

# Family Services Directory



## Inside you will find information on:

- ⇒ Community Centres and Services
- ⇒ Parenting & Family Support
- ⇒ Counselling Services
- ⇒ Special Needs, Behavioural & Disability Support Services
- ⇒ Women's Support Services
- ⇒ Health, Development & Mental Health Support Services
- ⇒ Accommodation Services
- ⇒ Financial Support Services
- ⇒ Tutoring & Out of School Hours Services

*To make any corrections please contact 02 9349-8200. Last Updated **February 2020**.  
The information listed is specific to Inner & Eastern Sydney.*



Family Programs

**familiesnsw**  
supporting families to raise children

## Community Centres and Services

Organisation	Contact Details	How they can help	Hours and Fees
<b>Holdsworth Community Ltd</b>	Address : 64 Holdsworth St, Woollahra NSW 2025  T : 02 9302-3600 F : 02 9327-5298 E : info@holdsworth.org.au	Offers a wide range of programs supporting families, carers, those with a disability, young and older people. Services include but are not limited to playgroups, parenting support, homes visiting, shopping services etc.	Mon-Fri 9am - 5pm  <b>Fees:</b> Some services have a small fee.
<b>Kooloora Community Centre</b>	Address : 167 Bilga Crescent, Malabar NSW 2036  T : 02 9661-9160 E : <a href="mailto:koolooracomunity@outlook.com">koolooracomunity@outlook.com</a>	Provides information and referral for the community alongside services such as playgroups, women social groups, support groups for older people and school holiday activities.	Mon-Fri 9:00am - 4:00pm  <b>Fees:</b> Some services have a small fee.
<b>Salvation Army Eastern Suburbs Community Welfare Centre</b>	Address : 100 Boyce Rd, Maroubra NSW 2035  <b>Emergency : 1300-371-288</b>  T : 02 9344-7974 W : <a href="http://www.salvationarmy.org.au">www.salvationarmy.org.au</a>	Provide emergency assistance including food vouchers and general welfare assistance.	Mon-Wed 10:30am-2pm

Organisation	Contact Details	How they can help	Hours and Fees
<b>South Eastern Community Connect</b>	Address : Shop 84, Eastlakes Shopping Ctr, Evans Ave, Eastlakes NSW 2018  T : 02 8338-8506 F : 02 8338-8502 E : secc@secc.sydney	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. <b>For Botany Bay Council residents ONLY : \$10</b> Return flexible transport for medical appointments and Community transport for \$10 or less depending on the length of the trip.	Mon-Fri 9am - 4:30pm  <b>Fees:</b> Some services have a small fee.
<b>St Vincent De Paul Centre</b>	Address : 785 Anzac Pde, Maroubra, NSW 2035  T : 02 9344-9990 E : maroubrashop@sydneyvinnies.org	Shop only	Mon, Tue, Wed, Fri 9am – 5:30pm  Thu : 9am - 7pm  Sat : 9am – 5pm  Sun : 10am – 4pm
<b>The Junction Neighbourhood Centre</b>	Address : Shop 2, 669-673, Anzac Pde, Maroubra NSW 2035  T : 02 9349-8200 W : www.jnc.org.au	Offers a wide range of services including information and referral, family support, aged and disability outreach services, groups and classes and volunteer services.	Mon-Fri 9am - 4:30pm

## Parenting & Family Support Services

Organisation	Contact Details	How they can help	Hours and Fees
<b>Anglicare Marrickville - Family Support</b>	Address : 1 Sloane St, Summer Hill NSW 2130  T : 02 9798-1400	Family support services including food, financial assistance, chaplaincy and counselling.	Mon-Fri 9am - 5pm
<b>Botany Family &amp; Children's Centre</b>	Address : 13 Banksia St, Botany NSW 2019  T : 02 9666-5047 F : 02 9666-1700	Family support services including casework, counselling, referral to services and advocacy, parenting groups, supported playgroups, parenting programs and individual parenting appointments.	Mon-Fri 8:30am – 4pm  Services and activities run at various times. Contact the centre for further details.
<b>South East Community Connect- Family Support</b>	Address : Shop 68, Eastlakes Shopping Ctr, Eastlakes NSW 2018  T : 02 8338-8506 E : senc@senc.org.au	The Family support team offer support for families through their parenting groups, information sessions and seminars, playgroups, toy library and case management.	Mon-Fri 9am – 4:30pm  Contact the Centre for the times of the family programs.  <b>Fees: Some services have a small fee</b>
<b>The Deli Women &amp; Children's Centre</b>	Address : 72 Maloney St, Eastlakes NSW 2018  T : 02 9667-4664 F : 02 9669-5538 E : admin@thedeli.org.au W : www.thedeli.org.au	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 and trauma informed counselling and case work.	Mon- Fri 9am - 4pm

Organisation	Contact Details	How they can help	Hours and Fees
<b>The Junction Neighbourhood Centre- Family Support</b>	Address : Shop 2, 669-673, Anzac Pde, Maroubra NSW 2035  T : 02 9349-8200 F : 02 9344-7294 W : www.jnc.com.au	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.	Mon-Fri 9am – 4:30pm  <b>Fees : Nil</b>
<b>Benevolent Society, Rosebery Child &amp; Family Services</b>	Address : 7-11 The Avenue, Hurstville 2220  T : 02 9504 6600 General Line : 1800 236 762	Support families to promote positive change to provide a safe environment for their children.	Mon-Fri 8:30am – 5pm

## Counselling Services

Organisation	Contact Details	How they can help	Hours and Fees
<b>Bondi Beach Cottage Family and Community Support Centre</b>	Address : 42 Brighton Blvd, North Bondi NSW 2026  T : 02 9365-1607 F : 02 9365-1366 E : admin@bondibeachcottage.org. au W : <a href="http://www.bondibeachcottage.com.au">www.bondibeachcottage.com.au</a>	This service offers counselling, referrals and group activities such as Domestic Violence Support Group, Parenting programs, Postnatal Support Group, Occasional childcare & Art Therapy child/adolescent counselling. Childcare	Mon-Fri 8.30am – 5.30pm  <b>Fees:</b> Most services are free; some require a contribution.
<b>Lifeline Australia</b>	<b>Hotline : 13-11-14</b>	Provides crisis support & suicide prevention.	24hrs, 7 days

<b>Relationships Australia</b>	Address : Level 2, 175-181 Castlereagh Street Sydney NSW 2000  T : 02 8362-2888 W : www.nsw.relationships.com.au <b>Online counselling available on:</b> <a href="http://www.relationshiphelponline.com.au">www.relationshiphelponline.com.au</a> (Invalid Site)	Provides counselling for individuals, couples, families and children. Counselling available through appointments, online and telephone. Also offers mediation, relationship skill courses, family and parenting courses.	Mon-Fri: 9am - 5pm  <b>Fees:</b> sliding scale based on income.  Different online courses have different fee scale.
<b>The Psychology Clinic NSW</b>	Address : Level 8 Mathews Building, University of New South Wales, NSW 2052  T : 02 9385-3042 W : clinic.psy.unsw.edu.au	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.	Mondays: CLOSED  Tuesdays: 9am - 1pm; 2pm - 5pm  Wednesdays: 8am - 1pm; 4pm - 6pm  Thursdays: 8am - 1pm; 2pm - 5pm  Fridays: 8am - 1pm; 2pm - 4pm  Saturdays & Sundays: CLOSED  <b>By appointment only</b>  <b>Fees:</b> \$20-\$450 depending on service.

### [Special Needs, Behavioural and Disability support services](#)

Organisation	Contact Details	How they can help	Hours and Fees
<b>Parent Line – Early Childhood Intervention Infoline</b>	<b>Hotline : 1300-1300-52</b>	Provides information, referral to appropriate services and counselling services for issues around parenting and child development.	24 hours, 7 days  <b>Fees: cost of a local phone call.</b>

<b>Creativity Inc</b>	Address : Level 6, Suite 602, 806-812 Anzac Pde, Maroubra NSW 2035  T : 02 8347-7000 F : 02 9349-4800 E : <a href="mailto:err@easternrespice.com.au">err@easternrespice.com.au</a>	Offers support programs including day programs, and recreational activities to families and people with a disability, camps, aboriginal playgroups after school care, weekend care, school holiday care, individual respite care.	Mon-Fri 8am - 4pm  <b>Fees: Non-mandatory.</b>
<b>Learning Links</b>	Address : 3rd Floor, Bowen Library, 669-673 Anzac Parade Maroubra Junction NSW 2035  T : 02 8568-8200 E : maroubra@learninglinks.org.au	Programs include literacy & numeracy support, occupational therapy, speech therapy assessment and psychology.	Mon-Fri 9am - 5pm  Sat : 9am – 1pm  <b>Fees: Varies according to service.</b>
<b>Lifestart</b>	Address : Chifley Public School, Mitchell St Malabar NSW 2036 (enter via Macquarie St. gates)  T : 02 9311-0177 F : 02 9311-0199 E : <a href="mailto:easternsydneyh@lifetstart.org.au">easternsydneyh@lifetstart.org.au</a>	Lifestart provides early childhood intervention and school age services for children living with disability or delay, their families and carers. Disabilities can range from the more widely known Down syndrome and Autism Spectrum Disorder, cerebral palsy, to global developmental delay and much rarer congenital genetic disorders.	Mon-Fri 9am – 5pm  <b>Fees: Varies according to service.</b>
<b>National Respite For Carers program</b>	<b>Hotline : 1800-052-222</b>  <b>Emergency : 1800-059-059</b>	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.	<b>Free call during business hours.</b>

<b>Sunnyfield-Eastern Suburbs Respite in Action</b>	Address : 2-4 Minogue Cres, Glebe NSW 2037 T: 02 8977 2784 Respite House: 120 Boyce Rd, Maroubra T: 8977 8861	Respite service for people with disabilities aged 0-65 years living at home with family/carer in the Eastern Suburbs.	Mon-Fri 9am - 4pm
<b>Tumbatin Developmental Clinic</b>	Address : Sydney Children's Community Health Centre, Cnr Avoca St and Barker St, Randwick NSW 2031  T : 02 9382-8189 F : 02 9382-8105	Provides assessments and diagnostic services, counselling and support for families with children with developmental delay and disability.	Mon-Fri 8:30am - 5pm  <b>Fees :</b> Bulk billing with Medicare Card. Fees apply without Medicare Card.

### Women's Support Services



Organisation	Contact Details	How they can help	Hours and Fees
<b>Domestic Violence Line</b>	<b>Hotline : 1800-656-463</b>  <b>If you are in immediate danger, Call 000</b>	For information, support & referrals.	24hrs, 7 days
<b>The Deli Women &amp; Children's Centre</b>	Address : 72 Maloney St, Eastlakes NSW 2018  T : 02 9667-4664 E : admin@thedeli.org.au W <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.	Mon-Fri 9am - 4pm
<b>Weave Women &amp; Children's Centre</b>	Address : 133 Morehead Street, Waterloo NSW 2017  T : 02 9699-9036 F : 02 9319-0682 W : <a href="http://www.weave.org.au">www.weave.org.au</a>	Provide court support, casework, housing support, social support, education programs, and advocacy for women and children. Domestic Violence support for women & children under 13 years.	Mon-Thu 9am - 4:30pm  Friday Appointments Only



<p><b>Moving Forward</b></p>	<p><a href="http://www.movingforward.org.au">www.movingforward.org.au</a></p> <p>Appointment by contact on website</p>	<p>A specialist case management service for women and children who have experienced domestic and family violence. Offers 6 week therapeutic workshops.</p>	<p>Mon-Thu, including evenings by appointment</p>
------------------------------	--	--	---

## Health, Development & Mental Health

Organisation	Contact Details	How they can help	Hours and Fees
<b>Bondi Junction Community Mental Health Centre</b>	Address : 26 Llandaff St, Bondi Junction NSW 2022  1800 011 511  (NSW Mental Health Line)-Wrong number?	Youth mental health service & early intervention provides support including assessment, diagnosis, treatment, rehabilitation and home visiting.	Mon- Fri 9am - 5pm  Closed 12 Noon - 1pm
<b>Child and Family East (CAFE)</b>	Address : 265 Avoca St Randwick NSW 2031 T : 02 9382 8213	Child & Adolescent Mental Health Service. Providing treatment and intervention for children manage difficulties in their lives. These include emotional and behavioral concerns.	<b>Fees: Nil</b> 8.30am - 5pm Mon- Fri
<b>Child Think</b>	T : 02 9371-1100 F : 02 9371-1155 M : 0419-636-613 E : <a href="mailto:enquiries@childthink.net">enquiries@childthink.net</a>  <b>Contact them to get location details.</b>	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  <b>Fees:</b> Medicare rebates available.
<b>La Perouse Aboriginal Community Health</b>	Address : 1 Elaroo Ave, La Perouse NSW 2036  T : 02 8347-4800 F : 02 8347-4810	Paediatric clinics available to see children for general medical concerns, development and behavioural difficulties and behavioural and adolescent concerns. Also provide health screening for Aboriginal pre-schoolers. Dental Clinic for Aboriginal people and their family members.	Mon-Fri 8:30am -5pm

Organisation	Contact Details	How they can help	Hours and Fees
<b>Maroubra Medical Centre</b>	Address : 725/707 Anzac Parade, Maroubra NSW 2035  T : 02 9314-3400 F : 02 9314-3411 E : <a href="mailto:reception@maroubramc.com.au">reception@maroubramc.com.au</a> <a href="#">u</a>	Offer general medical services for the whole family.	Mon&Fri: 7:00am - 6pm  Tue-Thu: 7:00am - 9:00pm  Sat: 9am - 5pm Sun: 9am - 3pm  <b>Fees</b> : Offer bulk Billing
<b>Randwick Early Childhood Centre</b>	Address: Level 1, Royal Randwick Shopping Ctr, 73 Belmore Road Randwick NSW 2031  T : 02 9382-0933	Support parents through parenting advice and information, psychosocial assessments of the mother, counselling, diet assistance and assessments of children's growth and development, 0-5 years.	Mon- Fri 9am – 12 noon and 2pm – 4pm  <b>Fees</b> : Nil

## Accommodation Support

Organisation	Contact Details	How they can help	Hours and Fees
<b>Link2Home</b>	<b>Hotline : 1800-152-152</b>	Provides assessment and referrals for clients seeking accommodation.	24 hours, 7 days
<b>Housing NSW Maroubra</b>	Address : Level 7, 832 Anzac Parade, Maroubra NSW 2035  T : 02 9314-4056 Web : <a href="http://www.housing.nsw.gov.au">www.housing.nsw.gov.au</a>	Emergency accommodation, financial assistance and RentStart, specialist assistance. Based on income and needs.	Mon-Fri 9 am-5 pm
<b>Jewish House</b>	Address : 17 Flood St, Bondi NSW 2026  T : 02 9386-0770 F : 02 9387-7729 E : reception@jewishhouse.org.au Hotline : 1300 544 357	Provide counselling, immediate crisis intervention, food and shelter, psychiatry, psychology and job search support.	24/7 Crisis Line 1300 544 357  <b>FREE SERVICE FOR ALL</b>

<b>Sisters of Charity Outreach</b>	<p>Address : 438 Victoria St, Darlinghurst NSW 2010</p> <p>T : 02 8382-6430 E : outreach@stvincents.com.au W : <a href="https://www.sydneycatholic.org/directory/listing/sisters-of-charity-outreach-darlinghurst">https://www.sydneycatholic.org/directory/listing/sisters-of-charity-outreach-darlinghurst</a></p>	<p>Provides short term crisis accommodation for women experiencing domestic violence.</p> <p>Short-term accommodation for medical clients only at Westmead.</p> <p>Home visit service in Eastern suburb and South West Sydney.</p> <p>Transport for medical clients coming to Sydney from Station or Airport to medical facility.</p> <p>Voluntary Court support at Darlinghurst, Downing and Liverpool Courts.</p>	<p>Mon-Fri 9am - 4:30pm</p> <p><b>Fees : Nil</b></p>
<b>Vincetian House</b>	<p>T : 02 9357-1533 F : 02 9357-4072 E: vinnies@talbot.org.au W : <a href="https://www.vinnies.org.au/page/Find_Help/NSW/Housing/Vincetian_House/">https://www.vinnies.org.au/page/Find_Help/NSW/Housing/Vincetian_House/</a></p>	<p>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)</p>	<p>24 hours, 7 days</p>
<b>Wesley Mission – Early Intervention and Prevention</b>	<p><b>Hotline : 1300-259-789</b></p> <p><a href="http://www.stgeorgeservices.wordpress.com/accommodation/">www.stgeorgeservices.wordpress.com/accommodation/</a></p>	<p>Assistance with establishing, maintaining and sustaining tenancies, electricity &amp; gas bills, removalist costs and other essential expenses in order to maintain tenancy. Multiple locations in Inner and Eastern Sydney.</p>	<p>24 hours, 7 days</p>

## Financial Support Services

Organisation	Contact Details	How they can help	Hours and Fees
<b>Centrelink-Eastgardens</b>	<p>Address : Shop 23,33 Westfield Eastgardens, Level 2, 152 Bunnerong Rd, Eastgardens NSW 2035</p> <p><b>Hotline : 132-468</b> W : <a href="http://www.humanservices.gov.au">www.humanservices.gov.au</a></p>	<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>	<p>Mon-Fri 8:30am – 4:30pm</p> <p><b>Fees : Nil</b></p>
<b>Wesley Counselling Service</b>	<p>Address : Level 3, 220 Pitt Street, Sydney NSW 2000</p> <p>T : 02 9263-5577 F : 02 9114-5683 <a href="https://www.wesleymission.org.au/find-a-service/mental-health-and-hospitals/counselling/financial-counselling/">https://www.wesleymission.org.au/find-a-service/mental-health-and-hospitals/counselling/financial-counselling/</a></p>	<p>Offers counselling to those suffering financial hardships. Provides practical advice including formulating personal money plan.</p>	<p>Mon-Fri 9am - 5pm</p>
<b>Salvation Army Money Care</b>	<p>Address : Units 3&amp;4, 432 West Botany St, Rockdale NSW 2216</p> <p>Emergency : 1800-007-007 M : 0419737138 <a href="http://www.salvos.org.au/need-help/financial-troubles/financial-counselling.php">www.salvos.org.au/need-help/financial-troubles/financial-counselling.php</a></p>	<p>Support those during times of financial hardships and those who need help avoiding financial difficulties. Through offering budgeting advice, counselling, negotiating and advocacy.</p>	<p>Tue &amp; Fri 8 am-4 pm</p> <p>Book appointments up to 2 weeks in advance</p>
<b>Saver Plus</b>	<p>Phone : Argyro, Saver Plus Coordinator, Sydney Metro Area 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.</p>	

Organisation	Contact Details	How they can help	Hours and Fees
<b>Sydney Multicultural Community Services</b>	Address : 3 General Bridges Cres, Daceyville NSW 2032  T : 02 9663-3922 F : 02 9662-7627 E : <a href="mailto:info@sydneymcs.org.au">info@sydneymcs.org.au</a> W : <a href="http://www.sydneymcs.org.au">www.sydneymcs.org.au</a>	Provides services for culturally and linguistically diverse families and include settlement support, migration advice, electricity vouchers, Telstra and EAPA vouchers, emergency relief, English conversation classes and community visitor's scheme. In addition, offers Government subsidised programs of home care packages and day care programs.	Mon-Fri 8:30am - 5pm  <b>Fees : ALL services are Free</b>

## Tutoring & Out of School Hours Activities

Organisation	Contact Details	How they can help	Hours and Fees
<b>Learning Links</b>	Address : Office 2, 3rd Floor, Bowen Library, 669-673 Anzac Parade Maroubra Junction NSW 2035  T : 02 9349-4963 E : <a href="mailto:maroubra@learninglinks.org.au">maroubra@learninglinks.org.au</a>	Provide tutoring services and occupational speech therapy for children attending school.	Mon-Fri 9am - 6pm  Sat: 9am -3:30pm (varies according to workload)  <b>Fees : Varies according to service</b>

<b>Weave's Kool Kid Club</b>	Address : Shop 3, 669 Anzac Parade Maroubra NSW 2035  T : 02 9344-7963 M : 0420-531-699 W : <a href="http://www.weave.org.au/b/index.php/our-programs/kool-kid-club/">http://www.weave.org.au/b/index.php/our-programs/kool-kid-club/</a>	Provides early intervention and diversionary programs, after school and school holiday programs for 7-13 year olds in the La Perouse and surrounding areas. Offers fun activities that build on young people's strengths and enhance their connections with the community and family.	Mon –Fri 9:30am - 6:30pm  <b>Fees : Free</b>
<b>Kumon</b>	Address : 9/828 Anzac Parade, Maroubra NSW 2035  M : 0425333811 E : patrickcsli@yahoo.com.au	Provides after school Math and Reading programs for all ages.	<b>Fees : Contact Patrick on mobile</b>
<b>Ways Youth and Family</b>	Address : 63a Wairoa Ave, North Bondi NSW 2026  T : 02 9365-2500 F : 02 9365-2705 E : <a href="mailto:ways@ways.org.au">ways@ways.org.au</a>  W : <a href="http://www.ways.org.au">www.ways.org.au</a>	After school fun for 9-12 year olds. Variety of games offered every Tuesday during school term.	Mon-Fri:9:15am–3:15pm
<b>The Shack Benevolent Society</b>	Address : 3/669 Anzac Pde, Maroubra NSW 2035  T : 02 9305-4600 E : <a href="mailto:shack@benevolent.org.au">shack@benevolent.org.au</a>	Services provided are for Randwick and Botany Bay Council residents only :  Tutoring for primary and high school students by UNSW students at UNSW. Booking essential.  Other services include support for young people aged 12-18 and their families, early	Mon: 9am – 6pm  Tue-Fri 9am – 5:30pm  Fees : Free

		intervention case management, health and wellbeing programs, educational and recreation and programs.	
--	--	---	--

**Emergency Contacts**

- Lifeline : 13-11-14**
- Parentline : 1300-1300-52**
- Mensline : 1300-789-978**
- Link2Home : 1800-152-152**
- Domestic Violence Line : 1800-656-463**