



**Wyong Shire**

## ***INTRODUCTION***

Due to the increasing number of single parent families living in the Wyong Shire and the isolation felt by many of them, the Family Support Centre Inc. has identified a need for a comprehensive listing of all types of services available to Solo Parents and their families.

The majority of the services listed in this directory are not exclusively for solo parents, and can be of benefit to all members of the community.

All names and contact numbers were correct at the time of publication, January 2009. Any new services, corrections or suggestions for future editions will be gratefully received by:

The Solo Parent / Family Worker

3 Literary Close  
Kanwal 2259

**Phone:** 4393 2383

**Fax:** 4393 1724

**Email:** [admin@fscentre.ngo.org.au](mailto:admin@fscentre.ngo.org.au)

### **Note:**

When an appropriate service was not available within the Wyong Shire, the next closest contact number was listed.

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## ***FAMILY SUPPORT CENTRE INC.***

The Family Support Centre Inc. is the base for the Activity Van, Family Resource Project including the Solo Parents Group and Community Outreach Project.

The Centre is located at 3 Literary Close Kanwal (behind Kanwal Village Shops). We are easily accessible by public transport.

Our Service offers an extensive range of courses and services such as: Parenting, Personal Development, & Resource library. Regular services offered at the Centre include:

- ⇒ Divorce Papers Assistance can be given in the filling in of your paperwork.
- ⇒ Referrals To appropriate agencies if necessary.
- ⇒ Support We are here to listen & support you in any way we can.
- ⇒ Legal Advice Local Family Law Solicitors attend the Centre and offer FREE advice (By Appointment)
- ⇒ Support Groups The Solo Parents Support Group meets every Thursday of the school term from 10 am to 12 pm, this group offers different topics of interest each week including: community information, personal development and craft.
- ⇒ Individual Counseling By appointment only
- ⇒ Justice of Peace Available by appointment (Tuesday—Friday).

If the staff at the Centre are unable to assist you with any of your inquiries they will point you in the right direction to get the help that you need.

For further information, please call us on **4393 2383**  
Website [www.familysupportcentre.org.au](http://www.familysupportcentre.org.au)

## ***ABORIGINAL SERVICES***

**Aboriginal Homecare** – aged care services. HACC service providing housekeeping, odd jobs, personal care, meals etc. Phone intake line **1300 797606**

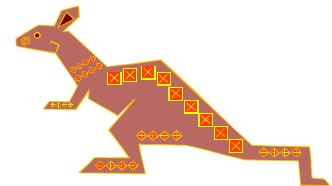
**Aboriginal Legal Service** Phone **9318 2122**

**Bungree Aboriginal Association** - aged Care, housing, Support, Emergency relief. Phone **4397 7700**

**Centrelink Indigenous Services Officer** – Phone **4350 6110**

**Darkinjung Local Aboriginal Land Council** Phone **4351 2930**

**Eleanor Duncan Aboriginal Health Centre** Phone **4351 1040**



**Muru Aboriginal Inc.** Employment service. Phone **4355 1511**

**NSCC Area Health. Nunyara Aboriginal Unit** – Hospital  
Liason Officer, Eye Clinic, Dental clinic. Phone **4320 2694**

**Wirringa Baiya Women’s Legal Centre** Phone **1800 686 587**

**Yarn’n Employment Training & Consultation Service**  
(Sydney) Phone **9319 4000**

**Yerin Aboriginal Health Services** Phone **4351 0246**  
Mobile service Phone **0400 511174**

**See Also** Counselling page 11-13  
Accommodation page 6-7  
Health page 20-22



## ***ACCOMMODATION SERVICES/REFUGES***

### **Central Coast Tenants’ Advice & Advocacy Service**

Advice for tenants about their rights, as well as representation  
or assistance at hearings of the Tenancy Tribunal  
Phone **4353 5515**

**Coast Shelter** – Crisis and medium term accommodation  
for youth, families and singles.

**Adults Phone 4324 7239**

**Young Women 4323 1636**

**Youth 4325 7555**

**Coast Shelter Wyong Outreach service** Short term housing  
Phone **4351 0365** Website [www.coastshelter.org.au](http://www.coastshelter.org.au)

**Community Housing** – long term accommodation for low  
income earners. Must meet criteria to qualify

Coastal Community Tenancy Scheme **4396 5222**

Pacific Link Housing **4324 7617**

### **Habitat Program**

Early intervention program for families at risk of  
homelessness.

Centrelink - Phone **4350 6123**

Burnside - Phone **4352 3222**



**Housing NSW** (formerly Dept of Housing)

General enquiries Phone **1800 629212**

Wyong Office Phone **4352 4400**

Website [www.housing.nsw.gov.au](http://www.housing.nsw.gov.au)

**Katakudu Women's Housing** – medium term supported accommodation for Women and their children. Phone **4353 2103**

**Samaritans, Youth Crisis Service** – Information and Referrals.  
Phone **1800 171800** (Business hours)

**Wesley Independent Living Program** – Medium term supported accommodation for youth at risk of homelessness. Phone **4329 6501**

**Women's Refuges** – Emergency Accommodation and Support for Women and children who are escaping domestic violence. (Call Domestic Violence Helpline Page 13 for more information on refuges)

**Toukley 4396 4263**

**Woy Woy 4340 1052**

**Woy Woy Youth Cottage**

Short term crisis accommodation for youth aged 12-17. Phone **4341 9027**

## ***AGED CARE & DISABILITY SERVICES***

**ADSSI –Aged and Disability Support Services.**

Social Support, Domestic Help and Home Maintenance services Phone **4334 2633**

**Baptist Community Services** – provides in home respite, personal care and social support for people with disability and frail aged. Phone **4340 8150**

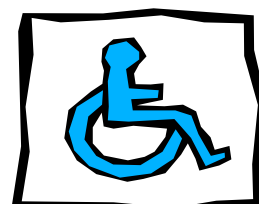
**Central Coast Disability Network** - provides information, referral and support to people acquired brain injury Phone **4324 2355**

**Commonwealth Carelink and Respite Centre** 1800 052 222

Carer support line & emergency respite **1800 059059**

**R.A.I.S.E** – Parent & Community Support for children with disabilities, disorders and syndromes Phone **4329 5005**

**Wesley School for Seniors** Day respite Phone **4353 9965**



**Wyong Community Transport** – transport for frail aged, people with a disability and their carers (costs involved) **Phone 4392 5633**

**Wyong Shire Food Services** – Meals on wheels, for frail aged, disabled and their carers. **Phone 4333 6940**

## ***CHILDREN & YOUTH SERVICES***

### **After School Hours/Vacation Care**

Toukley Neighbourhood Centre - After school care **4396 1555**

San Remo After school care **4399 2242**

Wyong After school care **4351 1930**

Family Day Care - After school care **4352 2657**

Vacation Care – all bookings and information **4350 5387**

**Family Day Care & CC In Home Care** – Home based child care for 0-12 years.  
Phone **4352 2657**

### **Family Support Centre – Activity Van**

Mobile playgroup. Operates at Kanwal, Lake Munmorah, Dooralong and Yarramalong. Phone **4393 2383**

### **Long Day Care Centres 7am-6pm.**

Toukley **4397 1268** Killarney Vale **4334 6395**

San Remo **4390 8370** Berkley Vale **4388 4377**

Wattanobi **4352 2281** Kanwal **4393 2357**

**Playgroup Association NSW** For Information on a playgroup in your area.

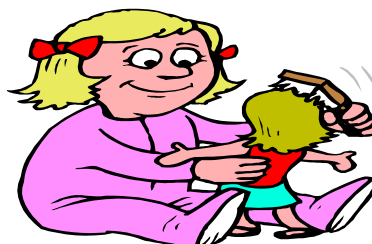
Phone **1800 171 882**

**Kanwal Playgroup** Phone Noelene **4353 4030**

### **Supported Playgroups – Burnside**

Worker provides activities for kids 0-6 and support and information to parents/grandparents/carers.

Phone **4352 3222**



## Youth Services

**Gravity Youth Centre** Lakehaven Phone **4393 9555**

**Links Youth Service** Recreational programs,  
Information & Referral. Phone **4390 7888**

**Oasis Youth Centre** Phone **4353 9799**



## **COMMUNITY CENTRES & NEIGHBOURHOOD CENTRES**

Each Centre will provide different services, according to the needs of their local community. Generally speaking, services offered include; parenting programs, self development courses, financial assistance (Neighbourhood Centres only) craft groups and other activities for adults and children. Contact individual Centre to find out what they offer. Please note SaCC's = Schools as Community Centres, NC = Neighbourhood Centre, CC = Community Centre

Banksia Family Centre	<b>4334 3390</b>
Bateau Bay (Cynthia St CC)	<b>4332 7450</b>
Berkley Vale NC	<b>4388 5801</b>
Blue Haven	<b>4399 2922</b>
Blue Haven SaCC's	<b>4399 0167</b>
Louise House	<b>4392 7255</b>
Northern Lakes Family Centre	<b>4358 3487</b>
San Remo SaCC's	<b>4390 9718</b>
Toukley NC	<b>4396 1555</b>
Warnervale CC	<b>4392 8734</b>
Watanobbi CC	<b>4351 2860</b>
Wyong NC	<b>4353 1750</b>
Wyong SaCC's	<b>4352 3637</b>

## ***COUNSELLING SERVICES***

**Area Health** - central intake Phone **4320 3500**

**Centrecare – Wyong** Counselling for Individuals, Couples and Children  
Phone **4350 1700**

**Coast Care Counselling** at Warnervale Phone **43928734**

**Family Care Cottage** (Wyong Hospital) Free Counselling for Women with children  
0-5, for Domestic Violence, Anxiety and Depression. Phone **4328 7901**

**Family Support Centre** short term, individual counselling service.  
Phone **4393 2383**

**Financial Counselling – Louise House** Phone **4392 7255**

**Horizons Family Support & Counselling Service** Phone **4334 3377**

**Interrelate** Counselling and Mediation, with a focus on families in the process of  
separation. Phone **4363 8050**

**LifeCare – Wyong** Counselling & domestic violence programs for men, women,  
and children. Phone **4352 3850**

**Lifeline** - 24 hour phone counselling service. Phone **131114**  
- **Financial counselling** service. Phone **43236105**

**Mensline** Short Term Counselling. National telephone counselling, information and  
referral service for men dealing with family and relationship concerns.  
Phone **1300 789 978**

**Nothern Women’s Health Centre (Rose Cottage)**  
Counselling for women. Phone **4351 1152**

**San Remo Neighborhood Centre** Counselling Service. Phone **4390 7888**

**Unifam - Gosford** Mediation & Counselling. Also Support for children after  
Separation—groups & counseling.  
Phone: **4325 9666**

**Wesley Counselling** Individual, couples and  
Families Phone **4351 0116**



## **COUNSELLING for YOUTH**

**Area Health** Anger Management Phone **4320 2856**

**Biala Cottage** Sexual Assault counselling - Gosford. Phone **4320 3175**

**Central Coast Pregnancy Counselling** Phone **4324 6246**

**Kids Helpline** Counselling for 5-25 year olds by Phone, Web and email. Phone **1800 551800** Website [www.kidshelpline.com.au](http://www.kidshelpline.com.au)

**RAPT** for young people and their families Phone **4325 9600**

**YFC** – Tumby. Counselling for Young People and their families. Phone **4388 9595**

**Youth Health** Phone **4356 9333**

## ***DOMESTIC VIOLENCE***

**Domestic Violence Line** 24 hours. Information, support and referral.  
Phone **1800656463**

**Domestic Violence Court Assistance Scheme** Wyong Court Support, assistance with AVO's, information and referrals. Phone **43503064**

**Lifecare** – Living Beyond Abuse program for women. Groups also for Children and Men. Phone **43523850**

<b><u>Refuges</u></b>	Toukley	Phone <b>4396 4263</b>
	Woy Woy	Phone <b>4340 1052</b>
	Gosford	Phone <b>4324 7239</b>

**See also**

- Counselling Services Pg 11-12
- Neighbourhood Centres Pg 10-11
- Emergency numbers Pg 30
- Legal services pg

## ***DRUGS & ALCOHOL***

**Alcoholics Anonymous, Al Anon and Al-Ateen** Phone **43233890**

**CC Drug & Alcohol Central Intake Line** Phone **43944880**

**Central Coast Area Health** Phone **43948229**

**Kamira farm women's residential** drug & alcohol program, and outreach program.  
Phone **43921341**

**Narcotics Anonymous** Phone **43250524**

**Selah Farm** Women's residential drug and alcohol program. Phone **43884588**

**"The Glen"** Men's residential programme. Phone: **43886360**

**Toukley community Health Centre** Drug & Alcohol service . Phone **43965111**

**See also** Support groups pg 26-27  
Counselling Page 11-12  
Health pg 20-22



## ***EMPLOYMENT AND EDUCATION SERVICES***

**Centrelink** Phone **132850** Website [www.centrelink.gov.au](http://www.centrelink.gov.au)

**Reading and Writing Hotline** Assistance for adults wanting to improve their  
Literacy and numeracy skills.

Phone **1300 655 506** Website [www.literacyline.edu.au](http://www.literacyline.edu.au)

**T.A.F.E NSW** Phone *Wyong* **4350 2222**

Tafe Outreach **43502370**

*Ourimbah* **4348 4000**

*Gosford* **4348 2222**

Website [www.tafensw.edu.au](http://www.tafensw.edu.au)

**Tuggerah Lakes Community College** Phone **4388 4574**

Website [www.tlcc.nsw.edu.au](http://www.tlcc.nsw.edu.au)

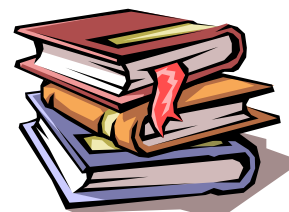
**Tutoring Service** "YourTutor" free online tutoring service for students in years 4-12. Provides homework help from trained, professional tutors for 4 hours each weekday afternoon. Access via Wyong Council's website [www.wyong.nsw.gov.au](http://www.wyong.nsw.gov.au)

**University Of Newcastle** Ourimbah Campus. Phone **43484000**

Website [www.newcastle.edu.au/location/central-coast](http://www.newcastle.edu.au/location/central-coast)

**Workwise** *Links to Learning* program. Help for students at risk of leaving school early. Phone **4392 6530** Website [www.workwiseinc.com.au](http://www.workwiseinc.com.au)

**Workwise Central Coast** Specialises in employment and training programs that support and encourage people to realise their potential within the workplace and community  
Phone **4353 2199** Website [www.workwiseinc.com.au](http://www.workwiseinc.com.au)



**Youth Connections** assistance for 13-19 year olds with education, training and employment Phone **4322 8600**  
Website [www.youthconnections.com.au](http://www.youthconnections.com.au)

## **FINANCIAL AND MATERIAL AID**

**Credit Line** Financial advice and info Phone **1800 808 488**

### **Neighbourhood Centres**

Emergency relief for food, electricity etc. Location restrictions apply to food parcels.

(Also see page 10) **Phone** *Toukley* (postcodes 2262 & 2263) **4396 1555**

*Wyong* (postcodes 2258 & 2259) **4353 1750**

### **N.I.L.S** (No Interest Loan Scheme)

Loans for low income families for the purchase of white goods and household necessities. Toukley Neighbourhood Centre. Phone **4396 1555**

**Salvation Army** For assistance with food, clothing, furniture and electricity accounts. Phone **4393 1686**

### **Samaritans Foundation**

Emergency assistance with food, clothing and financial aid. Emergency Relief Gorokan-Mon, Wed, Fri 10 am-12.30 pm Phone **4393 2450**

### **St Vincent De Paul**

For assistance with food, clothing, furniture & electricity accounts.

Phone	<b>Call Centre</b>	<b>4353 3799</b>
Shops	<i>Toukley</i>	<b>4396 3001</b>
	<i>Wyong</i>	<b>4353 1344</b>
	<i>The Entrance</i>	<b>4353 3799</b>



**The Smith Family** For assistance financially, with clothing, food & electricity accounts. Some cash available as emergency assistance. Phone **4334 7844**

## **GOVERNMENT DEPARTMENTS**

<b><u>Centrelink</u></b>	Disability, Sickness & Carers	<b>132717</b>
	Employment	<b>132850</b>
	Multilingual Call	<b>131202</b>
	Youth and Student Services	<b>132490</b>
	Family Assistance	<b>136150</b>
	Website	<a href="http://www.centrelink.gov.au">www.centrelink.gov.au</a>

**Child Support Agency** Phone **131272** Website [www.csa.gov.au](http://www.csa.gov.au)

### **Department of Community Services DoCS**

Wyong, Phone **43526500** 24 hour Helpline **132111**

Website [www.community.nsw.gov.au](http://www.community.nsw.gov.au)

**Department of Fair Trading** Consumer complaints. For all your concerns about purchases, repairs, services etc. Phone **133 220** Website [www.dft.nsw.gov.au](http://www.dft.nsw.gov.au)

### **Housing NSW**

Phone **4352 4400** Website [www.housing.nsw.gov.au](http://www.housing.nsw.gov.au)

**Road and Traffic Authority (R.T.A)** Phone **132 213** Website [www.rta.nsw.gov.au](http://www.rta.nsw.gov.au)

**Traffic Infringement Inquiries** Phone **1300 138 118**

**Wyong Shire Council** Phone **4350 5555** Website [www.wyongsc.nsw.gov.au](http://www.wyongsc.nsw.gov.au)

## **GOVERNMENT REPRESENTATIVES**

### **Commonwealth (Federal)**

*Craig Thompson*, Member for Dobell

PO BOX 5253

Chittaway Bay NSW 2261

Phone **4351 1223** Fax **4353 6480**

*Jill Hall* Member for Shortland

26 Macquarie Street

Belmont 2280 NSW

Phone **4947 9711** Fax **4947 9722**

[Jill.Hall.MP@aph.gov.au](mailto:Jill.Hall.MP@aph.gov.au)

## **State (NSW)**

*Grant McBride* Member for The Entrance  
24 The Entrance Road  
The Entrance 2261 NSW  
Phone **4334 1012** Fax **4334 3840**

*David Harris* Member for Wyong  
243 Main Road  
Toukley 2263 NSW  
Phone **4397 1000** Fax **4397 1012**

## **HEALTH SERVICES**

### **A.I.D.S Hotline**

Support & advice **Phone** 1800451600 or 9332 9700

**Cancer Information** Information and support **Phone** **131120**

Website [www.cancer.org.au](http://www.cancer.org.au)

### **Central Coast Area Health Service—Hospitals**

Wyong **43948000**

Gosford **43202111**

### **Central Coast Hearing Services**

Phone **4324 2088** or Australian Hearing **131 797**

### **Dental Clinics**

FREE for infant and primary school aged children, or Centrelink Benefit recipients.  
Intake line **1300 789 404**

**Hearing Tests** - Free at Wyong and Gosford Hospitals **Phone** **4320 3121**

**Hepatitis C Helpline** **Phone** **1800 803 990**

### **Health—Children and youth**

**Baby Health Centres** Advice, information for parents & health checks for Baby.

Lakehaven & Lake Munmorah **4393 7777**

Long Jetty **4336 7800**

Toukley **4396 5111**

Wyong / Kanwal **4394 8270** or **4394 8229**

**Central Coast Kids in Need Inc**

Provides assistance with accommodation expenses to Central Coast families of children with cancer / prolonged illnesses while in hospital.

Phone **4332 4848**

**Child and Family Health**

A division of the CC Area Health Team. Counseling, medical services, pediatrician. Family groups with children under 14. Phone **4328 7900**

**Ycentral** for Youth, General Health & Early intervention service for young people at risk of mental health problems.

Gosford. Phone **4304 7870** Website [www.headspace.org.au](http://www.headspace.org.au)

**Youth Health Services** Wyong, Phone **4356 9333**

**Health—Mental Health**

**CC Mental Health Services** Provides a wide range of services. Mental Health Intake Line, Phone **4320 3500**

**Mental Health Acute Care Team** (24 Hrs) Phone **4320 3170**

**Health—Women**

**Centacare Termination Advice** Phone **4324 6246**

**Central Coast Women's Health Centres** Counselling, Self-development programs & medical services.

Wyong **43511152**

Wyoming **43242533**

**Pregnancy Helpline** Phone **1300 139 313**

***LEGAL ADVICE/SERVICES***

**Central Coast Children's Court Assistance Scheme** Phone **4353 0111**

**Central Coast Community Legal Centre**

Provides free legal information, advice / referral for disadvantaged people living, working or studying on the Central Coast

Phone **4353 4988**

Website [www.centralcoastlegalcentre.org.au](http://www.centralcoastlegalcentre.org.au)

**Central Coast Domestic Violence Court Assistance Scheme**

Phone **4304 6941**

*Gosford* **4325 6941** or **0408 256 941**

*Wyong* **4350 3064** or **0408 256 941**

**Community Justice Centre**

Provides **FREE mediation** to any parties in dispute who have an ongoing relationship. Those who are not in an ongoing relationship and prefer not to litigate can also apply. Phone **1800 990 777**

**Court Houses**

Phone Gosford **4304 6922** Fax **4323 3570**

Wyong **4350 3010** Fax **4350 3050**

**Domestic Violence Advocacy Service**

Free legal advice, representation and referral service for women, which assists in all areas of domestic violence.

Phone **1800 810 784** TTY **1800 626 267**

**Family Support Centre Inc.**

FREE Family Law Solicitor advice, every second Thursday by appointment only.

Phone **4393 2383**

**Indigenous Women's** Legal Contact Line **1800 639 784**

**Law Access Centre NSW** Info. on laws regarding debt

Phone **1300 888 529** Website [www.info.lawaccess.nsw.gov.au](http://www.info.lawaccess.nsw.gov.au)

**Legal Aid Commission**

Free legal representation for eligible applicants (income tested)

Phone **4324 5611** or **1300 888 529**

**Legal Aid Hotline For Young People (Under 18)**

Mon-Fri 9 am till midnight, weekends 12pm until midnight Phone **1800 101810**

**Northern Womens Health Centre** Free legal advice for women, by appointment only. Phone **43511152**

**Women's Legal Resource Centre**

Phone **1800 801 501** or **9749 5533**

## ***MULTICULTURAL GROUPS AND SERVICES***

### **Central Coast Multicultural Family Support & Settlement Grants Project**

(formerly known as CC Multicultural Project) Support, information and referral for the multicultural community. Phone **43343877**

### **Centrelink Multilingual Services (CMS)**

Phone **131 202** Multicultural Service Officer **4328 6319**

### **Community Relations Commission**

Phone **4929 4191** Website [www.crc.nsw.gov.au](http://www.crc.nsw.gov.au)

Interpreter Service 24 Hrs **1300 651 500**

**Migrant Resource Centre** Phone **0411 796 312**

## ***PARENTING/FAMILY SUPPORT***

**Aunites and Uncles** Voluntary service providing respite care for children of single parents. Phone **4369 6199**

**Burnside** Parent education groups and programs. Phone **1800067967**

**CentreCare** 'Hey Mum' & 'Hey Dad' Programs for separating parents to help them understand the impact of separation on kids and how you can help them through. Phone **43246403**

**Child Abuse Prevention Line** Phone **1800 688 009**

**Childrens Contact Service Relationships Aust.** provides changeover and supervised contact for families on the Central Coast. Phone **1300 364277**

**Family Support Centre Inc.** For more details, see page 4  
Phone **4393 2383**

**Family Inclusion Network (FIN)** Support group and information for parents with children in Foster Care or about to be taken into care by DoCS. Phone **0417282795**  
or **0450521610**

**Gosford Family Support** Support for families of children 0-16 years.  
Phone **43401585**

**Granparents Raising Grandchildren** Support worker  
Phone **43401585** (also see support groups page 24)

**Horizons Family Services** Family Support, Parenting Courses, Counselling, Information and referral.  
Phone **4334 3377**



**Kookaburra (Family Care) Cottage**

The Cottage provides support and information for parents of children 0-5 yrs. Phone **4394 8229**

**Parent Line** 24 hour helpline for Parents. Phone **132 055**

**See also** Community Centres/Neighbourhood Centres page 9  
Counselling page 11-13

## ***SUPPORT GROUPS/HELPLINES***

**ADD / ADHD Support Group** Phone **4353 9241** or **04394 93445**

**Alcoholics Anonymous (AA)** Phone **4323 3890**

**ARAFMI** (Association of the Relatives & Friends of the Mentally Ill) Support agency for the relatives and friends of the mentally ill. Phone **4369 4233** or **4369 4236** or **4334 3666** or **1800 655 233**

**ASCA** Advocates for Survivors of Child Abuse Phone **1300657380**  
Website [www.asca.org.au](http://www.asca.org.au)

**Candles Cancer Support Group** Meets fortnightly at Lakelands Community Centre. Phone **43935017**

**Chronic Fatigue Society of NSW** Information and support Phone **99048433**  
Website [www.me-cfs.org.au](http://www.me-cfs.org.au)

**Dads In Distress** Phone **1300853437** or phone Wyong Group **0425383245**

**FIN. Family InculSION Network** Support group for parents with children in Foster Care. Phone **0417282795**

**Gamblers Anonymous (G-Line)** Phone **9564 1574**

**Grandparents Support Group** for Grandparents who are providing full time care for their grandchildren.

Phone Lakehaven **43927255** or **43518076**  
San Remo **0429914553**  
Wyong **43889895**



**Grief Support (24 hours)** Phone **94896644**

**Homocide victims support group** Phone **1800191777**

**Lifeline** 24 hour phone counseling service Phone **131114**

**Lupus Association of NSW**

Information and support

Phone **1800802088** Website [www.lupusnsw.org.au](http://www.lupusnsw.org.au)

**Parentline** Phone **132055**

**SANDS** (Stillbirth and Neonatal Death Support) Phone **4333 1935**

**S.I.D.S** (Sudden Infant Death Syndrome) Provides support to families affected by the death of a child Phone **1800 651 186** (24 Hrs)

**Suicide Helpline** Phone **1800191919**

## ***USEFUL INTERNET ADDRESSES***

Anti-Discrimination Board	<a href="http://www.lawlink.nsw.gov.au/adb">www.lawlink.nsw.gov.au/adb</a>
Australian Legal Information Institute	<a href="http://www.austlii.edu.au">www.austlii.edu.au</a>
Australian Bureau of Statistics	<a href="http://www.abs.gov.au">www.abs.gov.au</a>
Australian Council of Social Services	<a href="http://www.acoss.org.au">www.acoss.org.au</a>
Australian Domestic & Family Violence Clearinghouse	<a href="http://www.austdvclearinghouse.unsw.edu.au">www.austdvclearinghouse.unsw.edu.au</a>
Carers Association of NSW	<a href="http://www.carernsw.asn.au">www.carernsw.asn.au</a>
Centrelink	<a href="http://www.centrelink.gov.au">www.centrelink.gov.au</a>
Central Coast Families	<a href="http://www.centralcoastfamilies.com.au">www.centralcoastfamilies.com.au</a>
Child Support Agency	<a href="http://www.csa.gov.au">www.csa.gov.au</a>
Dads in Distress (DIDs)	<a href="http://www.dadsindistress.asn.au">www.dadsindistress.asn.au</a>
Department of Health	<a href="http://www.health.nsw.gov.au">www.health.nsw.gov.au</a>
Department of Housing	<a href="http://www.housing.nsw.gov.au">www.housing.nsw.gov.au</a>
Department of Industrial Relations	<a href="http://www.industrialrelations.nsw.gov.au">www.industrialrelations.nsw.gov.au</a>

Department of Community Services	<a href="http://www.community.nsw.gov.au">www.community.nsw.gov.au</a>
Divorce Sites	<a href="http://www.familylawcourts.gov.au">www.familylawcourts.gov.au</a>
	<a href="http://www.familycourtforms.com.au">www.familycourtforms.com.au</a>
	<a href="http://www.fmc.gov.au/forms">www.fmc.gov.au/forms</a>
	<a href="http://www.aussielegal.com.au">www.aussielegal.com.au</a>
Every Child is Important	<a href="http://www.kidscount.com.au">www.kidscount.com.au</a>
Family Advocacy	<a href="http://www.family-advocacy.com">www.family-advocacy.com</a>
Family	<a href="http://www.aifs.gov.au">www.aifs.gov.au</a>
NSW Family Services Inc.	<a href="http://www.nswfamilyservices.asn.au">www.nswfamilyservices.asn.au</a>
Gosford City Council	<a href="http://www.gosford.nsw.gov.au">www.gosford.nsw.gov.au</a>
Guardianship Tribunal	<a href="http://www.gt.nsw.gov.au">www.gt.nsw.gov.au</a>
Isis Creations (Women's & Indigenous Issues)	<a href="http://www.isis.aust.com">www.isis.aust.com</a>
Kids Help Line	<a href="http://www.kidshelp.com.au">www.kidshelp.com.au</a>
Law Stuff for Under 18's	<a href="http://www.lawstuff.org.au">www.lawstuff.org.au</a>
LINCS Services directory	<a href="http://www.datadiction.com.au">www.datadiction.com.au</a>
Lone Fathers Association	<a href="http://www.lonefathers.com.au">www.lonefathers.com.au</a>
Mental Health Association of NSW	<a href="http://www.mentalhealth.asn.au">www.mentalhealth.asn.au</a>
National Association for Prevention of Child Abuse & Neglect	<a href="http://www.napcan.org.au">www.napcan.org.au</a>
NSW Commission for Children & Young People	<a href="http://www.kids.nsw.gov.au">www.kids.nsw.gov.au</a>
NSW Community Legal Centres	<a href="http://www.nswclc.org.au">www.nswclc.org.au</a>
NSW Government	<a href="http://www.legislation.nsw.gov.au">www.legislation.nsw.gov.au</a>
Ombudsman NSW	<a href="http://www.ombo.nsw.gov.au">www.ombo.nsw.gov.au</a>
Parenting Ideas	<a href="http://www.parentingideas.com.au">www.parentingideas.com.au</a>
Reachout Community Issues	<a href="http://www.reachout.com.au">www.reachout.com.au</a>
Road & Traffic Authority	<a href="http://www.rta.nsw.gov.au">www.rta.nsw.gov.au</a>
Welfare Rights Organisation	<a href="http://www.welfarerights.org.au">www.welfarerights.org.au</a>
Workcover	<a href="http://www.workcover.nsw.gov.au">www.workcover.nsw.gov.au</a>
Wyong Shire Council	<a href="http://www.wyongsc.nsw.gov.au">www.wyongsc.nsw.gov.au</a>
Yellow Ribbon Suicide Prevention Program	<a href="http://www.suicideprevention.org">www.suicideprevention.org</a>
Youth Health	<a href="http://www.headspace.org.au">www.headspace.org.au</a>

## **EMERGENCY PHONE NUMBERS**

**Ambulance, Fire Brigade, Police 000**

**Energy Australia    *General Inquiries*    131 535**  
***Power Failure*            131 388**

**Hospitals**

Phone    *Gosford*            **4320 2111**  
                  *Wyong*                **4394 8000**

**Lifeline    Phone 131 114**

**N.R.M.A    Phone 131 111**

**Poisons Information Line Phone 131126**

**Police Assistance Line (PAL) Phone 131 444**

**Police Stations**

Phone    *The Entrance*    **4332 6222**  
                  *Toukley*            **4390 1299**  
                  *Wyong*              **4352 4899**

**State Emergency Services Emergency Assistance in Floods & Storms Phone **132 500** or Wyong Office Phone **4351 2244****

### **Other Numbers**

Doctor.....

Dentist.....

**Directory Assistance Phone **1223** (Free Call) or **12456****

**Transport Info line **131500****



**FAMILY SUPPORT CENTRE INC.**

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KANWAL 2259

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Email [admin@fscentre.ngo.org.au](mailto:admin@fscentre.ngo.org.au)