

Parent and Carer Services

Local information and details for the Lismore area

Carer and Foster Carer Services

Carers NSW

Works with all carers regardless of their age, location, life-stage or circumstances. This includes those caring for individuals with support needs relating to ageing, disability, health and mental illness. Call 1800 242 636 to access carer information and counselling 9am to 5pm. For Emergency Respite assistance call 1800052222.

contact@carersnsw.org.au **1800 242 636**
www.carersnsw.org.au **1800 052 222**

Child and Adolescent Specialist Programs and Accommodation

Provides foster care services, residential care services for children and young people who cannot live at their family home, as well as a range of family supports including respite recovery, mentoring, semi independent living programs, community care and leaving care programs, supervised contact and early intervention programs.

17 Keen St Lismore **02 6627 3700**
admin@caspa.asn.au **www.caspa.asn.au**

North Coast Respite & Carelink Centre

Provides information on respite options, coordinates access to respite and other support services for carers in need of a break from their caring role. Experienced staff can assist carers with organising respite at home, in a community setting or booking respite in an aged care facility. The Centre also provides a 24 hour on call service for carers who have a crisis or emergency outside and Young Carers Program for people under 25.

Shop 34-36 Alstonville Plaza **1800 052 222**
carer@crccfnc.org **www.crccfnc.org**

Aboriginal Statewide Foster Care Support Service

Provides a free telephone advice and advocacy service for the carers of Aboriginal children, and coordinates the offers an intensive level of casework and a broad spectrum of support services to families in crisis, for a period of up to 12 months.

admin@absec.org.au **1800 888 698**

Connecting Carers NSW

Provides support to foster, kinship and relative carers across NSW. The service offers a telephone support line during business hours and after hours until 8:30pm Monday to Friday. It also offers ongoing education, peer support and advocacy to develop skills and support carers in their vital role caring for children and young people in out of home care.

www.connectingcarersnsw.com.au
1300 794 653 **0409 463 754**
northern@connectingcarersnsw.com.au

Young Carers NSW

Supports and advocates for all young carers in NSW. Young carers are children and young people, 25 years or under, who help to support a family member or friend who has a disability, mental illness, drug or alcohol dependency, chronic condition, terminal illness or who is frail. This service can link young carers with a range of free activities and support. It also offers a free phone takline and online discussion board.

yc@carersnsw.asn.au **1800 242 636**
www.youngcarersnsw.asn.au

Carer Mental Health Program

Provides a comprehensive range of free supports and services for carers of people with a mental illness. The program aims to ensure carers receive appropriate support, information, education and skill development to fulfill their caring role, while maintaining their own health and wellbeing. Support for individuals includes Carer Support Workers who provide support to individuals by: assessing needs, providing emotional and advocacy support, referring them to appropriate support services and counselling, helping the carer to access respite.

0266587831
supporter@missionaustralia.com.au

Centrelink Carer's Financial Assistance

Carers are eligible for a range of financial assistance programs including a Carer Payment which provides financial support to people who are unable to work; a fortnightly Carer Income Supplement Allowance; a Annual Lump Sum Carer Supplement to help you with the costs of caring; a one off Carer Adjustment Payment to help with the increased costs of caring; and an annual lump sum Child Disability Assistance Payment. Follow the link here for more information.

47 Conway Street Lismore
www.humanservices.gov.au 132 717

Parenting Groups and Supports

Dads In Distress Separation Support Services

Offers peer support that aims to provide help and hope for separated dads and their families. You can talk with someone who has personally experienced separation and discover what it might take for you to get through it. They can also support you to get connected to a specific service; explain the processes you are likely to encounter; provide some information or resource; or just listen intently as you process your situation by speaking it out aloud.

enquiries@dadsindistress.asn.au
www.dadsindistress.asn.au 1300 853 437

Parent Education Interrelate Services

Provides parenting courses to families in groups of up to 12 participants. The courses include Circle of Security, Tuning into Kids, My Kids and Me, and Parenting by Connection. These courses help parents to provide their children with the emotional support needed to develop secure attachment, develop emotional competency and prevent behavioural problems, develop positive relationships with their children, and build parenting skills, trust and respect.

5 Market Street Lismore
BelindaK@interrelate.org.au 02 6623 2704

FSN Parenting Groups

Offer a range of Parenting Groups each school term, including Triple P, Circle of Security, 123 Magic, Bringing Up Great Kids, and Tuning In To Kids. Parenting Groups can help to build a positive relationship with your child, understand what motivates your child's behaviour, and improve parent-child communication. Contact the number provided here to express your interest for next term.

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

Family Connections for Young Parents

Works with young parents under 25 who live in the Lismore and Goonellabah area. The program offers practical and emotional support within the home and can help with a range of issues such as checking priorities and goal setting; view of self as a parent; managing emotions when under pressure; connecting with your child; extending support networks; life skills; family health and development; and free counselling.

Social Futures 16 Keen Street 0418 420 726
contact@socialfutures.org.au 02 6620 1800

Family Relationship Centre

Provides information and confidential assistance for parents and families at all stages in their lives. The Centre has a focus on providing parental dispute resolution (mediation) to enable separating families achieve workable parenting arrangements outside the Court system. Whether you are going through separation, starting a relationship, want to make your relationship stronger, or having relationship difficulties, this service can help. The Centre provides information and referrals, as well as individual interviews, group and joint sessions for separating or separated parents.

Level 1 / 5 Market St Lismore
lismorefrc@interrelate.org.au 02 6623 2700

Expecting & New Parent Programs

Safe Start

Aims to identify and support mums 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 Anti-natal Ward 60 Uralba St
02 6629 4646**

Start Together

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**

Northern Rivers Family Care Centre - Assistance with Newborns

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**

Australian Breastfeeding Association

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

How is Dad Going Helpline

A national perinatal mental health Helpline for fathers. The PANDA website also provides dads with access to information and resources. You might need some extra support if you or your partner are struggling with mental health issues in the perinatal period - the time leading up to and after having a baby.

**info@panda.org.au
www.howisdadgoing.org.au 1300 726 306**

SANDS Miscarriage, Stillbirth and Newborn Death Support

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 and confusion you may be experiencing, as they too have had a baby who has died. The helpline is available 24 hours a day, 365 days a year. SANDS also provides a Men's Support Line and an Online live Chat.

www.sands.org.au/ 1300 072 637

Parent Helpline & Online Support

Karitane Careline

Adjusting to being a new parent can be challenging. As a parent, sometimes it's hard asking for help. It doesn't mean you are not coping. Call the Karitane Careline to get some support and encouragement. The Careline is available from 8AM Monday to 5PM Friday and 10AM to 6PM on weekends and public holidays. Child and Family health nurses are available for consultation on a wide range of issues concerning infants and children from birth to 5 years of age.

karitane.online@sswahs.nsw.gov.au
www.karitane.org.au **1300 227 464**

ParentLine NSW

A telephone counselling, information and referral service for parents of children ages 0 to 18. The service includes the Early Childhood Intervention Infoline providing information and support regarding concerns about child development, disabilities and developmental delays. The service is available 9am to 9pm Monday to Friday, and 4pm to 9pm on weekends. Calls are answered directly by our team of trained, professional counsellors.

www.parentline.org.au **1300 130 052**

Tresillian Parents Hotline and Website

A free hotline 7 days a week 7am to 11pm offering families guidance in the early years of their child's life. The service supports new parents around breastfeeding and settling baby, as well as dealing with post-natal depression and nutrition. There are a range of supports parents with children up to 5 years of age can access either online or by phone on topics such as bottle feeding, baby's routine, introducing solids, relationship issues, depression, anxiety, coping with your new role as a parent, and toddler and pre-schooler management.

www.tresillian.net **1800 637 357**

Supported 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 02 6622 0691
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.

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