

# Who can help with Parenting Support?

**EMERGENCY 000** (Life-threatening situations)

<b>CRISIS CARE</b>	1800 199 008 <a href="http://www.wa.gov.au/service/community-services/community-support/crisis-care">www.wa.gov.au/service/community-services/community-support/crisis-care</a>	Crisis Care provides Western Australia's after-hours response to reported concerns for a child's safety and wellbeing and information and referrals for people experiencing crisis.
<b>HEALTH DIRECT</b>	1800 022 222 <a href="https://www.healthdirect.gov.au/">https://www.healthdirect.gov.au/</a>	Provide free health advice and information, connect you to health services in your area and provide an online symptom checker for non-urgent illness or injuries.
<b>NGALA PARENTING LINE</b>	9368 9368 or 1800 111 546 Email: <a href="mailto:ngala@ngala.com.au">ngala@ngala.com.au</a> <a href="https://www.ngala.com.au/">https://www.ngala.com.au/</a>	Supporting families with contemporary, inclusive, and evidence informed services that enhance the wellbeing and development of infants, children and young people.
<b>PARENTING CONNECTION WA (PCWA)</b>	9068 1845 Email: <a href="mailto:SouthWest.PCWA@anglicarewa.org.au">SouthWest.PCWA@anglicarewa.org.au</a> <a href="http://www.parentingconnectionwa.com.au">www.parentingconnectionwa.com.au</a>	Supporting WA parents and caregivers with children from birth to 18 years with the provision of locally relevant, FREE and inclusive workshops, groups, one-on-one consultations and information.
<b>PARENT AND FAMILY DRUG SUPPORT LINE – 24 HRS</b>	1800 653 203 <a href="https://www.mhc.wa.gov.au/about-us/our-services/alcohol-and-drug-support-service/parent-and-family-drug-support-line/">https://www.mhc.wa.gov.au/about-us/our-services/alcohol-and-drug-support-service/parent-and-family-drug-support-line/</a>	A confidential, non-judgmental telephone counselling, information and referral service for anyone concerned about a loved one's alcohol or drug use.
<b>PLAYGROUP WA</b>	1800 171 882 Email: <a href="mailto:hotline@playgroupwa.com.au">hotline@playgroupwa.com.au</a> <a href="https://www.playgroupwa.com.au/">https://www.playgroupwa.com.au/</a>	Playgroup WA can help you find a suitable group for children aged 0 to 5 years and their parents or caregivers. They provide support directly to parents and to playgroups through resources, programs and services.
<b>PREGNANCY BIRTH &amp; BABY</b>	1800 882 436 <a href="https://www.pregnancybirthbaby.org.au/">https://www.pregnancybirthbaby.org.au/</a>	Pregnancy, Birth and Baby is a national government service providing support and information for expecting parents and parents of children, from birth to 5 years of age. Offer guidance and reassurance about behavioural and development concerns, such as tantrums, walking, talking or reading for 0 to 5 year olds.

<b>RADIANCE SOUTHWEST</b>	0490 094 994 Email: <a href="mailto:admin@radiancesouthwest.com.au">admin@radiancesouthwest.com.au</a>	Radiance is a community network connecting parents to local services to support emotional wellbeing during early parenthood.
<b>RAISING CHILDREN</b>	<a href="https://raisingchildren.net.au/">https://raisingchildren.net.au/</a>	An online resource providing parents and carers with free, reliable, scientifically validated information. This information helps parents and carers keep their children healthy and developing well.
<b>RELATIONSHIPS AUSTRALIA WA</b>	1300 364 277 / 6164 0600  <i>4families - 33 Steere Street, Bridgetown, 6255</i> <i>4families - 8a Spencer St, Bunbury, 6230</i>	Relationships Australia WA has been providing relationship support services for individuals, couples, families and communities. Also provide courses and workshops in a variety of themes such as 'bringing up great kids', 'mums raising boys', 'emotion coaching your child'.
<b>SOUTHWEST PARENTING</b>	Email: <a href="mailto:samantha@southwestparenting.com">samantha@southwestparenting.com</a>  <a href="https://www.southwestparenting.com/">https://www.southwestparenting.com/</a>	Southwest Parenting delivers evidence based parenting courses to small groups and individuals in various locations in the Southwest region. The courses are safe, nurturing and empowering for parents and care givers. Keynote presentations are also available throughout the state.
<b>WANSLEA</b>	9245 2441 Email: <a href="mailto:support@wanslea.org.au">support@wanslea.org.au</a> <a href="https://www.wanslea.org.au/">https://www.wanslea.org.au/</a>	Supporting children and young people to grow and develop safely through delivering services such as early childhood education and care, parenting support, out of home care, mental health care, school based programs etc.

#### LOCAL GROUPS AND ACTIVITIES FOR PARENTS

<b>BOYUP BROOK COMMUNITY RESOURCE CENTRE (BBCRC)</b>	9765 1169 Email: <a href="mailto:crc@boyupbrook.org">crc@boyupbrook.org</a>  <a href="https://www.boyupbrook.crc.net.au/">https://www.boyupbrook.crc.net.au/</a>	86Abel St	Supporting young families through the weekly Better Beginnings session 'Stories, Rhymes and Fun Times' for 0-5 year olds and their families, on Thursdays from 10-11am. Also provide access and information for parenting workshops and services.
<b>BOYUP BROOK FAMILY PLAYGROUP</b>	Family Stop Centre, 82 Abel St Email: <a href="mailto:bbfpgsecretary@gmail.com">bbfpgsecretary@gmail.com</a>  <a href="https://www.facebook.com/boyupbrookplaygroup">https://www.facebook.com/boyupbrookplaygroup</a>		Playgroup every Monday during school terms from 9am-11am for children 0-5 yrs.

<b>BOYUP BROOK EARLY LEARNING CENTRE</b>	<p>9765 2229 82 Abel St Email: <a href="mailto:elc@boyupbrook.wa.gov.au">elc@boyupbrook.wa.gov.au</a></p> <p><a href="https://www.boyupbrook.wa.gov.au/services/early-learning-centre/boyup-brook-early-learning-centre.aspx">https://www.boyupbrook.wa.gov.au/services/early-learning-centre/boyup-brook-early-learning-centre.aspx</a></p>	<p>Daycare facility supporting the next generation to develop, explore and learn through play, naturally.</p> <p>Opening hours Tuesday-Friday 8:15am-5:15pm</p>
<b>BOYUP BROOK DISTRICT HIGH SCHOOL</b>	<p>High School: 9765 0000    Primary School: 9765 0032 77 Barron St Email: <a href="mailto:boyupbrook.dhs@education.wa.edu.au">boyupbrook.dhs@education.wa.edu.au</a></p> <p><a href="https://www.boyupbrookdhs.wa.edu.au/">https://www.boyupbrookdhs.wa.edu.au/</a></p>	<p>The school is a Level 5 district high school catering for students from Kindergarten to Year 10. Students from Kindergarten to Year 6 on the Primary School site and students from Year 7 to Year 10 at the High School site 600 metres away.</p>
<b>ST MARY'S CATHOLIC PRIMARY SCHOOL</b>	<p>9765 1333 Knapp St Email: <a href="mailto:admin@stmarysbbk.wa.edu.au">admin@stmarysbbk.wa.edu.au</a></p> <p><a href="https://www.stmarysbbk.wa.edu.au/">https://www.stmarysbbk.wa.edu.au/</a></p>	<p>St Mary's Catholic Primary School is a small, co-educational school catering for students from Kindergarten to Year 6.</p>

*If any details on this listing need to be updated, or others included, please call 9765 1169 or email [crc@boyupbrook.org](mailto:crc@boyupbrook.org)*