal North Shore Hospital**
Reserve Rd, St Leonards NSW 2065 Phone: 9926 7111

**Mater Hospital**
26 Rocklands Rd, Crows Nest NSW 2065 Phone: 9900 7300

**North Shore Private Hospital**
Westbourne St, St Leonards NSW 2065 Phone: 9425 3000

**EARLY CHILDHOOD HEALTH CENTRES**

Free confidential health services for parents with children 0-5 years. The services provide information, support, advice, developmental checks, new parent groups, breastfeeding & nutrition support, & referral to other services. Call the listed phone number for an appointment or check for opening times and hours.

**Chatswood Early Childhood Health Centre**
57 Hercules St, Chatswood NSW 2067 Phone: 9926 4640

**Cremorne Early Childhood Health Centre**
108 Parravane St, Cremorne NSW 2090 Phone: 9953 7042

**Crows Nest Early Childhood Health Centre**
2 Ernest Place, Crows Nest NSW 2065 Phone: 9438 3019

**Lan Cove Early Childhood Health Centre**
172 Longueville Rd, Lane Cove NSW 2066 Phone: 9427 2977

**Northbridge Early Childhood Health Centre**
11 Eastern Valley Way, Northbridge NSW 2063 Phone: 9958 5812

**SUPPORT SERVICES FOR FAMILIES**

**The Benevolent Society - Aboriginal Early Years**
Phone: 9900 1712
www.bensoc.org.au

Activities and services for Aboriginal families.

**CatholicCare – Naremburn Family Centre**
Phone: 8425 8700
www.centacarebrokenbay.org.au

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

**Relationships Australia NSW**
Phone: 9418 8800
www.relationships.com.au

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

**North Ryde Family Relationship Centre**
Phone: 1800 171 882
www.relationships.com.au

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

**Playgroup NSW**
Phone: 1800 171 882
www.playgroupaustralia.com.au

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

**Integricare Supported Playgroups Northern Sydney**
Provides supported play groups, including Artarmon Chinese & Chatswood Community.
Phone: 9410 0174

**POLICE CONTACTS**

**Mosman Police Station**
Phone: 9969 1933
96 Bradleys Head Rd, Mosman

**North Sydney Police Station**
Phone: 9956 3199
273 Pacific Highway, North Sydney

**Chatswood Police Station**
Phone: 9414 8499
63 Archer Street, Chatswood