

Services for Young Parents

**Are you a parent? Pregnant? Under 26?
Living in the Parramatta/Holroyd/Auburn area?
Now what?**

Isolated? Need support? Finding it Tough?

Uniting Care Burnside Fathers' Support Service

Support groups for fathers. (No cost)
Phone: 9781 3350

Parramatta-Holroyd Family Support*

37 Collins St. Pendle Hill 2145
Adolescent parent worker, Playgroup, Home visiting,
Young Parents Group. (No Cost)
Phone: 9636 8437

Carramar Early Interventions*

18 Parkes St. Parramatta 2150
Young Parents' Support Workers, Home visiting, Young
mums group (Tue) Supported playgroup (Thur). (No
cost)
Phone: 9895 8181

Brighter Futures*

Early intervention for families experiencing the chal-
lenges that come from social isolation, domestic
violence, mental health issues, drug/alcohol misuse or
disabilities. Home visits, playgroup, childcare, parenting
support. (No cost)
Phone: 9804 5263 (Program Coordinator)

The Hills/Holroyd/Parramatta Migrant Resource Centre*

15 Hunter St. Parramatta 2150 (No cost)
Provides Settlement services for new arrivals & refugee
families. Supported playgroup & parenting programs for
CALD families with children 0-8yrs Mothers & babies
support group Home visiting program for new mothers.
Phone: 9687 9901

Red Cross Young Parents Program*

Suite 105, Level 1, 30 Cowper St. Parramatta 2150
Outreach case management for young parents 17-24yrs,
parenting program (No cost)
Phone: 8383 7514

SDN Child and Family Resource Centre*

28 Cowper St. Granville 2142
Toy library, Stay and Play playgroup, parent groups,
early intervention playgroups (Low cost)
Phone: 9897 3635

Cassia Community Centre

18 Billabong St. Pendle Hill 2145
Music & movement groups, Playgroup, Play & Chat Sup-
ported playgroup. Justice of the Peace available (Low
cost)
Phone: 9688 3215

Baby Basics: Feeding, settling, routines

Child and Family Health Nurses*

The hospitals refer all new mothers and their babies to
Community Health Central Referral Service when they
are discharged home. A Child and Family Health Nurse
from the local Community Health Centre then phones
the new mothers to see how they are managing.

All new parents are also offered a home visit by a Nurse
to do a routine health check on baby and assess whether
any support or information is needed to help with adjust-
ing to looking after the new baby.

New parents are invited to attend 'meet and greet'
groups to meet with other new parents and to discuss
any issues that are concerning them. There is no need to
book. These are only for parents with a baby under 12
weeks of age. After that time you are invited to attend a
playgroup.

Central Referral Service: 1800 222 608

Mon-Fri 8am - 4:30pm

OR

To make an enquiry about your new baby, toddler or
pre-school child, or to make a clinic appointment to see a
Child & Family Health Nurse you can contact your local
Community Health Centre:

Mon-Fri 8:30am - 4:30pm

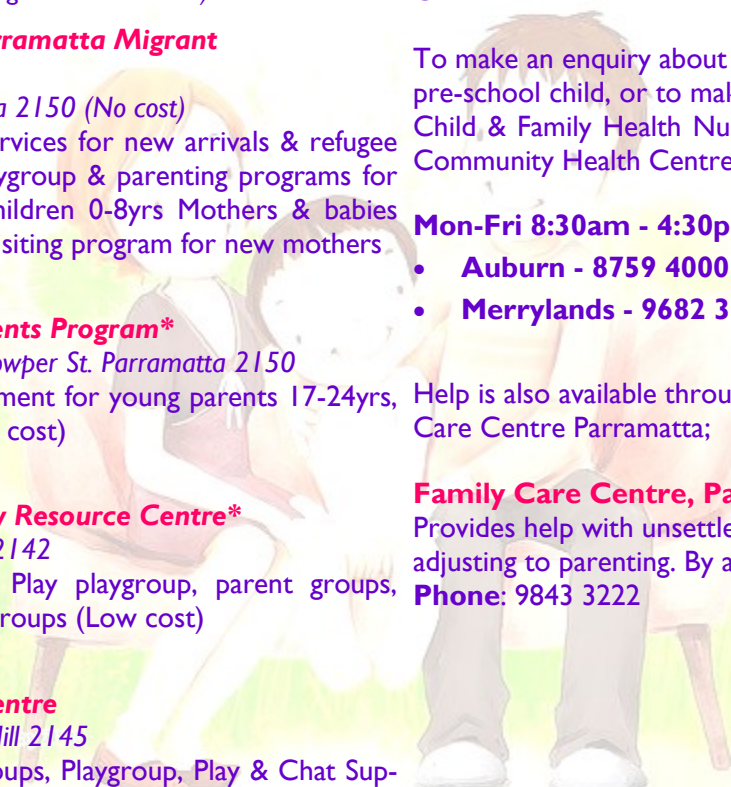
- **Auburn - 8759 4000**
- **Merrylands - 9682 3133**

Help is also available through Community Health Family
Care Centre Parramatta;

Family Care Centre, Parramatta

Provides help with unsettled babies, feeding issues and
adjusting to parenting. By appointment .

Phone: 9843 3222





JUST FOR YOU



GENERAL YOUTH HEALTH

High Street Health Service*

65 High St, Harris Park 2150

Doctors, counselling, advocacy, referrals, information, access to telephones, lockers, education and creative arts, needle & syringe program.

Showers, breakfast, laundry: 10-12.30 Mon, Tue, Thu & Fri. 2-3.30pm Wednesday

Drop-in: Thursday until 6.30pm

Phone: 9687 2544

LATE NIGHT PHARMACIES

Chemsave Chemist

118 Station St, Wentworthville 2145

Phone: 9631 4005

Hours: 8:30am - 10:30pm

Gardiners Pharmacy

460 Church St, Parramatta 2150

Phone: 9630 3691

Hours: 8.30am - 10.00pm Mon-Fri
9.00am - 10.00pm Sat/Sun

SEXUAL HEALTH

Infoline: 1800 451 624

Sexual Health Clinic

162 Marsden St, Parramatta 2150

Phone: 9843 3124

Cumberland Women's Health

29 Campbell St, Parramatta 2150

Phone: 9689 3044

High Street Youth Health Service

(See above)

ACCOMMODATION

Homeless Persons Information:

Phone: 1800 234 566

Hours: 9.00am - 10.00pm

Carramar Early Interventions*: 9895 8181

Catherine Villa*: 9837 2095

Pendle Hill Crisis Centre*: 9636 7400

St Michael's Baulkham Hills*: 9639 0155

EMERGENCY RELIEF:

FOOD, CLOTHING, BILLS

St Vincent de Paul Society

11-19 Centenary Rd, Merrylands 2160

Phone: 9633 5433

St Vincent de Paul Society

140 Best Rd. Seven Hills 2147

Phone: 9622 3839

Holroyd Community Aid

17A Miller St, Merrylands 2160

Phone: 9637 7391

Parramatta Community Centre

Level 1, Council Chambers Building

2 Civic Place, Parramatta 2150

Phone: 9635 3139

Salvation Army

34 Smith St, Parramatta 2150

Phone: 9891 4526

LEGAL

Macquarie Legal Centre

Legal advice, information, referrals and advocacy

Level 3, Suite 302, 107 Phillip St, Parramatta

Phone: 8833 0911

Legal Aid - Parramatta

Level 5, 91 Phillip St, Parramatta 2150

Phone: 9891 1600

HELPLINES

Tresillian Parenting: 1800 350 312 (24hrs)

Karitane Careline: 1300 227 464 (24hrs)

Parentline: 132 055 (24 hrs)

Sick Children/Kidsnet: 9845 2432

Emergency: 000

Lifeline: 131 111

Domestic Violence Line: 1800 656 463

Mensline Australia: 1300 789 978

Poisons Information: 131 126

Australian Breastfeeding Association: 1800 686 268

Your child's "My First Health Record" (Blue Book) also lists websites and telephone support services

PARENTING WEBSITES

www.raisingchildren.net.au

www.karitane.com.au

July 2011

This information sheet is an initiative of the Network of Young Parents Services (NYPS)*

For more information contact * service agencies.