

Highland's Child Youth & Family



SERVICES DIRECTORY 2020



Highlands Child Youth & Family Network

Highlands Child Youth & Family Network represents a consortium of organisations that deliver child and family services across the Wingecarribee local government area.

Our aim is to improve outcomes for children, young people and families in the Wingecarribee Shire through:

- Promoting the goals of child and family services using the NSW Families First framework as a guide.
- Providing a communication link between Wingecarribee and Macarthur child and family service providers.
- Co-ordinating service delivery to families and children.
- Encouraging community participation.
- Identifying needs and planning responses.
- Sharing information amongst response.
- Ensuring that information about services reaches the right target groups.
- Advocacy and representation to influence decision makers and resource allocation.
- Encouraging the participation of diverse and special needs groups in planning and service development activities.

There is no central telephone number for the Highlands Child Youth & Family Network as it is a group of independent community services. However, please feel free to contact any of the participating agencies listed.

Alternatively, the following agencies have volunteered to assist with enquiries:

Highlands Community Centres Inc.

Ph: (02) 4862 1122

Sector Connect

Ph: (02) 4648 5933

Wingecarribee Shire Council

Ph: (02) 4868 0888

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Emergency Services

Southern Highlands Police

(02) 4868 1222

Emergency Services

000

Child Protection Helpline

132 111

DV Line

1800 656 463

Poisons Information Line

131 126

Lifeline

131 114

Mental Health Line

1800 011 511

MensLine

1300 789 978

Other Useful Numbers

Parent Line (NSW)

1300 130 052

Kids Helpline

1800 551 800

Illawarra Family Referral Service

1800 663 863

NSW Rape Crisis Centre
(24-Hour Counselling)

1800 424 017

Tresillian Parents Help Line

1300 272 736

Link 2 Home

1800 052 052

1800RESPECT

1800 737 732

Victims Access Line

1800 663 063

Men's Referral Service

1300 766 491

Assessment/Early Childhood Development and Care

Bridges for Learning

Not-for-profit registered charity. Facilitating early assistance with child development for children 0-15 years with delayed development, additional needs or disabilities.

Offering assessments, speech therapy, physiotherapy, occupational therapy, psychology and early childhood services.

Address:

25 Thompson St, Bowral 2576

Phone:

(02) 4861 4054

Email:

admin@bridgesforlearning.org.au

Website:

www.bridgesforlearning.org.au

Moss Vale Early Intervention Service

The Early Intervention Support Class provides a preschool program for children with a confirmed disability.

The class offers a support program for young children who have a disability to promote their development and inclusion in the community.

Located at Moss Vale Public School.

Address:

Brawley St, Moss Vale 2577

Phone:

(02) 4868 1985

Email:

Natasha.rumble@det.nsw.edu.au

Community Links Wellbeing

Offering speech pathology and occupational therapy.

Providing assessments, individual therapy sessions and group sessions.

Please phone Community Links Wellbeing Wollondilly for more information and bookings.

Phone:
(02) 4683 2776

Website:
www.communitylinks.org.au

Child and Family Nursing Clinics

All Clinics by appointment only.

Children's 0-5 development checks, new parenting groups, lactation advice and parenting advice.

Phone:
1800 455 511

Bowral Early Childhood Clinic

Address:
Wingecarribee Community Health
20 Bendooley St, Bowral 2576

Hill Top Early Childhood Clinic

Address:
Hill Top Public School
Linda St, Hill Top 2575

Mittagong Early Childhood Clinic

Address:
CWA Rooms
Main St, Mittagong 2575

Moss Vale Early Childhood Clinic

Address:
CWA Rooms
Elizabeth St, Moss Vale 2577

Community Information

Highlands Community Centres Inc.

A grass-roots, community-based organisation that works across the Wingecarribee, providing information, referrals and a range of services to support the needs of families and community members.

We have community workers and youth workers available to talk to and help.

Address:

Stafford Cottage
22 Bendooley St, Bowral 2576

Phone:

(02) 4862 1122

Email:

info@highlandscommunity.org.au

Website:

www.highlandscommunity.org.au

IDEAS – Info on Disability & Education Awareness Services

IDEAS is a free telephone information service providing support to people with a disability, their families, carers and other supporters to self-advocate, enabling them to make informed decisions about matters of importance to them.

Free Call Infoline:

1800 029 904

SMS:

0458 296 602

Email:

info@ideas.org.au

Website:

www.ideas.org.au

Early Childhood Education and Care Services

Bambino Kindergarten

Children 6 weeks to 5 years.

Address:

51 Retford Rd, Bowral 2576

Address:

183 Bowral St, Bowral 2576

Phone:

1800 517 231

Email:

adminbow@bambinokindergarten.com.au

Website:

www.bambinokindergarten.com.au

Best Kidz Early Learning Centre

Long Day Care Centre for children 0 to 6 years.

Address:

21 Elsworth Ave, Mittagong 2575

Phone:

(02) 4872 4699

Email:

info@bestkidzshl.com.au

Website:

www.bestkidz.com.au

Big Fat Smile Bundanoon District Community Preschool

For children 3 to 6 years.

Hours 9:15 AM to 3:15 PM.

Address:

Burgess St, Bundanoon 2578

Phone:

(02) 4883 6166

Call 1300 002 237 for vacancy enquiries.

Email:

info@bigfatmile.com.au

Website:

www.bigfatmile.com.au

Big Fat Smile Robertson Community Preschool

Address:

Caalong St, Robertson 2577

Phone:

(02) 4885 1353

Call 1300 002 237 for vacancy enquiries.

Email:

info@bigfatsmile.com.au

Bowral Street Childcare

Preschool and long day care centre for children 2 to 6 years.

Address:

182-199 Bowral St, Bowral 2576

Phone:

(02) 4861 3294

Email:

info@bowralstreetchildcare.com.au

Website:

www.bowralstreetchildcare.com.au

Explorers Learning Academy

Catering for children from 0 to 5 years. Open 7:00 AM to 6:00 PM, Monday to Friday.

Address:

27 Belmore St, Mittagong 2575

Phone:

(02) 4880 1768

Email:

mittagong@explorerslearningacademy.com.au

Website:

www.explorerslearningacademy.com.au

Gumnut Bowral Memorial Kindergarten

Preschool education centre for children aged 3 to 5 years.

Address:

50 Wingecarribee St, Bowral 2576

Phone:

(02) 4861 1342

Email:

admin@gumnutpreschoolbowral.com.au

Kamalei Children's Centre

Two long day care services situated at Kazcare in Bowral. Caters for children aged 0 to 5 years. Childcare Benefit available.

Address:

7 Centennial Rd, Bowral 2576

Phone:

(02) 4862 4439

Address:

15-17 Kirkham Rd, Bowral 2576

Phone:

(02) 4862 2624

Email:

info@kamalei.com.au

Website:

www.kamale.com.au

KU Donkin Memorial Preschool

Preschool education centre for children aged 3 to 6 years.

Address:

Donkin Ave, Moss Vale 2577

Phone:

(02) 4868 1737

Email:

ku.donkin@ku.com.au

KU Moss Vale Children Centre

Educating and care for children from 6 weeks to 5 years. School readiness program provided in preschool room.

Address:

Mann Cres, Moss Vale 2577

Phone:

(02) 4868 3393

Email:

ku.mossvale@ku.com.au

Website:

www.ku.com.au

Little Peoples Early Learning Centre

Care for ages 6 weeks to 6 years.

Address:

61 Boardman Rd, Bowral 2576

Phone:

(02) 4862 5333 or 0413 154 554

Email:

bowral@littlepeoples.com.au

Website:

www.littlepeoples.com.au

Mittagong Early Learning Centre

Child Care Services for children 3 months to 5 years.

Address:

36 Etheridge St, Mittagong 2575

Phone:

(02) 4872 2280

Website:

www.mittagongelc.com.au

Mittagong Preschool Kindergarten Inc.

Preschool education for children aged 2 to 6 years.

Address:

Cnr Oxford St and Waverley Parade, Mittagong 2575

Phone:

(02) 4871 1109

Email:

mittpsk@bigpond.net.au

Website:

www.mittagongpreschool.org.au

Moss Vale Out of School Hours – Vacation and Before and After School Care

Provides before and after school care and vacation care for school age children, Kindergarten to Year 6.

Address:

Moss Vale Public School Hall
Browley St, Moss Vale 2577

Phone:

0417 404 063

Email:

mvoosh@bigpond.com

Website:

www.mossvaleoosh.com

Mt Gibraltar Preschool

Preschool and long day care centre.

Address:

62 Oxley Dr, Bowral 2576

Phone:

(02) 4862 3063

Website:

www.mtgibraltarpreschool.com.au

Northern Villages Out of School Hours

Provides before and after school care and vacation care during school holidays for school age children.

Address:

Jurd Park
Acacia St, Colo Vale 2575

Phone:

(02) 4889 4974

Email:

nvoosh@hotmail.com

QCE Child Care

QCE Child Care provides care for children from 6 weeks to 6 years old, from 7 AM to 6 PM, Monday to Friday. Quality, Care and Education.

Address:

23 Crimea St, Mittagong 2575

Phone:

(02) 4872 1993

Email:

qcechildcaremittagong@gmail.com

Website:

www.qcechildcare.com.au/

Southern Highlands Early Childhood Learning Centre

Long Day Care Centre.

Address:

50 Beaconsfield Rd, Moss Vale 2577

Phone:

(02) 4869 1761

Email:

info@sheclc.com.au

Theaslea Preschool

Extended hours preschool for 2 to 6 years.

Address:

22 Drapers Rd, Colo Vale 2575

Phone:

(02) 4889 4641

Email:

theasleaps@gmail.com

The Kinder Garden Hill Top

Address:

12 Linda St, Hill Top 2575

Phone:

(02) 4889 8330

Email:

hilltop@kindergarden.com.au

The Kinder Garden Renwick

Address:

3 Whitfield Lane, Mittagong
2575

Phone:

(02) 4871 3890

Email:

renwick@thekindergarden.com.au

Wembley Road Preschool

Preschool and long day care centre for children 0 to 6 years.

Address:

10 Wembley Rd, Moss Vale
2577

Phone:

(02) 4869 5739

Email:

wembleyrdpreschool@outlook.com

Wingecarribee Out of School Hours Care

Provides regulated and approved for CCB and CCR after School Care and Vacation Care for primary.

Address:

Service – Mittagong Public

School Hall

Bessemer St, Mittagong 2575

Phone:

(02) 4861 2866

Email:

woosh@wsc.nsw.gov.au

Website:

www.wsc.nsw.gov.au/services/community/childrens-services

Wingecarribee Council – Family Day Care Service

Provides quality, regulated home based education and care for children aged 0 to 12 years.

Address:

71 Boardman Rd, Bowral 2576

Phone:

(02) 4861 2866

Email:

familydaycare@wsc.nsw.gov.au

Website:

www.wsc.nsw.gov.au/services/community/childrens-services

Family and Relationship Counselling

Alyse Price-Tobler – Clinical Psychotherapist and Counsellor

Specialising in family and domestic violence, severe and persistent mental illness, intellectual disabilities, first responders and advocacy. NDIS provider.

Address:

77 Bowral Rd,
Mittagong 2576

Phone:

0477 458 777

Email:

alysepricetobler@gmail.com

Website:

www.alyseprice-tobler.com.au

ANGLICARE Community Care

Emergency Relief program
Monday to Friday by
appointment 9:30 AM to 12:30
PM.

Food assistance, energy
accounts and Telstra assistance
as well as general advocacy.

Counselling Service by
appointment Wednesday 9:00

AM to 4:00 PM and Thursday
9:00 AM to 1:30 PM.

Counselling available for
children, adults and couples.
Sliding scale of fees negotiable.

Address:

Phone:

(02) 4868 1780

Email:

mossvale@anglicare.org.au

Website:

www.anglicare.org.au

Barbara McKern, Psychologist

Parenting skills, groups,
mothercraft, early childhood
training.

Address:

Suite 2, 368 Bong Bong St,
Bowral 2576

Phone:

(02) 4861 6411

Email:

barbara.mckern.psychologist@
bigpond.com

BK Psychology

Individual and family counselling; functional behavioural assessments/programs; parenting strategies; referral to other services.

Address:

Suite 3B, Level 1
341 Bong Bong St, Bowral 2576

Phone:

0432 660 423

Email:

barbarakirby@bigpond.com

Website:

www.bkpsychology.com.au

Bowral Youth Refuge – St Vincent de Paul

Provides up to three months accommodation and counselling services for homeless youths aged from 14 to 18 years.

Address:

76 Bowral St, Bowral 2576

Phone:

(02) 4861 3400

Bridges for Learning

Provides positive behaviour support, parenting strategies, stepping stones 'Triple P'

program, Cool Kids anxiety programs. Registered for Medicare and private health fund rebates.

Phone:

(02) 4861 4054

Email:

admin@bridgesforlearning.org.au

Website:

www.bridgesforlearning.org.au

CatholicCare

CatholicCare's affordable counselling service provides support to children, adults, couples, carers and families experiencing grief and loss, family and relationship difficulties, stress/anxiety/depression, changes in personal or family situations.

Our skilful and compassionate counsellors are qualified, experienced professionals.

Address:

25-27 Auburn St, Wollongong 2500

Phone:

(02) 4227 1122

Email:

enquiries@catholiccare.dow.org.au

Website:

www.catholiccare.dow.org.au

Community Links Wellbeing

Offers support, counselling and education for families in crisis or difficulty, or those needing help with parenting.

Address:

Cnr, Crimea St and Old Hume Hwy, Balaclava 2575

Phone:

(02) 4872 2777

Website:

www.communitylinks.org.au

Creative Blocks Psychology

Provides counselling, assessment and psychological treatment, adolescent assessment and counselling, behaviour management services for people with a disability.

Adjustment difficulties.
Transition from primary to high school.

Address:

Suite 3/20
Bundaroo St, Bowral 2576

Phone:

0404 328 877

Francine Bartlett

Acc Mental Health Social Worker; Child and Family specialist. Trauma informed, individual, relationship and family therapy. Registered with Carers NSW, Victim Services, Medicare and SWS Primary Health Network. Rebates with GP referral.

Phone:

(02) 4872 2440 or 0415 984 100

Address:

12 Queen St, Mittagong 2575

Headspace Campbelltown

Early Intervention mental health services for 12 to 25 years.

Address:

Level 8
171-179 Queen St,
Campbelltown 2560

Phone:

(02) 4627 9089

Email:

headspace.campbelltown@sydney.edu.au

Website:

www.headspace.org.au/campbelltown

Highlands Holistic Art Therapy & Counselling

Art therapy and counselling by art therapist and accredited mental health social worker Linda Burgess. Focussing on mental health, trauma, family relationships and life stressors.

Art therapy and counselling sessions for adults, teens and children.

Services: Medicare rebates, NDIS registered, You in Mind, Star 4 Kids, Telehealth for rural and remote clients.

Address:

3/2-4 Bowral Rd, Mittagong
2575

Phone:

0438 400 446

Email:

linda@highlandsholistic.com.au

Website:

www.highlandsholistic.com.au

Karen R Geaney

Provides individual and family counselling including children and adolescents. Bulk billing available to those experiencing financial hardship.

After hours and weekend appointments available as well as home and nursing home visits if required.

Specialising in trauma, domestic violence, and mental health issues as well as parenting concerns.

Phone:

0412 988 799

Email:

krgeaney@gmail.com

Lifeline

Offers 24-Hour crisis counselling. All callers remain anonymous.

Phone:

131 114

Parent Line

Parent counselling and early intervention support line. For parents or carers of children aged from 0 to 18 years old in NSW.

All counsellors have relevant tertiary qualifications.

Phone:

1300 130 052

Website:

www.parentline.org.au

People Skills Counselling (Bruce Schubert- Psychologist)

Offering counselling and psychological assessments for adults, teenagers, children over 8 years.

Bulk billing available with GP referral.

Address:

374 Argyle St, Moss Vale 2577

Phone:

(02) 4869 3399

Email:

bruce@peopleskills.net.au

Website:

www.peopleskills.net.au

Relationships Australia Centre

Services include counselling, family dispute resolution (mediation) and a range of family and community support and education programs.

Address:

Uniting Church Offices
28 Bendooley St, Bowral 2576

Phone:

1300 364 277

Website:

www.relationshipsnsw.org.au

Southern Highlands Bereavement Care Services

Provides bereavement counselling, support and training programs such as how children manage grief.

Address:

Old Cottage Hospital at Bowral
Hospital, Bowral 2576

Phone:

(02) 4862 1701

Email:

info@shbcs.org.au

Website:

www.shbcs.org.au

Wingecarribee Community Health Centre

Provides counselling for adults
and children.

Address:

Bendooley Place
Bendooley St, Bowral 2576

Phone:

(02) 4861 8000

Family and Disability Support Services

Ability Links NSW – St Vincent de Paul Society NSW

Ability Links NSW Coordinators, known as Linkers, work with people with a disability and mental illness, their families and carers (9 to 64 years).

Linkers support individuals to plan for their future and to achieve their goals by helping them to build their confidence and access support and services in their community.

Self-referral is available, and no formal diagnosis is required.

Address:

Suite 5-158
Remembrance Drive, Tahmoor
2573

Phone:

(02) 8622 0456

Email:

ability.links@vinnies.org.au

The Benevolent Society

Through a dedicated team we provide service to support you and your loved ones to thrive.

Our services include: home support services for older

Australians, therapy and support services for people with a disability, support to build positive family relationships, child developments and behaviour support and mental health services.

Address:

Shop 1
68-70 Station St, Bowral 2567

Phone:

1800 236 762

Email:

customercare@benevolent.org.au

Website:

www.benevolent.org.au

CatholicCare

Family support services providing positive self-development workshops, parenting education, marriage education, skill-building support groups and support for families experiencing conflict after separation.

CatholicCare's education and group work programs offer

opportunities for children, adults and couples.

CatholicCare also offers Foster Care and Children's Contact.

Address:

25-27 Auburn St, Wollongong
2500

Phone:

(02) 4227 1122

Email:

enquiries@catholiccare.dow.org.au

Website:

www.catholiccare.dow.org.au

Supervised Contact and Changeover

CatholicCare offers supervised contact, supported contact, changeover and supported changeover for children up to 12 years old.

CatholicCare now also offers full fee for service.

Please visit the website for further information, application forms, fees and current waiting list times.

Address:

Campbelltown, Nowra and Wollongong

Phone:

(02) 4227 1122

Email:

cccsinfo@catholiccare.dow.org.au

Compeer Macarthur – Wingecarribee

A friendship program for individuals over 18 years of age who are living with a mental illness.

Volunteers are matched with individuals to spend social time together doing things that friends do, like going to the movies.

Phone:

(02) 4627 9180

Address:

24 Lolanthe St, Campbelltown
2560

Email:

compeermacarthur@svdpwgo.org.au

Community Links Wellbeing

Offers support, counselling and education for families in crisis or difficulty or those needing help with parenting.

Address:

Cnr, Crimea St and Old Hume Hwy, Balaclava 2575

Phone:

(02) 4872 277

Email:

info@communitylinks.org.au

Website:

www.communitylinks.org.au

Highlands Youth Services

Youth centre for young people aged 12 to 18 years providing support for young people and families, education support programs, free tutoring, drop-in, events and school holiday programs.

Address:

Loseby Park
Park Rd, Bowral 2576

Phone:

(02) 4862 1122

Email:

youthcentre@highlandscommunity.org.au

Website:

www.highlandscommunity.org.au

Home-Start Family Services (Wingecarribee)

A FREE service offering support to families in the Wingecarribee area with children 0 to 8 years old. Support can include professional home visits, centre-based visits, supported playgroup, parenting programs, information, advocacy, supported referrals and assistance to access other community services and resources.

Address:

37 Regent St, Mittagong 2575
PO Box 2271, Bowral 2576

Phone:

(02) 4871 3995 or 0411 759 100

Email:

bowral@homestartaustralia.org

Website:

www.homestartaustralia.org.au

Illawarra Family Referral Service (Barnardos Australia)

The Family Referral Service can help link young people and families to the appropriate services in your local area. We provide support via telephone and/or face-to-face and keep safety at the forefront when working with you and your family.

We refer Aboriginal and Torres Strait Islander children and families to culturally sensitive wherever possible.

Phone:
1800 663 863

Email:
familyreferral@barnardos.org.au

Website:
www.barnardos.org.au

Interchange Wingecarribee Inc. – IWI

Provides a range of programs for families caring for children and young people with a disability such as; respite, peer support, leisure link, post school options.

Phone:
(02) 4868 6688

Address:
3 Forest Lane, Bowral 2576

Email:
info@interchangeau.org

Macarthur Diversity Services

Practical help and support to the disadvantaged and marginalised.

For eligibility for services, please call.

Address:
Level 3, Suite 2
Campbelltown City Centre
171-179 Queen St,
Campbelltown 2560

Phone:
(02) 4627 1188

Mental Health Respite: Carer Support – Schizophrenia Fellowship

The Mental Health Respite and Carer Support program provides a variety of social and recreational respite activities to people who are supporting someone with a mental illness.

Respite provides the opportunity for a break and some 'time out'. Individual support tailored to carers needs, including access to overnight respite.

We also work with Young Carers from 8 years of age.

Phone:
0448 029 985

Email:
jacinta.bishop@sfnswh.org.au

NSW Department of Communities and Justice

Child protection and support of families.

Address:
PO Box 631, Bowral 2576
Suite 2, 86-90 Merrigang St,
Bowral 2576

Phone:
(02) 4861 0700

Website:
www.facs.nsw.gov.au

South West Sydney Respite Programs

Provides respite services for young people 12 to 25 years old who are caring for a parent with chronic illness, disability, mental health condition, or drug and alcohol related problems.

Phone:
1800 052 222

Uniting Early Intervention Program – Bridges for Youth

Provides short term, early intervention program for young people aged 12-17. Program focus on building resilience and confidence in parents and their young people to enable positive changes in their lives.

Phone:
(02) 4629 5138

Email:
lcosta@uniting.org

Website:
www.uniting.org

Uniting Early Intervention Program - Child and Family Support (CAFS)

Provides short term, early intervention for children aged 0 - 12 and families living in Campbelltown, Camden, Wollondilly and Wingecarribee Local Government Areas.

Casework/ case management, outreach, home visiting and parenting programs

Phone:

(02) 4629 5164

Email:

lemslie@uniting.org

Website:

www.uniting.org

Wingecarribee Community Health Centre

Provides child and family health services, counselling for adults and children.

Address:

Bendooley Place
Bendooley St, Bowral 2576

Phone:

(02) 4861 8000

YWCA Australia Wingecarribee Family Abuse Prevention Service

This program supports women with children (12yrs and under) who have been impacted by domestic violence. Provides targeted services including referral, advocacy, case management and court support.

Address:

73 Station St, Bowral 2576

Phone:

(02) 4628 3300 or 0490 434 007

Email:

eipp@ywca.org.au

Website:

www.ywca.org.au

Financial Assistance

Centrelink

Provides family assistance, pension and benefit payments.

Contact for Commonwealth Child Support Agency and Department of Family and Community Services.

Address:

38 Wingecarribee St, Bowral
2576

Phone:

13 24 68

Email:

nils@highlandscommunity.org.au

Website:

www.highlandscommunity.org.au

No Interest Loan Scheme (NILS)

The No Interest Loan Scheme (NILS) provides individuals and families on low incomes access to safe, fair and affordable credit.

Loans for amounts of up to \$1500 are available for a wide range of goods and services. No credit checks are made as this program is based on mutual trust and respect.

Address:

22 Bendooley St, Bowral 2576

Phone:

(02) 4862 1122

Health Care Services

Ambulance Service – Bowral

Address:

Mona and Ascot Rd, Bowral
2576

Phone:

131 233

Aunties Clinic

Free and confidential.

Aboriginal outpatient clinic (for people with co-morbidities) held every second Thursday between 9:30 AM to 3:00 PM, no appointment necessary.

Address:

Bowral Community Health
Bendooley St, Bowral 2576

Phone:

(02) 4861 8000

Bowral and District Hospital

General hospital providing medical, surgical, obstetric, paediatric, community and mental health services.

Address:

PO Box 268
Cnr Bowral St and Mona Rd,
Bowral 2576

Phone:

(02) 4861 0200

Bowral Oral Health Clinic

Community dental service.

Address:

Bendooley St, Bowral 2576

Phone:

1300 559 393

Bridges for Learning

Assessments and sessions provided by: speech pathologists, occupational therapists, physiotherapists and psychologists.

Registered for Medicare and other government funding.

Address:

25 Thompson St, Bowral 2576

Phone:

(02) 4861 4054

Email:

admin@bridgesforlearning.org.au

Website:

www.bridgesforlearning.org.au

ReFrame

Free psychological therapies for young people aged 12 to 25 living in Wollondilly and Wingecarribee.

Address:

5 Wingecarribee St, Bowral 2576

Phone:

0455 104 104

Email:

mhintake@communitylinks.org.au

Website:

www.swsphn.com.au/reframe

RockSolid

Support for children and young people aged 0 to 17 years old who are living in a family impacted by mental health.

Phone:

(02) 4683 2776

Email:

intake@communitylinks.org.au

Website:

www.communitylinks.com.au

Southern Highlands Private Hospital

Provides for surgical, medical, post-natal, rehabilitation and day surgery services.

Address:

99 Bowral St, Bowral 2576

Phone:

(02) 4862 9400

Triple Care Farm

Youth-Alcohol and other drug/Residential Rehabilitation Service Triple Care Farm (TCF) is a residential alcohol and other drugs rehabilitation and treatment program.

Specialising in treating clients with co-morbid mental illness and drug and alcohol problems the services works with young people between 16 to 24 years.

TCF has a team of staff and volunteers who operate a 24 hour a day 7 days a week program; accommodating up to 18 clients at one time.

Address:

188 Knights Hill Rd, Robertson 2577

Phone:

(02) 4860 7403

Email:

tcf@missionaustralia.com.au

Website:

www.sdmf.org.au

**Wingecarribee Community
Health Centre**

Provides community dental clinic, podiatry, community nursing services, drug and alcohol, mental health, child and family health services, needle and syringe exchange, HIV/AIDS, nutrition, occupational therapy, counselling for adults and children, sexual assault, social work and women's health services.

Address:

Bendooley Place
Bendooley St, Bowral 2576

Phone:

(02) 4861 8000

Housing and Accommodation Assistance

Argyle Community Housing

Provides rebated rent, medium to long term accommodation for people in financial crisis.

Address:

32-36 Wingecarribee St, Bowral
2576

Phone:

1300 274 953

Website:

www.argylehousing.com.au

Southern Highlands Homelessness Services

Assists young people aged 12 to 24 years who are homeless or at risk of homelessness.

Address:

4/44 Bowral St, Bowral 2576

Phone:

(02) 4428 6230

Email:

shhsreferrals@vinnies.org.au

Website:

www.vinnies.org.au/page/Find_Help/NSW/Housing

Legal Assistance

Legal Aid – Early Intervention Unit

Free family law advice from Stafford Cottage.

Wednesdays fortnightly 1 PM to 4 PM.

Bookings essential.

Address:

22 Bendooley St, Bowral 2576

Phone:

1800 551 589

Website:

www.legalaid.nsw.gov.au

Macarthur Legal Centre

MLC will be at Community Links Wellbeing for outreach on the 4th Wednesday of each month.

Advice for any legal matter can be provided.

Appointments are free and open to anyone.

Appointments are 30 minutes and need to be booked.

Phone:

(02) 4628 2042

NSW Attorney General's Department – Moss Vale Court House

Administration of Local, Children's and Family Courts. Office of the Coroner. Agent for Public Trustee and Chamber Registrar, Registrar of Birth, Deaths and Marriages and Civil Claims Registry.

Free legal advice by appointment.

Address:

Argyle St, Moss Vale 2577

Phone:

1300 679 272

Police Assistance Line (PAL)

For non-emergencies and general enquiries.

Phone:

131 444

Material Aid and Low-Cost Goods

Anglicare

Helps people with financial and material needs in an emergency. Various locations in the Southern Highlands.

Phone:

(02) 8624 8600

Lifeline – Moss Vale

Low cost new and preloved goods, including furniture, clothing and books.

Address:

308 Clarence St, Moss Vale
2577

Phone:

(02) 4868 2283

Mobile Community Pantry

Health care and pension card holders only.

Every second Friday from 1 PM to 2 PM.

Cost \$10.

Address:

Moss Vale Anglican Church
Waite St and Browley St, Moss Vale 2577

Salvation Army (Material Aid)

Call centre open 9 AM to 5 PM, Monday to Friday.

Appointments 9 AM to 1 PM, Wednesdays.

Phone:

1300 371 288

Soulwarmers Food Co-Op

Thursdays from 9 AM.

\$20 box of food and free café.

Address:

31 Regent St, Mittagong 2575

Southlands Care

Community care organisation serving the needs of the community with an Op Shop (Monday to Friday), educational life courses and other forms of practical assistance.

Address:

Moss Vale Shopping Village
Willow Drive, Moss Vale 2577

Phone:

0425 209 505

**St Vincent de Paul Society
Bowral**

Low cost new and preloved goods.

Assistance given to those in need with food, accommodation, furniture and clothes, etc...

Address:

Bong Bong St, Bowral 2576

Phone:

(02) 4861 2852

**St Vincent de Paul Society
Mittagong**

Low cost new and preloved goods.

Assistance given to those in need with food, accommodation, furniture and clothes, etc...

Address:

22 Bowral Rd, Mittagong 2575

Phone:

(02) 4871 1922

**St Vincent de Paul Society
Moss Vale**

Low cost new and preloved goods.

Assistance given to those in need with food, accommodation, furniture and clothes, etc...

Address:

502 Argyle St, Moss Vale 2577

Phone:

(02) 4868 1775

Libraries, Computers and Internet Access

Aboriginal Community Cultural Centre

Address:

Rainbow Rd, Mittagong

Phone:

Mel Wiya – (02) 4868 0856

Email:

melissa.wiya@wsc.nsw.gov.au

Hill Top Community Centre

Provides computer and internet access centre with photocopier and fax machine.

Address:

Cnr Rosina St and Cumbertine St, Hill Top 2575

Phone:

(02) 4889 8998

Libraries

Phone:

1300 266 235

Website:

www.library.wsc.nsw.gov.au

Bowral Central Library

Address:

18 Bendooley St, Bowral 2576

Mittagong Branch Library

Address:

Queen St, Mittagong 2575

Moss Vale Branch Library

Address:

Civic Centre

Kirkham St, Moss Vale 2577

ROADS Mobile Library

Phone:

0417 699 641

Website:

www.library.wsc.nsw.gov.au/mobile-library

Robertson CTC

Robertson Community Technology Centre is a multi-function centre managed by a not-for-profit community organisation (The Robertson Shed Inc.).

The centre provides facilities and enriching experiences in IT, arts, education, business and commerce, social and cultural fields.

Address:

58-60 Hoddle St, Robertson 2577

Phone:

(02) 4885 2665

Email:

info@robertsonctc.org.au

Website:

www.robertsonctc.org.au

**TAFE ILLAWARRA – Moss Vale
Campus**

Address:

Kirkham St, Moss Vale 2577

Phone:

131 610

Website:

www.tafensw.edu.au/locations/
illawarra/moss-vale

Playgroups – General

Bowral Town Playgroup

Meets Monday and Friday 9:30 AM at East Bowral Community Centre.

Address:

Cnr Boardman Rd and Emily Circuit, Bowral 2576

Phone:

1800 171 882

Email:

admin@playgroupnsw.com.au

Burradoo Playgroup

All welcome; Meets Tuesdays 9:30 AM at Berrima Pony Club Hall.

Address:

Moss Vale Rd, Burradoo 2576

Phone:

1800 171 882

Email:

admin@playgroupnsw.com.au

Cubbyhouse Playgroup

Meets at St Jude's Anglican Church.

Address:

34 Bendooley St, Bowral 2576

Phone:

(02) 4857 4026

Email:

carmen@bowralanglican.org.au

Penrose Wingello Playgroup

Meets Tuesday 9:30 AM at Penrose Hall.

Address:

Kareela Rd, Penrose 2530

Phone:

1800 171 882

Email:

admin@playgroupnsw.com.au

Playgroup NSW

Playgroup NSW is involved in providing advice, support and assistance to community, supported and facilitated playgroups.

Phone:

1800 171 882

Email:

admin@playgroupnsw.com.au

Website:

www.playgroup.nsw.com.au

Yerrinbool Playgroup

Meets Thursday 10:00 AM at
Yerrinbool Community Centre.

Address:

Cnr Sunrise and Everest St,
Yerrinbool 2575

Phone:

1800 171 882

Email:

admin@playgroupnsw.com.au

Playgroups – Supported

Bridges for Learning

PLAYCONNECT – A supported playgroup for children with Autism, Asperger’s or social/behaviour challenges.

Address:

25 Thompson St, Bowral 2576

Phone:

(02) 4861 4054

Email:

admin@bridgesforlearning.org.au

Website:

www.bridgesforlearning.org.au

Community Links Wellbeing Supported Playgroup

Thursdays from 9:30 AM to 11:30 AM.

Address:

1A Crimea St, Balaclava 2575

Phone:

(02) 4872 2777

Home-Start Family Services (Wingecarribee)

A FREE service offering support to families with children 0 to 8 years.

Support can include home visits, supported playgroup, parenting programs, information, advocacy, supported referrals and assistance to access other community services and resources.

Tuesday mornings 10 AM to 12 PM during school terms.

Address:

37 Regent St, Mittagong 2575

Phone:

(02) 4871 3995

Email:

bowral@homestartaustralia.org

Website:

www.homestartaustralia.org.au

Springwater Tots Aboriginal Supported Playgroup

Every Monday from 10 AM to 12
PM.

Address:

1A Crimea St, Balaclava 2575

Phone:

(02) 4872 2777

Young Parents Group

Supported playgroup for
parents and parents-to-be
aged 25 and under.

Fridays from 10 AM to 12 PM
during school terms.

Address:

1A Crimea St, Balaclava 2575

Phone:

(02) 4872 2777

Primary Schools

Avoca School

Address:

Sheepwash Rd, Avoca 2577

Phone:

(02) 4887 7224

Email:

avoca-
p.school@det.nsw.edu.au

Website:

www.avoca-
p.schools.nsw.gov.au/

Berrima School

Address:

Oxley St, Berrima 2577

Phone:

(02) 4877 1262

Email:

berrima-
p.school@det.nsw.edu.au

Website:

www.berrima-
p.schools.nsw.gov.au/

Bowral School

Address:

Bendooley St, Bowral 2576

Phone:

(02) 4861 1086

Email:

bowral-
p.school@det.nsw.edu.au

Website:

www.bowral-
p.schools.nsw.gov.au/

Bundanoon School

Address:

Church St, Bundanoon 2578

Phone:

(02) 4883 6192

Email:

bundanoon-
p.school@det.nsw.edu.au

Website:

www.bundanoon-
p.schools.nsw.gov.au/

Burrawang School

Address:

Cnr Hoddle St and Church St,
Burrawang

Phone:

(02) 4886 4261

Email:

burrawang-
p.school@det.nsw.gov.au/

Website:

www.burrawang-
p.schools.nsw.gov.au/

Colo Vale School

Address:

Wattle St, Colo Vale 2575

Phone:

(02) 4889 4250

Email:

colovale-
p.school@det.nsw.edu.au

Website:

www.colovale-
p.schools.nsw.gov.au/

Exeter School

Address:

School Lane, Exeter 2579

Phone:

(02) 4883 4280

Email:

exeter-
p.school@det.nsw.edu.au

Website:

www.exeter-
p.schools.nsw.gov.au/

Glenquarry School

Address:

Tourist Rd, Glenquarry 2577

Phone:

(02) 4887 1205

Email:

glenquarry-
p.school@det.nsw.edu.au

Website:

www.glenquarry-
p.schools.nsw.gov.au/

Hill Top School

Address:

Linda St, Hill Top 2575

Phone:

(02) 4889 8227

Email:

hilltop-
p.school@det.nsw.edu.au

Website:

www.hilltop-
p.schools.nsw.gov.au/

Kangaloon School

Address:

Kangaloon Rd, Kangaloon 2576

Phone:

(02) 4888 2215

Email:

kangaloon-
p.school@det.nsw.edu.au

Website:

www.kangaloon-
p.schools.nsw.gov.au/

Mittagong School

Address:

21 Pioneer St, Mittagong 2575

Phone:

(02) 4871 1020

Email:

mittagong-
p.school@det.nsw.edu.au

Website:

www.mittagong-
p.schools.nsw.gov.au/

Moss Vale School

Address:

Browley St, Moss Vale 2577

Phone:

(02) 4868 1866

Email:

mossvale-
p.school@det.nsw.edu.au

Website:

www.mossvale-
p.schools.nsw.gov.au

Oxley College

Address:

Railway Parade, Burradoo 2576

Phone:

(02) 4861 1366

Email:

office@oxley.nsw.edu.au

Website:

www.oxley.nsw.edu.au/

Penrose School

Address:

Penrose Rd, Penrose 2579

Phone:

(02) 4884 4238

Email:

penrose-
p.school@det.nsw.edu.au

Website:

www.penrose-
p.schools.nsw.gov.au/

Robertson School

Address:

47-53 Illawarra Hwy, Robertson
2577

Phone:

(02) 4885 1284

Email:

robertson-
p.school@det.nsw.gov.au

Website:

www.roberton-
p.schools.nsw.gov.au

Southern Highlands Christian School

Address:

Cnr Kangaloon and Boardman
Rd, Bowral 2576

Phone:
(02) 4861 1781

Email:
office@shcs.nsw.edu.au

Website:
www.shcs.nsw.edu.au/

St Michael's Primary School

Address:
Alfred St, Mittagong 2575

Phone:
(02) 4871 2279

Email:
into@smmdow.catholic.edu.au

Website:
www.smmdow.catholic.edu.au/

St Paul's Primary School

Address:
18 Garrett St, Moss Vale 2577

Phone:
(02) 4868 1794

Email:
info@stpaulsmv.woll.catholic.edu.au

Website:
www.spmvdow.catholic.edu.au

St Thomas Aquinas School

Address:
24 Bundaroo St, Bowral 2576

Phone:
(02) 4861 1768

Email:
info@stabdow.catholic.edu.au

Website:
www.stabdow.catholic.edu.au

Tangara School

Educational programs for students with disabilities from 4 to 18 years old.

Address:
Bong Bong Rd, Mittagong 2575

Phone:
(02) 4871 1636

Email:
tangara-s.school@det.nsw.gov.au

Website:
tangara-s.schools.nsw.gov.au/

Tudor House School

Day and boarding school for boys. Prep to Year 6.

Address:
Illawarra Hwy, Moss Vale 2577

Phone:
(02) 4868 0000

Email:
admin@tudorhouse.nsw.edu.au

Website:

www.tudorhouse.nsw.edu.au

Wingello School

Address:

Murrimba Rd, Wingello 2579

Phone:

(02) 4884 4317

Email:

wingello-
p.school@det.nsw.edu.au

Website:

[www.wingello-
p.schools.nsw.gov.au/](http://www.wingello-
p.schools.nsw.gov.au/)

Secondary Schools

Alesco Illawarra – Bowral Campus

Address:

Highlands Youth Hub, Loseby Park, 2A Park Rd, Bowral 2576

Phone:

0431 159 579

Email:

alesco@weaillawarra.com.au

Website:

<https://www.alescoillawarra.nsw.edu.au/>

Bowral High School

Address:

Aitken Rd, Bowral 2576

Phone:

(02) 4861 2255

Email:

bowral-
h.school@det.nsw.edu.au

Website:

[www.bowral-
h.schools.nsw.gov.au](http://www.bowral-h.schools.nsw.gov.au)

Chevalier College

Address:

Moss Vale Rd, Burradoo 2576

Phone:

(02) 4861 1488

Email:

office@chevalier.nsw.edu.au

Website:

www.chevalier.nsw.edu.au

Frensham

Boarding and day school for girls from years 7 to 12.

Address:

Range Road, Mittagong 2575

Phone:

(02) 4860 2000

Email:

frensham@frensham.nsw.edu.
au

Website:

www.frensham.nsw.edu.au

Moss Vale High School

Address:

Narellan Rd, Moss Vale 2577

Phone:

(02) 4868 1788

Email:

mossvale-
h.school@det.nsw.edu.au

Website:

www.mossvale-
h.schools.nsw.gov.au/

Website:

www.shcs.nsw.edu.au

Oxley College

Address:

Railway Parade, Burradoo 2576

Phone:

(02) 4861 1366

Email:

office@oxley.nsw.edu.au

Website:

www.oxley.nsw.edu.au

St Paul's International College

Address:

463 Argyle St, Moss Vale 2577

Phone:

(02) 4868 2211

Email:

info@spic.nsw.edu.au

Website:

www.spic.nsw.edu.au

Southern Highlands Christian School

Address:

22 Boardman Rd, Bowral 2576

Phone:

(02) 4861 1781

Email:

office@shcs.nsw.edu.au

Training and Employment

CTC @ Robertson

Robertson Community Technology Centre is a multi-function centre managed by a not-for-profit community organisation (The Robertson Shed Inc.).

The centre provides facilities and enriching experiences in IT, arts, education, business and commerce, social and cultural fields.

Address:

58-60 Hoddle St, Robertson
2577

Phone:

(02) 4885 2665

Email:

info@robertsonctc.org.au

Website:

www.robertsonctc.org.au

Flexiforce Australia

Job Network provider offering training, job seeking and employment placement programs.

Address:

2 Valetta St, Moss Vale 2577

Phone:

(02) 4869 5055

DSA Employment Solutions

Assessments and sessions provided by: speech pathologists, occupational therapists, physiotherapists and psychologists.

Registered for Medicare and other government funding.

Address:

21 Kirkham St, Moss Vale 2577

Phone:

1300 372 121

Website:

www.dsa.org.au

Mission Australia Employment Solutions

Job Network provider offering training, job seeking and employment placement programs.

Address:

290-300 Argyle St, Moss Vale
2577

Phone:

(02) 4869 2828

Apps

Path 2 Home (Housing)

Help Me (Daniel Morbcombe Foundation)

My Gov

iCope (Mental Health)

iCBT (Mental Health)

National Drugs Campaign

Gratitude Journal

iBobbly (Indigenous Mental Health)

Keep It Tame (Respectful Relationships)

Recharge (by Reachout Australia, General Health and Wellbeing)

Music eScape (Mood and Music)

Smiling Mind (Meditation)

Southern Pathways NSW (Human and Legal Services directory)

Breathe (Stress and Anxiety)

Worry Time (Mental Health)

Re-Focus (Women, Legal Issues and Separation)

Deadly Tots (Aboriginal Parenting Resources)

SPEAK (Department of Education, Training and Employment O.L.D)

Fun Finder (Local Youth Events and Information)

Websites

Reachout:

www.au.reachout.com

eHeadspace:

www.headspace.org.au/is-it-just-me/getting-help/eheadspace

Beyond Blue:

www.beyondblue.org.au

Family Referral Service:

www.familyreferralservice.com.au

Catholic Care:

www.catholiccare.dow.org.au

The moodGYM:

www.moodgym.anu.edu.au/welcome

**National Eating Disorders
Collaboration:**

www.nedc.com.au

Mind Health Connect:

www.mindhealthconnect.org.au

Young and Well:

www.youngandwellcrc.org.au

Bullying. No Way!

www.bullyingnoway.gov.au

Lifeline:

www.lifeline.org.au

Women's Legal Services

NSW:

www.wlsnsw.org.au

Law Access:

www.lawaccess.nsw.gov.au

Justice Website (NSW Government):

www.justice.nsw.gov.au

Parent Line:

www.parentline.org.au

Tresillian:

www.tresillian.net

The Mental Health Association NSW:

www.mentalhealth.asn.au

Highland Child and Family:

www.highlandbabyandchild.com