Highland’s Child, Youth & Family represents a consortium of organisations that deliver child and family services across the Wingecarribee local government area.

Our aim is to improve outcomes for families and children 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
- coordinating service delivery to families and children
- encouraging community participation
- identifying needs and planning responses
- sharing information amongst services
- 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 need groups in planning and service development activities
There is not a central telephone number for the Highland’s Child as it is a group of independent community services. However, please feel free to contact any participating agencies listed.

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

**Sector Connect**  
Phone: 02 4648 5933

**Wingecarribee Family Support Service**  
Phone: 02 4862 1777

**Barnardos – Illawarra Family Referral Service**  
(Bowral – 4861 7500)

**Participating Agencies**

Highland’s Child includes agencies that receive partial or full government funding to deliver services to families raising children. In 2015 these included:

- Barnardos
- Big Fat Smile – Include Me – Child and Family Inclusion Programs
- Bowral District Hospital Social Work
- Bridges for Learning Children’s Therapy Centre
- CatholicCare
- Family and Community Services
- Illawarra Children’s Services
- NSW Ageing Disability and Homecare
- NSW Community Services
- NSW Family Services
- NSW Police
- Homestart Wingecarribee
- Northcott Disability Services
- Pathways, St Vincent de Paul Society
- Playgroup NSW
- Sector Connect
- Sydney South West Area Health Services
- Uniting Care Burnside – Early Intervention
- Wingecarribee Community Health Service
- Wingecarribee Family Day Care
- Wingecarribee Family Support Service
- Wingecarribee Shire Council
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Emergency Services

Bowral Police 4862 9299

Emergency-Police / Ambulance / Fire - 000

FaCS Helpline 132 111

DV Line NSW 1800 656 463

Poisons Information line 131 126

Lifeline 131 114

Mental Health Line 1800 011 511

MensLine 1300 78 99 78

Other Useful numbers:

Parent Line (NSW) 1300 1300 52

Kids Helpline 1800 55 1800

Illawarra Family Referral Service 1800 663 863

NSW Rape Crisis Centre (24/7 counselling) 1800 424 017

Tresillian Parent’s Help Line 1300 272 736

Link2Home 1800 052 052

Domestic violence and sexual assault helpline 1800 200 526

Victims Support Line 1800 663 063

Men’s referral service 1300 766 491

Assessment/Early Childhood Development and Care

For more detailed information on this area please see the Wingecarribee Early Childhood Intervention Services Directory.

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. Services are play based, child friendly and family centred. Offered at centre, home, preschool or school. See website for more information.

Address: 25 Thompson St, Bowral 2576

Phone: 4861 4054

Fax: 4861 6527

Email: admin@bridgesforlearning.org.au

Website: www.bridgesforlearning.org.au

Moss Vale Early Intervention Service

Caters for children 3-6 years with diagnosed disability or delay. Located at Moss Vale Public School. Referral forms available.

Address: Browley St, Moss Vale 2577

Phone: 4868 1985

Email: natasha.rumble@det.nsw.edu.au

Northcott Transition to School Service

Northcott’s Transition to School service is a free service that supports children in the Southern Highlands who have a developmental delay. Eligible children will receive support in their last 6 months of preschool and first 6 months of kindergarten from a Speech Pathologist, Occupational Therapist, Physiotherapist and/or Psychologist. Services will be conducted in clients’ homes, preschools and schools.

Address: PO Box 22 Casula 2170

Phone: 4648 8700

Fax: 8778 2399

Email: transitiontoschool@northcott.com.au

Website: www.northcott.com.au

Community Links Wollondilly/Allied Health Services

OUTREACH service at - Wingecarribee Family Support Service - Holmhaile St Bowral.

Offering - Speech Pathology and Occupational Therapy

Providing Assessments, individual therapy sessions, group sessions, in the clinic, at home/school or preschool.

A fee for service is applied, however there are numerous funding options available

Please phone Community Links Wollondilly for details, enquiries and booking - 4683 2776

Alternative contact -: Toni (OT): 0414 890 336 / Libby (SP) 0488 559 948

Baby Clinics

Child and Family Nursing Clinics at: Bowral, Mittagong, Moss Vale and Hilltop.

Wingecarribee Community Health Centre
Bendooley Place
Bendooley St, Bowral 2576

Phone/Contact: 1800 455 511

ALL CLINICS BY APPOINTMENT

• children 0-5 developmental checks
• new parenting groups
• lactation advice
• parenting advice

CLINICS

Bowral Early Childhood Clinics
Bendooley Rd Bowral 2576

Mittagong Early Childhood Clinic
CWA Rooms Main St Mittagong 2575

Moss Vale Early Childhood Clinic
CWA Rooms Elizabeth St Moss Vale 2577

Hilltop Early Childhood Clinic
Grounds of Hilltop Public School
Linda St, Hilltop 2577

Community Information

Bridges for Learning

Books, CD’s, resource material and specialised equipment for children with disabilities. Available for carers, families, professionals, and organisations to borrow.
Highlands Community Centres Inc.
Provides information and referral on community and crisis services, advocacy, emergency relief, assistance with food and prescriptions in time of need, free Tax Help and Legal Aid referral.
Address: PO Box 786 Tumut, 2720
Phone: 1800 029 904 or 6947 3377
Text: 0458 296 602
Fax: 6947 3723
Email: info@ideas.org.au
Website: www.ideas.org.au

IDEAS – Info on Disability & Education Awareness Services
IDEAS is a free telephone information service providing support to people with disability and age related disability, their families, carers and other supporters to self-advocate, enabling them to make informed decisions about matters of importance to them. Real people, real listening.
Address: PO Box 475, Corrimal 2518
Phone: 0421 347 181
Fax: 4283 9901
Email: julie.hemmings@includeme.com.au
Website: www.bigfatsmile.com.au

Libraries
Bowral Central Library
Address: Bendooley St, Bowral 2576
Phone: 4861 1167
Fax: 4882 2120
Web: www.library.wsc.nsw.gov.au

Mittagong Branch Library
Address: Queen St, Mittagong 2575
Phone: 4871 2252
Fax: 4872 2047
Web: www.library.wsc.nsw.gov.au

Moss Vale Branch Library
Address: Civic Centre, Kirkham St, Moss Vale
Phone: 4868 2479
Web: www.library.wsc.nsw.gov.au

Library ROADS Vehicle
Phone: 0417 699 641

TAFE ILLAWARRA - Moss Vale Campus
Address: Kirkham St Moss Vale
Phone: 4868 0111  1300 766 123
Website: www.illawarra.tafensw.edu.au

Wingecarribee Shire Council Customer Services
Address: PO Box 141 \ Civic Centre Elizabeth St, Moss Vale 2577
Phone: 4868 0888
Fax: 4869 1203
Email: wscemail@wsc.nsw.gov.au
Web: www.wsc.nsw.gov.au

Yamanda Aboriginal Association Inc. – Cultural Centre
Address: Rainbow Road Mittagong 2575
Phone: 0412 466 430
Email: kh2222@tadaust.org.au

Early Childhood Education & Care Services (Child Care, Preschool, After School and Vacation Care)

Bambinos Kindergarten
(Children 6 weeks to 5 years)
Address: 51 Retford Rd Bowral 2576
Phone: 4861 4011
Address: 183 Bowral St Bowral 2576
Phone: 4861 2475
Email: adminbow@bambinoskindergarten.com.au
Website: www.bambinoskindergarten.com.au

Big Fat Smile Group Ltd trading as Include Me
We provide funding support / resources etc for federally funded early childhood services including Long Day Care; Outside of School Hours Care, Family Day Care & Occasional Care services in the Wingecarribee area. This support is to help early childhood services include children with additional needs.
Address: PO Box 475, Corrimal 2518
Phone: 48724699
Fax: 48724698
Email: birrahlee@pacific.net.au
Web: www.birrahlee.com.au

Birrahlee Children’s Centre Pty Ltd
Long Day Care centre for children 0 – 6 years. Provide an outdoor education program for all children promoting fundamental movement skills and sustainable practices. Also include music lessons by a professional music teacher.
Address: 21 Elsworth Avenue Mittagong 2575
Phone: 48724699
Fax: 48724698
Email: birrahlee@pacific.net.au
Web: www.birrahlee.com.au

Bowral Street Preschool
Preschool and long day care centre for children 2-6 years.
Address: 182 Bowral St, Bowral 2576
Phone: 4861 3294
Email: bsppp2@bigpond.net.au

Bundanoon District Community Pre-School
For children 3-6 years. Hours 9:15 am – 3:15 pm
Address: Burgess St, Bundanoon 2578
Phone: 4883 6166
Fax: 4883 6366
Email: bdcps@bigfatsmile.com.au

Fidgety Frogs Early Learning Centre Mittagong
Highly experienced and caring Early Childhood Educators. School Readiness Program-Implementing the Early Years Learning Framework. Nutritonally balanced & delicious meals provided. Catering for children from 0 – 5 years. Open 7:30 am to 5:30 pm Mon to Fri.
Address: 27 Belmore St Mittagong 2575
Phone: 4872 1730
Email: mil@fidgetyfrogs.com.au
Web: www.fidgetyfrogs.com.au

Gibbergunyah Long Day Care Centre
Child Care Services for children 3 months to 5 years.
Address: 36 Etheridge St, Mittagong 2575
Phone: 4872 2280
Fax: 4872 2281
Email: gibbergunyahldc@hotmail.com
Website: www.gibbergunyah.com.au
Gumnut Bowral Memorial Kindergarten
Preschool education centre for children aged 3 to 5 years
Address: PO Box 87 / 50 Wingecarribee St, Bowral 2576
Phone: 4861 1342
Email: gumnut@hinet.net.au

Hill Top Preschool Day Care Centre
For children 0-6 years
Address: 12 Linda St, Hill Top 2575
Phone: 4889 8330

Kamalei Children’s Centre
Two long day care services situated at Kazcare in Bowral. Caters for children aged 0-5 years. Childcare Benefit available.
Address: 7 Centennial Road, Bowral (4862 4439)
Phone: 0414 755 730 (Centre director)
Email: annemaree@kamalei.com.au
Website: www.kamalei.com.au

KU Donkin Memorial Pre-School
Preschool education centre for children aged 3 to 6 years
Address: Donkin Ave, Moss Vale 2577
Phone: 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 provide in preschool room. Lower staff ratios. Highly qualified staff. All menus provided.
Address: Mann Crescent, Moss Vale 2577
Phone: 48683393
Fax: 48683053
Email: ku.mossvale@ku.com.au
Website: www.ku.com.au

Little Peoples Early Learning Centre
Purpose Built Long Day Care Centre and Preschool, Care for ages 6 weeks to 5 years, open 7.30am to 6pm, all meals provided (including hot meals), Qualified, Caring and Experienced staff. School Readiness Program, Sun-smart Centre approved by the Cancer Council, New outdoor playground.
Address: 61 Boardman Road, Bowral 2576
Phone: 02 48625333 or 0413 154 554
Email: enrol@littlepeoples.com.au
Website: www.littlepeoples.com.au

Mittagong Preschool Kindergarten Inc
Preschool education for children aged 2 – 6 years.
Address: Cnr Oxford St and Waverley Parade, Mittagong 2575
Phone: 48711109
Fax: 48712188
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 during school holidays for school age children, Kinder to Year 6.

Mt Gibraltar Preschool
Preschool and long day care centre
Address: 62 Oxley Drive, Bowral 2576
Phone: 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: 4889 4974
Email: nvoosh@hotmail.com

Potters Pre-School
Preschool education for children aged from 2 to 6 years.
Address: 37 Regent St, Mittagong 2575
Phone: 4872 3627
Email: pps@bmi.org.au

QCE Child Care
QCE Child Care provides care for children from 6 weeks old to 6 years old, from 7am to 6pm, Monday to Friday. We supply nutritious meals, Quality, Care and Education. Our Centre provides the most up-to-date facilities that best promote the development of your children.
Address: 23 Crimea Street, Mittagong 2575
Phone: 4872 1993
Email: qcechildcare@hotmail.com

Robertson Community Pre-School
Preschool education for children aged from 2 to 6 years.
Address: PO Box 3004, Caaalong St, Robertson 2577
Phone: 4885 1353
Email: rcps@bigfatsmile.com

Southern Highlands
Early Childhood Learning Centre
Long day care centre
Address: 50 Beaconsfield Rd, Moss Vale 2577
Phone: 4869 1761
Email: info@sheclc.com.au

Theaslea Preschool
Extended hour’s preschool for 2-6 year olds.
Address: 22 Drapers Rd, Colo Vale 2575
Phone: 4889 4641
Email: theasleapf@gmail.com

Wembley Road Preschool
Preschool and long day care centre for children 0-6 years
Address: 10 Wembley Rd, Moss Vale 2577
Phone: 4869 5739
Email: prschool@bigpond.net.au

Wingecarribee Out of School Hours Care
Provides regulated and approved for CCB & CCR After School Care and Vacation Care for primary school aged children from Mittagong Public School Hall.
Address: Service - Mittagong Public School Hall  
Bessener St, Mittagong 2575  
Coordination Office - 71 Boardman Road,  
Bowral 2576  
Phone: Service - 0408 492 361  
Coordination Office - 02 4861 2866  
Fax: 4861 4923  
Email: woosh@wsc.nsw.gov.au  
Website: www.wsc.nsw.gov.au/services/community/childrens-services

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: 4861 3400

Wingecarribee Shire Council - Family Day Care Service  
Provides quality, regulated home based education and care for  
Children aged 0-12 years.

Address: 71 Boardman Road, Bowral 2576  
Phone: 4861 2866  
Fax: 4861 4923  
Email: familydaycare@wsc.nsw.gov.au  
Website: www.wsc.nsw.gov.au/services/community/childrens-services

Family and Relationship Counselling

ANGLICARE Community Care  
Emergency Relief program Monday to Friday by appointment  
9:30am – 12:30pm. Food assistance, energy accounts and  
Telstra assistance as well as general advocacy. Counselling  
Service by appointment Wednesday 9:00 am - 4:00 pm and  
Thursday 9:00 am - 1:30 pm. Counselling available for children,  
adults and couples. Sliding scale of fees negotiable.

Address: 5/274 Argyle Street, Moss Vale, 2577  
Phone: 4868 1780  
Fax: 4869 1023  
Email: moosvale@anglicare.org.au  
Website: www.anglicare.org.au

Barbara McKern, Psychologist  
Parenting skills, Groups, Mothercraft, Early Childhood Training.

Address: Suite 2, 368 Bong Bong Street, Bowral 2576  
Phone: 4861 6411  
Fax: 4861 6266  
Email: barbara.mckern.psychologist@bigpond.com

BK Psychology  
Individual and family counselling; in-home/school functional  
behavioural assessments/ programs (children/ adults with  
disability); positive behaviour support, parenting strategies;  
psychological intervention for mental health issues, trauma, OCD,  
anxiety, eating disorders, self-harm behaviours; relapse  
prevention; referral to other services.

Address: Suite 3B, Level 1, 341 Bong Bong Street,  
Bowral 2576  
Phone: 0432 660 423  
Email: barbarakirby@bigpond.com  
Website: bkpsychology.com.au

Bowral Youth Refuge – St Vincent de Paul  
Provides up to three months accommodation and counselling  
services for homeless youth aged from 14 to 18 years.

Address: 76 Bowral St, Bowral 2576  
Phone: 4861 3400

Buttermilk Counselling  
Specialising in counselling children and adolescents; also  
experienced in counselling grief and loss for all ages.

Address: Suite 3B, Osborne Centre, Osborn Ave, Bundanoon  
2578  
Phone: 040408 212  
Email: gillian@buttermilkcounselling.com  
Website: www.buttermilkcounselling.com

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 Street Wollongong, 2500  
Phone: 4227 1122  
Fax: 4227 1592  
Email: enquiries@catholiccare.dow.org.au  
Website: www.catholiccare.dow.org.au

Centre of Youth  
Provides counselling for adolescents 12 -17 years of age who are  
experiencing a mental health issue.

Address: Suite 3/20, Bundaroo St, Bowral 2576  
Phone: 0404 328 877

Creative Blocks Psychology  
Provides counselling, assessment and psychological treatment  
for depression, anxiety or other mental health issue, adolescent  
assessment and counselling, behaviour management services for  
people with a disability. Adjustment difficulties. Transition from  
primary to high school.

Address: Stafford Cottage  
22 Bendooley St, Bowral 2576  
Phone: 4220 1100

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

Phone: 48722440 or 0415984100  
Address: 12 Queen Street, Mittagong NSW 2575

Family Relationship Centre  
Provides information to help families with relationships and  
assists separating families in dispute resolution, as required by  
Family Law. Free advice provided and fees for mediation can be  
discussed. Phone for appointment. (one day a fortnight)

Address: Stafford Cottage  
22 Bendooley St, Bowral 2576  
Phone: 4220 1100

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

Phone: 48722440 or 0415984100  
Address: 12 Queen Street, Mittagong NSW 2575

Headspace Campbelltown  
Early intervention mental health services for 12-25 year olds.

Address: Level 8, 171-179 Queen St  
Campbelltown 2560
KAREN 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, mental health issues as well as parenting concerns.

Phone: 0412 988 799
Fax: 4861 4618
Email: kgeaney@gmail.com

Lifeline
Offers 24 hour crisis counselling. All callers remain anonymous.

Phone: 131114

Parent Line
Parent counselling and early intervention support line. For parents or carers of children aged from 0-18 years old in N.S.W. All counsellors have relevant Tertiary qualifications.

Phone: 1300 1300 52
Website: http://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: 4869 3399
Fax: 4869 5115
Email: bruce@peopleskills.net.au
Website: www.peopleskills.net.au

Relationships Australia Centre
Offers individual, couple and family counselling on Wed, Thur and Fri.

Address: PO Box 1448
Wollongong South Coast DC 2500
Uniting Church Offices, 28 Bendooley St, Bowral 2576
Phone: 4228 7711
Fax: 4227 2876
Email: lllawarra@ransw.org.au
Website: www.relationships.com.au

Southern Highlands Bereavement Care Service
Provides bereavement counselling, support and training programs such as how children manage grief.

Address: Old Cottage Hospital at Bowral Hospital, Bowral 2576
Phone: 4862 1701
Email: info@shbcs.org.au
Web: www.shbcs.org.au

Wingecarribee Community Health Centre
Provides counselling for adults and children

Address: Bendooley Place, Bendooley St, Bowral 2576
Phone: 4861 8000

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

Address: 2 Holmhale St Bowral 2576
Phone: 4862 1777
Fax: 4862 1714
Email: admin@wfss.org.au
Web: www.wfss.org.au

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 (9-64 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: Unit 5/44-48 Bowral St. Bowral 2576
Email: ability.links@vinnies.org.au or natalie.mcmullen@vinnies.org.au
Phone: 02 8622 0456 or 0475 800 175

(ADHC) Dept of Family & Community Services (FACS)
Clients: People with an intellectual disability (eligibility by assessment) aged 0 – 65yrs and their families and carers. Services: Case Management, Occupational Therapy, Physiotherapy, Psychology, Speech Pathology. No fees apply.

Address: Shops 1-3
44-48 Bowral St Bowral 2576
PO Box 2719 Bowral 2576
Phone: 4862 8700
Fax: 4862 8711
Email: manager-campbelltown/bowral@facs.nsw.gov.au
Web: www.adhc.nsw.gov.au

Anglicare Community Care
Emergency relief, Oasis Christian books and gifts shop, tea room and community garden.

Address: 5 / 274 Argyle St, Moss Vale 2577
Phone: 4868 1780
Email: mossvale@anglicare.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 Street Wollongong, 2500
Phone: 4227 1122
Fax: 4227 1592
Email: enquiries@catholiccare.dow.org.au
Website: www.catholiccare.dow.org.au

CatholicCare
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: 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: 4627 9180
0437 491 591

Goulburn Family Support Service Inc
Address: 85 Goldsmith Street / PO Box 662
Goulburn 2580
Phone: 48222200
Fax: 48222250
Email: admin@gfss.ngo.org.au
Website: www.gfss.ngo.org.au

Highlands Youth Hub
A resource centre for young people aged 12-18 years providing a drop in centre, events & school holiday programs
Address: Loseby Park, Park Rd, Bowral 2576
Phone: 4862 2052
Fax: 4872 1165
Email: youthcentre@highlandscommunity.org.au

Home-Start Family Services (Wingecarribee)
A FREE service offering support to families in the Wingecarribee area with children 0-8yrs. 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. Playgroup runs at 37 Regent Street Mittagong every Tuesday morning 10am – 12pm during school terms.

Address: 37 Regent St, Mittagong 2575
PO Box 2271 Bowral 2576
Phone: 4871 3995
0411 799 100
Fax: 4872 1165
Email: bowral@homestartaustralia.org
Website: www.homestartaustralia.org

Moss Vale Special Needs and Parent Support (SNAPS)
The Moss Vale SNAPS Committee meets 2nd Wednesday of the month, 11.00am during school term. All welcome.
Address: Moss Vale Public School Browley St
Moss Vale 2577
Phone: 0401350461 - committee convener
48818866 - Moss Vale Public School
0409742142
Email: mossvalessnaps@gmail.com
Website: www.mossvalessnaps.com

Northcott
Northcott is a leading service provider in NSW and the ACT, providing services and support for people with disabilities, their families and carers.
Address: Suite 1, 101 Queen Street, Campbelltown NSW 2560
Phone: (02) 4640 8700
Email: Campbelltown@northcott.com.au

NSW Department of Ageing Disability and Home Care
ADAHC provide support and services to older people, people with disabilities and their carers in NSW.
Wingecarribee Family Support Service
Offers support, counselling and education for families in crisis or difficulty or those needing help with parenting.

Address: 2 Holmhaile St, Bowral 2576
Phone: 4862 1777 4862 1714
Email: admin@wfss.org.au
Website: www.wfss.org.au

Young Parent Project
Information, education, networking and support for pregnant and parenting young women, men and their children. Weekly meeting, peer support, newsletter, crises and family support, home visiting and social outings.

Address: Wingecarribee Family Support Service
2 Holmhaile St, Bowral 2576
Phone: 4862 1777
Email: admin@wfss.org.au

YWCA Wingecarribee Family Abuse Prevention Service
Provides information, advocacy and referral for women who have or are experiencing Domestic & Family Violence. The service incorporates the Women’s Domestic Violence Court Advocacy Service to support women attending court for AVO matters.

Address: PO Box 2487, 24 Bendooley St, Bowral 2576
Phone: 4861 1911 0423 770 305
Email: wfvp@ywcansw.com.au
Web: www.ywcansw.com.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: 1 Boolwey St, Bowral 2576
Phone: 13 28 50

Highlands Community Centres
Provides free tax help for low income individuals and families

Address: Stafford Cottage, 22 Bendooley St, Bowral 2576
Phone: 4862 1122
Email: hcc_2@bigbond.net.au

No Interest Loan Scheme
Can help low income people to buy essential household items such as a washing machine, fridge or medical appliance. In general, loans are only available to people whose main income is a Centrelink pension, benefit, allowance or maximum Family Assistance.

Address: Stafford Cottage, 22 Bendooley St Bowral 2576
Phone: 4862 1122

Health Care Services

Ambulance Service - Bowral

Address: Mona and Ascot Rd, Bowral 2576
Phone: 131 233
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: 4861 0200

Bowral Oral Health Clinic
Community dental service
Address: Bendooley Place Bendooley St Bowral 2576
Phone: Central Booking 1300 559 393

Bridges for Learning
Assessments and sessions provided by: Speech Pathologist, Occupational Therapist, Physiotherapist, Psychologist. Registered for Medicare and other government funding.
Address: 25 Thompson St, Bowral 2576
Phone: 4861 4054
Fax: 4861 6527
Email: admin@bridgesforlearning.org.au
Website: www.bridgesforlearning.org.au

Centre of Youth
Provides mental health services for adolescents from 12 to 17 years of age
Address: Ascot Rd, Bowral 2576
Phone: 4861 0385

Carer Assist
Information, education, advocacy, and support to families and people who care for someone with a mental illness.
Phone: 4868 2755
Email: infossw@carerassist.org.au

Southern Highlands Private Hospital
Provides surgical, medical, post-natal, rehabilitation and day surgery services.
Address: 99 Bowral St, Bowral 2576
Phone: 4862 9400

Triple Care Farm
Youth- Alcohol & 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 service works with young people aged between 16 and 24 years. The treatment model is a holistic psychosocial rehabilitation based on harm minimisation and health promotion. TCF has a team of staff and volunteers who operate a 24 hour a day 7 day a week program; accommodating up to 18 clients at one time.
Address: 188 Knights Hill Road, Robertson 2577
Phone: 4885 1563
Fax: 4885 1563
Email: tcf@missionaustralia.com.au
Website: www.sdmf.org.au

Community Links Wollondilly/Allied Health Services
OUTREACH service at -Wingecarribee Family Support Service - Holmhalte St Bowral.
Offering -Speech Pathology and Occupational Therapy
Providing Assessments, individual therapy sessions, group sessions, in the clinic, at home/school or preschool.
A fee for service is applied , however there are numerous funding options available
Please phone Community Links Wollondilly for details , enquiries and booking :- 4683 2776
Alternative contact :- Toni (OT): 0414 890 336 / Libby (SP) 0488 559 948

Auntries Clinic
Free and confidential. Aboriginal outpatient clinic (for people with co-morbidities) held every second Thursday between 9.30am-3pm, no appointment necessary.
Address: Bowral Community Health
Bendooley St Bowral
Phone: 4861 8000

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: 4861 8000
Fax: 4861 8034

Housing and Accommodation Assistance
Argyle Community Housing
Provides rebated rent, medium to long term accommodation for people in financial crisis.
Address: Level 1, 32-36 Wingecarribee Street Bowral 2576
Phone: 4861 2753

Highlands Community Centres Inc.
Advocates for people in need of emergency accommodation to Department of Housing
Address: Stafford Cottage, 22 Bendooley St Bowral 2576
Phone: 4862 1122
Email: mail@highlandscommunity.org.au
Aims to assist women with or without children, who are homeless or at risk of homelessness to access or sustain safe, secure
accommodation with priority given to women who experience domestic violence.

Phone: 4869 5873
4869 2534
0407 200 391

**Southern Highlands Homelessness Service – St Vincent de Paul Society**

Bowral Youth Refuge provides accommodation for young people aged 14-18.

Address: 76 Bowral St, Bowral 2576
Phone: 4861 3400

Pathways is a program for youth (16+), families, single women and men with or without children, who are homeless or at risk of homelessness who reside in the Wingecarribee and Wollondilly areas.

Phone: 4861 4847

**Legal Assistance**

**Macarthur Legal Centre- outreach to Wingecarribee**

MLC will be coming to WFSS 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 ½ hour and need to be booked.
Phone: WFSS – 4862 1777.

This is a service provided by Macarthur Legal Centre, please call them direct.
Phone: (02) 4628 2042 - for information other than bookings

**Highlands Community Centres Inc.**

Provides legal aid referral.

Address: Stafford Cottage, 22 Bendooley St
Bowral 2576
Phone: 4862 1122
Email: hcc_2@bigpond.net.au

**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 Trustee Registrar, Registrar of Birth, Deaths and Marriages and Civil Claims Registry. Free legal advice by appointment.

Address: Argyle St, Moss Vale 2577
Phone: 4868 1130

**NSW Department of Juvenile Justice - Bowral**

Service for young offenders who are referred by the courts. The aim of the service is to provide opportunities for young offenders to meet their responsibilities and lead a life free of further offending.

Address: Suite 5, AMP Building
409 Bong Bong St, Bowral 2576
Phone: 4862 2211

**Police Assistance Line (PAL)**

For non emergencies and general enquiries

Phone: 13 1444

**Wilkinson Throsby & Edwards**

Advice, legal representation. Legal Aid (subject to Means and Merit Tests). Representation for parents or children in Family Law and Care proceedings.

Address: 52 Wingecarribee Street, Bowral 2576
Phone: 4861-2499
Fax: 4861-4074
Email: wte@acenet.com.au
Website: www.wte.com.au

**Libraries, Computers and Internet Access**

**CTC@Robertson**

Robertson Community Technology Centre is a multi-function centre managed by a not-for-profit community organisation (The Robertson Shed Inc.). Our aim is to create and maintain a welcoming hub for people who live, work and visit Robertson and the Southern Highlands. The centre provides facilities and enriching experiences in IT, arts, education, business and commerce, social and cultural fields.

Address: PO Box 3069,
58-60 Hoddle Street, Robertson 2577
Phone: 4885 2665
Fax: 4885 2664
Email: info@robertsonctc.org.au
Website: www.robertsonctc.org.au

**Hill Top Community Centre**

Provides computer and Internet access centre with photocopier and fax machine

Address: Corner Rosina St and Cumbertine St
Hill Top 2575
Phone: 4889 8998

**Libraries**

**Bowral Central Library**

Services include lending of books, hear-a-books, large print material, DVD's, CD's and magazines; Children's story times; special collections; reference materials, word processing and Internet access.

Address: Bendooley Place, Bowral 2576
Phone: 4861 1167
Website: www.library.wsc.nsw.gov.au

**Mittagong Branch Library**

Services include lending of books, hear-a-books, large print material, DVD's, CD's and magazines; Children's story times; special collections; reference materials and Internet access.

Address: Queen St, Mittagong 2575
Phone: 4871 2252
Website: www.library.wsc.nsw.gov.au

**Moss Vale Branch Library**

Services include lending of books, hear-a-books, large print material, DVD's, CD's and magazines; Children's story times; special collections; reference materials and Internet access.

Address: Civic Centre, Kirkham St, Moss Vale 2577
Phone: 4868 2479
Website: www.library.wsc.nsw.gov.au

**Wingecarribee Shire ROADS Library**

Mobile lending service for adults and children: books, hear-a-books, large print and magazines. Services various points across Wingecarribee Shire on a fortnightly roster.

Phone: 4861 1167
0417699641
**Literacy and Continuing Education**

**South East Community College**
Provides vocational education, adult literacy and numeracy programs, recreational, leisure and hobby courses.

Address: Mittagong Playhouse
Bown Rd Mittagong 2575
Phone: 1300 300 415

**Southern Highlands Computer Users Group**
Provides hands on computer training for adults/seniors from basics to advanced.

Address: East Bowral Community Centre
71 Boardman Rd Bowral 2576
Phone: 4869 4958
Email: info@shcug.org.au

**TAFE NSW - Moss Vale College, Adult Literacy, Arts and Media**
Provides adult literacy programs, vocational education and visual arts courses.

Address: Kirkham St, Moss Vale 2577
Phone: 4868 0111

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**Material Aid and Low Cost Goods**

**Anglicare Welfare Services**
Helps people with financial and material needs in an emergency.

Address: Suite 5/ 274 Argyle St, Moss Vale 2577
Phone: 4868 1780

**Lifeline - Moss Vale**
Low cost new and preloved goods, including furniture, clothing and books.

Address: 418 Argyle St, Moss Vale 2577
Phone: 4868 2283

**Salvation Army (material aid)**
Phone: 1300 371 288

**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, including furniture, clothing and books. Assistance given to those in need with food, accommodation, furniture and clothes etc

Address: Bong Bong St, Bowral 2576
Phone: 4861 2852

**St Vincent De Paul Society Mittagong**
Low cost new and preloved goods, including furniture, clothing and books. Assistance given to those in need with food, accommodation, furniture and clothes etc

Address: 22 Bown Rd, Mittagong 2575
Phone: 4871 1922

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**Playgroups - General**

**Playgroup NSW**
Playgroup NSW is a not-for-profit community organisation involved directly and indirectly in providing advice, support and assistance to community, supported and facilitated playgroups.

Address: Suite 4 Level 2, 1C Grand Ave Rose Hill 2142
Phone: 1800 171 882 Toll Free
Fax: 9684 5273
Email: admin@playgroupnsw.com.au
Website: www.playgroupnsw.com.au

**Bowral Town Playgroup**
Meets Monday and Friday 9:30am at East Bowral Community Centre

Address: Corner Boardman Rd and Rd, Bowral
Phone: 1800 171 882
Email: admin@playgroupnsw.com.au

**Burradoo Playgroup**
All welcome; Meets Tuesday 9:30am at Berrima Pony Club Hall

Address: Moss Vale Rd, Burradoo 2576
Phone: 1800 171 882 Playgroup NSW
Email: admin@playgroupnsw.com.au

**Cubbyhouse Playgroup**
Meets at St Jude's Anglican Church

Address: 34 Bendooley St, Bowral
Phone: 4857 4026
Email: carmen@bowralanglican.org.au

**Hill Top Playgroup**
Meets Wednesday 10:00am at the Hill Top Memorial Hall

Address: Wilson St, Hill Top
Phone: 1800 171 882
Email: admin@playgroupnsw.com.au

**Penrose Wingello Playgroup**
Meets Tuesday 10:00am at Penrose Hall

Address: Kareela Rd, Penrose 2530
Phone: 1800 171 882
Email: admin@playgroupnsw.com.au

**Yerrinbool Playgroup**
Meets Thursday 10:00am at Yerrinbool Community Centre

Address: Cnr Sunrise and Everest St, Yerrinbool 2575
Phone: 1800 171 882
Email: admin@playgroupnsw.com.au

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**Playgroups - Supported**

**Bridges for Learning**
PLAYCONNECT - A supported playgroup for children with a Autism, Aspergers or social / behaviour challenges.
Address: 25 Thompson St, Bowral 2576  
Phone: 4861 4054  
Fax: 4861 6527  
Email: admin@bridgesforlearning.org.au  
Website: www.bridgesforlearning.org.au

Family Support Play and Chat  
A free, inclusive parent and child playgroup staffed by a family worker and childcare staff can help with parenting.  
Address: Wingecarribee Family Support Service 2 Holmhale St Bowral 2576  
Phone: 4862 1777  
Fax: 4862 1714  
Email: admin@wfss.org.au  
Website: www.wfss.org.au

Home-Start Family Services (Wingecarribee)  
A FREE service offering support to families in the Wingecarribee area with children 0-8 years. 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. Playgroup runs at 37 Regent Street Mittagong every Tuesday morning 10am – 12pm during school terms.  
Address: 37 Regent Street Mittagong 2575 or PO Box 2271 Bowral 2576  
Phone: 4871 3995  
Fax: 4872 1185  
Email: bowral@homestartaustralia.org  
Website: www.homestartaustralia.org

Schools

Primary Schools

Avoca School  
Sheepwash Rd, Avoca  
Phone: 4867 7224  
Email: avoca-p.school@det.nsw.edu.au

Berrima School  
Oxley St, Berrima  
Phone: 4871 1262  
Email: berrima-p.school@det.nsw.edu.au

Bowral School  
Bendooley St, Bowral  
Phone: 4861 1086  
Email: bowral-p.school@det.nsw.edu.au

Bundanoon School  
Church St, Bundanoon  
Phone: 4883 6192  
Email: bundanoon-p.school@det.nsw.edu.au

Burrawang School  
Cnr Hoddle St and Church St, Burrawang  
Phone: 4886 4261  
Email: bundanoon-p.school@det.nsw.edu.au

Colo Vale School  
Wattle St, Colo Vale 2575  
Phone: 4889 4250  
Email: colovale-p.school@det.nsw.edu.au

Exeter School  
School Lane, Exeter  
Phone: 4883 4280  
Email: exeter-p.school@det.nsw.edu.au

Glenquarry School  
Tourist Rd, Glenquarry  
Phone: 4887 1205  
Email: glenquarry-p.school@det.nsw.edu.au

Hill Top School  
Linda St, Hill Top  
Phone: 4889 8227  
Email: hilltop-p.school@det.nsw.edu.au

Kangaloon School  
Kangaloon Rd, Kangaloon  
Phone: 4888 2215  
Email: kangaloon-p.school@det.nsw.edu.au

Mittagong School  
21 Pioneer St, Mittagong  
Phone: 4871 1020  
Email: mittagong-p.school@det.nsw.edu.au

Moss Vale School  
Browley St, Moss Vale 2577  
Phone: 4868 1866  
Email: mossvale-p.school@det.nsw.edu.au

Oxley College  
Railway Pde, Burradoo  
Phone: 4861 1968  
Email: Office@oxley.nsw.edu.au

Penrose School  
Penrose Rd, Penrose  
Phone: 4864 4238  
Email: penrose-p.school@det.nsw.edu.au

Southern Highlands Christian School  
Cnr Kangaloon and Boardman Rd, Bowral  
Phone: 4861 1781  
Email: office@shcs.nsw.edu.au

St Michael's Primary School  
Alfred St, Mittagong  
Phone: 4871 2279  
Email: info@stmicks.woll.catholic.edu.au

St Paul's Primary School  
18 Garrett St, Moss Vale  
Phone: 4864 1788  
Email: info@stpaulsmv.woll.catholic.edu.au

St Thomas Aquinas School  
Bundaroo St, Bowral  
Phone: 4861 1768  
Email: info@sta.woll.catholic.edu.au

Sutton Forest School  
Illawarra Hwy, Sutton Forest  
Phone: 4868 1430

Tangara School  
Bong Bong Rd, Mittagong  
Phone: 4871 1636  
Email: tangara-s.school@det.nsw.gov.au  
Educational programs for students with disabilities from 4-18 years old

Tudor House School  
Illawarra Hwy, Moss Vale  
Phone: 4868 0000  
Email: admin@tudorhouse.nsw.edu.au  
Day and boarding school for boys Prep to Year 6

Wingello School  
Murrimba Rd, Wingello  
Phone: 4884 4317  
Email: wingello-p.school@det.nsw.edu.au
Secondary Schools
Bowral High School
Aitken Rd, Bowral
Phone: 4861 2255

Chevalier College
Moss Vale Rd, Burradoo
Phone: 4861 1488
Email: office@chevalier.nsw.edu.au

St Paul's International College
463 Argyle St, Moss Vale
Phone: 4868 2211
Email: info@spic.nsw.edu.au

Southern Highlands Christian School
22 Boardman Road South, Bowral
Phone: 4861 1781
Email: office@shcs.nsw.edu.au

Oxley College
Railway Pde, Burradoo
Phone: 4861 1366
Email: Office@oxley.nsw.edu.au

Frensham
Range Road, Mittagong
Phone: 4860 2000
Boarding and Day school for girls from Years 7-12

Moss Vale High School
Narellan Rd, Moss Vale
Phone: 4868 1788
Email: mossvale-h.school@det.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.). Our aim is to create and maintain a welcoming hub for people who live, work and visit Robertson and the Southern Highlands. The centre provides facilities and enriching experiences in IT, arts, education, business and commerce, social and cultural fields.

Address: 58-60 Hoddle Street, Robertson 2577
Phone: 4885 2665
Fax: 4885 2664
Email: info@robertsonctc.org.au
Website: www.robertsonctc.org.au

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

Address: Cnr Bong Bong & Boolwey St, Bowral 2576
Phone: 4862 9055

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

Address: 290-300 Argyle St, Moss vale 2577
Phone: 4869 2828

Transition to Work (TTW- Disability Services Australia)
Assessments and sessions provided by: Speech Pathologist, Occupational Therapist, Physiotherapist, Psychologist. Registered for Medicare and other government funding.

Address: We are located at: Port Stephens, Raymond Terrace, Redfern, Bankstown, Blacktown, Campbelltown, Moss Vale, Goulburn, Queanbeyan
Phone: 1300 372 121
9708 1523
9708 1693
serviceaccess@dsa.org.au
www.dsa.org.au

Apps
Path 2 Home (Housing)
Help Me (Daniel Morbcombe Foundation)
My Gov
iCope (Mental Health)
iCBT (Mental Health)
National Drugs campaign
Gratitude Journal
iBobby (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, separation)
Deadly Tots (Aboriginal parenting resource)
Websites

Reachout.com  
http://au.reachout.com

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

Beyondblue  
https://www.beyondblue.org.au

Family Referral Service  
http://www.familyreferralservice.com.au

CatholicCare  
www.catholiccare.dow.org.au

The moodGYM  
https://moodgym.anu.edu.au/welcome

National Eating Disorders Collaboration  
http://nedc.com.au

Mind Health Connect  
http://www.mindhealthconnect.org.au

Young and Well  
http://www.youngandwellcrc.org.au

Bullying. No Way!  
http://bullyingnoway.gov.au

Lifeline  
www.lifeline.org.au

Women’s Legal Services NSW  
http://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  
http://www.highlandbabyandchild.com

Parenting SA  
http://www.parenting.sa.gov.au