

# FAMILY SERVICES DIRECTORY

An Initiative of the South Randwick Community Hub  
Partnership



Inside you will find information on:

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To make any corrections please contact 9349-8200. Last Updated **September 2012**

The information listed is specific to Inner & Eastern Sydney.



**familiesnsw**  
supporting families to raise children

## Community Centres and Services

Organization	Contact Details	How they can help	Hours & fees
<b>Holdsworth Community Centre and Services</b>	<p><b>Address:</b> 64 Holdsworth St, Woollahra NSW 2025</p> <p><b>Phone:</b> 9302-3600</p> <p><b>Fax:</b> 9327-5298</p> <p><b>Email:</b> <a href="mailto:info@holdsworth.org.au">info@holdsworth.org.au</a></p>	Offer a wide range of programs supporting families, carers, those with a disability, young people and older people. Services include but are not limited to playgroups, parenting support, homes visiting, shopping services etc.	<p><b>Mon-Fri:</b> 9am-5pm</p> <p><b>Fees:</b> Some services have a small fee</p>
<b>Kooloora Community Centre</b>	<p><b>Address :</b> 167 Bilga Cr, Malabar NSW 2036</p> <p><b>Phone:</b> 9661-9160</p> <p><b>Email:</b> <a href="mailto:kooloor@bigpond.net.au">kooloor@bigpond.net.au</a></p>	Provides information and referral for the community alongside services such as playgroups, women social groups, support groups for older people and school holiday activities.	<p><b>Mon-Fri:</b> 9am-4:30pm</p> <p><b>Fees:</b> Some services have a small fee</p>
<b>Salvation Army Community Services Centre</b>	<p><b>Address:</b> 100 Boyce Rd, Maroubra NSW 2035</p> <p><b>Phone:</b> 02 9314-2166</p> <p><b>Web:</b> <a href="http://www.salvationarmy.org.au">www.salvationarmy.org.au</a></p>	Provide emergency assistance including food vouchers and general welfare assistance.	<b>Mon, Wed &amp; Fri:</b> 9:30-12 & 1-3pm
<b>South East Neighborhood Centre</b>	<p><b>Address:</b> Shop 68, BKK Shopping Centre, Evans Ave Eastlakes NSW 2018</p> <p><b>Phone:</b> 02 8338-8506</p> <p><b>Email:</b> <a href="mailto:senc@senc.org.au">senc@senc.org.au</a></p>	The centre offers support for families including parenting classes & information sessions, case work, supported playgroups, toy library, In home respite care & social support, multicultural social support groups, Food and Vegetable delivery and various levels of English classes.	<p><b>Mon-Fri:</b> 9am-5pm</p> <p><b>Fees:</b> Some services incur a small fee.</p>
<b>St Vincent De Paul Centre</b>	<p><b>Address:</b> 785 Anzac Pde, Maroubra, NSW 2035</p> <p><b>Phone:</b> 02 9344-9990</p> <p><b>Email:</b> <a href="mailto:maroubrashop@vinnies.org">maroubrashop@vinnies.org</a></p>	Welfare, food, Furniture, clothing assistance and financial/budget counseling.	<b>Mon- Fri:</b> 930-330
<b>The Junction Neighbourhood Centre</b>	<p><b>Address:</b> Shop 2, 669-673 Anzac Parade, Maroubra, NSW 2035</p> <p><b>Phone:</b> 9349-8200</p> <p><b>Web:</b> <a href="http://www.jnc.org.au">www.jnc.org.au</a></p>	Offers a wide range of services including information and referral, family support, aged and disability outreach services, groups and classes and volunteer services.	<b>Mon-Fri:</b> 9am-4:30pm

## Parenting & Family Support Services

Organisation	Contact Details	How they can help	Hours & Fees
<b>Anglicare Marrickville Family Support</b>	<b>Address:</b> 44 Frampton Ave, Marrickville NSW <b>Phone:</b> 02 9561-0800	Family support team provides parenting courses combined with one off support meetings, home visits and group activities.	<b>Mon-Thurs:</b> 9am-4:30
<b>Botany Family &amp; Children's Centre Inc</b>	<b>Address:</b> 13 Banksia St, Botany NSW 2019 <b>Phone:</b> 02 9666-5047	Offers casework, counseling, information and education regarding Community services, referral to services and advocate for family rights. Also provide parenting groups, self-esteem group and domestic violence support.	Services and activities run at various times. Contact the centre for further details.
<b>South East Neighbourhood Centre- <u>Family Support</u></b>	<b>Address:</b> Shop 68, BKK Shopping Centre, Evans Ave Eastlakes NSW 2018 <b>Phone:</b> 02 8338-8506 <b>Email:</b> <a href="mailto:senc@senc.org.au">senc@senc.org.au</a>	The Family support team offer support for families through their parenting groups, information sessions and seminars, playgroups, toy library and case management.	<b>Mon-Fri</b> 9am-5pm. Contact the centre for the times of the family programs. <b>Fees:</b> Free
<b>The Deli Women &amp; Children's Centre</b>	<b>Address:</b> 72 Maloney St, Eastlakes, NSW 2018 <b>Phone:</b> 02 9667-4664 <b>Email:</b> <a href="mailto:admin@thedeli.org.au">admin@thedeli.org.au</a> <b>Web:</b> <a href="http://www.thedeli.org.au">www.thedeli.org.au</a>	Focuses on strengthening and supporting families. Offers a Supported Playgroup, parenting information, family support, child development knowledge and behaviour advice and help in accessing appropriate community resources. Also provides a variety of Parenting Groups/workshops throughout the year.	<b>Mon- Fri:</b> 9am-2:30pm
<b>The Junction Neighbourhood Centre- <u>Family Support</u></b>	<b>Address:</b> Shop 2, 669-673 Anzac Parade, Maroubra, NSW 2035 <b>Phone:</b> 9349-8200 <b>Fax:</b> 9344-7294 <b>Web:</b> <a href="http://www.jnc.com.au">www.jnc.com.au</a>	Provides casework for parents or carers with children 0-12 years. Offers parenting workshop, information sessions, playgroup, domestic violence support, court support advocacy and information and referral services	<b>Mon-Fri:</b> 9am-430pm <b>Fees:</b> Nil.
<b>Benevolent Society, Rosebery Child &amp; Family Services</b>	<b>Address:</b> Level 3, 55 Mentmore Ave, Roseberry <b>Phone:</b> 8314 9499 <b>Email:</b> <a href="mailto:mandepp@bensoc.org.au">mandepp@bensoc.org.au</a> <a href="mailto:renatak@bensoc.org.au">renatak@bensoc.org.au</a>	Support families to promote positive change to provide a safe environment for their children.	

## Counselling Services

Organization	Contact Details	How they can help	Hours & Fees
<b>Bondi Beach Cottage Family and Community Support Centre</b>	<p><b>Address:</b> 42 Brighton Blvd, Bondi Beach NSW, 2026</p> <p><b>Phone:</b> 02 9365-1607</p> <p><b>Email:</b> <a href="mailto:manager@bondbeachcottage.org.au">manager@bondbeachcottage.org.au</a></p> <p><b>Web:</b> <a href="http://www.bondibeachcottage.org.au">www.bondibeachcottage.org.au</a></p>	This service offers counseling, referrals and group activities such as Domestic Violence Support Group and carer support.	<p><b>Mon-Fri:</b> 9am-4pm</p> <p><b>Fees:</b> Most services are free, some require a contribution.</p>
<b>People who care Counseling</b>	<p><b>Phone:</b> 02 9380-7711</p>	Provides general and Crisis counseling over the phone.	24hrs
<b>Relationships Australia</b>	<p><b>Address:</b> Level 2, 175-181 Castlereagh Street NSW 2000</p> <p><b>Phone:</b> 02 8362-2888</p> <p><b>Web:</b> <a href="http://www.nsw.relationships.com.au">www.nsw.relationships.com.au</a></p> <p><b>Online counseling site:</b> <a href="http://www.relationshipshelponline.com.au">http://www.relationshipshelponline.com.au</a></p>	Provides counseling for individuals, couples, families and children. Counseling available through appointments, online and telephone. Also offers mediation, relationship skill courses, family and parenting courses.	<p><b>Mon-Fri:</b> 9am-5pm</p> <p><b>Fees:</b> sliding scale based on income. Online courses incur flat rate of \$80 per hour</p>
<b>Salvo Careline</b>	<p><b>Phone:</b> 02 8736 3292 or 1300 363 622</p>	24 hour phone line with Trained counselors offering problem focused counseling, crisis intervention and suicide prevention.	24hrs
<b>The Psychology Clinic NSW</b>	<p><b>Address:</b> Lvl 8 Mathews Building, University of New South Wales, NSW, 2052</p> <p><b>Phone:</b> 02 9385-3042</p> <p><b>Web:</b> <a href="http://www.psy.unsw.edu.au/clinic">www.psy.unsw.edu.au/clinic</a>.</p>	Provides psychological assessments and therapy for a range of issues including anxiety, depression, conflict, anger problems and childhood sleep disturbances. The clinic also offers group programs such as social skill groups for children.	<p><b>Mon-Fri :</b> 9am-5pm by apt only</p> <p><b>Fees:</b> \$15-250 depending on service.</p>
<b>The Sexual Abuse Counseling Service</b>	<p><b>Address:</b> 81 Douglas St, Stanmore NSW</p> <p><b>Phone:</b> 02 8084-8288</p> <p><b>Web:</b> <a href="http://www.gerardwebster.com">www.gerardwebster.com</a></p>	Specialized service for men and women who have experienced abuse, children who molest and victims of sexual harassment and domestic violence.	<b>Mon-Thurs:</b> 9am-7pm

## Special Needs, Behavioural and Disability support services

Organisation	Contact Details	How they can help	Hours and Fees
<b>Child and Family East</b>	<b>Address:</b> Cnr Avoca and Barker Street Prince of Wales Hospital ,Randwick NSW 2031 <b>Phone:</b> 02 9382-8213	Provide treatment and intervention for children and adolescents to manage difficulties in their lives. These include emotional and behavioral concerns.	<b>Mon-Fri:</b> 830am-5pm <b>Fees:</b> nil
<b>Early Childhood Intervention info line</b>	<b>Phone:</b> 1300 1300 52	Provides information, referral to appropriate services and counseling services for issues around parenting and child development.	24 hours <b>Fees:</b> cost of a local phone call
<b>Eastern Respite and Recreation</b>	<b>Address:</b> Level 6, Suite 602, 806-812 Anzac Pde, Maroubra NSW 2035 <b>Phone:</b> 02 8347-7000 <b>Email:</b> <a href="mailto:err@easternrespite.com.au">err@easternrespite.com.au</a>	Offers support and recreational activities to families and people with a disability. This includes after school programs, weekend activities, camps, aboriginal playgroups and individual respite.	<b>Mon-Fri:</b> 9am-5pm <b>Fees:</b> some services incur a fee
<b>Learning Links</b>	<b>Address:</b> 3rd Floor, Bowen Library, 669-673 Anzac Parade Maroubra Junction NSW 2035 <b>Phone:</b> 02 9349-4963 <b>Email:</b> <a href="mailto:maroubra@learninglinks.org.au">maroubra@learninglinks.org.au</a>	Supports carers and families with children with disabilities and learning difficulties. The office in Maroubra offers programs for children attending school such as group education & social programs, literacy and numeracy classes, speech therapy, reading help and psychology programs.	<b>Mon-Fri:</b> 9am-5pm, some services run out of hours <b>Fees:</b> varies according to service.
<b>National Respite For Carers program</b>	<b>Phone:</b> 1800 052 222 Emergency help: 1800 059 059	Free phone line designed to provide information and support for those caring for people who are unable to care for themselves. Provides assistance to help carers take a break from caring.	Free call during business hours.
<b>Tumbatin Developmental Clinic</b>	<b>Address:</b> Sydney Children's Community health centre, Cnr Avoca St and Barker St Randwick NSW 2031 <b>Phone:</b> 02 9382-8189	Provides assessments and diagnostic services, counseling and support for families with children with developmental delay and disability.	<b>Mon-Fri:</b> 830am-5pm <b>Fees:</b> offer the option of bulk billing.

## Women's Support Services

Organisation	Contact Details	How they can help	Hours and Fees
<b>Killara Women's Outreach</b>	<b>Phone:</b> 02 9349 9299 <b>Email:</b> <a href="mailto:killararefuge1@bigpond.com">killararefuge1@bigpond.com</a>	Supports women and children experiencing Domestic Violence through providing information on a range of issues such as housing options, the legal system, and children's services.	<b>Mon-Fri:</b> office hours 830am
<b>The Deli Women &amp; Children's Centre</b>	<b>Address:</b> 72 Maloney St, Eastlakes, NSW 2018 <b>Phone:</b> 02 9667-4664 <b>Email:</b> <a href="mailto:admin@thedeli.org.au">admin@thedeli.org.au</a> <b>Web:</b> <a href="http://www.thedeli.org.au">www.thedeli.org.au</a>	Alongside family support programs the centre also provides domestic violence and general counselling and therapeutic groups.	<b>Mon-Fri:</b> 9am-3pm
<b>Weave Women &amp; Children's Centre</b>	<b>Address:</b> 133 Morehead Street, Waterloo <b>Phone:</b> 02 9699-9036 <b>Web:</b> <a href="http://www.weave.org.au">http://www.weave.org.au</a>	Provide counseling, casework, housing support, social support, education programs, therapeutic arts programs, crisis intervention and advocacy for women and children. Also provide playgroups and indigenous positive parenting courses.	<b>Mon-Fri:</b> 9:30am-5:30pm



## Health, Development & Mental Health

Organsiation	Contact Details	How they can help	Hours and Fees
<b>Bondi Junction Centre</b>	<b>Address:</b> 26 Llandaff St, Bondi Junction <b>Phone:</b> 02 9366-8611	Mental health service provides support including assessment, diagnosis, treatment, rehabilitation and home visiting	<b>Mon- Fri:</b> 9am-5pm Closed 12-1pm
<b>Child Think</b>	<b>Phone:</b> 0419-636-613 <b>Email:</b> <a href="mailto:enquiries@childthink.net">enquiries@childthink.net</a>	Assessment and intervention from a speech pathologist and occupational therapist for the ages of 6 months up. Offer assistance for wide range of concerns including dyslexia, ADHD, autism and learning difficulties	Flexible hours Fees: Medicare rebates available.
<b>La Perouse Aboriginal Community Health</b>	<b>Address:</b> 1 Elaroo Ave, La Perouse <b>Phone:</b> 02 8347 4800	Pediatric clinics available to see children for general medical concerns, development and behavioral difficulties and behavioral and adolescent concerns. Also provide health screening for Aboriginal preschoolers.	<b>Mon-Sun:</b> 8:30am -5pm
<b>Maroubra Medical Centre</b>	<b>Address:</b> 1/725 Anzac Parade, Maroubra <b>Phone:</b> 02 9314-3400	Offer general medical services for the whole family.	<b>Mon-Fri:</b> 7:30am-6pm <b>Sat:</b> 9am-6pm <b>Sun:</b> 9am-5pm <b>Fees:</b> Offer bulk Billing
<b>Randwick Early Childhood Centre</b>	Address: Royal Randwick Shopping Centre, 73 Belmore Road Phone: 02 9398-3815	Support parents through parenting advice and information, psychosocial assessments of the mother, counseling, diet assistance and assessments of children's growth and development, 0-5 years	<b>Mon- Fri:</b> 9am-12midday & 2pm-4pm <b>Fees:</b> nil

## Accommodation Support

Organisation	Contact Details	How they can help	Hours and Fees
<b>Homeless Persons Information Centre</b>	<b>Phone:</b> 1800 234 566	Provides assessment and referrals for clients seeking accommodation and support services.	<b>Mon- Sun:</b> 9am-10pm. <b>Closed :</b> 1pm-2pm
<b>Housing NSW Maroubra</b>	<b>Address:</b> Level 7, 832 Anzac Parade, Maroubra <b>Phone:</b> 02 9314-4056 <b>Web:</b> <a href="http://www.housing.nsw.gov.au">http://www.housing.nsw.gov.au</a>	Emergency accommodation, financial assistance and RentStart, specialist assistance. Based on income and needs.	<b>Mon, Tues, Thurs &amp; Fri:</b> 8:30-430pm <b>Wednesday:</b> 1-430pm
<b>Killara Women's Refuge</b>	<b>Phone:</b> 02 9393-9057 <b>Email:</b> <a href="mailto:killararefuge@bigpond.com">killararefuge@bigpond.com</a>	Provides supported accommodation for women and children escaping domestic violence. (self-referrals should be made via the homeless persons information centre as listed above)	Office hours <b>Mon-Fri:</b> 830am-8pm Residential service 24hrs.
<b>Sisters of Charity Outreach</b>	<b>Address:</b> 483 Victoria St, Darlinghurst NSW 2010 <b>Phone:</b> 02 8382 6430 <b>Email:</b> <a href="mailto:outreach@stvincents.com.au">outreach@stvincents.com.au</a> <b>Web:</b> <a href="http://www.sistersofcharityoutreach.com.au">www.sistersofcharityoutreach.com.au</a>	Provides short term crisis accommodation for women experiencing domestic violence. The outreach program support parents through group programs, home visits, counseling and educating parents	<b>Mon-Fri:</b> 9am-3:30pm Crisis accommodation 24hrs. <b>Fees:</b> nil
<b>Vincentian House</b>	<b>Phone:</b> 02 9360-2140 <b>Email:</b> <a href="mailto:vincentianvillage@talbot.org.au">vincentianvillage@talbot.org.au</a> <b>Web:</b> <a href="http://www.vinnies.org.au">www.vinnies.org.au</a>	Provides crisis accommodation and case management for families, single fathers with children, women with teenage sons and accompanying children and single women (self-referrals should be made via the homeless persons information centre)	24 hours a day 7 days a week.



## Financial Support Services

Organisation	Contact Details	How they can help	Hours and Fees
<b>Centrelink-Maroubra</b>	<p><b>Address:</b> 138 Maroubra Rd, Maroubra</p> <p><b>Phone:</b> 02 8374-1899</p> <p><b>Web:</b> <a href="http://www.centrelink.gov.au">www.centrelink.gov.au</a></p>	Delivers a range of payment supports for families, parents, unemployed, disabled, crisis payments, indigenous Australians etc. Centrelink also has social workers for those experiencing difficulties and times of major change.	<p><b>Mon-Fri:</b> 8am-5pm</p> <p><b>Fees:</b> nil</p>
<b>Creditline Counseling &amp; Credit and Debt hotline</b>	<p><b>Address:</b> Level 7, 133 Castlereagh Street, Sydney.</p> <p><b>Phone:</b> 02 9004-5683</p> <p><b>Web:</b> <a href="http://www.wesleymission.org.au">www.wesleymission.org.au</a></p> <p><b>Hotline:</b> 1800 808 488</p>	Offers counseling to those suffering financial hardships. Provides practical advice including formulating personal money plan.	<p><b>Mon-Fri:</b> 930am-430pm</p> <p>Hotline is 24hrs.</p>
<b>Salvation Army Money care</b>	<p><b>Address:</b> 5 Mary Street, Surry Hills</p> <p><b>Phone:</b> 02 8218-1244</p> <p><b>Web:</b> <a href="http://salvos.org.au/need-help/financial-troubles/financial-counselling.php">http://salvos.org.au/need-help/financial-troubles/financial-counselling.php</a></p>	Support those during times of financial hardships and those who need help avoiding financial difficulties. Through offering budgeting advice, counseling, negotiating and advocacy.	Book appointments up to 2 weeks in advance
<b>Sydney Multicultural Services</b>	<p><b>Address:</b> 3 General Bridges Cres, Daceyville.</p> <p><b>Phone:</b> 02 9663-3922</p> <p><b>Email:</b> <a href="mailto:info@sydneymcs.org.au">info@sydneymcs.org.au</a></p> <p><b>Web:</b> <a href="http://www.sydneymcs.org.au">www.sydneymcs.org.au</a></p>	Provides a variety of community support including a financial assistance program. Programs are offered for culturally and linguistically diverse families and include emergency relief program and material assistance program.	<b>Mon- Fri:</b> 8:30am-5pm
<b>Saver Plus</b>	<p><b>Phone:</b> Argyro on 8314 9421 or 0406 384 642</p>	<p>Saver Plus is a matched savings and financial education program where up to \$500 may be matched for educational expenses. People may be eligible to join Saver Plus if they or their partner:</p> <ul style="list-style-type: none"> <li>• have a Centrelink Health Care Card or Pensioner Concession Card;</li> <li>• have some regular income from work;</li> <li>• are a parent or guardian of a child at school this year OR are attending or returning to vocational education themselves</li> </ul>	

## Tutoring & Out of School Activities

Organisation	Contact Details	How they can help	Hours and fees
Learning Links	<p><b>Address:</b> 3rd Floor, Bowen Library 669-673 Anzac Parade Maroubra Junction</p> <p><b>Phone:</b> 02 9349-4963</p> <p><b>Email:</b> <a href="mailto:maroubra@learninglinks.org.au">maroubra@learninglinks.org.au</a></p>	Provide tutoring services for children attending school.	<p><b>Mon-Thurs:</b> <b>9am-6pm</b> Sat 9-12 Fees: varies according to service</p>
Kool Kid Club	<p><b>Phone:</b> 9344-7963</p> <p><b>Web:</b> <a href="http://www.weave.org.au/b/index.php/our-programs/kool-kids-club/">http://www.weave.org.au/b/index.php/our-programs/kool-kids-club/</a></p>	Provides after school and school holiday programs for 7-13 year olds in the La Perouse area. Offer fun activities that build on young people's strengths and enhance their connections with the community and family.	Open to children <b>Mon - Fri:</b> 3-6:30pm
Tweenies At Bondi	<p><b>Address:</b> 63a Wairoa Avenue Bondi Beach</p> <p><b>Phone:</b> 9365 2500</p> <p><b>Web:</b> <a href="http://www.ways.org.au/">http://www.ways.org.au/</a></p>	After school fun for 9-13 year olds. Variety of games offered every Tuesday during school term.	<b>Tues:</b> 3:30pm-5pm

### Emergency Contacts:

**Lifeline: 131 114**

**Parentline: 1300 1300 52**

**Mensline: 1300 789 978**

**Homeless persons Line: 1800 234 566**

**Domestic Violence Line: 1800 656 463**