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## CARING FOR CHILDREN

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For useful information and support for parents, carers and guardians please see the list below.

### **Al-Anon/Alateen Australia**

Al-Anon aims to help families and friends of alcoholics recover from the effects of living with the drinking problem of someone close. Alateen is a recovery program for young people. Alateen groups are sponsored by Al-Anon members. The website provides contact details for Al-Anon/Alateen local groups in Tasmania.

<http://www.al-anon.alateen.org/australia/index.html>

### **Alannah and Madeline Foundation**

The Foundation provides support for children who are victims of violent crime through its Children Ahead Program. These children are often from disadvantaged situations where they suffer abuse, neglect or poverty. It also runs the Better Buddies Program, an anti-bullying initiative for schools.

<http://www.amf.org.au>

### **Anglicare**

Anglicare provides a variety of services and programs to assist Tasmanians, including young people, individuals, families and communities. Anglicare delivers community services to assist with employment, accommodation, counselling and relationship support.

<http://www.anglicare-tas.org.au>

*Free Call: 1800 24 32 32*

### **Association for Children with a Disability (Tas) Inc**

ACD is a state-wide organisation that provides information, advocacy, and support for Tasmanian families with a child/children with a disability. It supports families by providing them with relevant up-to-date information about the services they need as families of children with disability. It does this through free telephone information and advice, advocacy assistance, Family Support Workers and by conducting forums and workshops. ACD also produces a quarterly magazine, PEPTalk and a comprehensive information folder for members called "Through the Maze".

<http://www.key.org.au/acdtas/>

### **Australian Breastfeeding Association**

The Australian Breastfeeding Association (ABA) is an organisation of people interested in the promotion and protection of breastfeeding by educating and supporting mothers, using up-to-date research findings and the practical experiences of many women. The website includes contact information to local Australian Breastfeeding Association groups in Tasmania. Local groups offer mothers information and problem-solving support and a meeting programme.

<http://www.breastfeeding.asn.au/default.htm>

### **Australian Childhood Foundation**

The Australian Childhood Foundation is a national charity which works in a number of ways to make children's safety and welfare a priority. The Foundation's website includes a range of resources for parents. The resources offer you a chance to think about children, parenting and how you can give children the sort of experiences you want for them as they grow up. The Foundation also manages another website ([www.kidscount.com.au](http://www.kidscount.com.au)) where

you can access more information, activities and opportunities to attend parenting workshops.

<http://www.childhood.org.au/website/default.asp>

### **Brain Injury Association of Tasmania**

The Brain Injury Association of Tasmania is a non-government, state-wide organisation. It promotes community awareness and understanding of ABI, in terms of both prevention and the impact of brain injury on the lives of individuals, families and the broader community, through training, resources and educational programs. It can refer also clients to a wide range of service providers and to other relevant groups.

<http://www.biat.org.au/>

### **Camp Quality**

Camp Quality is a non profit organisation that is committed to bringing hope and happiness to every child living with cancer, their families and communities through ongoing quality recreational, educational and financial support programs. Its website includes location and camp information and dates.

<http://www.campquality.org.au/index.cfm>

### **Centrelink**

Centrelink is an agency of the Department of Human Services delivering a range of services on behalf of ten different Australian Government departments. Services for parents and guardians include payments, counselling, job search and others. The website also includes useful information and links relevant to parents, families and others caring for children.

<http://www.centrelink.gov.au/>

### **Centacare**

Centacare is a welfare agency run by the Catholic Church in Tasmania. It delivers a broad range of specialised and professional support, counselling, accommodation, emergency, advocacy, education and training services throughout Tasmania. Services are available to all without discrimination on the basis of age, gender, race, religion, physical disability, marital or social status.

<http://www.hobart.catholic.org.au/centacare.htm>

### **Child and Adolescent Mental Health Service (DHHS)**

The Child and Adolescent Mental Health Service provides a community service for children and adolescents with mental health problems. The website provides contact details for services in the South, North and North West.

<http://www.dhhs.tas.gov.au/services/view.php?id=386>

### **Child Care**

For information and links to child care services in your area, the following sites may be of assistance:

#### ***Tasmanian Child Care Unit (Department of Education)***

<http://www.childcare.tas.gov.au/default.htm>

#### ***Raising Children Network***

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

### **Child Support Agency**

This is an Australian Government site which provides information about child support payments and other parenting issues. It also provides a community services directory with links to local parenting and family-related organisations. It was established to administer the Child Support Scheme and to help separated parents take financial responsibility for their children.

<http://www.csa.gov.au/>

### **Colony 47**

Colony 47 is a non profit community organisation that provides a number of different services to assist people with housing, employment, training and family issues. One of its

programs is called Parents and Kids Together (PaKT), which is aimed at strengthening relationships between parents (or guardians) and their children aged 6–12 years.

Colony 47 also runs a Newly Arrived Youth Support Service (NAYSS). NAYSS works with young people (aged 12-21) and their families, from diverse cultural and linguistic backgrounds who are newly arrived in Australia (less than 5 years).

NAYSS assists young people in overcoming barriers to fully participate in the Australian community. NAYSS offers support with understanding Australian culture, school, looking for work, sorting out relationship difficulties, finding balance in rights and responsibilities that fit with family and hopes for the future.

<http://www.colony47.com.au>

#### **Department of Education**

This website provides information for parents and carers on all aspects of government schooling, from kindergarten through to college, from starting and leaving ages and how to enrol, to what children learn at school and how you can become involved. The website also includes information on child care services in Tasmania.

<http://www.education.tas.gov.au/school/parents>

#### **Department of Family and Community Services (Australian Government)**

The Department of Families, Community Services and Indigenous Affairs (FaCSIA) is responsible for social policies and support affecting Australian society and the living standards of Australian families. FaCSIA provides services and assistance to promote healthy family relationships and gives families the opportunities to take part in their local communities. FaCSIA also helps families experiencing changes to their financial and social circumstances.

<http://www.facs.gov.au/internet/facsinternet.nsf/>

#### **Department of Health and Human Services**

Department of Health and Human Services provides links to a range of services relevant to parents and carers. These include:

- Care and Protection Services
- Youth justice
- Disability services
- Child and Adolescent Mental Health
- Mental Health Services
- Housing Tasmania
- Child Health Centres
- Parenting Centres

The following DHHS websites provides links to these and other services in addition to information about health and wellbeing.

<http://www.dhhs.tas.gov.au/services/>

<http://www.dhhs.tas.gov.au/healthyliving/>

#### **Family Court Counselling Service**

This organisation provides counselling, support and legislative advice to those involved with the Family Courts.

*Address: 39-41 Davey Street, Hobart*

*Phone: 6232 1778*

#### **Family Planning Tasmania**

Family Planning Tasmania is a community organisation which promotes sexual health through its clinic services and education and training centres in Hobart, Launceston and Burnie. It also provides information for parents and teachers with regards to sexuality education for children and young persons. Family Planning also runs clinics in Hobart, Launceston and the North West, staffed by experienced doctors and nurses, deliver quality care in sexual and reproductive health.

<http://www.fpt.asn.au/>

### **Family Relationship Centres**

The Australian Government is in the process of setting up 65 Family Relationship Centres in cities and towns across Australia. These Centres will be a source of information for families at all stages, including people starting relationships, those wanting to make their relationships stronger, those having relationship difficulties and those affected when families separate. Centres will also offer individual, group and joint sessions to help separating families make workable arrangements for their children without having to go to court.

A Family Relationship Centre has been opened in Hobart, with more planned for other regions in Tasmania within the next two years.

#### **Address:**

Family Relationship Centre  
178 Macquarie Street  
Hobart TAS 7000  
Phone: (03) 6211 2100

For more information, view the following link on the Attorney-General's website.

<http://www.ag.gov.au/agd/WWW/agdHome.nsf/Page/RWP9C2D60BDDOC5A10CCA25716A0009A53E>

### **Family Resource Centre (Northern Tasmania)**

This Centre provides links to a comprehensive range of government and community resources that support families in the northern region of Tasmania.

<http://www.elaunceston.com/family/index.html>

### **Family Violence Counselling and Support Service**

The specialised workers within the DHHS Family Violence Counselling and Support Service are available to assist victims of family violence and affected children.

DHHS Family Violence Counselling and Support Service offer professional and specialised services to assist children, young people and adults affected by family violence. This service is part of the *Safe at Home* initiative; a Tasmanian whole of government response to family violence.

Services include:

- Information on family violence and its impact on adults, children and young people;
- Individual support and counselling for individuals affected by family violence; and
- Group work programs for affected adults, children and young people.

Further information can be obtained by contacting your local Family Violence Counselling and Support Service (FVCSS).

#### **Office hours are 9am - 5pm weekdays**

North West: 1800 608 122 (adults and children/young people)

North: 1800 608 122 Adults and children/young people)

South: 1800 608 122 (Adults)

South: 03 6233 6981 (children and young people)

An extended-hours service is also available and operates weekdays (9am - midnight), weekends and public holidays (4pm - midnight). If someone needs assistance or information contact **1800 608 122**.

**If someone is at risk or in danger, call the 24 hour Family Violence Response Referral Line on 1800 633 937, or 000 in an emergency.**

## More Information

### Safe at Home

<http://www.dhhs.tas.gov.au/agency/pro/safeathome/index.php>

### Resources for General Practitioners

**Identifying family violence** - Resource Kit for General Practitioners in the Western Suburbs of Melbourne

[http://ofw.facs.gov.au/downloads/pdfs/d\\_v/ident\\_fv\\_kit\\_gp\\_melb.pdf](http://ofw.facs.gov.au/downloads/pdfs/d_v/ident_fv_kit_gp_melb.pdf)

### Australian Domestic Violence Clearing House

[www.austdvclearinghouse.unsw.edu.au/Publications.htm](http://www.austdvclearinghouse.unsw.edu.au/Publications.htm)

### Good Beginnings

Good Beginnings aims to create a caring environment with families, communities, service agencies and governments working together so that children can have a good beginning. Good Beginnings provides services to families including those who are isolated through economic, geographic, cultural circumstances or incarceration; suffering from post-natal depression; experiencing difficulties which may disadvantage their children; seeking to improve and build on their parenting skills.

<http://goodbeginnings.net.au>

### Kidsafe Tasmania

Kidsafe Tasmania is a non-government, not-for-profit charitable organisation, dedicated to preventing unintentional childhood injuries and reducing the resulting deaths and disabilities associated with childhood accidents in children under the age of 15 years.

Kidsafe Tasmania has a Safety Resource Centre located in Abbotsfield Primary School, in Abbotsfield Rd, Claremont. The Centre is a valuable source of information for anyone interested in the safety of children. It includes a kitchen, bathroom and bedroom and shows the potential hazards in each of these rooms and offers practical advice on what can be done to avoid them. A range of information sheets and brochures covering child safety issues is also available free-of-charge from the centre. Free injury fact sheets can also be requested electronically.

<http://www.kidsafe.com.au/state.php?state=TAS>

### Kids and Advertising

Kids and Advertising is a site which has articles and information concerning the impact of advertising on children and young people, with tips and links for parents and caregivers.

<http://www.kidsandadvertising.co.uk/>

### Lady Gowrie

Lady Gowrie Tasmania is a member of a National Consortium, Gowrie Australia, which provides quality leadership across Australia for children's services professionals and promotes high quality early childhood programs.

Lady Gowrie offers a Family Support Service, funded by the Tasmanian Department of Health and Human Services, to provide support for those people who have the responsibility of caring for young children, either on a full-time or part-time basis. This service is available to those in both urban and rural areas of Southern Tasmania. The service includes individual support, by phone or in person; resource material; referral to other agencies; and facilitating parent group discussions.

<http://www.gowrie-tas.com.au>

### Migrant Resource Centre

The Migrant Resource Centre is a non-profit community organisation funded by the Commonwealth Department of Immigration and Multicultural and Indigenous Affairs. It also obtains funding from other government sources to deliver a range of services to better assist migrants & refugees to become an effective part of the community. Some services provided include child care access support services, integrated humanitarian settlement services, individual client support immigration advice and application assistance

The MRC has offices in Hobart, Launceston, Devonport and Burnie.

**HOBART*****Migrant Resource Centre***

49 Molle Street  
Hobart TAS 7000  
Phone: (03) 6234 9411

**LAUNCESTON*****Migrant Resource Centre***

95-99 Cameron Street  
Launceston TAS 7250  
Phone: (03) 6331 2300

**DEVONPORT*****Migrant Resource Centre***

Room 44, Second Floor  
Cnr Best and Rooke Street  
Devonport TAS 7310  
Phone: (03) 6423 5598

**BURNIE*****Migrant Resource Centre***

2 Spring Street  
Burnie TAS 7250  
Phone: (03) 6431 9476

**Office of Aboriginal Affairs (Tasmania)**

The Office of Aboriginal Affairs is part of the Department of Premier and Cabinet. The Office of Aboriginal Affairs (OAA) advances Aboriginal affairs across the State Sector. It is the primary resource for, and adviser to, the Government on policy issues affecting Tasmania's Aboriginal and Torres Strait Islander population. View the website for contact details.

<http://www.dpac.tas.gov.au/divisions/oa/>

**Parenting Line**

Parenting Line is a free, confidential telephone service that provides counselling and referrals on parenting issues for parents with children aged 0-5 years. The service is available 24 hours a day, 7 days a week.

*Phone: 1300 808 178 (local rate)*

**Play by the Rules**

Play by the Rules provides information and online learning about how to prevent and deal with discrimination, harassment and child abuse for the sport and recreation industry. Play by the Rules is a partnership between the Australian Sports Commission and all State/Territory sport and recreation and anti-discrimination agencies.

[http://www.playbytherules.net.au/eoc/play\\_by\\_the\\_rules.jsp](http://www.playbytherules.net.au/eoc/play_by_the_rules.jsp)

**Playgroup Association**

Playgroup Australia is a not-for-profit organisation reliant on community and member organisation support. Playgroup is an informal session where mums, dads, grand parents, caregivers, children and babies meet together in a relaxed environment.

Playgroups are set up and run by parents and caregivers, with children choosing from a range of activities set up to meet their varying needs. Activities at playgroup are either free or low cost, and may include music and singing, imaginative play, outdoor and free play, art and craft activities and outings. In a playgroup, parents & caregivers stay to interact with the other adults & to play with the children. Playgroups enable parents to meet other local families, develop new friendships and share experiences.

The following contacts will help you to find your nearest playgroup in Tasmania:

<http://www.playgroupaustralia.com.au/tas/>

**Raising Children Network**

The Raising Children Network is a non-profit organisation. The website was developed with the help of an extensive network including the Australian Government.

The website is intended for Australian mothers, fathers, grandparents and anyone else who has responsibility for the care of children. It provides information that can help parents with the day-to-day decisions of raising children, and looking after their own needs. It also provides personal support by helping to connect people through discussion forums and a search mechanism that enables parents and carers to connect look up support services and playgroups in their area.

The website is also useful for people who work with parents – general practitioners, maternal and child health nurses, child care workers, preschool teachers, school teachers, social workers, psychologists and so on.

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

### **Relationships Australia**

Relationships Australia is a not-for-profit community based organisation that runs a variety of programs and provides professional services to enhance and support relationships including family skills and parenting programs. Programs and services offered include counselling, mediation, relationship skills courses, primary dispute resolution, post separation parenting, family skills and parenting courses and many others.

Relationships Australia also provides a children's contact service for safe and positive contact arrangements for children whose parents are separated. The website also includes contact information for Relationships Australia's Tasmanian office.

<http://www.relationships.com.au/default.asp>

<http://www.relationships.com.au/utilities/contact.asp#tas>

### **Salvation Army – Family Support Services**

The Salvation Army provides many services that support and strengthen families and respond when families are unable to cope. The assistance Family Support Services provides is different from area to area, depending on the social programmes and financial resources available in your location. The normal process is that a Family Support worker will schedule a private interview to discuss your situation and needs in a confidential manner, then make an assessment of the types of services the Salvation Army can provide.

<http://www.salvationarmy.org.au/tasmania/familysupport/>

### **Tascare – Society for Children**

Originally founded in 1935, Tascare works to support children and young people with disabilities and their families. Tascare assists families through practical support, arranging social opportunities, supporting parent networks, providing information and access to resources, lobbying issues of concern and advocating the needs of children and young people with disabilities and their families in the community. Tascare also operates a sibling support network, providing social opportunities for brothers and sisters.

<http://www.tascare.asn.au>

### **Triple P (Positive Parenting Program)**

Triple P suggests strategies to turn family and parenting problems around and to prevent problems from developing in the first place. It aims to build positive relationships between parents and children and to create harmonious, stable and supportive family environments.

<http://www1.triplep.net/>

### **Victims of Crime Service**

This service is funded by the Department of Justice. It offers support, counselling, referrals, support for people attending court and information to victims of crime, their friends and family. The website provides contact details for Victims of Crime Service Centres around Tasmania.

<http://www.voc.lifelinetasmania.com.au/index.html>