



Support for Children & Families



STARS
For Kids

- City of Wanneroo -

Your guide to services in the City of Wanneroo that support your child's development, as well as your family's social and mental health needs

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The STARS for Kids Resource Booklet was written by the Early Neurodevelopment & Mental Health (ENMH) and Child Disability teams at The Kids Research Institute Australia, 2024.

Contact STARS for Kids at STARS@thekids.org.au and the ENMH team at ENMH.team@thekids.org.au

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This booklet is supported by:





INTRODUCTION

If you have any concerns about your child's development or your own wellbeing, your first step should be to contact your GP or child and family health nurse. They can provide you with the support and appropriate advice you need.

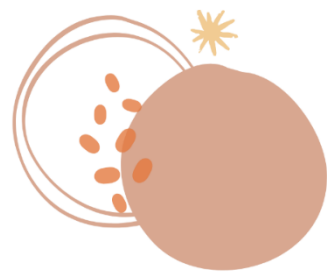
This booklet includes a selection of resources and information, both online and in-person, that you may find helpful. Please keep in mind that these are just suggestions and not an exhaustive guide. Your GP or child health nurse should always be your first point of contact if you have any concerns.

This resource booklet of services has been written to inform you of what resources are available in the City of Wanneroo to support child development, social needs, and mental health. It provides a list of services and their contacts to assist you with supporting your child's development and your family's needs.

This booklet can be accessed online at: <https://www.starsforkids.net/>

If you are interested in getting involved with child development research or want to sign up to the newsletter, you can contact the Early Neurodevelopment & Mental Health (ENMH) Team at ENMH.team@telethonkids.org.au.

The ENMH team has several active projects and are often looking for community engagement for research participants for surveys, co-design, workshops, trials, and Advisory Group members.



SUPPORT FOR PARENTS

Child and Parent Centres (CPC)

Child and Parent Centres are school-based centres which support families with parenting advice, programs, and services, including maternal and child health services, early learning programs, parenting and family support, and multicultural programs and services.

For more information on Child Parent Centres click [here](#)

Locations in the City of Wanneroo:

- Balga
- Banksia Grove
- Ellenbrook
- Girrawheen
- Westminster

Connected Communities

Connected Communities provides parenting support to improve the health and wellbeing of parents, carers, and their children. They do this by expanding your knowledge and skills, increasing confidence, and growing your ability to connect with other families.

To find out more about Connected Communities click [here](#) or call 9251 5777

This service is offered to families living in:

- Alexander Heights
- Girrawheen
- Koondoola
- Marangaroo

Meerilinga

Meerilinga promotes children's education, care, and wellbeing by offering early learning programs, parenting support, and playgroups.

To find out more click [here](#)

Located in and around the City of Wanneroo area:

- Ballajura
- Kingsley
- Woodvale

Pregnancy to Parenthood (P2P)

Pregnancy to Parenthood is a referral-based service that helps parents build a nurturing relationship with their babies to support development.

For more information click [here](#)

The service is located in:

- Joondalup Health Campus
- St Anthony's Primary School
- Wanneroo
- Clarkson Youth Hub

Parenting Connection WA (PCWA)

The PCWA website lists free and upcoming parenting events in Perth. Filter the calendar to 'Perth North West Inner Metro' to find events near the City of Wanneroo.

To find events click [here](#)

[To visit their Facebook page click here](#)

Mirrabooka/Joondalup Family Support Network

The Mirrabooka Joondalup Family Support Network connects families to support services through a broad partnership network, working closely with organisations that understand the needs of Aboriginal and CaLD families.

For more information:

Call: 1300 760 691

Or visit online [here](#)

Women's Health and Family Services

The Women's Health and Family Services offers services for women and families, including counselling, support groups, and courses for mums. Creche services are available. The nearest centre to the City of Wanneroo is in Joondalup.

For more information:

Call: 6330 5400

Email: infojoondalup@whfs.org.au

Or visit online [here](#)

Ngala

Access the Ngala website, programs, and online resources [here](#)

Parenting Line

Free parenting support from qualified professionals, 1am-8pm, 7 days a week.

Call: 08 9368 9368

ForWhen Helpline

Free mental health helpline for new and expecting parents, 9am-4:30pm Mon-Fri.

Call: 1300 24 23 22 or chat online [here](#)

Parenting Under Pressure (PUP)

The PUP parenting program supports families facing challenges like depression, anxiety, financial stress, substance misuse, or family violence. It runs for 3–6 months and offers home visits for families within 20km of Merriwa.

For more information:

Call: 9206 6200

Or visit online [here](#)

The Spiers Centre

The Spiers Centre is a not-for-profit organisation offering support, information, and empowerment to individuals, families, and communities.

For more information:

Call: 9401 2699

Email: info@thespierscentre.com.au

Or visit online [here](#)

Starting Blocks

Starting Blocks is Australia's free government website which helps families and communities find and compare childcare services based on quality ratings, fees, vacancies, and inclusions.

For more information click [here](#)



SUPPORT FOR DADS

DadsWA Ngala

DadsWA delivers services and support for fathers and father figures, focusing on the early years. They emphasise the importance of fathers being an active part of the parenting team because of the benefits this brings for child development.

For tips, resources, and more information about DadsWA, click [here](#)

SMS4Dads

SMS4Dads is a service that sends dads personalised tips and information straight to their phone, supporting their role as a father and partner while raising awareness of their impact on their baby's development.

For more information or to sign up click [here](#)

Dads Coffee Group

This free dad's coffee group is for dads of children with disabilities. It offers a chance to take a break and connect with other dads. Children are welcome, with a play leader available for those aged 6 and under. The group runs during the school term.

For more information click [here](#)

The Fathering Project

The Fathering Project website offers information and programs to help dads be the best parents they can be.

For more information click [here](#)



HOW TO FIND RELIABLE INFORMATION

How to tell if a resource is credible

With so much parenting information on the internet and social media, it can be overwhelming and difficult to know what information to trust. Here is a simple list of ways to check resources to see if the information is evidence-based (vs. someone's own opinions).



Check the domain name

- Websites that include .edu (education) or .gov (government) are generally credible.
- Websites containing .org (organisation) may contain credible information, just consider the organisations purpose and agenda.
- Websites including .au are Australian.



Look closely at the sources

- When was the information published? If it is not recent (within the last 5–10 years), new information may be available. Who are the authors? Are they listed and what are their credentials?
- Do they cite authoritative sources or just their own opinions without backing them up with facts?



Find back up information

- It can be helpful to search for additional information to back up what you have found.
- For example, if you are looking for information on parenting, check several reputable websites such as the Raising Children Network and Ngala for local information.



Don't be afraid to dig deeper

- Easily accessible places such as social media, online forums and blogs can be helpful places to start, however, they are often based on opinions as opposed to facts.
- Keep searching for more credible sources such as government websites, medical journals etc.

1. <https://www.betterhealth.vic.gov.au/health/servicesandsupport/finding-reliable-health-information>

2. <https://www.utep.edu/extendeduniversity/utepconnect/blog/march-2017/4-ways-to-differentiate-a-good-source-from-a-bad-source.html#:~:text=Take%20a%20closer%20look%20at,check%20the%20date%20of%20publication.>

List of Resources:

Child Health Centres – [Link here](#)

Child Development Services – [Link here](#)

Allied Health Services – [Physiotherapy](#), [Psychology clinical or private](#), [Speech Pathology](#), [Occupational Therapy](#)

Perth Kids Hub – [Link here](#)

Child & Adolescent Mental Health Services – [Link here](#)

The Cusp - Children's mental health services by Wanslea – [Link here](#)

Playgroups – [Link here](#)

Libraries – [Link here](#)

Child Development Programs

Attachment and Biobehavioural Catch-Up (ABC) – [Link here](#)

CliniKids – [Link here](#)

Early Childhood Approach (ECA) – [Link here](#)

ENVISAGE – [Link here](#)

First Steps for Autism – [Link here](#)

Home Interaction Program for Parents and Youngsters (HIPPY) – [Link here](#)

Support for Parents

Child and Parent Centres – [Link here](#)

Connected Communities – [Link here](#)

Meerilinga – [Link here](#)

Mirrabooka/Joondalup Family Support Network – [Link here](#)

Ngala – Parenting Line & ForWhen Helpline – [Link Ngala](#) and [ForWhen](#)

Parenting Connection WA – [Link here](#)

Parenting Under Pressure (PUP) – [Link here](#)

Pregnancy to Parenthood – [Link here](#)

Starting Blocks – [Link here](#)

The Spiers Centre – [Link here](#)

Women's Health and Family Services – [Link here](#)

Support for Dads

Dads Coffee Group – [Link here](#)

DadsWA Ngala – [Link here](#)

SMS4Dads – [Link here](#)

The Fathering Project – [Link here](#)

Families & Children Needing Additional Support

Ability WA – [Link here](#)

Anglicare WA Disability Support Services – [Link here](#)

Aus-Ability WA – [Link here](#)

Autism Association of WA – [Link here](#)

Carers WA – [Link here](#)

Community Vision – [Link here](#)

Development Disability WA (DDWA) – [Link here](#)

Healthy Mothers Healthy Families – [Link here](#)

Identity WA – [Link here](#)

Inclusive Care – [Link here](#)

Karlah Care – [Link here](#)

Key Assets Disability Services – [Link here](#)

Kiind – [Link here](#)

MercyCare Disability Support Services – [Link here](#)

MyTime – [Link here](#)

NDIS & ECA – [Link to NDIS here](#), and [ECA here](#)

RippleAbility – [Link here](#)

Rocky Bay – [Link here](#)

Senses WA – [Link here](#)

Strive – [Link here](#)

Therapy Focus – [Link here](#)

Uniting WA – [Link here](#)

VisAbility – [Link here](#)

Wanslea & ECA – [Link here](#)

Immediate Support Contacts

Aboriginal & Torres Strait Islander People

13 Yarn: [13 92 76](tel:139276)

Thirrili: [1800 805 801](tel:1800805801)

Alcohol & Drugs ----- Alcohol & Drug Support Line – [08 9442 5000](tel:0894425000) / [1800 198 024](tel:1800198024)

Parent & Family Drug Support Line – [08 9442 5050](tel:0894425050) / [1800 653 203](tel:1800653203)

Carer Support ----- Carers WA: [1300 227 377](tel:1300227377)

Carer Gateway: [1800 422 737](tel:1800422737)

Children & Youth ----- Kids Helpline (age 5-25): [1800 55 1800](tel:1800551800)

Parent Line: [1800 654 432](tel:1800654432)

Youth Beyond Blue (age 12-25): [1300 224 636](tel:1300224636)

Headspace (age 12-25): [1800 650 890](tel:1800650890)

Crisis Support ----- CrisisCare helpline: [1800 199 008](tel:1800199008) / [9223 1111](tel:92231111)

Ask Izzy – [Link here](#)

WA Connect – [Link here](#)

FDV ----- 1800 RESPECT: [1800 737 732](tel:1800737732)

Women's DV helpline: [1800 007 339](tel:1800007339)

Men's DV helpline: [1800 000 599](tel:1800000599)

Patricia Giles Centre: [1800 199 008](tel:1800199008)

Homelessness ----- Entrypoint: [1800 124 684](tel:1800124684) / [08 6496 0001](tel:0864960001)

City of Wanneroo Hardship and Homelessness Services – [Link here](#)

Reconnect Program (youth) – [Link here](#)

Mental Health ----- Mental Health Emergency Response: [1300 555 788](tel:1300555788)

MensLine: [1300 789 978](tel:1300789978)

LifeLine: [13 11 14](tel:131114)

Beyond Blue: [300 224 636](tel:300224636)

Wellways: [1300 111 500](tel:1300111500)

QLife (LGBTIQ+): [1800 184 527](tel:1800184527)

Police ----- Emergency: [000](tel:000)

Non-emergency: [131 444](tel:131444)

Women's Refuge ----- RUAH Community Services: [13 78 24](tel:137824)

Zonta House: [1800 870 149](tel:1800870149)

Support for Aboriginal Families

Aboriginal Health Teams – [Link here](#)

Derbal Yerrigan – [Link here](#)

Ebenezer Aboriginal Corporation – [Link here](#)

Legal Yarn – [Link here](#)

Meerilinga – Aboriginal Parent Support Services (APSS) – [Link here](#)

Moorditj Koort – [Link here](#)

Moorditj Yarning – [Link here](#)

Moort Boodjari Mia – [Link here](#)

RUHA Community Services – [Link here](#)

Women's Health and Family Services – [Link here](#)

Wungening Aboriginal Corporation – [Link here](#)

Yorgum – [Link here](#)

Support for CALD Families

Association for Services to Torture and Trauma Survivors – [Link here](#)

Ishar Multicultural Women's Health Services – [Link here](#)

Kin Disability and Advocacy for Diverse Communities – [Link here](#)

Legal Aid WA – [Link here](#)

MercyCare – [Link here](#)

Multicultural Community Centre – [Link here](#)

Multicultural Service Centre of WA – [Link here](#)

Multicultural Youth Advocacy Network of Western Australia – [Link here](#)

WA Office of Multicultural Interests – [Link here](#)

Other Support for CALD Families

AMES Australia – [Link here](#)

Australian Government Department of Home Affairs – [Link here](#), [programs link here](#)

Australian Multicultural Foundation (AMF) – [Link here](#)

Australian Red Cross – [Link here](#)

Australian Refugee Health Practice Guide – [Link here](#)

Community Refugee Sponsorship Australia – [Link here](#)

Embrace Multicultural Mental Health – [Link here](#)

Federation of Ethnic Communities' Council of Australia (FECCA) – [Link here](#)

Health Translations – [Link here](#)

Justice Connect – [Link here](#)

Multicultural Youth Advocacy Network Australia (MYAN) – [Link here](#)

National Ethnic Disability Alliance (NEDA) – [Link here](#)

Partners in Culturally Appropriate Care (PICAC) – [Link here](#)

Refugee Council of Australia – [Link here](#)

Refugee Legal – [Link here](#)

Services Australia – [Link here](#)

Settlement Services International – [Link here](#)

The Forum of Australian Services for Survivors of Torture and Trauma – [Link here](#)

Legal Services

Australian Centre for Disability Law – [Link here](#)

Legal Aid – [Link here](#)

Norther Suburbs Community Legal Centre – [Link here](#)

Community Events and Recreation

Discover Wanneroo – [Link here](#)

Kingsway Indoor Stadium – [Link here](#)

Leisure Centres – [Link here](#)

Wanneroo Aquamotion – [Link here](#)

Government Payments

Centrelink Support Payments - [Link here](#)

Guide to Australian Government payments – [Link here](#)

Medicare health benefits – [Link here](#). For more info [link here](#)

Parenting Government Payments (Raising Children Network) – [Link here](#)

Other Useful Services

Grandcarers Support Scheme – [Link here](#)

Koorliny Moort – [Link here](#)

Mother Baby Units ----- King Edward Memorial Hospital – [Link here](#)

Fiona Stanley Hospital – [Link here](#)

Ngala Residential Parenting Service – [Link here](#)

Service Finder Websites ----- Health Direct – [Link here](#)

Infoxchange Service Seeker – [Link here](#)

AskNED (National Equipment Database) – [Link here](#)

Child Developmental Milestone Tables – pages 32-38 of this booklet

List of Acronyms:

AHS – Allied Health Services

CAMHS – Child & Adolescent Mental Health Services

CDS – Child Developmental Services

CHC – Child Health Centre

COW – City of Wanneroo

CPC – Child & Parent Centres

ECA – Early Childhood Approach

ECEI – Early Childhood Early Intervention

NDIS – National Disability Insurance Scheme

OT – Occupational Therapy

STARS – Strengths-based, Tiered, Accessible Resources & Supports

References:

1. Berk, L.E., *Child Development*. 9th ed. 2012.
2. University, C.o.t.D.C.a.H., *The foundations of lifelong health are built in early childhood*. 2010: Harvard University.
3. Network, R.C. *Early childhood intervention: quality services and supports*. 2023 [cited 2024 12 August]; Available from: <https://raisingchildren.net.au/disability/services-support/children-with-disability-early-intervention-and-therapy/quality-in-early-childhood-intervention>.