

# Parent Wellbeing Service Directory



## Rockingham / Kwinana

### SECTION ONE – How am I adjusting to being a parent?

#### Child Health Centres

Ameer Street Child Health Centre (1 & 2)  
Unit 1, 6-10 Ameer St  
Rockingham  
T: 9528 0800

Baldivis Child Health Centre  
Cnr Huxtable Tce  
Arpenteur Drive Settlers Hill  
T: 9524 2139

Kwinana Child Health Centre (1 & 2)  
1 Peel Row  
Kwinana  
T: 9419 2266

Port Kennedy Child Health Centre (1 & 2)  
Port Kennedy Family Activity Centre  
Clipper Drive  
Port Kennedy  
Centre 1 - 9524 6387  
Centre 2 - 9524 6377

Safety Bay Child Health Centre  
Safety Bay Rd Safety Bay  
T: 9527 2020

Secret Harbour Community Centre  
Oasis Drive Secret Harbour  
T: 9524 7723

#### Service Providers

Clan WA  
Rockingham Office  
Home visiting (children 0-8) and parenting support.  
T: 08 9593 5244  
<http://www.clanwa.com.au/>

KEYS- Kwinana Early Years Services  
18 Hewison Rd Medina  
Support for parents of children 0-8.

T: 9439 1838  
<http://www.keyswa.org>

Ngala Rockingham  
113 Read Street  
Rockingham WA 6168  
Parenting and playtime, workshops, consultations, Home Interaction Program for Parents and Youngsters  
T: (08) 9592 3692  
[www.ngala.com.au](http://www.ngala.com.au)

Ngala Kwinana  
Parenting and playtime, baby parenting and playtime, antenatal connections, parenting workshops.  
T: 94396863

#### Helplines and Websites

Australian Breastfeeding Association  
Breastfeeding help.  
Breastfeeding helpline  
T: 1800 686 268  
<https://www.breastfeeding.asn.au>

Australian Young Pregnant and Parenting Network  
Support for young pregnant and young parents.  
[www.ayppn.org.au](http://www.ayppn.org.au)

Buggybuddys  
A Perth social networking site for parents. Includes all sorts of recreational and social groups and activities for parents and children.  
<http://www.buggybuddys.com.au/>

Healthdirect Australia  
Free 24-hour telephone health advice line staffed by Registered Nurses to provide expert health advice.  
T: 1800 022 222  
<http://www.healthdirect.org.au/>

Ngala  
Early parenting and early childhood services.  
Helpline 9368 9368 or 1800 111 546 (country)  
8:00 am to 8:00 pm every day  
<http://www.ngala.com.au>

Parenting WA Line  
24 hour service 7 days a week  
Information or guidance about any aspect of parenting.  
T: (08) 6279 1200  
T: 1800 654 432  
<http://www.communities.wa.gov.au/parents/Pages/ParentingWALine.aspx>

Playgroup (WA) Inc.  
Playgroups in Kwinana and Rockingham  
T: 1800 171 882  
<http://www.playgroupaustralia.com.au/wa/go/footer/fin-d-a-playgroup>

Pregnancy, Birth & Baby helpline  
24 hour service 7 days a week  
Free, confidential, professional information and counselling for women, their partners and families relating to issues of conception, pregnancy, birthing and postnatal care.  
T: 1800 882 436  
<http://www.health.gov.au/pregnancyhelpline>

Raising Children Network  
All round advice for parents including info for grown-ups (post natal etc) and info about children.  
<http://raisingchildren.net.au/>

The Bub Hub  
All things baby.  
<http://www.bubhub.com.au>

## SECTION 2 – How is my relationship adjusting?

### Service Providers

Anglicare WA  
14 Council Avenue  
Rockingham  
Family, relationship and individual counselling.  
T: 9528 0702  
[www.anglicare.org.au/](http://www.anglicare.org.au/)

Communicare Inc  
Unit 4/5 Goddard Street  
Rockingham  
Couples/relationship counselling.  
T: 9527 9678

Family Violence Service  
Rockingham  
Information and support for people who have suffered family violence.  
T: 9592 4018

Lucy Saw Centre  
Women's refuge.  
Rockingham  
T: 9527 6872  
<http://www.womenscouncil.com.au/safe-at-home.html>

South Coastal Women's Health Service  
4 Civic Boulevard  
Rockingham  
Relationship counselling.  
T: 9550 0900  
<http://southcoastal.org.au/>

### Helplines and Websites

Lifeline  
Family and relationship problems.  
T: 131114  
<https://www.lifeline.org.au>

## SECTION 3 – How am I coping at this time?

### Service Providers

Anglicare WA  
14 Council Avenue  
Rockingham  
Family, relationship and individual counselling.  
T: 9528 0702  
[www.anglicare.org.au/](http://www.anglicare.org.au/)

Clan WA  
Rockingham Office  
Home visiting and mental health and well-being.  
Parent workshops.  
T: 08 9593 5244  
<http://www.clanwa.com.au/>

Communicare Inc  
Unit 4/5 Goddard Street  
Rockingham  
Individual counseling, couples/relationship counseling, breaking the domestic violence cycle counseling.  
T: 9527 9678

Family Violence Service  
Rockingham  
Information and support for people who have suffered family violence.  
T: 9592 4018

Grow  
Meetings at the Rockingham Kwinana Mental Health Service Day Therapy Centre, Ameer St Rockingham  
A peer supported program for growth and personal development to people with a mental illness and those people experiencing difficulty in coping with life's challenges.  
T: 1800 558 268  
<http://www.grow.net.au/>

Kwinana Men's Support Service  
55 Medina Ave (cnr. Hoyle Road) Medina  
Offer support for men suffering through relationship breakdowns, loss of employment and general self-esteem and self-confidence issues.  
T: 9439 1585 office hours  
M: 0439 942 433 any time

Lucy Saw Centre  
Women's Refuge  
Rockingham  
T: 9527 6872  
<http://www.womenscouncil.com.au/safe-at-home.html>

One Life  
Prevention of suicide. List of crisis contact numbers and tip sheets.  
<http://www.mcsp.org.au/>

South Coastal Women's Health Service  
4 Civic Boulevard  
Rockingham  
Emotional health counselling. Family and domestic violence.  
T: 9550 0900  
<http://southcoastal.org.au/>

### Helplines and Websites

Crisis Care Helpline  
24 hour service 7 days a week.  
Family problems, urgently need someone to talk to, counselling, information, support.  
T: 9223 1111

Lifeline  
Seeking help – coping. Crisis support. Domestic and family violence.  
T: 131114  
<https://www.lifeline.org.au>

MAN Men's Advisory Network  
Men's health, well-being and other issues affecting males of all ages in WA.  
T: 9218 8044  
<http://www.man.org.au>

Men's Domestic Violence Helpline  
For men who are concerned about becoming violent or abusive.  
T: 9223 1199  
T: 1800 000 599  
<http://www.dcp.wa.gov.au/crisisandemergency/pages/domesticviolencehelplines.aspx>

Mensline  
Parenting skills, emotional wellbeing or anger management issues, dealing with family violence. Advice for those concerned about a male family member, partner or friend.

Helpline 24 hour 7 days a week  
T: 1300 78 99 78  
<http://www.mensline.org.au>

Reachout.com  
Online mental health service for young people.  
<http://au.reachout.com/>

Sane Australia  
Factsheets and podcasts on anxiety, depression  
[www.sane.org](http://www.sane.org)

Women's Domestic Violence Helpline  
Support and counselling for women experiencing family and domestic violence.  
T: 9223 1188  
T: 1800 007 339  
<http://www.dcp.wa.gov.au/crisisandemergency/pages/domesticviolencehelplines.aspx>

#### **SECTION 4 – How am I dealing with feelings of irritability or anger?**

##### Service Providers

Anglicare WA  
14 Council Avenue  
Rockingham  
Anger management counselling.  
T: 9528 0702  
[www.anglicare.org.au/](http://www.anglicare.org.au/)

ARAFMI  
Counsellors in Rockingham/Kwinana  
Free information and support service for family members and friends of people with mental health issues.  
T: 9427 7100  
<http://www.arafmi.asn.au/>

Clan WA  
Rockingham Office  
Mental health & well being.  
T: 9593 5244  
<http://www.clanwa.com.au/>

Communicare Inc  
Unit 4/5 Goddard Street  
Rockingham  
Individual counseling, couples/relationship

counseling, breaking the domestic violence cycle counseling, structured mental health interventions.  
T: 9527 9678

Family Violence Service  
Rockingham  
Information and support for people who have suffered family violence.  
T: 9592 4018

Grow  
Meetings on Monday at 12:00 at The Catalpa Centre, Room 4  
Rockingham Kwinana Mental Health Service Day Therapy Centre,  
Ameer St Rockingham  
A peer supported program for growth and personal development to people with a mental illness and those people experiencing difficulty in coping with life's challenges.  
T: 1800 558 268  
<http://www.grow.net.au/>

Lucy Saw Centre  
Women's Refuge  
Rockingham  
T: 9527 6872  
<http://www.womenscouncil.com.au/safe-at-home.html>

Rockingham Kwinana Mental Health Service  
Cnr Clifton & Ameer St  
Rockingham  
8:30 – 4:30 Monday to Friday.  
T: 9528 0600  
<http://www.fhhs.health.wa.gov.au/services/services-detail.aspx?SiteID=1&ServiceID=183&SubServiceID=28>

South Coastal Women's Health Service  
4 Civic Boulevard  
Rockingham 9550 0900  
Perinatal mental health counseling for anxiety and depression during pregnancy and after childbirth.  
<http://southcoastal.org.au/>

Youth Reach South Mental Health  
free and confidential counselling and support services to at-risk and marginalised young people 13 -24.  
T: 9499 4274

##### Helplines and Websites

Beyond Blue  
Info line seven days a week 24 hours a day.  
Post natal, depression, bipolar, anxiety.  
T: 1300 22 4636  
[www.beyondblue.org.au](http://www.beyondblue.org.au)

Black Dog Institute  
Depression and bipolar information and factsheets.  
[www.blackdoginstitute.org.au/](http://www.blackdoginstitute.org.au/)

Crisis Care Helpline  
24 hour service 7 days a week.  
Family problems, urgently need someone to talk to, counselling, information, support.  
T: 9223 1111

Lifeline  
Depression, domestic and family violence.  
T: 131114  
<https://www.lifeline.org.au>

Men's Domestic Violence Helpline  
For men who are concerned about becoming violent or abusive.  
T: (08) 9223 1199  
T: 1800 000 599  
<http://www.dcp.wa.gov.au/crisisandemergency/pages/domesticviolencehelplines.aspx>

Reachout.com  
Online mental health service for young people.  
<http://au.reachout.com/>

Women's Domestic Violence Helpline  
Support and counselling for women experiencing family and domestic violence.  
T: (08) 9223 1188

T: 1800 007 339  
<http://www.dcp.wa.gov.au/crisisandemergency/pages/domesticviolencehelplines.aspx>

## **SECTION 5 – Tobacco, alcohol and other drugs at this time.**

### Service Providers

Communicare Inc  
Unit 4/5 Goddard Street  
Rockingham  
Alcohol and other drugs counseling.  
T: 9527 9678

Kwinana Community Health and Development Centre  
1 Peel Row  
Kwinana  
Alcohol and drug services.  
T: 9419 2266

Moorditj Koort  
Aboriginal Health and Wellness Centre Kwinana and Rockingham  
150 Gilmore Avenue  
Medina  
Alcohol and drug information.  
T: 9439 9540

Narcotics Anonymous  
Westerly Community Centre  
Cnr Willmont Dve & Westerly Way Cooloongup  
Meetings Fridays 7:30pm  
[http://www.na.org.au/community/index.php?option=com\\_frontpage&Itemid=1](http://www.na.org.au/community/index.php?option=com_frontpage&Itemid=1)

Palmerston  
South Metro Community Drug Service (SMCDS)  
Unit 3/3 Goddard St  
Rockingham  
For individuals and families facing issues with alcohol and drug use.  
Monday – Friday 8:30 – 12:00 then 1:00 - 5:00  
T: 9529 2500  
[rockingham@palmerston.org.au](mailto:rockingham@palmerston.org.au)

Serenity Lodge  
106 Lewington Street  
Rockingham

Treatment facility for substance issues.  
T: 9527 9999  
<http://www.serenitylodge.net.au/>

South Coastal Women's Health Service  
4 Civic Boulevard  
Rockingham  
PEPISU Women and children's program for women with substance abuse issues who are pregnant and/or parenting. Visiting service on Mondays.  
T: 9550 0900  
<http://southcoastal.org.au/>

### Helplines and Websites

Alcoholics Anonymous Meetings in Kwinana and Rockingham at various locations.  
Seven day 24 hour phone service.  
T: 9325 3566  
<http://www.aa.org.au/>

Gambling help line  
Gambling related problems.  
24 hour free service.  
T: 1800 858 858

Lifeline  
Drug and alcohol issues.  
T: 131114  
<https://www.lifeline.org.au>

Quitline  
Help on quitting smoking.  
137848  
<http://quitnow.gov.au/>

Reachout.com  
Online help for young people with alcohol and drug issues.  
<http://au.reachout.com/>

WA Alcohol & Drug The Alcohol and Drug Information Service (ADIS) is a confidential, non-judgemental 24 hour/seven days a week helpline for anybody seeking assistance with alcohol or other drug use.  
T: 9442 5000  
<http://www.dao.health.wa.gov.au/Gettinghelp/Wheretogo>

[gethelp/AlcoholandDrugInformationService.aspx](http://gethelp/AlcoholandDrugInformationService.aspx)

Western Australian Network of Alcohol and other Drug Agencies (WANADA)  
Lists services available to improve the quality of life for individuals, families and communities affected by alcohol and other drugs.  
<http://www.wanada.org.au/>

## **SECTION 6 – My financial wellbeing.**

### Service Providers

#### Finance

Anglicare WA  
St Nicholas Community Centre  
14 Council Avenue  
Rockingham  
Support for people who are experiencing debt problems.  
Advice on debt.  
T: 9528 0717

Anglicare WA  
Cnr. Bickner Way & Chisham Place Parmelia  
Behind All Saints Anglican Church  
Support for people who are experiencing debt problems.  
Advice on debt.  
T: 9236 9650

Anglicare WA  
Port Kennedy Family Activity Centre  
Clipper Drive Port Kennedy  
T: 9524 0312

Communicare Inc  
Unit 4/5 Goddard Street  
Rockingham  
Financial Counseling  
T: 9527 9678

Red Cross  
Gilmore House  
150 Gilmore Avenue  
Medina  
Financial Counselling Service for Kwinana and Rockingham  
T: 9419 4039

Salvation Army  
Cnr Read St & Willmott Drv  
Cooloongup  
Financial Counselling  
T: 9527 3460

#### Helplines and Websites

Financial Counselling Hotline  
T: 1800 007 007

#### Emergency Relief

Salvation Army  
1 Willmott Drive Cooloongup  
By appointment only.  
Tuesday and Friday 9:30 –  
12:00.  
T: 9527 3460

St Nicholas' Anglican  
Church  
Council Ave  
Rockingham  
Monday and Friday 9:00 –  
11:30  
T: 9592 2699

St Vincent de Paul  
Unit 6, 7 Cessnock Way  
Rockingham  
By appointment only.  
Monday and Thursday 9:00 –  
12:00 and Wednesday 10:00  
– 1:00.  
T: 9592 7816

#### Housing

Anglicare WA  
St Nicholas Community  
Centre  
14 Council Avenue  
Rockingham  
Assistance in private  
tenancy through real estate  
or landlord for people  
struggling to maintain  
tenancy.  
T: 9528 0701

Crisis Care Helpline  
24 hour service 7 days a  
week.  
Homeless assistance.  
T: 9223 1111

### **SECTION 7 – How past experiences are affecting me.**

#### Service Providers

ARBOR  
Anglicare WA  
Support for people  
bereaved by suicide.  
Referrals can be made by  
calling ARBOR  
T: 9263 2150, or via email at  
[arbor@anglicarewa.org.au](mailto:arbor@anglicarewa.org.au)

Association for Services to  
Torture and Trauma Survivors  
(ASeTTS)  
Services to people who are  
humanitarian entrants or are  
from a refugee type  
background and who have  
experienced torture or  
trauma in their country of  
origin, during their flight to  
Australia, or while in  
detention.  
T: 9227 2700  
<http://www.asetts.org.au/>

Family Violence Service  
Rockingham  
Information and support for  
people who have suffered  
family violence.  
T: 9592 4018

South Coastal Women's  
Health Service  
4 Civic Boulevard  
Rockingham  
Grief and loss. Sexual abuse.  
Past trauma.  
Groups operating from South  
Coastal:  
Sexual Assault Resource  
Centre (SARC)  
Incest Survivors Association  
T: 9550 0900  
Helplines and Websites

Lifeline  
Loss and grief.  
T: 131114  
<https://www.lifeline.org.au>

Reachout.com  
Online help for young  
people dealing with loss and  
grief.  
<http://au.reachout.com/>

Sexual Assault Resource  
Centre (SARC)  
24 hour emergency line  
T: 9340 1828  
T: 1800 199 888

### **SECTION 8 – My relationships with other family members.**

#### Service Providers

Anglicare WA  
14 Council Avenue  
Rockingham  
Family counselling.  
T: 9528 0702

#### Helplines and Websites

Lifeline  
Family and relationship  
problems  
T: 131114  
<https://www.lifeline.org.au>

### **SECTION 9 – My level of support and connection to the community. (Also see Section 10.)**

#### Service Providers

Ngala  
Workshops for parents who  
work away. FIFO & DIDO  
parents.  
<http://www.ngala.com.au/You-and-Your-Family/Being-a-Parent/Fitting-in-With-FIFO-Life>

#### Helplines and Websites

Buggybuddys  
A Perth social networking site  
for parents. Includes all sorts  
of recreational and social  
groups and activities for  
parents and children.  
<http://www.buggybuddys.com.au/>

FIFO Families  
Help and contacts for  
people with FIFO partners.  
[www.fifofamilies.com.au](http://www.fifofamilies.com.au)

Lifeline  
Loneliness and isolation.  
T: 131114  
<https://www.lifeline.org.au>

Playgroup (WA) Inc  
Playgroups in Kwinana and  
Rockingham  
T: 1800 171 882

<http://www.playgroupaustralia.com.au/wa/go/footer/fin d-a-playgroup>

#### The Bub Hub

All things baby, family things to do, courses, articles, info.  
<http://www.bubhub.com.au>

### SECTION 10 – Early support and community services available to me.

#### Service Providers

Citizens Advice Bureau  
Room 4, St Nicholas  
Community Centre  
14 Council Ave Rockingham  
Information and referral  
agency.  
T: 9527 6671

City of Kwinana  
Services available in the  
Kwinana area.  
Look under *Community  
Services* on the website.  
T: 9439 0200  
[www.kwinana.wa.gov.au/](http://www.kwinana.wa.gov.au/)

City of Rockingham  
Services available in the  
Rockingham area.  
Look under *City and  
Community* on the website.  
T: 9528 0333  
<http://www.rockingham.wa.gov.au>

Department for  
Communities Parenting WA  
5 – 9 Clipper Drive  
Port Kennedy  
Information on parenting  
issues, local services  
(playgroups, toy libraries etc)  
T: 9524 5658

#### Helplines and Websites

Buggybuddys  
A Perth social networking site  
for parents. Includes all sorts  
of recreational and social  
groups and activities for  
parents and children.  
<http://www.buggybuddys.com.au/>

Crisis Care Helpline  
24 hour service 7 days a  
week.

Concern about the welfare  
of a child, family problems,  
urgently need someone to  
talk to, counselling,  
information, support,  
homeless, need someone to  
sort out a serious problem.

T: 9223 1111

T: 1800 199 008

Department for  
Communities Parenting WA  
A 340 page guide to  
courses, groups and  
parental development for  
the greater Perth metro  
area.

Aboriginal Groups  
Adolescent Parents  
Adult Relationships and  
Marriage

Alcohol and Drugs  
Anger Management  
Budgeting

Children  
Communication and  
Assertiveness

Confidence Building  
Conflict Management  
Disabilities and Special  
Needs

Divorce and Separation  
Domestic Violence

Ethnic Groups  
Family Relationships  
Friendship

Grandparents  
Grief

Men  
Mental Health

Nutrition  
Parenting Adolescents

Parenting Babies  
Parenting Preschool Aged  
Children

Parenting Primary School  
Aged Children

Parenting Toddlers  
Playgroups

Pregnancy, Birth and  
Postnatal Depression

Safety  
Self Awareness, Self Esteem  
and Positive Thinking

Sexual Abuse  
Stepfamilies

Stress Management  
Women

Youth

<http://www.communities.wa.gov.au/parents/Documents>

</Courses%20Guide%20Term%204%202012.pdf>

Playgroup (WA) Inc  
Playgroups in Kwinana and  
Rockingham  
T: 1800 171 882

<http://www.playgroupaustralia.com.au/wa/go/footer/fin d-a-playgroup>

SCALES Community Legal  
Service

Suite 3, St Nicholas  
Community Centre, 14  
Council Ave, Rockingham  
Community legal centre  
offering services to  
disadvantaged people in  
the Kwinana and  
Rockingham areas.

T: 9550 0400

<http://www.law.murdoch.edu.au/scales/>

<http://www.communitylaw.net/25-SCALES-Community-Legal-Centre-Southern-Communities-Advocacy-Legal-and-Education-Service-Inc/View-details.html>

#### The Bub Hub

All things baby, family things  
to do, courses, articles, info.  
<http://www.bubhub.com.au>