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guide has been
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*The aim of this network is to bring together
organisations to promote and
enhance the health and wellbeing of
children and families in our community.
Meetings are held monthly.*

For further information please contact:

Margaret Wass Community Development Officer
Bundaberg Regional Council
(07) 4130 4155 or margaret.wass@bundaberg.qld.gov.au

or

Joan Dooley, Senior Health Promotion Officer,
Wide Bay Public Health Unit
(07) 4150 2710 or joan_dooley@health.qld.gov.au

FREQUENTLY USED NUMBERS

Helping Your Child & Family

There are a range of services for children and families that promote, support and safeguard the welfare of families and young children in our community.

Each of the services listed below offers a specific service to local families.

COMMUNITY AND FAMILY HEALTH

This is a free Queensland Health Service provided by trained child health nursing and allied health professionals.

Services available are: Child Health Clinic 0-5 years; home visiting by referral only; General Parenting education sessions; Positive Parenting Program (Triple P); Psychologist; Social Worker; School Health; hearing assessment for over 3 ½ years; School Based Youth Health Nurse Program.

Child Health Clinics

Margaret Rose Centre	4150 2746	Discovery Coast Community Health Centre	
Gin Gin Hospital	4157 2222		4902 1100
Childers Hospital	4192 1133	Gayndah Community Health	4161 3571

Triple P (Positive Parenting Program)

Triple P (Positive Parenting Program) promotes positive parent-child relationships and assists in developing effective parenting ideas for all children from 18 months up to 12 years of age

Phone: 41 502746 or 3365 7290

Breastfeeding Clinic

Breastfeeding assistance by a qualified Lactation Consultant. For appointments or further information call.

Phone: Bundaberg Family Unit on 4150 2413.

Child Health Line

For round the clock access to information and support about newborns and young children for mums and dads on teething, post natal depression, immunization, toilet training, feeding, sleep problems & other health issues. Expert advice is available 24 hours per day, 7 days per week

Phone: 13HEALTH (13 43 25 84) hotline.

NEWBORN AND FAMILY DROP-IN SERVICE

Newborn and Family Drop-in Service Free Queensland Health community based service that supports early parenting, offering a range of services that specifically target the first eight weeks of an infant's life. These services include; infant weights and developmental checks, information and support about parenting, infant feeding, infant sleep and settling, postnatal depression and supportive services. Small group parenting information sessions provide an opportunity for parents to socialise and meet with other parents. Plenty of parking including disabled enables easy access to this service. Parents can just drop-in to this 'Well Baby' service, and talk to a midwife or child health nurse. Indigenous families are now welcome to visit the Newborn and Family Drop-in Service between 1.00 - 2.00pm every Wednesday as well as at any other time.

No appointment required!

Email: Margaret_brame@health.qld.gov.au **Fax:** (07) 4150 2419

Phone: (07) 4303 8410

BUNDABERG CHILD AND FAMILY CENTRE

The Bundaberg Child and Family Centre, based at the Bundaberg & District Neighbourhood Centre, 111 Targo Street provides a support centre and venues for parents, preschool aged children and families in a safe and welcoming environment. The Centre provides a central point for families to access information, support and referrals to other services. Playgroups of the Neighbourhood Centre come under the Umbrella of the Bundaberg Child & Family Centre and meet most weekday mornings. Educational and personal development workshops are help throughout the year. Assistance is available for related Volunteer Support Groups. Operating Hours: 9.00am—3.00pm Monday to Friday.

Email: bcaf@kenalwynbnc.org.au

Phone: 4153 1614

Fax: 4153 1586

BUNDABERG FAMILY RELATIONSHIP CENTRE

Qualified practitioners provide family dispute resolution services to separating parents. We also create pathways to other family and relationship services. The staff will work with parents to: help them focus on the children's needs, provide information about the impact of conflict on children, work out parenting arrangements, help to access information and family relationships services. Support to the Indigenous community is provided by our Indigenous Family Support Officer. We have a library available and a conference room for hire including Whiteboard and OHP facilities. Outreach services are available in Hervey Bay, Maryborough, Kingaroy, Murgon and by appointment only in Nanango.

Email: frc.bundaberg@lccq.org.au

Phone: 4130 7500

Fax: 3250 4772

Website: <http://www.familyrelationships.gov.au/>

Crisis

Emergency (Ambulance, Fire, Police)	Phone: 000
13 Health	Phone: 13 43 25 84
Alcohol and Drug Information Services (ADIS)	Phone: 1800 422 599
Child Care Access Hotline	Phone: 1800 670 305
Child Health Line	Phone: 1800 177 279
Domestic and Family Violence	Phone: 1800 811 811
Family Relationship Advice Line	Phone: 1800 050 321
Kids Helpline	Phone: 1800 551 800
Lifeline	Phone: 131 114
Medicare Public Enquiries Line	Phone: 132 011
Mensline Australia	Phone: 1300 789 978
Parentline	Phone: 1300 301 300
Playgroup Australia	Phone: 1800 171 882
Poisons Information Centre	Phone: 131 126
Sane Australia Mental Health Helpline	Phone: 1800 187 263
Violence Against Women	Phone: 1800 200 526

Great Websites (Cont)

www.breastfeeding.asn.au

The Australian Breastfeeding Association website. The organisation of people supporting breastfeeding mothers. They include breastfeeding mothers and their partners, lactation consultants, doctors and midwives. Supported by health authorities and specialists in infant and child health and nutrition. Has an email service which can be accessed through their "Helpline"

www.menslineaus.org.au

Mensline Australia is a dedicated service for men with relationship and family concerns.

www.familyrelationships.gov.au

Family Relationships Online provides all families (whether together or separated) with access to information about family relationship issues, ranging from building better relationships to dispute resolution.



BUSH CHILDREN'S HEALTH SCHEME

Children (aged up to 13 years) experiencing emotional, social, behavioural difficulties at home or school. Provide a range of early intervention services which address the ongoing physical, psychological and developmental well-being of children of the Bundaberg district. Occupational Therapist, Speech Therapist, Physiologist.

Email: fhsw-ao.bundaberg@bushkids.org.au

Phone: 4152 3799 **Fax:** 4152 7022

Website: <http://www.bushkids.org.au/>

IMPACT MAKE YOUR MARK - POSITIVE START PARENTING PROGRAM

Free service for young mothers and expectant mums aged 15-24 whose children are under pre-school age (eligibility criteria applies) and who identify the need for parenting assistance.

We provide a safe, comfortable child-friendly environment for mums and their children. Providing one-to-one support, developing parenting techniques, linking into other community services, mentoring service, individual and group activities, practical hands-on approach to parenting. A drop-in centre that offers individual support.

Email: mail@impact.org.au

Phone: 4153 4233 **Fax:** 4153 1181

Website: <http://www.impact.org.au/>



ISIS CHILD AND FAMILY SUPPORT SERVICE

Isis Child and Family Support Service is a non profit organisation sponsored by the Queensland Department of Communities and the Bundaberg Regional Council. The Child and Family Support Service was specifically established to provide support for Families and Service Providers within the council area.

Services are provided for families with children 0-16 years. If you are feeling isolated, in crisis, needing extra support or information on issues relating to families, the Child and Family Support Co-ordinator can speak with you by phone, at the centre, or in your home/service. Programs offered are Playgroup, Toy Library, Resource Books, Australian Breastfeeding Meetings and the Parent Discussion Group. All services are Free and Confidential .

Email: childcareservices@bundaberg.qld.gov.au

Phone: 4130 4690 **Fax:** 4126 2897

Mobile: 0428 261 778

Website: <http://www.bundaberg.qld.gov.au/>

ALCOHOL TOBACCO & OTHER DRUG SERVICES

Parenting a new baby can be a stressful and challenging time. If your substance use becomes a problem for you, there is help available.

Phone: 4151 5402

Fax: 4151 3140

BUNDABERG DISABILITY INFORMATION SERVICE

The DisAbility Information Service provides assistance to people with disabilities and their families through an information and/or referral service. Bundaberg Family Relationship Centre. 5 Bingera Street Bundaberg. Wednesdays by appointment only between 9.00am - 12.00noon or call in anytime to make an appointment or to find out information

Email: frc.bundaberg@lccq.org.au

Phone: 4130 7500

Notes: Wheelchair accessible

CHILD ACCIDENT PREVENTION FOUNDATION (KIDSAFE)

The Child Accident Prevention Foundation of Australia is an independent non profit organization dedicated to preventing unintentional death and injury to children. Kidsafe has baby capsules and short term car seats for hire and restraint checking and fitting service. Kidsafe conducts and fosters research into the causes of accidental injury to children and the effectiveness of preventative measures. Operating hours: 9am to 3pm, Monday to Friday

Phone: 3854 1829

CHILDCARE BENEFIT

The Commonwealth Department of Families, Community Services and Indigenous Affairs through their Family Assistance Office (FAO) is responsible for the Child Care Benefit (CCB). The FAO is responsible for decisions about the amount of care for which the CCB can be paid based on income. Operating hours: 8am to 8pm, Monday to Friday

Phone: 13 61 50

CHILD HEALTH LINE

The Child Health Line is a free telephone and information advisory service for parents/guardians wishing to discuss issues such as teething, post natal depression, immunization, toilet training, feeding, sleep problems and other health related issues. Operating hours: 24 hours, 7 days a week

Phone: 13HEALTH (13 43 25 84) hotline.

Great Websites

www.raisingchildren.net.au

Australian government parenting website, covering a host of issues for children from newborn to eight years. Great place to access information for both parents, from behaviour and development to sleep, teething, nutrition to safety. Includes articles from post natal depression to bullying at school and many, many others. Special sections for Dad's.

www.kidsafe.com.au

All about keeping babies and young children safe, resource ideas, information about equipment, toys and nursery furniture

www.healthinsite.gov.au

Health information provided by the Commonwealth Government, health topics A-Z, conditions and diseases, oral health, well-being, life stages eg. pregnancy

www.sidsandkids.org

For the latest on safe sleeping

www.kidscount.com.au

Great information on how to raise happy and confident children. Translations into 16 languages other than English. Developed by the Australian Childhood Foundation

www.rch.org.au

Children's health information online from The Royal Children's Hospital, Melbourne

www.savingmum.com.au

Ideas for saving money, time and the planet. Library of resources full of ideas for savings with recipes, travel, cleaning and more

www.health.gov.au/internet/main/publishing.nsf/Content/health-publhlth-strateg-brfeed-index.htm

Australian government site set up to support women who breastfeed and return to work. Includes FAQ's, flexibility at work.

Emergency Relief

The objective of Emergency Relief (ER) is to assist people in financial crisis to deal with their immediate crisis situation in a way that maintains the dignity of the individual and encourages self reliance.

Assistance from Emergency Relief providers to clients is primarily in the form of:

- purchase vouchers of a fixed value (eg for food, transport or chemist vouchers);
- assistance with rent/accommodation;
- part-payment of utility account/s;
- material assistance such as food parcels or clothing; and/or appropriate referrals to other services that help to address underlying causes of financial crisis.

Bundaberg

Bundaberg Aboriginal & Torres Strait Islander Housing & Advancement Society

Phone: 4152 5877

Edon Place Women's Domestic Violence Service Inc

Phone: 4153 6820

Citi Coast Global Care

Phone: 4153 2577

Youth Service Bundy

Phone: 4153 2227

Bundaberg Housing Services Inc

Phone: 4153 1239

Society of St Vincent de Paul Bundaberg

Phone: 4151 5455

Salvation Army - Community Services Welfare Division

Phone: 4151 8015

Childers

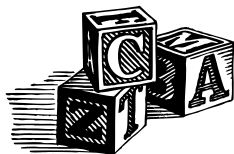
Childers Neighbourhood Centre

Phone: 4130 4690

Gin Gin

Gin Gin District Chamber of Commerce Inc

Phone: 4157 4621



CHILD SUPPORT AGENCY ENQUIRY LINE

The Commonwealth Department of Families, Community Services and Indigenous Affairs through their Family Assistance Office (FAO) is responsible for the assessment and collection of child support. The service cannot assist with custody issues of changing amounts of maintenance ordered by a court. Operating hours: 8am to 5pm, Monday to Friday

Phone: 13 12 72

COMPLAINTS ABOUT CHILD CARE SERVICES

To make a complaint about a child care service contact the Child Care Information Service to obtain the telephone number of the most appropriate office of the Dept. Of Communities. Operating hours: 8am to 5pm, Monday to Friday.

Phone: 1800 637 711

DISABILITY INFORMATION SERVICE

Disability Information Service is a free statewide service which helps you to find information and services for children and adults who have a disability. You can access information on accommodation, respite care, education, recreation and sporting services located throughout Queensland. Operating hours: 9am to 5pm, Monday to Friday.

Email: disabilityinfo@disability.qld.gov.au

Phone: 3224 8444 or 1800 177 120

DOMESTIC & FAMILY VIOLENCE WOMEN'S CRISIS LINE

The Womens Domestic Violence Telephone service provides a confidential information service and counselling to women, children and young people affected by domestic violence. The service assesses and refers clients to a place of safety. Operating hours: 24 hours a day, 7 days a week

Phone: 1800 811 811

DVCONNECT MENSLINE-DOMESTIC & FAMILY VIOLENCE MEN'S CRISIS LINE

The DVConnect Men's Info Line provides a confidential telephone counselling referral and support service to men with respect to relationships, health, family issues and domestic violence. Operating hours: 10am to 6pm, Mon to Fri.

Phone: 1800 600 636

EDON PLACE WOMEN'S DOMESTIC VIOLENCE SERVICE INC - CHILD SUPPORT

The Bundaberg & District Women's Domestic Violence Service Child Support Worker provides support and assistance to the children of women escaping/living with domestic violence. The Child Support Worker provides assessment and evaluation regarding child wellbeing as well as referrals to other appropriate agencies. The Child Support Worker advocates for the child/ren and provides support liaising with schools, other agencies and the Department of Child Safety. Parenting support is also available. The Bundaberg & District Women's Domestic Violence Service is a crisis service and does not provide long term counselling. Communications between the Child Support Worker and the child/ren are confidential. EDON Place Women's Domestic Violence Service provides crisis accommodation and support to women and children escaping/living with domestic violence as well as referrals to other agencies. Assistance with Domestic Violence Protection Order applications and Court support is provided as well as a rural outreach program. Two 12 week personal development groups are run each year, each in two 6 week blocks. EDON Place Women's Domestic Violence Service is a crisis service and does not provide long term counselling. Please contact for more details

Email: admin@edonplace.org.au

Fax: (07) 4153 4596

Phone: (07) 4153 6820 | 1800 811 811

FAMILY PLANNING QUEENSLAND

Family Planning Queensland (FPQ) has provided sexual and reproductive health services to the wider population of Queensland since its first clinic session in 1972. The Bundaberg office is an education and training centre only.

Email: bundabergedu@fpq.com.au

Phone: 4151 1556

Fax: 4151 3264

Website: <http://www.fpq.com.au/>

FREE MOBILE WOMEN'S HEALTH CLINIC

This clinic is based at the Bundaberg Neighbourhood Centre on a monthly basis. It is a free service for women who need pap smears or other women's health information and is easy to access in a relaxed atmosphere. 111 Targo St. Bundaberg

Phone: 4153 1614 for more information

HEALTH AND COMMUNITY SERVICES INFORMATION LINE

The Health and Community Services Information Line is a free community referral service and provides information such as the location of your nearest baby clinic and where to seek assistance with behavioral problems. Operating hours: 9am to 5pm, Monday to Friday

Phone: 3837 5986

PREGNANCY COUNSELLING AUSTRALIA

Pregnancy Counselling Australia provides practical and emotional support for women in crisis pregnancies and women suffering from post-abortion syndrome. **Phone:** 1300 737 732

Website: www.pregnancycounselling.com.au

RELATIONSHIPS AUSTRALIA

Relationship counselling, Education services, Parenting mediation and Domestic Violence prevention. FOCCUS pre-marriage program and Post-separation parenting program.

Email: generalenquires@relateqld.com.au

Phone: 1300 364 277

Fax: 4153 2955

Website: www.relationships.com.au/

SCASP – SUPPORTING CHILDREN AFTER SEPARATION

The SCASP program provides counselling, group work and support to children and young persons affected by the recent or past separation of their parents. Relevant education and workshop programs on request. This is a free service.

Email: lifeline.bundaberg@lccq.org.au

Phone: 4153 8400

Fax: 4153 4949

Website: www.lccq.org.au



KIDS HELP LINE

24-hour free confidential telephone and online counselling service for 5 to 25 year olds. Web counselling available from 3.00pm to 9.00pm (Monday to Friday) and 10.00am to 5.00pm (Saturday and Sunday).

Email: admin@kidshelp.com.au

Counselling Line: 1800 551 800

Fax: 3367 1266

Website: <http://www.kidshelp.com.au/>

GAMBLING HELP SERVICE (LIFELINE)

FREE face to face counselling for problem gamblers and their families. Also providing support group programs, community education and training workshops for industry workers

Email: gail.smith@lccq.org.au

Phone: 4153 8400

Fax: 4153 4949

LIFELINE CORAL COAST CAPRICORN

Face to Face Counselling, Men and Families, Family Care Service, Indigenous Family Care Service, Domestic Violence, Retro-net video link counselling, Financial Counselling, Gambling Help Service, Training programs and workshops.

Email: lifeline.bundaberg@lccq.org.au

Phone: 4153 8400

Fax: 4153 4949

Website: www.lccq.org.au

PARENTLINE

Confidential telephone counselling, Triple P - parenting programs and referral service for Queensland and Northern Territory.

Email: parentline@boystown.com.au

Counselling Line: 1300 301 300

Fax: 3367 1266

Website: www.parentline.com.au/

PEIRSON SERVICES BUNDABERG

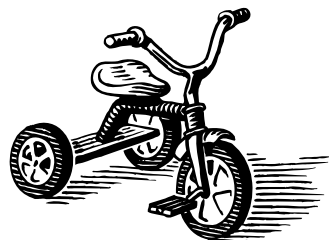
Child & Youth Counselling: Counselling, support, advocacy and mediation for children and young people up to 17 years of age who are at risk or in crisis and subject to statutory involvement by the Dept of Child Safety.

Parent/Caregiver Support: Parent Education in all aspects of parenting including drug education, general parenting skills, general and marriage counselling designed to equip parents and caregivers to effectively and appropriately care for their children.

Email: Bundaberg@peirsontrust.org.au

Phone: 4151 2299

Fax: 4151 2247



IMMUNISE AUSTRALIA NATIONAL INFOLINE

The Immunise National Infoline is a service provided by the Commonwealth Department of Health and Ageing. The service can provide information regarding the Immunisation schedule, however cannot answer medical questions. The services will refer callers to the most appropriate agency.

Operating hours: 8.30am to 5pm, Monday to Friday

Phone: 1800 671 811

KIDS HELP LINE

Kids Help Line is a confidential service for children who need to speak about problems at home, not coping in school or just feeling down or unhappy. They offer online, email and telephone service. Operating hours: 24 hours, 7 days a week

Phone: 1800 551 800



LET'S READ

Let's Read is a program designed to encourage parents to have fun reading with their young children and make this part of their daily routine. It aims to develop the building blocks that will help children learn to read and write when they get to school. The program is divided into 2 parts: Community Based Professionals who are trained to work with parents and Volunteers who do 'read aloud' sessions in the community.

Email: susan.scarr@thesmithfamily.com.au

Phone: 4159 5648

Mobile: 0423 104 396

Website: <http://www.letsread.com.au/>

PARENTLINE

Parentline is a confidential telephone service aimed at providing professional counselling and support to parents/guardians.

Operating hours: 8am to 10 pm, 7 days a week

Phone: 1300 301 300

PHOENIX HOUSE ASSOCIATION INC

Phoenix House offers a comprehensive, integrated service which provides a child centred and family focused programme for children and young people who have been sexually and/or physically abused, and support for non-offending family members and carers.

Email: admin@basas.org.au

Phone: 4153 4299 **Crisis Line** 1800 010 120 **Fax:** 4153 4117

Website: <http://www.phoenixhouse.com.au>

POISONS INFORMATION CENTRE

The Queensland Poisons Information Centre provides a telephone service on poisoning, suspected poisoning, bites, stings to callers from Queensland and adjoining geographical areas. Operating hours: 24 hours, 7 days a week

Phone: 13 11 26

WIDE BAY SEXUAL HEALTH SERVICE – Q CLINIC

Free and confidential sexual health check-up, information and advice. Hepatitis C treatment services are also available at the Q Clinic. We prefer that people phone for an appointment but we also see 'walk in' clients. The Q Clinic is now located at 312 Bourbong St, top floor of the Margaret Rose Building

Email: BBH-QClinic@health.qld.gov.au .

Phone: 4150 2754

WOMEN'S INFOLINK

Women's Infolink is a free, confidential, Queensland wide information and referral service open to all women and girls. Operating hours: 8am to 6pm, Monday to Friday

Phone: 1800 177 577

Child Care

FAMILY DAY CARE

Family Day Care (FDC) is a child care service that provides small group care from birth to 12 years in a safe environment in the homes of registered carers.

FDC carers work-in partnership with a trained coordination unit and families to build on their child's individual strengths, interests & unique family background.

Bundaberg Baptist Family Day Care Scheme

Email: fdcbundy@bigpond.net.au

Phone: 4152 9233

Gin Gin Family Day Care Scheme

Email: ginginfdc@cofcqld.com.au

Phone: 4157 3776

Isis Family Day Care

Email: isisfdc@bigpond.com

Phone: 4126 2856

IN HOME CHILD CARE WIDE BAY

The Wide Bay In-Home Care service provides care for children in their own home by approved carers. This enables children to experience stability and security in their familiar family environment. Care is available for children from 0 to 16 years of age.

Email: angela.hauser@cofcqld.com.au

Phone: 4122 4153

THE PYJAMA FOUNDATION

The Pyjama Foundation was founded in 2004 to support foster cares and provide extra help for our community's most vulnerable children. Our goal is to alleviate some of the pressure on foster carers in a practical way, focusing specifically on improving the children's literacy skills. The Pyjama Foundation recruits, screen, trains and supports volunteers from the community - our Pyjama Angels. Pyjama Angels are matched with a child in care and visit them once a week for an hour to help them with their literacy

Email: cressida@thepyjamafoundation.com

Mobile: 0417 761 593

Website: www.thepyjamafoundation.com

THE STILLBIRTH AND NEONATAL DEATH SUPPORT (QLD) INC INCLUDING MISCARRIAGE SUPPORT

Providing mutual support, information, education and advocacy for parents and families who experience the death of a baby through miscarriage, still birth, neonatal death and other reproductive losses. Free call 1800 228 655 24hr/7 day support.

Email: admin@sandsqld.com

Phone: 1800 228 655 24hr/7 day support

Fax: 3358 2533

Website: http://www.sandsqld.com/

Counselling

BONNIE BABES FOUNDATION

We provide 24 hour, 7 day per week counselling for families that have experienced the loss of a baby through miscarriage, stillbirth or prematurity. Provides medical equipment to hospitals for premature babies. Provides support for infertility issues, children born with abnormalities and childhood illnesses.

Email: enquiry@bbf.org.au

Phone: 1300 266 643 / 3353 6285

Website: http://www.bbf.org.au/

CENTACARE

Counselling Programs offer therapeutic counselling provided by qualified and experienced counsellors. Services include relationship, family, group and individual counselling, working with children, adolescents and adults, school counselling, early intervention services, community education and employee assistance programs. A free family support service for parents and carers of young people aged 0 – 17 years is offered in the Gin Gin and Childers communities. Pre-marriage Education is offered to all couples from any denomination planning to be married.

Email: bundaberg@centacare.net

Phone: 4131 6800

Fax: 4152 8308

Website: http://www.centacare.net/

BUNDABERG AND DISTRICT DIABETIC SUPPORT GROUP

The group provides access to education and information on managing lung disease and social support to address a patient's psychological needs. Provides the patient and carer with an opportunity for social interaction and sharing experiences is a vital role.

Bundaberg Family Centre Kensington Street Bundaberg

Phone: 4152 6245

Mobile: 0439 181 043

Notes: Wheelchair Accessible: Yes

BUNDABERG MULTIPLE BIRTH ASSOCIATION INC

Support group for families with or expecting multiple birth children.

Email: Michael.medlock@bigpond.com

Phone: Petrina: 4153 1120

DIDS - DADS IN DISTRESS

DADS in Distress is a support group for men and fathers going through separation and divorce. Trained telephone operators also can be contacted by telephoning 1300 853 437 for support and information.

Email: didsadmin@bigpond.com

Phone: 1300 853 437

Website: www,dadsindistress.asn.au

FOSTER CARER'S SUPPORT GROUP

Meet for coffee and chat. Guest speakers on occasions. Meets last Friday of the Month at Pathways Building Payne Street

Mobile: 0417 761 593 / 0417 634 167

GRIEF AND LOSS SUPPORT—LUTHERAN COMMUNITY CARE

One to one caring. Friendship groups. Loss of child or family member.

Email: stjohsbberg@bigpond.com

Phone: 4151 5333 / 4152 5900 **Emergency:** 0407 031 804

LONE FATHERS ASSOCIATION

The Lone Fathers Association, a national Peak Body, is a non-sexist, non-sectarian, non-profit, and self-help educational and welfare organisation devoted to the interests of lone fathers, their friends, relatives, grandparents, extended family, carers and children.

Website: www.lonefathers.com.au

LONG DAY CARE CENTRES

Long day care provides centre based child care for children from birth to 5 years. In partnership with families, long day care centres nurture a child's development through sensitive guidance and extensive opportunities for play.

ABC BUNDABERG & BABYWORLD Phone: 4154 3755

ABC BUNDABERG WEST Phone: 4152 6901

ACORN CHILD CARE CENTRE Phone: 4153 0333

ACORN BABIES Phone: 4152 0300

AVOCA KIDS EARLY LEARNING CENTRE Phone: 4152 7330

AVOCA LITTLE ANGELS PRESCHOOL & CHILD CARE CENTRE Phone: 4155 1190

BONNEY TOTS BUNDABERG Phone: 4151 7111

BONNEY TOTS BUNDABERG 2 Phone: 4152 6275

C & K TAFE CHILDCARE Phone: 4152 8011

CHILDERS EARLY LEARNING CENTRE Phone: 4126 2433

CITY Y CHILD CARE CENTRE Phone: 4132 8230

CORAL COAST CHILD CARE CENTRE Phone: 4154 7511

EARLY YEARS EDUCATION & CHILD CARE CENTRE Phone: 4155 2544

EASTSIDE LITTLE LEARNERS CHILD CARE CENTRE Phone: 4153 4440

EDENBROOK EARLY LEARNING CENTRE Phone: 4152 5312

LEAD CHILD CARE - BARGARA Phone: 4159 1155

LEAD BUNDABERG EAST Phone: 4151 1880

LEARN & PLAY KINDERGARTEN Phone: 4152 4096

LITTLE PIPER WORLD OF LEARNING Phone: 4153 5656

PIPER CENTRAL WORLD OF LEARNING Phone: 4154 2100

SCALLYWAGS CHILD CARE CENTRE Phone: 4151 8188

THE MANGO TREE CHILD CARE CENTRE Phone: 4157 3488

ST LUKE'S EARLY LEARNING CENTRE Phone: 4132 7530

KINDERGARTEN AND PRESCHOOL

Quality Early Childhood Education and Care for kindergarten and preschool age children. Children can be enrolled from their third birthday. Affiliated with the Crèche and Kindergarten Association of Queensland

C&K - EARLY CHILDHOOD EDUCATION & CARE CONSULTANT

Email: N/A **Phone:** 0427 121 970

C & K CORAL COAST COMMUNITY KINDERGARTEN

Email: coralcoast@candk.asn.au **Phone:** 4159 4566

CUDDLE BUGS KINDERGARTEN & PRE PREP

Email: N/A **Phone:** 41535354

FORESTVIEW COMMUNITY KINDERGARTEN & PRESCHOOL

Email: forestviewkindy@tpg.com.au **Phone:** 4152 1930

GIN GIN KINDERGARTEN ASSOCIATION INC

Email: ginginkindy@ripper.com.au **Phone:** 4157 2279

ISIS COMMUNITY PRESCHOOL AND KINDERGARTEN

Email: isiskindie@bigpond.com **Phone:** 4126 1241

SOUTH KOLAN COMMUNITY KINDERGARTEN

Email: southkolankindy@bigpond.com **Phone:** 4157 7369

BURNETT HEADS COMMUNITY KINDERGARTEN

Email: N/A **Phone:** 4159 4566

BUNDABERG COMMUNITY KINDERGARTEN

Email: N/A **Phone:** 4151 2227

ST JOHN'S COMMUNITY KINDERGARTEN

Email: N/A **Phone:** 4132 6807

WALLAVILLE KINDY CARE

Email: N/A **Phone:** 4157 6333

Support Groups

AUSTRALIAN BREASTFEEDING ASSOCIATION (ABA)

To encourage and support mothers who wish to breastfeed their babies and to promote skilled and loving mothering, while creating in the community an awareness of the importance of human milk. Our purpose is to empower women to breastfeed. Meeting on the 1st and 3rd Friday of the Month at the West Baptist Church Hall, 33 Avoca Street

Email: jertl@bigpond.com

Helpline: 1800 686 268 **Phone:** 4159 6378

Website: <http://www.breastfeeding.asn.au/>

Notes: Wheelchair Accessible: Yes

BLUE BUTTERFLIES POSTNATAL DEPRESSION SUPPORT

Postnatal Depression Support Group meets for coffee on Friday mornings for information, support and friendship. Children welcome.

Email: bluebutterfliespnd@gmail.com

Phone: 4153 1315

Phone: 4154 3119

B'R'EST FRIENDS

We offer support and friendship to women who have had breast cancer. Keeping up with information that is available and how to access it in the local area. Margaret Rose Building, 312 Bourbong Street Bundaberg.

Phone: Ann 4151 1278 / Maxine 4153 1447

Notes: Wheelchair Accessible: Yes

BUNDABERG AUTISM SPECTRUM DISORDER SUPPORT GROUP

Support to families, carers and individuals affected by autism. Meetings with Guest Speakers and social activities on a regular basis.

Bundaberg Neighbourhood Centre, 111 Targo Street

Phone: 4151 7360

Mobile: 0437 538 929

Website: <http://www.autismqld.com.au/>



Indigenous Services

INDIGENOUS WELLBEING CENTRE

The Indigenous Wellbeing Centre offers a range of health and community services for Indigenous and non-Indigenous people across the Bundaberg, North Burnett and Fraser Coast regions.

Email: info@iwc.org.au

Phone: 4151 5402

Fax: 4151 3140

JUKANYULA ABORIGINAL CORPORATION FOR CHILDREN'S ENRICHMENT

Playgroup, Enrichment Program and Vacation Care Program.

Phone: 4151 6484

Fax: 4151 5396

BUNDABERG ABORIGINAL CORPORATION FOR WOMEN

BACFW is a Community organisation which is a support system for women of Aboriginal or Torres Strait Islander descent or partners of Murri people. Special programs are run by the group on Health, Art & Craft, Child services, Family support, and Cultural services for the people of the Bundaberg area and as a drop in Centre for Murri women and as a sales outlet for their art & craft.

Email: bacfw1@bigpond.net.au

Phone: 4153 6456

Fax: 4151 8788

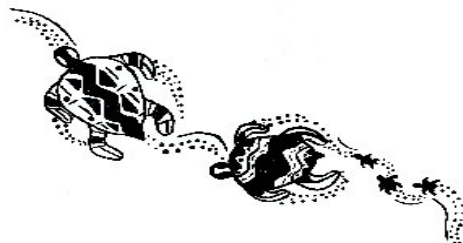
BUNDABERG DISTRICT INDIGENOUS HEALTH

We offer: health support, information, advocacy and resources to members of the Indigenous Community and provide linkages to other health services.

Email: debbie_zysk@health.qld.gov.au

Phone: 4150 2700

Fax: 4150 2722



OUTSIDE SCHOOL HOURS CARE

After school hours care provides care for school age children before and after school on pupil free days and /or during school holidays. OSHC services provide children with a variety of supervised play opportunities and recreational activities in a safe, supportive and relaxed environment.

AVOCA	Phone: 4152 6674	Mobile: 0419 748 584
BARGARA KIDS	Phone: 4159 1336	Mobile: N/A
B'BERG NORTH	Phone: 4150 1142	Mobile: N/A
BUNDABERG PCYC	Phone: 4154 2813	Mobile: N/A
BURNETT HEADS	Phone: 4130 2333	Mobile: N/A
CHILDERS	Phone: 4126 2972	Mobile: 0427 590 213
EASTSIDE LITTLE LEARNERS	Phone: 4153 4440	Mobile: N/A
GOOBURRUM	Phone: N/A	Mobile: 0409 720 055
ISIS	Phone: 4130 4669	Mobile: 0427 590 231
NORTH BUNDABERG	Phone: 4150 1142	Mobile: N/A
OAKWOOD	Phone: 4130 9333	Mobile: 0408 872 312
SHARON—FRIENDS AT PLAY	Phone: 4159 9193	Mobile: 0439 953 568
ST JOSEPH'S	Phone: 41536355	Mobile: N/A
ST LUKE'S	Phone: 4130 9330	Mobile: N/A
ST MARY'S	Phone: 4151 1792	Mobile: N/A
ST PATRICK'S	Phone: 4152 1380	Mobile: N/A
YMCA WALKERVALE	Phone: 4151 6870	Mobile: 0414 267 967

Playgroups

Playgroups are set up and run by parents and carers. In a Playgroup, parents and carers stay and play with their children and also help them to play with other children. At Playgroups, children choose from a range of activities set up by the parents.



PLAYGROUP QUEENSLAND

Peak body for Playgroups throughout Queensland. **Phone:** 1800 171 882
Playgroups marked with * are registered through Playgroup Queensland.

BUNDABERG

Playgroups at the Neighbourhood Centre

111 Targo Street, Bundaberg		
HINKLER PLAYGROUP *	Wed 9-11	Phone: 41531614
HINKLER 2 PLAYGROUP	Fri 9-11am	Phone: 4159 9909
MUMS & BUBS AQUA AEROBICS		Phone: 4153 1614
MULTICULTURAL PLAYGROUP	Mon 9.30-11.30	Phone: 4153 1614
MULTIPLE BIRTH ASSOCIATION	4th Mon 9.30-11.30	Phone: 4154 2419
PLAYCONNECT ASD PLAYGROUP	Tues 10-12pm	Phone: 4153 1120
PUDDLE PALS PLAYGROUP	Thu 9-11.30	Phone: 0434942236
		Phone: 4151 2464

Other Bundaberg Playgroups

BAPTIST CHURCH (PUDDLES)	Fri 9.30-11.30	Phone: 41518222
BUNDABERG BIBLE CHAPEL	Tue 9.30-11.15	Phone: 4155 6131
HERITAGE CHURCH (MOPS)	1st/3rd Thu 9.30-1.30	Phone: 0401085550
(MOPS) STAGE 2	2nd/4th Thu 9.30-1.30	Phone: 0401085550
JUKANYULA * (Indigenous)	Mon-Fri 9.30-12.30	Phone: 4151 6484
KEIKI *	Thu 9.30-11.30	Phone: 4154 111
MAINLY MUSIC	Tue 9.15 - 11.30	Phone: 0417626106
TURTLE TOTS PLAYGROUP	Tue 10-12	Phone: 41517773
BAROLIN STEPPING STONES (EIP)	Mon-Fri	Phone: 41513260

(Supported playgroup activities for families of children with disabilities)

BARGARA, MOORE PARK , YANDARAN & OAKWOOD

BARGARA PLAY GROUP	Tue 9.30-11.30	Phone: 4155 6123
BARGARA SEASIDE FRIENDS	Mon 9.30-11.30	Phone: 4154 7376
MOORE PARK & DISTRICT *	Tue 9-11	Phone: 41548898
YANDARAN BUSHKIDS	Wed 9-11	Phone: 4156 1758
OAKWOOD *	Tue 9.30-11.30	Phone: 4157 7905

BUXTON & CHILDERS

BUXTON'S RIVER KIDS	Thur 9.30-11.30	Phone: 4126 7179
HONEY BEARS PLAYGROUP	Tue 10-12	Phone: 4126 3138
LITTLE VEGEMITES	Fri	Phone: 4126 1183

GIN GIN

TINY TEADIES PLAYGROUP	Tue 9.-12.	Phone: 4157 1041
GIN GIN	Tue 9.30-11.30	Phone: 4157 2279

BUNDABERG TOY LIBRARY

An annual membership applies, enabling members to borrow 4 items for a month. **Phone:** 4153 2909

CHILDERS TOY LIBRARY - ISIS CHILD & FAMILY SUPPORT

An annual membership applies, enabling members to borrow 4 items for a month. **Phone:** 4130 4690

HEART FOUNDATION WALK AND TALK PLAY GROUPS

BUNDABERG WALK & TALK	Alt. Mon 9.30	Phone: 4132 8224 Botanic Gardens
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