

# Baby & Child Services & Programs

Local information and details for the Lismore area



## CHILD & MATERNAL HEALTH

### Goonellabah Child & Family Health

Provides a wide range of accessible healthcare services to families living in Lismore, Goonellabah and surrounding communities, including counselling and assessment of children and their carers in areas such as behavioural difficulties, stress, anxiety and mood related problems. The Centre also provides a health clinic, dietetics, paediatrician; school health nurse, speech pathology, occupational therapy, immunisation, Aboriginal services, physiotherapy, speech pathology, and a needle and syringe program and more.

37 Oliver Ave Goonellabah 02 6625 0111

### Midwives Antenatal Clinic - Lismore

Aims to identify and support women and families with a range of social and emotional issues during pregnancy and following birth. The program provides comprehensive psychosocial assessments as a component of routine antenatal and postnatal care. Other services include assistance with issues such as mental health, drugs and alcohol use, disability, teen pregnancy, and domestic violence.

Lismore Base Hospital Uralba St 02 6629 4646

### Community Health Newborn Assistance

Offers includes one universal first home visit to all families with newborn babies. Nurses provide regular developmental screening from birth to 5 years of age as well as providing information and support on breastfeeding, maternal and infant nutrition, introducing solids, growth and development, sleep and settling, parenting, immunisation, and child safety.

29 Molesworth St Lismore 02 6620 2967

### Family Care Centre Newborn Assistance

For parents with children from newborn to around one year of age who are having difficulties or require further support with: feeding (breast, weaning, bottle, solids); unsettled behaviour and related sleeping patterns; adjustment to parenthood issues for the family; postnatal distress; parentcraft or parenthood issues. Referral required from Doctors / Child and Family Health Nurses / Health Professionals.

46 Uralba St Lismore  
familycarcentre@ncml.org.au 02 6622 8705

### Start Together - Child Development Program

Offers support for parents of children 0-3 years old to help them achieve their developmental milestones. The program focuses on each family's strengths, capabilities and skills. Staff share knowledge, ideas, activities on ways parents and carers can provide exciting, inexpensive educational experiences for babies and children; using everyday experiences as learning opportunities; and what to look for and expect as children grow and develop.

Family Support Network 143 Laurel Avenue  
sarah@fsn.org.au 02 6621 2489

### Australian Breastfeeding Helpline

The National Breastfeeding Helpline 1800 mum 2 mum (1800 686 268) is staffed by trained counsellors and is available 7 days a week. As breastfeeding mothers themselves, the counsellors know that breastfeeding may not always seem easy. They can provide reassurance and give you knowledge about how breastfeeding works and help in overcoming common hurdles

www.breastfeeding.asn.au 1800 686 268

### Pregnancy, Birth and Baby Helpline

A free telephone helpline and online service for pregnant women and new parents who have a baby up to 12 months of age. The service is available 24 hours a day, seven days a week. It provides information and advice on topics such as maternal nutrition, breast feeding, and a baby's development and sleeping habits, as well as direction to maternity related services

www.pregnancybirthbaby.org.au 1800 882 436

### SANDS Miscarriage, Stillbirth, SIDS

A confidential telephone helpline provides a safe place for anyone affected by the death of a baby to talk about their feelings. When you call, you will be put in direct contact with a trained Volunteer Parent Supporter. These compassionate staff understand the grief you may be experiencing, as they too have had a baby who has died.

www.sands.org.au 1300 072 637



## CHILD & ADOLESCENT WELLBEING

### Brighter Futures

Provides support and services to improve the emotional, social, health and educational developmental outcomes for families and their children. It comprises several service components: home visiting, case management, access to quality child care, parenting programs, and brokerage capacity. Pregnant women and families with children from 0-8 years are eligible to participate in the Program.

02 6682 4334

admin@mrnc.com.au

### Child and Adolescent Trauma Counselling Service

A counselling and education service for children, adolescents and families that addresses traumatic reactions young people may experience as a result of such things as sexual assault or family violence. The counselling program uses a variety of creative and expressive therapies to address the symptoms of trauma including sand tray and symbol work, drawing therapy, play therapy, relaxation and mindfulness. For young people under 16yrs old referrals for this service need to come through either FACS or JIRT.

76 Carrington St, Lismore  
counsellor@lnci.org

02 6621 9861

### Northern Rivers Kids Counselling

A specialist complex trauma private practice providing: counselling services, practical parenting training and clinical support services to children and families currently under child protection orders or within the care system. Specialising in assisting with complex family restoration cases within the Northern Rivers. Services include counselling, art and play therapy, family therapy, kids anxiety, on-line teen counselling, parent/carer support.

16/8 Slade st Goonellabah

1300 211 198

### Family and Community Services

FACS delivers services to some of the most disadvantaged individuals, families and communities in NSW. It enables or assists vulnerable people to participate fully in social and economic life and build stronger, more sustainable inclusive communities. Its focus is on supporting vulnerable families and keeping children and young people safe from abuse and neglect

www.community.nsw.gov.au

132 111

### Ready Set Go - Childhood Development Therapy

Provides early identification, assessment, follow up therapy and support for children with mild-moderate disabilities and/or developmental delays who attend Preschools and Long Day Care Centres in Lismore. Services include speech pathology, Occupational Therapy, Parent Support and Education, Transport Access Program. Free service for eligible families.

02 6626 9041

jacqui.rojo@nracs.org.au

### Summerland Early Childhood Intervention

Provides education and intervention services for children (birth to school age) with a disability and/or developmental delay and those who are at risk of developmental delay. You need to book an appointment for an assessment. After assessment children who qualify are offered weekly educational group based on play with input from teachers, a speech pathologist and physiotherapist.

61 Rifle Range Road, East Lismore  
ecilismore@hwns.com.au

02 6621 6421

### South Lismore Family Centre

A free support centre available for families with children 0-12 years. The Centre is an informal, safe, child friendly space facilitated by qualified Child and Family Development Officers. Services and support available for: Young parents; Aboriginal and Torres Strait Islander families; Families with disabilities; Families feeling socially isolated; Families from a diverse cultural background.

41 Wilson Street South Lismore

02 6621 2489

www.fsn.org.au

### Kids Helpline

A free, private and confidential telephone, online and email counselling service for young people aged 5-25yrs old. Call the number provided here to discuss any issues of concern 24 hours a day, 7 days a week. It's free to call (even from mobiles) and you can talk about anything you like. The Web Counselling also lets you connect one-on-one, real time, with a Kids Helpline counsellor, over the web. Because a lot of young people use web counselling, there is often a wait time before a counsellor is available.

kidshelpline.com.au

1800 551 800



## PLAYGROUPS

### Kids 4 Life - Polkadot Supported Playgroup

The Polkadot playgroup is a place for where mothers to come and share stories, remedies and the highs and lows of parenthood, as well as being able to access professional services and support.

101a Rous Road, Goonellabah  
02 6625 5809

### Kids 4 Life - Many Voices Multicultural Playgroup

Many Voices is a fun & friendly Playgroup for culturally diverse families in Lismore and Goonellabah. It is free and includes morning tea and transport.

101a Rous Road, Goonellabah  
02 6625 5809

### South Lismore Supported Playgroups

Playgroups are offered 2 days a week during school terms. Safe toys and plenty of art supplies set the theme and allow for an abundance of planned and spontaneous age appropriate activities and interactions. A healthy morning tea is supplied.

41 Wilson Street South Lismore  
0266220691 admin@fsn.org.au

### PCYC Active Kidz Playgroup

Active Kidz is a themed interactive playgroup. It is a fun-filled 45 minute class aimed at encouraging physical activity and developing your child's gross motor skills. Children will also learn early social skills like sharing and turn taking.

Cnr Orion & Dawson Streets Lismore 2480  
02 6621 6276 lismore@pcycnsw.org.au

### Mum & Me Time Supported Playgroup

The Mum & Me Time playgroup aims to provide a safe and friendly environment where mums and their children (0-5 years) can be encouraged in their mothering through friendship with other mums and mentors.

Southern Cross Presbyterian Church, 10 Park Ave, Lismore 2480  
02 6621 3655 office@scpc.org.au

### Family Connections Supported Playgroup

Parents under 25 years are welcome to come along, make new friends and enjoy a stimulating, child friendly environment.

41 Wilson st, South Lismore  
0418 420 726

### Dads and Kids Playgroup

The venue is set up specifically for 0-5 year old. There's outdoor equipment, toys, books and a small kitchen. The best thing is that there are other dads of young children there.

1 Club Lane, Lismore 02 6622 6116

### East Lismore My Time Playgroup

MyTime playgroups provide support for mothers, fathers, grandparents and anyone caring for a child with a disability or chronic medical condition 0-16 years. Operates Wednesdays at 9:30am at Summerland Early Childhood Intervention on Rifle Range Road and provides fun and developmentally-appropriate activities for children.

Rifle Range Road, East Lismore  
02 6621 6421 seip@westnet.com.au

## ACTIVITIES

### Lismore Toy Library

Lismore Toy Library supports the educational and social development of children. It offers parents and carers with low cost access to a large variety of educational toys, puzzles or games to borrow on a regular basis.

Ground Floor, Lismore Library 110 Magellan St  
0266223424

### Story Time and Baby Bounce

For preschoolers, toddlers and babies with their parents or carers. Songs, games, stories and fun. It's free and there is no need to book.

Lismore and Goonellabah Library 02 6625 5100

### Go for Fun Program

The program is designed to help families with children who are aged 7 -13 years and their parents who are overweight or obese by delivering improvements in a family's diet, fitness levels and overall health.

1800 780 900 go4fun.com.au/where/northern-nsw