

Helpful Info for parents and carers

Support Numbers and Services

Wungening Moort

12/47 William Street, Armadale WA 6112

<https://www.wungening.com.au/how-we-help/family-support-services/>

Support to help keep your moort together while navigating the child protection system. Can help with parenting and relationships, budgeting, cooking and nutrition, family appointments, school support, counselling, and connection to other services including alcohol and drug use, family violence, health issues and other concerns

6558 1000

Armadale/ Cannington Family Support Network (run by Wungening)

12/47 William Street, Armadale WA 6112

<https://wafsn.org.au/contact-us/cannington-armadale-family-support-network/>

Provides assessment and coordination of services to support families and individuals to meeting their goals and keep children safely at home.

1300 038 850

Meerilinga

<https://meerilinga.org.au/meerilinga-parenting-service/>

A not for profit organisation made to promote positive childhoods through early childhood education, family and community services

9489 4022

Parenting WA

Provides telephone information, support and referrals to parents, carers, grandparents, foster carers and families who are taking care of a child or children aged from pre-birth to 18 years. Available 24/7.

6279 1200

Ngala

<https://www.ngala.com.au/>

Parenting line, residential parenting service, community programs, workshops, child and parent centres, early learning and development service and resources.

9368 9368

Grandcare

<https://www.ngala.com.au/>

Information and support service for grandparents raising their grandchildren.

1800 008 323

Parents Beyond Breakup

<https://www.parentsbeyondbreakup.com/>

Support for separating mums, dads and grandparents. Supports parents experiencing trauma related to family breakdown and separation.

1300 853 437

PANDA

<https://www.panda.org.au/>

Perinatal Anxiety & Depression Australia – supports the mental health of parents and families during pregnancy and in their first year of parenthood.

1300 726 306

Helping Minds

<https://www.carersaustralia.com.au/support-for-carers/carer-gateway/>

A wide variety of free mental health services, including counselling, education and carer supports.

9427 7100

Carers WA

<https://www.carerswa.asn.au/>

Offers a range of programs and services aimed at providing practical and emotional support for family carers. Services include the provision of specialist information and advice, resources and carer support through education/training, social support and more.

1300 227 377

Online Resources

Raising Children Network

<https://raisingchildren.net.au/>

Free, reliable, up-to-date and independent information to help your family grow and thrive together. Our articles, videos and interactive resources are tailored to different ages and stages.

headspace

<https://headspace.org.au/services/family/>

Parents, carers and family can provide vital support for young people when they are having a tough time. headspace is here to help support you through these challenges and transitions.

Minnawarra House

<https://www.minnahouse.org.au/family-support/>

Runs a wide variety of programs aimed at supporting families through social, practical and therapeutic groups.

