

EARLY YEARS DIRECTORY 2016-17

**A GUIDE TO SERVICES
FOR FAMILIES IN THE
MILDURA REGION**



Mildura Rural City Council

Best Start
www.beststart.vic.gov.au





EMERGENCY NUMBERS

Ambulance, Fire, Police

000

Mildura Police Station	(03) 5018 5300
Mildura Base Hospital	(03) 5022 3333
Child Protection	1800 675 598 13 12 78 (after hours)
Maternal and Child Health Help Line (24 hour support)	13 22 29
Kids Help Line (24 hour support)	1800 551 800
Women's Domestic Violence Crisis Service	1800 015 188
Men's Referral Service	1300 766 491
Sexual Assault Crisis Line	1800 806 292
Nurse on Call	1300 606 024
Post Natal Depression (Panda)	1300 726 306
Lifeline - 24 hour support	13 11 14
Parent Line	13 22 89
Breastfeeding Helpline	1800 686 268
Mallee Track Health & Community Services (Ouyen)	(03) 5092 1111
Mildura Rural City Council After hours emergency	(03) 5018 8100 1800 241 540

Find more information, services and contact details at www.connectingcare.com



TABLE OF CONTENTS

Emergency Numbers	3
Introduction & Amendments	6
Best Start	7
Key Ages and Stages	8
Support for Aboriginal Families & Children	10
Baby Equipment Hire & Child Restraint Fitting Service	12
Breastfeeding Support	13
Child Care Services	14
Child Protection & Family Violence Services	18
Disability & Special Needs Information & Services	19
Ethno Specific Services	22
Family & Parent Support Services	24
Immunisation, Health & Dental Care Services	33
Library Services	36
Kindergartens	38
Maternal & Child Health	41
Toy Libraries	42
Playgroups	42
Music and Movement Programs	43
Primary Schools	44
Outside School Hours Care	46
Physically Active Children & Families	47



INTRODUCTION

Welcome to the 2016-17 edition of the Early Years Directory. Produced as part of Best Start Mildura and The Best Start for Child Wellbeing Partnership, this Directory is a handy guide to the facilities, services and resources that support families.

It is our hope that this guide will be a handy reference for parents, grandparents, carers and families in the Mildura region. The information in this directory is designed as a guide only and we hope you will find it a useful resource.

Copies of the Directory are also available online at www.mildura.vic.gov.au/Council-Services/Children-Youth/Best-Start

AMENDMENT TO THIS DIRECTORY

Every effort has been made to ensure the accuracy of content in this Directory and all information was correct at the time of printing. If you find any details that require changing, or you would like a service included, please let us know and we will update the information for the next publication.

Mildura Rural City Council

Early Years Services

76 Deakin Avenue, Mildura

Telephone: (03) 5018 8271

Email: earlyyears@mildura.vic.gov.au

Facebook: www.facebook.com/MilduraBestStart/

BEST START - MILDURA

Best Start supports families, caregivers and communities to provide the best possible environment, experiences and care for young children in the important years from birth through to school. It supports communities, parents and service providers to improve universal early year's services so they are responsive to local needs.

Best Start has a strong emphasis on prevention and early intervention of vulnerable, Aboriginal, Out of Home Care, Culturally and Linguistically Diverse (CALD) families. Local partnerships are the cornerstone of each Best Start site. Best Start Mildura aims to increase attendance and engagement with Maternal and Child Health Services and increase local kindergarten participation rates.

These improvements are expected to result in:

- Better access to child and family support, health services and early education
- Improvements in parents' capacity, confidence and enjoyment of family life
- Communities that are more child and family friendly

How to get involved in Mildura Best Start:

- Join a Best Start workgroup
- Ask the Best Start Facilitator to speak to your group or organisation
- Inform Best Start Mildura about local initiatives and events
- Contact the Best Start Facilitator with your concerns regarding support to families with young children

Best Start Mildura

Mildura Rural City Council

76 Deakin Avenue, Mildura

Telephone: (03) 5018 8276

Email: beststart@mildura.vic.gov.au

Best Start is a Victorian government early years initiative, facilitated locally through Mildura Rural City Council.

The Department of Education and Training Regional Offices

North Western Victoria Regional Offices

Mildura

Postal address: PO Box 5081, Mildura, Victoria 3502

Location: 91 Pine Avenue, Bendigo, Victoria 3501

Telephone: (03) 5051 1333

Bendigo

Postal address: PO Box 442, Bendigo, Victoria 3552

Location: 7-15 McLaren Street, Bendigo, Victoria 3550

Telephone: (03) 5440 3111

Coburg

Postal address: Locked Bag 2001, Coburg, Victoria 3058

Location: Level 2, 189 Urquhart Street, Coburg, Victoria 3058

Phone: (03) 9488 9488

www.education.vic.gov.au/about/contact/Pages/regions.aspx

Email: nwvr@edumail.vic.gov.au



KEY AGES & STAGES

Best Start aims to improve the health, development, learning and wellbeing of all Victorian children from ages 0 to 8 years old.

Your child's growth and development goes through many phases, however there are four key ages and stages, when certain development will take place.

Baby (Birth–12 months)

Your child will grow and learn more in their first 12 months than at any other time of their life. This is a period where they begin to make connections to the world around them and to their emotions. Physical developments can include laughing out loud and assisted walking. From four months on babies sleep less during the day and the majority of babies will start to sleep through the night by 6–8 months.

Some weeks you may see amazing changes and some weeks none. Don't worry, you'll no doubt soon see progress again. Remember that if your child has additional needs, they may take longer to achieve certain milestones.

During this period you have the opportunity to get advice and review your baby's health and development at seven of your ten available Maternal and Child Health nurse appointments – a home visit when you first leave the hospital, at two, four and eight weeks and then at four, eight and twelve months of age.

Toddler (1–3 years)

Language is one of the most exciting parts of your child's development. This is the period where their understanding and use of words builds rapidly. At one year of age most children can say two or three recognisable words and by the time they're three they will have progressed to conversations of two or three sentences.

Physically their skills and coordination are also rapidly increasing: learning how to kick a ball, climb stairs and grasp a pencil to scribble. They show their independence by saying "no" and begin to pretend when they play.

Remember that children develop at different rates. Don't worry if your child hasn't reached certain milestones that other children the same age have. And keep in mind that development is a journey, not a race.

You know your toddler best, so if you have concerns or questions about your child's development, talk to your Maternal and Child Health nurse. Your eighth and ninth Maternal and Child Health appointments fall within this age bracket at eighteen months and two years. To find out more about appointments with your Maternal and Child Health nurse, please see information on local Maternal and Child Health Services on page 41.

Pre-schooler (3–5 years)

Your child is now developing more socially, has real friendships and understands the causes of feelings. Physically they are much more coordinated in high energy activities such as running and climbing and may have progressed to riding a tricycle.

All children develop at different rates, however, in this age range there are some skills that are especially important for your child's self-esteem and learning. For example, being able to speak clearly is important in order to be understood by others.

If you are worried about your child's development, speak to your Maternal and Child Health nurse or call the Maternal and Child Health line on (03) 5018 8277. Your final recommended Maternal and Child Health appointment is at three and a half years of age.

School Age (5–8 years)

Your child will most likely start school at five and by now they have developed enough independence to be away from you during the day. At five many children are natural problem solvers. Having fun problems to solve at home helps with school learning as do learning experiences outside of school like playing the piano or starting a vegetable patch.

Your child will be learning to read, write and use numbers and it is helpful for them to get practice at home. Continuing to read to them, as well as listening to them read to you, will help them learn.

Physically your child will have improved their balance and coordination skills so they can now use a skipping rope, play well with a ball, swim and may be ready to ride a bike.

To find out more about booking your Key Age and Stage Visit, please contact your Maternal and Child Health Nurse on (03) 5018 8277 and see page 41 of this directory.

SUPPORT FOR ABORIGINAL FAMILIES & CHILDREN

Aboriginal families are welcome at all early childhood services and kindergarten programs and your Aboriginal culture is valued and respected. As well as services available to all Victorian children, there are a number of services and programs developed especially for Aboriginal families. They are:

Mallee District Aboriginal Services (MDAS)

Mallee District Aboriginal Services (MDAS) has been operating for the past 25 years and provides a wide range of services to help Aboriginal families support their children's early years, from before birth through to school age. They are:

- Maternal and Child Health Services
- Immunisation
- In Home Support Program
- Home Based Learning Program
- Koori Preschool Assistant
- Playgroup
- Home Interaction Program for Parents & Youngsters (Hippy)

The MDAS Koori Maternity Service

The MDAS Koori Maternity Service is a program set up to provide additional and culturally appropriate care to Aboriginal women during pregnancy, birth and in the immediate period after birth.

Mothers are cared for by an Aboriginal maternity health worker and a midwife. An Aboriginal health worker supports them during pregnancy and after birth and is responsible for linking them with other service providers as needed.

MDAS Maternal & Child Health Services (M+CH)

The Maternal and Child Health Service (M+CH) service provides culturally appropriate care to the Aboriginal and Torres Strait Islander community. Victorian MCH Key Age and Stage Visits, are provided through a flexible service delivery. Services includes extra home visits as needed, immunisation and Lactation Consultant starting in the Antenatal period.

Mallee District Aboriginal Services (MDAS)

115 Orange Avenue, Mildura
Telephone: (03) 5018 4100
www.mdas.org.au

In home support and home based learning programs for aboriginal families

The In Home Support program builds on the Koori Maternity Service to support Aboriginal families in their parenting to improve their child's health, development, learning and wellbeing from birth to three years. This support is offered in a way that is respectful of your Aboriginal cultural identity.



There are currently six Aboriginal organisations delivering the In Home Support Program in Bairnsdale, Fitzroy, Geelong, Mildura, Shepparton and Swan Hill.

The Home Based Learning Program carries on from the In Home Support Program by supporting Aboriginal families in the next stage of their child's development from three to five years old. Currently there are two Home Based Learning Programs based in Mildura and Swan Hill.

Koori Pre-School Assistants

The Koori Pre-school Assistants work with families and kindergartens to promote the importance of kindergarten for young children. The Koorie Pre-school Assistant explains the early year's programs available for Aboriginal families and will encourage you to enrol your children in kindergarten. The Koori Pre-school assistants work in kindergartens and assist teachers to develop and deliver Aboriginal culturally inclusive and responsive programs.

Funded kindergarten for three and four year old aboriginal children

Aboriginal and Torres Strait Islander children aged three and four years old can access up to ten hours a week of a funded early childhood program planned and delivered by a qualified early childhood teacher.

Mallee District Aboriginal Services (MDAS)

113 Orange Avenue, Mildura
Telephone: (03) 5018 4100
Web: www.mdas.org.au

MDAS Additional Services

Mallee District Aboriginal Services offers a range of additional services to the indigenous community including Youth and Family Services, Housing and Aged Care Services. They are:

- Bringing Them Home Program
- Drug & Alcohol Program
- Emergency Assistance
- Family Violence and Prevention Legal Services
- Family Preservation Program
- Foster Care
- Health Services
- Home & Community Care Program
- Indigenous Tenants at Risk
- Juvenile Justice
- Mental Health
- Out of Home Care Support
- Centrelink
- Womens Issues

Mallee District Aboriginal Services (MDAS)

120 Madden Avenue, Mildura
Telephone (03) 5018 4100
www.mdas.org.au



BABY EQUIPMENT HIRE & CHILD RESTRAINT FITTING SERVICE

Baby Equipment Hire

Capsules, car seats, portacots and strollers are available for hire for babies up to 6 months of age. For more information please contact:

TtN Baby Warehouse

Shop 3, 824 Fifteenth Street, Mildura 3500

Telephone: (03) 5023 2229

Email: mildura@ttn.net.au

Web: www.onlinebabystore.com.au

CHILD RESTRAINT CHECKING AND FITTING SERVICE

Ensure your child's car seat or capsule is fitted correctly by having it checked by a qualified child restraint fitting service. A number of local businesses offer this service, including

TtN Baby Warehouse

TtN Baby Warehouse offers an accredited advisory and fitting station. Appointments are recommended. TtN also has 2 ABA 5 star approved feeding rooms available in the Mildura store for people to use at no charge.

Shop 3, 824 Fifteenth Street, Mildura

Telephone: (03) 5023 2229

Email: mildura@ttn.net.au

Mildura Road Care Pty Ltd

Mildura Road Care can make necessary modifications that may be required in order to fit restraints into vehicles not equipped with an anchor point. They will advise what is needed and what costs are involved.

333 Etiwanda Avenue, Mildura

Telephone: (03) 5021 5525

BREASTFEEDING SUPPORT

Australian Breastfeeding Association

The Australian Breastfeeding Association (ABA) is Australia's leading authority on breastfeeding, providing support and education and advocacy. The Sunraysia Group is run by volunteer breastfeeding counsellors and provides invaluable support and social contact for mothers and their children. Local services include monthly meet ups in Mildura and Robinvale and breast pump hire.

For information about group activities email:

abasunraysia@gmail.com

ABA provides free breastfeeding support 24 hours a day, 7 days a week through the Breastfeeding Helpline 1800 mum 2 mum (1800 686 268).

Mildura Base Hospital

Mildura Base Hospital provides the Breastfeeding and Parenting Support Service. This is a free service providing additional support for breastfeeding and parenting in the comfort of your own home. For more information contact (03) 5022 3550 or 0438 539 011.

The Hospital has now increased the number of breastfeeding/parenting classes available for expectant parents.

The classes are available for all expectant mothers/fathers not just those expecting their first baby as was traditionally offered. Previously the breastfeeding/parenting classes were included in the childbirth classes but now are available separately.

The classes are facilitated by a Lactation Consultant over a two week period either on a Tuesday during the day (10am-12noon) or on a Tuesday evening (6pm-8pm). Partners are most welcome, topics range from the benefits of breastfeeding, the importance of skin to skin and the first breastfeed, correct positioning and attachment, partners role, what is 'normal' for breastfeeding and what to expect in the first few weeks of life.

Mildura Private Hospital

Mildura Private Hospital is open for post-natal care providing 24h midwifery care. A Lactation Consultant is on staff, with a 24 hour breastfeeding counselling phone line available. Day stay admission for breastfeeding problems are also available.

Mildura Private Hospital Midwife

Telephone: (03) 5023 9811

www.milduraprivatehospital.com.au

Maternal and Child Health

Your Maternal and Child Health nurse can provide breastfeeding advice and support and two accredited Maternal and Child Health Lactation Consultants are also now available.

To make an appointment with the Lactation Consultant contact Mildura Rural City Council on (03) 5018 8277.

Community Resources

A range of books and DVD's are available through the Mildura Rural City Council Library Service.

CHILD CARE SERVICES

Your child should feel safe and happy and experience fulfilling learning and play while under someone else's care. In choosing child care, you need to think of your own family circumstances and needs. For example:

- How old is your child?
- How much care will your child need each day?
- How many days a week will you need care?
- Are you looking for a kindergarten program?
- How far do you need to travel?

If you only require a few hours of care each week, occasional care may suit you. If you work full time you may need a long day care service.

You should also look for a service that provides a welcoming environment, where children and families are respected and actively encouraged to work together to make decisions, so your child's learning experiences are meaningful.

Services should:

- Support your child's learning and provide warm, trusting relationships
- Provide a safe environment
- Plan and provide valuable play and learning experiences for children
- View children as active participants and decision makers
- Provide outdoor learning spaces, which include the natural environment
- Support your child's development at each stage of life to form the foundation for the next
- Understand individual children and respectfully manage children's behaviour
- Work in partnership with families- understanding each other's values, expectations and attitudes, and build on the strength of each other's knowledge

The types of child care available include:

- Long Day Care
- Occasional Care
- Family Day Care
- Before/After School Care (see outside school hours care)

In the year before your child starts school, you are encouraged to choose a service where your child will have access to a kindergarten program delivered by a qualified early childhood teacher.

Long Day Care

Long Day Care centres provide child care on a full time or casual basis for children aged 0-6 years. The following child care centres are privately operated or managed by committees and offer a variety of hours and programs to meet the needs of families.

Kindergarten Programs

Most long day care centres are now offering up to 15 hours per week of government funded kindergarten programs for 4 year old children, provided by a Bachelor trained Early Childhood Educator.

Please contact the individual child care centre for more information about their service.

Goodstart Early Learning – Eleventh Street

344-348 Eleventh Street, Mildura
Telephone: (03) 5021 5288
Email: mil@goodstart.org.au

Goodstart Early Learning – Matthew Flinders

10 Matthew Flinders Drive, Mildura
Telephone: (03) 5023 5788
Email: msu@goodstart.org.au

Jack & Jill Midway Child Care Centre

Lot 46 Midway Drive, Buronga
Telephone: (03) 5023 3005
Email: soniajo@bigpond.com.au

Mallee Minors Child Care Centre

Hughes Street, Ouyen
Telephone: (03) 5092 1077
Email: lwhite@mthcs.vic.gov.au

Mallee Minors Child Care Centre

Cnr. Francis & Gray Streets, Murrayville
Telephone: (03) 5095 2137
Email: murrayville.kin@kindergarten.vic.gov.au

Underbool Early Learning Centre

Cotter Street, Underbool
Telephone: (03) 5094 6273
Email: underbool.kin@kindergarten.vic.gov.au

Mildura Central Child Care Centre

145-149 Lime Avenue, Mildura
Telephone: (03) 5023 3214
Email: milduracentral@mychildelc.com.au

Mildura Early Learning Centre

340-342 San Mateo Avenue, Mildura
Telephone: (03) 5023 2888
Email: mildura@mychildelc.com.au

Outback Kids

532 Fourteenth Street, Mildura
Telephone: (03) 5022 8080
Email: info@outbackkids.com.au
Web: www.outbackkids.com.au

Playalong Early Learning Centre

73 Lemon Avenue, Mildura
Telephone: (03) 5018 8291
Email: playalong@mildura.vic.gov.au
Web: www.playalongmildura.com.au

TAFE Kids Inc

SuniTAFE Campus
Benetook Avenue, Mildura
Telephone: (03) 5022 3791
Email: tafekids@sunitafe.edu.au

Two Rivers Early Learning Centre

1-5 Short Street Buronga
Telephone: (03) 5023 3121
Email: director@tworiversearlylearning.com.au

CHILD CARE SERVICES

Family Day Care

Family Day Care is a nationally approved home-based child care service, provided locally through Mildura Rural City Council. Family Day Care offers full time, part time, before and after school, school holiday and respite care for babies and children to 13 years of age.

Family Day Care's small groups allow educators to bond with the children in their care and their families. Siblings are able to be in care together and experience care with children from different age groups. Educators are situated throughout Mildura Rural City and Wentworth Shire Council.

The Child Care Benefit is available through Centrelink (Department of Health and Human Services) and can greatly reduce the cost of care.

Mildura Family Day Care

Mildura Rural City Council
76 Deakin Avenue, Mildura 3500
Telephone: (03) 5018 8271
Email: fdcinfo@mildura.vic.gov.au

Occasional Care

If you only require a few hours of child care each week occasional care may be the best option for you, as it allows for flexibility. A number of local centres offer occasional care services, including:

Playalong Early Learning Centre

Playalong offers care for children on a daily, weekly or casual basis. Your child will be able to play and interact with other children while you are provided with child care time. Playalong is now also offering a funded kindergarten program to 4 year old children. Bookings can be made in advance.

73 Lemon Avenue, Mildura 3500
Telephone: (03) 5018 8291
Email: playalong@mildura.vic.gov.au
Web: www.playalongmildura.com.au

Mildura Waves Creche

Based at the Mildura Waves Aquatic and Liesure Centre, Mildura Waves offers affordable occasional child care for the general public. You don't need to be a member to use the crèche facility. They are open Monday to Friday 9am to 12pm. They care for children from 8 weeks to 12 years of age. Pre bookings are essential.

Cnr. Deakin Avenue & Twelfth Street, Mildura 3500
Telephone: (03) 5018 7500



CHILD PROTECTION & FAMILY VIOLENCE SERVICES

Department of Health and Human Services

Child Protection Services

253 Eleventh Street, Mildura 3500

Telephone: (03) 5022 3111

Child Protection In-Take

Telephone: 1800 675 598

Hours of operation: 8:45am - 5pm
Monday to Friday

After Hours Child Protection Emergency Service

Telephone: 13 12 78

Outside normal business hours, weekends and public holidays

Domestic Violence Services

Provides a support service for women and children affected by domestic violence.

2/144-146 Lime Avenue, Mildura

Telephone: (03) 5021 2130

Mallee Sexual Assault Unit

The Mallee Sexual Assault Unit provides support and care to all victims of sexual assault. Other services and programs include:

- 24 Hour Crisis Care
- Counselling
- Advocacy
- Information & Referrals
- Self Development
- Crisis Refuge Accommodation
- Outreach Services
- Community Education
- Group Work

Mallee Sexual Assault Unit

1/144-146 Lime Avenue, Mildura

Telephone: (03) 5025 5400

Murray Mallee Community Legal Service (MMCLS) – Family Violence Legal Unit.

MMCLS is a co-located Community Legal Centre program within the Mallee Domestic Violence Service and brings together legal and non-legal services to support women. The Family Violence Legal Unit provides legal assistance tailored to each woman's circumstances, including representation when necessary. The Legal Unit's solicitors and social worker work closely with domestic violence workers, police and other local services in a case management approach.

Murray Mallee Community Legal Service (MMCLS) – Family Violence Legal Unit.

122 Ninth Street, Mildura

Telephone: 1800 243 002

DISABILITY & SPECIAL NEEDS INFORMATION & SERVICES

Mallee Family Care

Early Childhood Intervention Services (ECIS)

Early Childhood Intervention Services support children with a disability or developmental delay from birth to school entry and their families. These services build on opportunities for learning and development that are provided at home and through Maternal & Child Health Centres, child care and kindergarten.

Early Childhood Intervention Services recognise that families are children's first and most influential teachers. Families are the primary influence on children's learning and development. A child and family centred approach based on a partnership between parents and professionals is at the core of Early Childhood Intervention Services.

The overall aim of these services is to provide parents and families with the knowledge, skills and support to meet the changing needs of their child and to optimise the child's development and ability to be part of family and community life.

Who can refer a child to Mildura Early Childhood Intervention Services?

Parents may refer their child to Early Childhood Intervention Services. Providing they have parent or guardian consent a range of people including paediatricians, general practitioners, maternal and child health nurses, child care professionals and kindergarten teachers may also make referrals.

Kindergarten Inclusion Support

The Kindergarten Inclusion Support Packages provides assistance to support the inclusion of children with severe disabilities to take part in a funded kindergarten program.

An inclusive program encourages and allows all children eligible to attend kindergarten opportunities to access the kindergarten program. Inclusion fosters the development of a sense of belonging and respects individuality and diversity, in order to promote learning, development and wellbeing in a child's early years.

Information can be sought from your kindergarten teacher.

Preschool Field Officer Program (PSFO)

The main role of the Pre-school Field Officer program is to support the access and participation of children with additional needs in kindergarten. It supports children with a range of developmental concerns and additional needs who are usually not receiving support from Early Childhood Intervention Services or kindergarten inclusion support service packages.

Early Childhood Intervention Services (ECIS)

Level 1, 53 Eighth St, Mildura, 3500

Telephone: (03) 5051 0980



DISABILITY & SPECIAL NEEDS INFORMATION SERVICES

Child And Youth Mental Health Service (CYMHS)

Child and Youth Mental Health Service (CYMHS) provides individual and some family therapy and case management to people under 18 years old who experience emotional, behavioural and/or thought disorders, and who may or may not engage in self harm. Referrals can be made by any concerned person, but must have appropriate consent (parents if the young person is 15 or under). The young person can consent for themselves if they are 16 or older.

Child and Youth Mental Health Service (CYMHS)
Mental Health Services
Mildura Base Hospital, Ontario Avenue, Mildura 3500
Telephone: (03) 5022 3500

Sunraysia Disability Resource Centre

Provides information, referral and support to parents and carers across the Loddon Mallee region who have a disability or chronic illness.

159a Langtree Avenue, Mildura
Telephone: (03) 5023 2580

Sunraysia Disability Resource Centre

159 Langtree Avenue, Mildura 3500
Telephone: (03) 5023 2580
Email: help@sdg.org.au

Mildura Kids Clinic

Mildura Kids Clinic is home to a multidisciplinary team of experienced specialists working with children with a range of difficulties. Mildura Kids Clinic Pty Ltd is a registered panel provider of therapy services under the Australian Government Helping Children with Autism and Better Start assistance packages.

Our clinicians specialise in the assessment and treatment of speech and language, autism spectrum disorder, sensory difficulties, childhood behavioural concerns, dyslexia, dysgraphia and learning difficulties. A referral is not required to see any of the clinicians, but you may wish to discuss your concerns with your GP in order to decide what services may be the most suitable for you or your child.

The clinic is located close to shops and schools with side-street parking and disabled access. Contact the clinic for further information about any of our services.

Mildura Kids Clinic
183 Walnut Avenue, Mildura
Telephone: (03) 5021 5569
Web: www.mildurakidsclinic.com.au

Victorian Inclusion Agency

The Victorian Inclusion Agency are working towards the vision that all Victorian children can meaningfully and actively participate in an education and care service of their family's choice in their community.

They work alongside eligible education and care services to help build services that are inclusive of all children. They do that by:

- Working locally with groups of and individual services and educators, and
- Providing a Specialist Equipment Service

The program assists child care services with a range of practical supports, including advice, planning and resources, so that they are better able to provide all children with the opportunities to participate in activities, that encourage learning and development within relationships with peers and adults and in a manner, that reflects the interests and strengths of all children inclusive of physical, cultural and linguistic diversity.

They employ skilled staff called Inclusion Professionals who work directly with education and care services to develop their capacity to include children with additional needs.

Inclusion Professional – Mallee Region
Telephone: 1800 177 017
www.viac.org.au

Support Groups

Support groups offer parents and carers mutual support, information sharing, social events and access to resources. New members are welcome to join meetings or social gatherings.

Sunraysia ADHD Support Group
Telephone: 0418 806 082

Sunraysia Down Syndrome Support Group
Telephone: (03) 5025 6276

Sunraysia Autism Spectrum Support Group
Telephone: 0447 112 507
Email: sunraysia.autism@gmail.com

Sunraysia Information & Referral Services
87a Orange Avenue, Mildura 3500
Telephone: (03) 5023 4025 or 1800 062 498

Bendigo Health Northern Mallee Community Services
Case management and service coordination for people with a disability and frail aged with multiple and complex needs. Carer Support Services and Deaf Access Services are also available.

67 Pine Avenue, Mildura 3500
Telephone: (03) 5018 7301

Sunraysia Allergies Awareness
Sunraysia family support group for families and children with allergies.
Telephone: 0400 134 899
Email: r.kmcmamus@bigpond.com



ETHNO SPECIFIC SERVICES

Sunraysia Mallee Ethic Communities Council (SMECC)

SMECC provides a range of supports for people from Culturally & Linguistically Diverse (CALD) backgrounds. These supports are aimed at ensuring skills are developed and barriers reduced to enable community members from all cultural backgrounds to fully engage with the broader community and local services. Services include:

- Settlement Client Services for CALD community members newly arrived in Australia and Mildura
- Adult Community Further Education (ACFE)
- Community programs with new and emerging CALD communities
- Education, Training and Volunteer Programs
- Food Share Programs
- Refugee Action Program (RAP)
- Supported multicultural playgroups
- Coordination of the Sunraysia Multicultural Festival
- Advocacy and capacity building of other services to better cater for needs of all CALD community members

Sunraysia Mallee Ethic Communities Council (SMECC)

107-111 Twelfth Street, Mildura 3500

Telephone: (03) 5022 1006

Web: www.smeccinc.org

FAMILY & PARENT SUPPORT SERVICES

Family Time Mildura

Family Time Mildura works with the whole family, providing fun group programs for everyone.

We also have specialized paediatric therapists to provide advice, treatment or care.

- Occupational Therapy
- Speech Pathology
- Psychology
- Naturopathy
- Music Time
- Drama Time
- Action Time
- Yoga Time
- Photo Time
- Secret Agents Society
- Triple P

118 Lime Avenue Mildura.

Telephone: (03) 50 229 663

Email: info@familytimeaustralia.com

Web: www.familytimeaustralia.com

ChildFIRST

A referral to Mallee ChildFIRST (Family Information Referral and Support Team) may be the best way of connecting children, young people and their families to the services they need, where families exhibit any of the following factors that may affect a child's safety, stability or development:

- Significant parenting problems that may be affecting the child's development
- Serious family conflict, including family breakdown
- Families under pressure due to a family member's physical or mental illness, substance abuse, disability or bereavement
- Young, isolated and/or unsupported families
- Significant social or economic disadvantage that may adversely impact on a child's care or development.

MASP is the ChildFIRST provider in the Mallee catchment and does so on behalf of the Mallee Child Youth & Family Services Alliance. ChildFIRST is staffed by experienced practitioners with particular skills in assessing the needs of vulnerable children, young people and families.

Referrals can be received from professionals, community members, and families can also self-refer.

Contact details: 1300 MALLEE (1300 625 533) or childfirst@masp.org.au

FAMILY & PARENT SUPPORT SERVICES

Centacare

Centacare is a family welfare agency providing services which are relevant and responsive to individuals, couples, families and groups. Centacare seeks to empower and maximise the potential of individuals, couples and families through a range of services.

Family Support Program (Counselling)

The Family Support program provides support and education for families, individuals and groups around parenting, marriage and family relationships by assisting people to resolve difficulties and build stronger relationships. Counselling may involve working with all family members with a focus on the needs of children and to promote the independence and development of healthy families, couples, children and individuals.

Family Services Program

Provides an alternative pathway for families, professionals and members of the community who may be considering making a statutory report due to their level of concern for children within the community.

The Integrated Family Services team accepts referrals from ChildFIRST and works with the most vulnerable families in an effort to recognise trauma and its impact on parenting while at the same time providing families the chance to work through the issues which hinder their ability to make change.

Kinship Care Family Services

The Kinship Care program is for families or carers who provide care for children who are unable to remain living with their parents.

Centacare Mildura provide information and advice to families and carers in a kinship arrangement on financial matters, a child's care requirements and available community supports. Three programs are delivered:

- Bethany's Kinship Care Support Groups
- Family Services
- Kinship Placement Support Services

No Interest Loans Scheme

No Interest Loan Scheme (NILS®) offers small, no interest loans for people on low incomes for the purchase of essential household goods. This service can assist by providing:

- Relevant information and advice about available community resources to assist individuals improve their situation
- Facilitating loan applications and supporting borrowers to complete a realistic budget and repayment plan

Regional Family Dispute Resolution

The Regional Family Dispute Resolution Program aims to promote the independence and healthy development of families, couples, children and individuals through support and counselling for individuals affected by separation; and Group work programs for affected adults, children and young people.

Regional Dispute Resolution Services provides people who are separating or separated and their children, other family members or carers, a resolution focused approach to parenting and property matters.

Family dispute resolution is offered to support separating or separated couples establish an agreement around co-parenting arrangements

Specialised Family Violence Program

The Specialised Family Violence program aims to provide support for individuals and families who are impacted by family violence by providing:

- 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.
- Counselling will have a focus on working with vulnerable and disadvantaged families who at times may be affected by domestic violence, including survivors and perpetrators of violence

Family Mental Health Support Services (FMHSS)

The Family Mental Health support service provides a flexible and responsive service to families with a child aged up to 18 years, in which the child is at risk of, or affected by mental illness.

The program offers:

- Case management for the young person and their family to identify risk factors and issues which may lead to poor mental health outcomes later in life and to address risk factors and building capacity
- Short term targeted interventions for specific issues such as school refusal
- Group work throughout the year for dads, adolescent girls, and school aged children
- Provide education and resources around managing mental health issues

Access to this service is by self-referral or referral from other agencies. The service is voluntary and free-of-charge.

Families and Carers Mental Health Program (NSW)

The Families and Carers program provides family friendly mental health service that focuses on supporting local service improvements by enhancing the skills of mental health service staff to work with families and carers as partners in care.

The program aims to:

- Improve carers coping, knowledge and management skills

- Enhance carers wellbeing, resilience and relationships
- Improve professional and service responsiveness to the needs and circumstances of carers
- Enhance relationships between carers and mental health services
- Improve consumer outcomes through supporting families and carers

Personal Helpers and Mentors Program (NSW) (PHaMs)

The Personal Helpers and Mentors Program provides support to individuals who are struggling with the impact of mental health and are isolated from their community. By providing information, advice and mentoring to reconnect and develop supportive networks within their community.

Centacare Family and Community Services

136 Lime Avenue
PO BOX 1905, Mildura VIC 3502
Telephone: (03) 5051 0050
Facsimile: (03) 5023 8429
www.centacareballarat.org.au

FAMILY & PARENT SUPPORT SERVICES

Child Support Agency

The Child Support Agency (CSA) is part of the Australian Government. CSA's role is to support separated parents to transfer payments for the benefit of their children. Services include:

- Register child support cases
- Assess the level of child support payable based on a legislated formula
- Transfer child support payments between parents where requested
- Provide information to parents on child support matters
- Refer customers to community, government and other organisations supporting separated parents.

Child Support Agency

Telephone: 13 12 72

Anglicare Victoria

Anglicare Victoria has a focus on transforming the futures of children and young people, families and adults. Their work is based on three guiding pillars: Prevent, Protect and Empower.

In Mildura we offer the following services:

Gamblers Help Services

The Gamblers Help program works to limit the incidence and reduce / minimise harm caused by problem gambling for individual's families and communities. By providing:

- Problem Gambling Counselling
- Financial Counselling
- Portfolio Services
- Community Education

Victims Assistance Program

The Victim's Assistance Program (VAP) is a network of agencies across Victoria that provides services to victims of violent crime against the person. Agency staff aim to assist victims to effectively manage and recover from the effects of crime and tailor services to individual needs.

The Victim's Assistance Program is a free service that provides information, practical assistance and referrals to other agencies.

It offers support to access the criminal justice system (for both reported and unreported crimes) and to lodge Victims of Crime Assistance Tribunal (VOCAT) applications where eligible.

Parenting Assessment and Skills Development Service (PASDS)

The Anglicare Parenting Assessment and Skills Development Service [PASDS] is funded by the Department of Health and Human Services [DHHS] to deliver services to families in the Loddon Mallee region, where there is cause for concern about the care and welfare of children in the age range of 0-3 years.

This program aims to support the reunification of children and reduce the number of children entering Out of Home Care; by providing a comprehensive and accurate assessment of the infants experience, of what is happening around them that makes them safe and resilient and what may be making them more vulnerable or unsafe, and the parents ability to meet those needs.

PASDS work alongside parents to promote self-sufficiency and strengthen their ability and life skills through coaching and support. There is a strong focus on connecting families into their community, supporting parents to build on their attachment and bond with their child; and to think about what their child needs from them as parents to feel safe.

Referrals are received via the Child Protection program.

Anglicare Victoria Mildura

136 Lime Avenue
PO BOX 1905, Mildura VIC 3502
Telephone: (03) 5051 0000
www.anglicarevic.org.au



Mallee Accommodation and Support Program (MASP)

MASP is a not-for-profit community based organisation with a long history of service provision to the more disadvantaged and vulnerable members of our community including children, youth, adults and families. MASP's vision is the alleviation of homelessness, abuse, suffering and disadvantage in our community. Services provided by MASP include:

Homeless Support

- Support for youth and adult/families Supporting Young Parents Program Housing Advice and Referral
- Family Reconciliation
- Assistance with Care and Housing for the Aged
- Intensive Care Management for Indigenous Tenancies

Disability Services

- Individual Support Packages
- Adolescent Disability Program and Social Groups
- Peer Relationship and Problem Solving Program
- Just Redgum Employment Program
- HACC Day Program

Placement & Family Services

- ChildFIRST Provider Family Services Finding Solutions Youth Support Service
- Adolescent & General Foster Care
- Residential Care
- Intensive Case Management Service
- Leaving Care / After Care
- Youth Mentoring
- Day Programs support
- Youth Justice Community Support Service

Youth Support Services

Mallee Accommodation and Support Program

140 Langtree Avenue, Mildura 3500
Telephone: (03) 5021 6500
Web: www.masp.org.au

FAMILY & PARENT SUPPORT SERVICES

Mallee Family Care

Mallee Family Care provides a range of services that can assist families experiencing problems or difficulties to find their own solutions. The agency offers a range of services for individuals, couples, children or the whole family.

Services specific to families include:

- **Out of Home Care (Foster Care)** – is a home based placement service which provides care to children and young people who cannot live with their families for a variety of reasons. The program provides supported home based placements with approved caregivers within our community.
- **Integrated Family Support** – engages with families to build on strengths, identify what resources they have and how they can be used with an aim to creatively resolve concerns relating to the care of their children. The program recognises the importance of the parenting role and seeks to enhance a family's skills, strengths and community networks. Referrals to the program are made via ChildFIRST.
- **Family Preservation Program** – a short term program designed to assist families at imminent risk of having their children removed or having children returned to their care. Referrals are from the Department of Health and Human Services.
- **Stronger Families** – offers intensive and specialist support to enable children who are at imminent risk of being placed in care for the first time to remain at home with their parents or to support their return home when it is safe to do so. Support can be provided for up to twelve months. Referrals are from the Department of Health and Human Services.
- **Cradle to Kinder** – provides support to young parents to ensure their baby gets the best start in life. The program commences working with parents before the baby is born and continues supporting them throughout the child's early years (0 – 4). Referrals to the program are made via ChildFIRST.
- **Family and Carer Mental Health Support Service** – provides information, referral and support services for families and carers caring for a person with a mental illness or disability. Young carers are also very welcomed to seek support from this service. Opening times are Monday to Friday 9 – 4.30pm

Mallee Family Care

122 Ninth Street, Mildura 3500

Telephone: (03) 5023 5966

www.malleefamilycare.com.au

- **Total Learning Centre** – is a place for families with young children where they can access a range of playgroups and parent groups. Families can spend time reading, playing, telling stories and spending time with their children in a safe, caring and supportive environment.

Total Learning Centre

Mildura Primary School, Red Cliffs Primary School and Merbein P – 10.

Telephone: (03) 5021 7480

- **Reading Discovery** – is a family literacy program that supports parents as they read and play with their young children 0-5years
- **Access to Early Learning** – is a program that assists families experiencing vulnerability with linking and supporting their three year old child into 15 hours of kindergarten

Mallee Family Care

94 Lemon Avenue, Mildura 3500

Telephone: (03) 50217 480

- **Family & Relationship Services** – offers counselling for individuals and families to deal with their personal and interpersonal issues. The counselling service is primarily for adults to improve their relationship/s.
- **Post Separation Cooperative Parenting Program** – Separation and divorce is hard on everyone. It's particularly hard for kids. The Post Separation Cooperative Parenting program can assist you to manage relationships better after separation and stay focused on the needs of your children.
- **Child Contact Service (CCS)** – This service provides a safe, neutral and child focused venue for supervised visits and changeovers to occur between children and their parents and other significant person's in the child's life. CCS aims to minimise a child's exposure to conflict or unsafe situations when parents are separating or have separated. CCS also works with families to encourage positive interactions between children and their parents and to support the strengthening of these relationships. Over time, and where possible and safe to do so, parents are encouraged to move to self-management of their arrangements for spending time with the child.
- **Regional Family Dispute Resolution Program** – Aims to help separated parents to work together for the best interests of their children.

Provides counselling and support to parents who are separated around issues of separation, parenting after separation and provides referrals to the wider community.

Mallee Family Care

105 Lemon Avenue, Mildura 3500

Telephone: (03) 50217 400

- **Mildura Family Relationship Centre** – is a source of information and confidential advice for families at all stages in their lives. Whether you are starting a relationship, wanting to make your relationship stronger, or having relationship difficulties, the Centre can help. Through providing information or referring you to services in your area that can help, the Centre can help families strengthen relationships and deal with relationship difficulties. Where families separate, the Centre can provide information, advice and dispute resolution (such as mediation) to help people reach agreement on parenting arrangements without going to court.

Mallee Family Care

105 Lemon Avenue, Mildura 3500

Telephone: 1300 667 382

Other generalist services offered include:

- **Financial Counselling Services** – If you are struggling to meet the costs of daily living, a financial counsellor can help you to work out strategies to budget and negotiate debt and give you information about your rights and options.

Murray Mallee Community Legal Service offers free, confidential legal advice, information, referral around legal issues such as; family law, family violence, consumer credit and debt issues, equal opportunity and welfare rights, traffic offences and generalist legal issues. The service, depending on capacity, can also provide casework at times. The service also provides assistance to family violence victims applying for Intervention Orders at local Courts.

Mallee Family Care

122 Ninth Street, Mildura 3500

Telephone: (03) 5023 5966



FAMILY & PARENT SUPPORT SERVICES

- **Mental Health Community Support Services** – support for people experiencing a severe mental illness and requiring supports in their own home/community. Age Group 16 – 64.

Mallee Family Care
53 Eighth St, Mildura
Telephone: (03) 5021 2885

- **Partners in Recovery** – a support coordination service for people 16 – 64 experiencing severe and complex mental health issues.

Mallee Family Care
122 Ninth Street, Mildura 3500
Telephone: (03) 5023 5966

Mildura Newcomers Club

Mildura Newcomers was created by new residents for new residents. Mildura Newcomers Club provides an instant social network where you can meet likeminded people who understand what you're experiencing – because they've been there themselves!

Mildura Newcomers Club
Telephone: 0427 609 774
Email: milduranewcomers@gmail.com
Facebook: Mildura Newcomers Club

MOPS (Mothers Of Pre Schoolers)

Local groups belong to MOPS Australia and is connected to MOPS International, an organisation that charters groups internationally. A MOPS group is a dynamic, inviting environment where women can come just as they are to build friendships, be encouraged and gain practical parenting strategies, while children are lovingly cared for in a MOPPETS program. A typical MOPS morning involves mums catching up over coffee and cake, a mentoring session with engaging speakers and a creative activity where a mum is actually able to start and complete a project uninterrupted!

Red Cliffs MOPS
When: Thursday fortnightly 10am – 12pm (School terms)
Where: Diggerland Church, Indi Avenue Red Cliffs
Cost: \$8 per session (covers morning tea, espresso coffee and creative activities)
Contact: For further information 0418 602 265

Merbein MOPS
When: Friday fortnightly from 10am-12pm (School terms)
Where: 109 Commercial Street, Merbein (opposite Club Merbein)
Cost: \$8 per session (morning tea, creative activities)
Contact: 0431 011 259

Perinatal Emotional Health and Wellbeing

When anxiety or depression begins in the year after birth, it is referred to as postnatal anxiety or postnatal depression. Postnatal anxiety is thought to be as common, and many parents experience anxiety and depression at the same time. The time from pregnancy to 12 months after the birth of baby is referred to as the 'perinatal period'.

Sometimes women who are pregnant can also develop symptoms of depression, which is called antenatal depression.

Up to 1 in 10 women and 1 in 20 men struggle with antenatal depression.

More than 1 in 7 new mums and up to 1 in 10 new dads experience postnatal depression.

There are several services and programs that provide specific support to families experiencing perinatal emotional health issues.

Perinatal & Postnatal Mental Health Support

Free access to psychological support services for women and their families who are experiencing perinatal or postnatal mental health challenges.

Mildura Women's Clinic
Telephone: (03) 5021 4404 or

Tristar Medical Group
Telephone: (03) 5023 1200

Perinatal Mental Health Support

A private service provided by Bloom Psychology offering a psychological support services for mums, dads and their families experiencing perinatal mental health difficulties.

Mildura Business Centre
148-150 Pine Avenue, Mildura
Telephone: 0418 161 197
Web: www.bloompsychology.net.au

Sunraysia Postnatal Depression Support Network

A network of local parents who have experienced and recovered from perinatal anxiety and/or depression (PND). The network provides peer support, advocacy and information to local families.

PANDA National Helpline
Mon to Fri, 10am – 5pm AEST
Telephone: 1300 726 306
Web: www.panda.org.au

Cocoon Parenting Support

Cocoon is all about helping parents in the Sunraysia region to find solutions that will work in their family. From newborns and through the early years, Cocoon provides personalised support and advice. Services offered include breastfeeding education and support, assistance with sleep and settling and baby massage courses.

Cocoon works with families to develop an individual plan, through appointments at Mildura Women's Clinic or visiting families in the privacy of their own home.

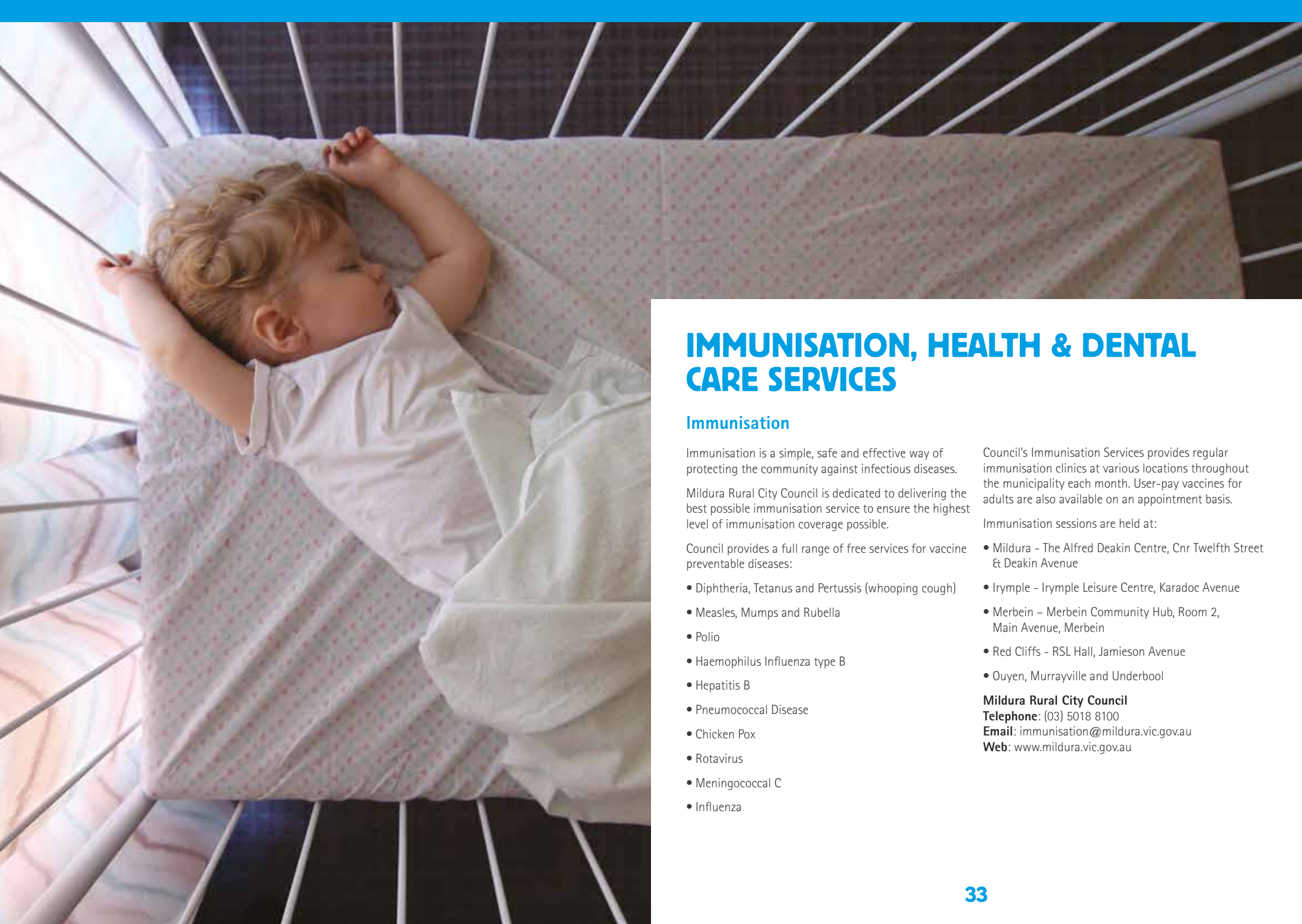
Cocoon Parenting Support
Telephone: 0407 949 039
Web: www.cocoonparentingsupport.com

Zoe Support

Zoe Support Australia provides and delivers services in the Mildura district to disadvantaged and unsupported pregnant and parenting young women to address barriers to social connectedness, civic life and pathways to education.

Wrap around services are provided to young mothers and their children through the provision of advocacy and support to re-engage them in education, counselling, life-skills training, positive parenting, healthy cooking, mentoring, tutoring, financial planning and programs designed to increase self-esteem and confidence and social connectedness. Transport is provided along with advocacy for safe housing and financial support. Childcare is provided on site at the two Zoe Centre's, both within close walking distance from two secondary schools. Distance education can also be undertaken at the Centre. Fun programs such as swimming, cooking and sewing are all part of the life skills program.

Zoe Support
Telephone: 0488 963 963
Email: info@zoesupport.com.au
Web: www.zoesupport.com.au
Facebook: Zoe Support



IMMUNISATION, HEALTH & DENTAL CARE SERVICES

Immunisation

Immunisation is a simple, safe and effective way of protecting the community against infectious diseases.

Mildura Rural City Council is dedicated to delivering the best possible immunisation service to ensure the highest level of immunisation coverage possible.

Council provides a full range of free services for vaccine preventable diseases:

- Diphtheria, Tetanus and Pertussis (whooping cough)
- Measles, Mumps and Rubella
- Polio
- Haemophilus Influenza type B
- Hepatitis B
- Pneumococcal Disease
- Chicken Pox
- Rotavirus
- Meningococcal C
- Influenza

Council's Immunisation Services provides regular immunisation clinics at various locations throughout the municipality each month. User-pay vaccines for adults are also available on an appointment basis.

Immunisation sessions are held at:

- Mildura - The Alfred Deakin Centre, Cnr Twelfth Street & Deakin Avenue
- Irymple - Irymple Leisure Centre, Karadoc Avenue
- Merbein - Merbein Community Hub, Room 2, Main Avenue, Merbein
- Red Cliffs - RSL Hall, Jamieson Avenue
- Ouyen, Murrayville and Underbool

Mildura Rural City Council
Telephone: (03) 5018 8100
Email: immunisation@mildura.vic.gov.au
Web: www.mildura.vic.gov.au



IMMUNISATION, HEALTH & DENTAL CARE SERVICES

Sunraysia Community Health Services (SCHS)

SCHS offers a variety of services and programs that aim to enhance and promote health and wellbeing of individuals, families and the community. SCHS is open to all community members and offers services on and off site. Many services do not require a referral. Our services and programs include:

- Dental Services
- Child Health Services
- Speech Pathology
- Podiatry
- Diabetes Assessment and Education
- Dietetics
- Physiotherapy
- Occupational Therapy
- Refugee Health Nurse
- Drug Treatment Services
- Women's Health

- Family Planning
- Counselling
- Continence Nurse Advisor

Sunraysia Community Health Services

Cnr Deakin Avenue & Thirteenth Street Mildura, 3500
Telephone: (03) 5022 5444
Web: www.schs.com.au

Infant Program

The Infant Program is a six session lifestyle program delivered to parents and caregivers of young infants over the first 18 months of life. Developed and evaluated by Deakin University, the Infant Program aims to promote healthy eating and activity behaviours in parents and their children. Emphasis is placed on preparing for the common challenges of establishing healthy eating and physical activity patterns in the first years of an infant's life, and providing parents with the skills, knowledge and support they need to create healthy behaviours in their child.

Locally, the Infant Program is run in partnership between Mildura Rural City Council Maternal and Child Health and the Sunraysia Community Health Services.

Sunraysia Community Health Services

Telephone: (03) 5022 5444

Mallee Track Health & Community Service

Services and programs include:

- Podiatry
- Diabetes Assessment and Education
- Physiotherapy
- Occupational Therapy
- Public Dental Service
- Social work and Generalist Counselling
- Community Health Nurses
- Health Promotion & Education
- Exercise Programs
- Speech Pathology
- Dietetics / Nutrition
- Radiology
- Ophthalmologist services
- Mental Health and Psych Services

Mallee Track Health and Community Service

28 Britt Street, Ouyen
Telephone: (03) 5092 1111

Dental Care

Dental care for children and adults starting from birth, some programs are free to Health Care Card holders others have a small co-payment. Programs include preschool, school aged (prep, primary and secondary) and adult general and dentures. All programs offer emergency care and a waiting time applies to some but not all programs.

Sunraysia Community Dental Program

137 Thirteenth Street
(Cnr 13th Street & Deakin Avenue), Mildura
Telephone: (03) 5021 0944

Mallee Track Health & Community Service – Dental Program

Britt Street, Ouyen
Telephone: (03) 5092 1121

LIBRARY SERVICES

Public Libraries

Mildura Rural City Council provides a range of library services for everyone in the municipality.

Membership to the public library is free to local residents.

The Library Service provides access to a wide selection of materials for young children including picture books, board books, stories and information books, DVDs, Music CDs and Talking Books on CD.

A Mobile Library also provides service to outlying communities in the municipality including Nangiloc, Underbool, Walpeup, Cowangie, Ouyen, Murrayville, Werrimull and Lake Cullulleraine.

Mildura Library

The Alfred Deakin Centre
180-190 Deakin Avenue, Mildura 3500
Telephone: (03) 5018 8350

AS Kenyon Red Cliffs Library

Jamieson Avenue, Red Cliffs
Telephone: (03) 5018 8366

Merbein Library

Merbein Community Hub
Main Avenue North, Merbein
Telephone: (03) 5018 8361

Irymple Library

Fifteenth Street, Irymple
Telephone: (03) 5018 8360

Web: www.mildura.vic.gov.au/library

Email: library@mildura.vic.gov.au

Library Programs

A great range of children's programs are offered through Mildura Rural City Council's Library Services.

Storytime

Pre-school Storytime is suitable for children up to six years of age. The sessions are free and include a range of stories, rhymes and simple craft activity. Pre-school Storytime is a great introduction to literature for your child and allows you to enjoy this special reading time together. Storytime is held at:

- Mildura Library every Wednesday 10:15am to 11am
- Red Cliffs Library every Friday 10:15am to 11am
- Merbein Library every Friday 10:15am to 11am

Baby Bounce and Toddler Time

Baby Bounce and Toddler Time sessions are suitable for children up to 2 years of age and help to develop an awareness of words, rhymes and language. Join us for fun with stories, songs and rhymes. Baby Bounce and Toddler Time is held at:

- Mildura Library every Tuesday 9:30am to 10am (for 0 - 12 months)
- Merbein Library every Tuesday 9:30am to 10am (for 0 - 12 months)
- Merbein Library every Wednesday 10:15am to 10:45am (for 12-36 months)
- Red Cliffs Library every Wednesday 10:15am to 10:45am (for 0 - 36 months)

Toe Tapping Toddlers

Come and join in the fun with our toe tapping tunes specially designed for toddlers aged 24 - 36 months of age. Toe Tapping Toddlers is held at:

- Mildura Library every Tuesday from 10:15am

Outreach Services

The Mildura Rural City Council Library Service provides a free outreach service to kindergartens, childcare centres, play groups and special events across the municipality.

Mildura Library

Telephone: (03) 5018 8350





KINDERGARTENS

Kindergarten (also known as pre-school) is an early learning program for children in the year before school. When attending a kindergarten your child's confidence, ability to use language, physical and social skills are developed through play, art, dance, music, movement and interacting with other children. This makes it the best way to get ready for school.

Funded Kindergarten Programs

Kindergarten programs for 4 year olds are provided by kindergartens and some childcare and long day care centres, Kindergarten program providers must display a certificate to indicate they have qualified Early Childhood Teachers.

Many Kindergartens also offer a program for 3 year olds. These programs attract Early Start funding for indigenous children, ChildFIRST and children known to Child Protection.

Support for Parents

The Victorian government provides kindergarten fee subsidies for children to attend one year of 4 year old kindergarten. Children must be 4 years old by April 30 of the year they attend. This is available to concession card holders or families with visas, such as Temporary/ Humanitarian protection visas, all indigenous children and all triplets or quadruplets.

Benefits of kindergarten

A kindergarten program builds on what your child has already learned at home. It will help your child get better at:

- Using and recognising language and numbers
- Creative skills and social skills

Kindergarten helps you get to know other families with children the same age. You have the opportunity to give and receive support from other parents as well as give your child the chance to play with friends.

The kindergarten teacher provides you with expert support in understanding how your child learns in their pre-school years. They talk with you to make sure that the program matches your child's interests, strengths and needs. The kindergarten teacher helps to decide if your child is ready for school.

They can also link families and carers to local Early Childhood Services and supports.

Towards the end of kindergarten, a transition to school plan is built between families, the kindergarten teacher and the prep teacher, to help make a happy start to school the following year.

Mildura Rural City Council

Early Years Services

Telephone: (03) 5018 8271

Email: earlyyears@mildura.vic.gov.au

Web: www.mildura.vic.gov.au

Facebook www.facebook.com/MilduraBestStart/

Kindergartens

De Garis Kindergarten

2 Christie Parade, Mildura

Telephone: (03) 5023 1819

Email: de.garis.kin@kindergarten.vic.gov.au

Irymple Kindergarten

Casuarina Court, Irymple

Telephone: (03) 5024 5496

Email: irymples@bigpond.net.au

Kathleen Kelly Kindergarten

45 Lemon Avenue, Mildura

Telephone: (03) 5023 1515

Email: kathleen.kelly.kin@kindergarten.vic.gov.au

Merbein Pre School Kindergarten

18 O'Bryan Street, Merbein

Telephone: (03) 5025 2491

Email: merbeinkinder@gmail.com

Mildura South Kindergarten

13 Luke Road, Mildura South

Telephone: (03) 5023 1189

Email: mildura.south.kin@kindergarten.vic.gov.au

Mildura West Kindergarten

214 Eighth Street, Mildura

Telephone: (03) 5023 0147

Email: mwkinder@bigpond.net.au

Millewa Pre School

King Street, Werrimull

Telephone: (03) 5028 1293

Email: millewa.kin@kindergarten.vic.gov.au

Murrayville Pre School (Wednesday & Friday)

Cnr Francis & Gray Streets, Murrayville

Telephone: (03) 5095 2137

Email: murrayville.kin@kindergarten.vic.gov.au

Nangiloc & District Kindergarten

2606 Kulkyne Way, Nangiloc

Telephone: (03) 5029 1574

Email: nangiloc.kin@kindergarten.vic.gov.au

Ouyen Pre School

78 Oke Street, Ouyen

Telephone: (03) 5092 1347

Email: ouyen.kin@kindergarten.vic.gov.au

Pasadena Pre School

115 Pasadena Grove, Mildura

Telephone: (03) 5023 1105

Email: pasadena.kin@kindergarten.vic.gov.au

Red Cliffs Kindergarten Inc.

Guava Street, Red Cliffs

Telephone: (03) 5024 1984

Email: red.cliffs.kin@kindergarten.vic.gov.au

St. Margaret's Preschool Inc.

174 Deakin Avenue, Mildura

Telephone: (03) 5023 1093

Email: st.margarets.kin@kindergarten.vic.gov.au

Underbool Early Learning Centre

43 Cotter Street, Underbool

Telephone: (03) 5094 6273

Email: underbool.kin@kindergarten.vic.gov.au



MATERNAL & CHILD HEALTH

The Maternal and Child Health Service (MCHS) is free for all families with babies and children up to the age of six and is there to help you give your child a good start in life. For further information about the key ages and stages of Birth, Toddler, Pre-Schooler and School Age, refer to page 8 of this directory.

The Maternal and Child Health Service offers mothers, fathers and primary care givers:

- Support, information and access to professional advice on everything from breastfeeding, growth and development, child behaviour and nutrition, sleep and settling, family health and wellbeing to family planning
- The chance to identify any problems in your child's health and development
- The chance to join new parent groups, to meet other parents in your area and access to health and parenting information in your area
- Further support and assistance and referral information for those who need it

To make an appointment at any Maternal and Child Health Centre contact Mildura Rural City Council.

Mildura Rural City Council

Maternal and Child Health Service

Telephone: (03) 5018 8277

Email: mchs@mildura.vic.gov.au

Enhanced Maternal & Child Health Service

This service is available for families who are finding it difficult to adjust to parenthood. If you feel you need some additional support, speak to your Maternal & Child Health Nurse who can talk to you about how the Enhanced Maternal & Child Health Service may be helpful for your family.

Telephone: (03) 5018 8511 or 0427 220 114

Maternal & Child Health Centres

There are twelve Maternal and Child Health Centres located across the Mildura Rural City Council area. These centres are staffed by Division One Nurses with additional qualifications in Midwifery and Child and Family Health.

Deakin Centre

76 Deakin Avenue, Mildura

Pasadena Centre

117 Pasadena Grove, Mildura

Mansell Centre

214 Eighth Street (Mansell Reserve), Mildura

Mildura South Centre

Cnr Lilley Lane and Deakin Avenue, Mildura South

Merbein Centre

Cnr Chaffey and O'Bryan Streets, Merbein

Irymple Centre

Casuarina Drive, Irymple

Red Cliffs Centre

Cnr Guava Street & Indi Avenue, Red Cliffs

Nangiloc Centre

Nangiloc & District Kindergarten

Kulkyne Way, Nangiloc

Werrimull Centre

Millewa Pre School

1 King Street, Werrimull

Ouyen Centre

12 - 14 Cooper Street, Ouyen

Murrayville Centre

Murrayville Multipurpose Community Centre

34 Gray Street, Murrayville

Underbool Bush Nursing Centre

30 Monash Avenue, Underbool

To make an appointment at any of these centres listed above, please call (03) 5018 8277.

Mildura District Aboriginal Services (MDAS)

Mildura District Aboriginal Services also provide a maternal child health service. Please contact them on (03) 5018 4100 or see page 10.

TOY LIBRARIES

Toy libraries promote the importance of play in a child's development. Once you become a member of a Toy Library there are many wonderful toys suitable for children of all age groups to borrow.

Mildura Toy Library

Open Saturday 9:30 – 11:30am and Tuesday (during school term only) 9:30 – 11:30am
Located at Mildura Primary School, Twelfth Street Entrance, Mildura Vic 3500
Email: milduratoylibrary@gmail.com
Facebook: <https://www.facebook.com/Mildura-Toy-Library-142146065891985>

Red Cliffs Toy Library

Cnr Guava Street & Indi Avenue
Telephone: Naomi - 0428 590 276
Email: rctoylibrary@gmail.com

Mallee Minors Toy Library

Tuesday 10am – 12noon
Hughes Street, Ouyen
Telephone: (03) 5091 0292

PLAYGROUPS

Playgroups provide parents and carers with the opportunity to meet new people, gain support and ideas. Sessions allow babies, toddlers and pre-schoolers to socialise as they play and learn together. All playgroups are different but the emphasis is on fun and friendship. Playgroups are informal, low cost and are either run by the parents and carers involved in the gatherings or by a paid facilitator. A number of playgroups operate throughout our region.

Mildura Rural City Council Supported Playgroups

Council delivers several Supported Playgroups using the *smalltalk* model. The program is funded by the State Government's Department of Education and Training (DET) and the model was developed by the Parenting Research Centre (PRC). Sessions are run in different locations within the municipality and require a referral. For more information on eligibility into the 10 week program, locations, times and days of these sessions please contact the facilitators at Council.

Supported Playgroup Facilitators

Telephone: (03) 5018 8271
Email: earlyyears@mildura.vic.gov.au
Web: www.mildura.vic.gov.au

Community & Supported Playgroups

Happy Hands Art Time Playgroup

Happy Hands is a program purely developed to inspire and encourage creativity with your little ones aged from 1 – 5 years old. Held Wednesday mornings from 9:30am to 11am during school terms.
Henderson College
807 Cowra Avenue, Irymple
Telephone: (03) 5024 5192

Little Ducks

Meet Fridays 10am – 12noon (during school terms only)
25 Heath Street, Red Cliffs
Telephone: (03) 5024 2521
Email: office@aposs.org.au

Little Fish Community Playgroup

Meet Mondays 9:30am – 11am
Seventh Day Adventist Church Hall
301 Deakin Avenue, Mildura
Telephone: 0410 027 963
Find us on Facebook!

Mainly Music

Fun, interactive music sessions for young children & their parents/carers.
Wednesday 9:45am registration, 10am start. Cost \$3 per child or \$5 per family.
Telephone: 0408 546 344
Web: www.mainlymusic.org.au

Mallee Family Care – Total Learning Centre (TLC)

A place for families with young children where they can access a range of playgroups and parent groups. Families can spend time reading, playing, telling stories and spending time with their children in a safe, caring and supportive environment. Additional support for families and referrals to other services are available.

TLC playgroups run daily during school terms. Playgroups are available in Mildura, Red Cliffs and Merbein. Transport is available for most sessions.

Please contact TLC for session information and timetables 0458 001 775 or 5021 7476

Nangiloc & District Playgroup

9.30am – 11am, Fridays during school terms
Nangiloc & District Kindergarten
Kulkyne Way, Nangiloc
0429 794 531

Ouyen Playgroup

9am–11am, Wednesdays during school terms.
Hughes Street, Ouyen
Telephone: 0429 921 111
Email: lwhite@mthcs.vic.gov.au
Facebook: Ouyen Playgroup

Pelican Kids @ Trinity (for the 0–5 age group)

Nature Time – Tuesday 9am – 10:30am
The session begins with a story under a tree, followed by exploring and playing in the 'Nature Time' outdoor space. Cost \$2 per child.

Chat and Play – Thursday 9am – 10am

Connect with other parents while your little ones socialise in a free play environment. Cost free.

Story Time – Friday 10am – 11am

Come along and listen to a story in the College Library, share a book with your child, then participate in a fun craft activity. Cost \$2 per child.

Groups meet at Trinity Lutheran College, 920 Fifteenth St, Mildura, during school terms only.

Telephone: (03) 5023 7013

Email: debra.heinrich@tlc.vic.edu.au

Sprouts Playgroup

Thursdays 10am – Midday (during school terms only)
Mildura Baptist Church Hall
254 Deakin Avenue, Mildura
Telephone: (03) 5023 2417 or (03) 5023 3708
Email: playgroup@mildurabaptist.org
Web: www.mildurabaptist.org
Facebook: Sprouts – Mildura Baptist Church Playgroup

Red Cliffs Community Playgroup

10am – 12noon, Tuesdays & Thursdays (during school terms)
Church of Christ Hall
53 Guava Street, Red Cliffs
Telephone: 0418 640 363 or 0439 362 993
Email: redcliffscommunityplaygroup@hotmail.com
Find us on Facebook!

Sacred Heart Playgroup

9:30am – 11am Tuesdays during school terms
Sacred Heart Hall Wattle Parade, Mildura
Telephone 0438 575 834

Sunraysia Steiner Playgroup

9:30am – 11:30am, Mondays, Tuesdays & Wednesdays
Sunraysia Steiner Hall
658 Koorlong Avenue, Irymple
Telephone 0467 070 377
Email: sunrayiasteiner@gmail.com
Find us on Facebook!

Sunraysia Mallee Ethnic Communities Council (SMECC)

Multicultural Playgroups.

Monday & Wednesdays 10am – Midday;
open to all cultures.
107-111 Twelfth Street, Mildura.
Telephone: (03) 5022 1006.

Underbool Playgroup

10am – Midday (monthly) Wednesdays
Underbool Early Learning Centre
Cotter Street, Underbool
Telephone: 5094 6273

For more information about playgroups near you go to www.playgroup.org.au or contact Playgroup Victoria on 1800 171 882.

MOVEMENT AND MUSIC PROGRAMS

Sunraysia Arts and Learning

Sunraysia Arts and Learning offer Music Together, which is a quality research based music education program for 0 to 5 year olds. Children and their parents or carers are involved in singing, dancing, instrument fun and games in a friendly, welcoming mixed age class. Everyone is welcome to come and try a class.

Contact us for current class times.

198 Third St Merbein

PO Box 921 Merbein

Telephone: 0420939229

enquiries@sunraysiaartsandlearning.com.au

Web: www.sunraysiaartsandlearning.com.au

PRIMARY SCHOOLS

Throughout the early years of life your child has learnt many new skills. They have developed language and thinking skills - helping them to interact and respond to the people and world around them. They have built and have begun to maintain positive relationships. They have started to take responsibility for their own wellbeing. They have learnt self-control and gained self-confidence. And they have developed a strong sense of themselves.

You have helped your child understand the world around them. You have provided them with the caring relationships, experiences and opportunities that have shaped their learning and development. You have tried to give them the best start in life.

Now your child is about to embark on their next big step - starting school.

Starting school is a major milestone for you and your child. It is exciting. It is a time of change. It may also be challenging as you and your child adjust to new situations, new roles, new expectations and new relationships.

The continuing support you give your child as they start school is vital.

There are some practical ways you can help your child make the transition between kindergarten or child care and starting school. You can:

- Ask the early childhood staff who work with your child about activities organised between the kindergarten or child care centre and the school
- Participate in the information sessions the school organises for you and your child
- Visit the school with your child so they are familiar with the grounds, including showing them where the drink taps, toilets and their classrooms are located
- Arrange a time with the prep teacher to discuss your child's interests, experiences and strengths
- Catch up with other parents and their children who will be attending the same school as your child so they can get to know other children in their class before they start school
- Let your child practice dressing for school, using their lunch box and drink bottle and packing their school bag in readiness for their first day at school

- Adopt a low key approach to the big day by having casual conversations with your child about this next step in their life and sharing positive memories of your own school experience with your child.

Early childhood educators like kindergarten teachers often build activities into their program to talk with children, in groups and individually, about transition to school and will share this information with both yourself and your child's school.

Note: A child must turn five by 30 April for the year they will be attending primary school.

Primary Schools

Cardross Primary School
Dairtnunk Avenue, Cardross
Telephone: (03) 5024 1267
Email: cardross.ps@edumail.vic.gov.au

Irymple Primary School
Fifteenth Street, Irymple
Telephone: (03) 5024 5334
Email: irymple.ps@edumail.vic.gov.au

Irymple South Primary School
3208 Fifteenth Street, Irymple
Telephone: (03) 5024 5345
Email: irymple.south.ps@edumail.vic.gov.au

Koorlong Primary School
3645 Benetook Avenue, Koorlong
Telephone: (03) 5025 7205
Email: koorlong.ps@edumail.vic.gov.au

Mildura Primary School
175 - 189 San Mateo Avenue, Mildura
Telephone: (03) 5023 1851
Email: mildura.ps@edumail.vic.gov.au

Mildura South Primary School
593 Deakin Avenue, Mildura South
Telephone: (03) 5023 2148
Email: mildura.south.ps@edumail.vic.gov.au

Mildura West Primary School
Ninth Street, Mildura
Telephone: (03) 5023 1336
Email: mildura.west.ps@edumail.vic.gov.au

Nangiloc, Colignan Et District Primary School
Kulkyne Way, Nangiloc
Telephone: (03) 5029 1483
Email: nangiloc.colignan.ps@edumail.vic.gov.au

Nichols Point Primary School
Koorlong Avenue, Nichols Point
Telephone: (03) 5023 1633
Email: nichols.point.ps@edumail.vic.gov.au

Our Lady of the Sacred Heart School
18 Box Street, Merbein
Telephone: (03) 5025 2258
Email: principal@olshmerbein.catholic.edu.au

Ranfurly Primary School
348 Ontario Avenue, Mildura
Telephone: (03) 5022 1299
Email: ranfurly.ps@edumail.vic.gov.au

Red Cliffs Primary School
Murray Avenue, Red Cliffs
Telephone: (03) 5024 1044
Email: red.cliffs.ps@edumail.vic.gov.au

Red Cliffs East Primary School
66 Nerum Avenue, Red Cliffs
Telephone: (03) 5024 1147
Email: red.cliffs.east.ps@edumail.vic.gov.au

Sacred Heart Primary School
Cnr Olive Grove and Twelfth Street, Mildura
Telephone: (03) 5023 1204
Email: principal@shmildura.catholic.edu.au

St Joseph's Red Cliffs School
17 Fitzroy Avenue, Red Cliffs
Telephone: (03) 5024 1654
Email: admin@sjredcliffs.catholic.edu.au

St Paul's Primary School
716 Fourteenth Street, Mildura
Telephone: (03) 5023 4567
Email: office@spmildura.catholic.edu.au

Sunnycliffs Primary School
Sunnycliffs Crescent, Sunnycliffs
Telephone: (03) 5024 1684
Email: sunnycliffs.ps@edumail.vic.gov.au

The Lake Primary School
223 - 259 Seventeenth Street, Cabarita
Telephone: (03) 5023 3468
Email: the.lake.ps@edumail.vic.gov.au

Underbool Primary School
Cotter Street, Underbool
Telephone: (03) 5094 6342
Email: underbool.ps@edumail.vic.gov.au

Walpeup Primary School
Glen Street, Walpeup
Telephone: (03) 5094 1280
Email: walpeup.ps@edumail.vic.gov.au

P-10 Schools

Henderson College
804 - 816 Cowra Avenue, Irymple
Telephone: (03) 5024 5192
Email: office@henderson-college.com.au

Trinity Lutheran College (a)
920 Fifteenth Street, Mildura
Telephone: (03) 5023 7013
Email: admin@tlc.vic.edu.au

Merbein P-10 College
Commercial Street, Merbein 3505
Telephone: (03) 5025 2501
Email: merbein.p10@edumail.vic.gov.au

Mildura Christian College
Cnr Jones Road Et Karadoc Avenue, Irymple
Telephone: (03) 5024 5310
Email: admin@milduracc.vic.edu.au

P-12 Schools

Mildura Specialist School
341 - 357 Deakin Avenue, Mildura
Telephone: (03) 5021 3311
Email: mildura.ss@edumail.vic.gov.au

Murrayville Community College (a)
20 Francis Street, Murrayville
Telephone: (03) 5095 2001
Email: murrayville.cc@edumail.vic.gov.au

Ouyen P-12 College (v)
Hunt Street (Primary Campus)
Telephone: (03) 5092 1161
Fuller Street (Senior Campus)
Telephone: (03) 5092 1182
Email: ouyen.p12@edumail.vic.gov.au

Werrimull P12 School
King Street, Werrimull
Telephone: (03) 5028 1251
Email: werrimull.p12@edumail.vic.gov.au



OUTSIDE SCHOOL HOURS CARE

A number of schools across the region offer outside of school hours care, including before, after and school holiday care programs. For more information and bookings please contact the relevant primary school.

Before School Care

Merbein P10 College
Mildura South Primary School
Mildura West Primary School

Vacation Care / School Holidays

Mildura Primary School
Mildura South Primary School
Mildura West Primary School
Ouyen P-12 Campus
For more information visit
www.echildcare.com.au/3500/mildura/outofschoolhours

After School Care

Merbein P10 College
Mildura Primary School
Mildura South Primary School
Mildura West Primary School
Nichols Point Primary School
Red Cliffs Primary School
Murrayville Community College
Trinity Lutheran College
The Lake Primary School

PHYSICALLY ACTIVE CHILDREN & FAMILIES

Children and families should be active every day in as many ways as they can, through play, transport and recreation. There are so many benefits to engaging children and young people in enjoyable and positive physical activity.

Additional benefits can be gained from structured moderate to vigorous intensity physical activity such as sport, physical education, swimming, dance or other planned activity for three or more sessions of at least twenty minutes per week.

To find out more please contact your local sporting group or club.

Ready Steady Go Kids

Australia's leading multi-sport program for children 2.5 to 6 year old.

A physio-designed program that teaches children the fundamentals of 10 different sports and develops essential motor skills in a fun, non-competitive environment.

Classes run in Mildura on Wednesday, Friday and Saturday mornings.

Free trial available for all new members.

2 Stanford Rise, Mildura VIC 3500
Telephone: 1300 766 892
Web: www.readysteadygokids.com.au

Baby Wearing Mildura

A group of like-minded baby wearers who catch up twice a month to try out all the different ways to safely wear their children, newborn to toddlers. Group members are welcome from anywhere in Australia, but meets are held in the Mildura area.

Facebook: www.facebook.com/groups/babywearingmildura

Kangatraining Mildura

Kangatraining Mildura provides a full post-natal workout for mothers with their babies, concentrating on strengthening the pelvic floor and abdominal core safely after the birth of your little one.

Fully endorsed by Obstetricians, Midwives, Babywearing Consultants and Chiropractors, this dance based fitness program is not only safe, but also promotes the mother-baby bond, reducing symptoms of Postnatal Depression. Babywearing whilst working out also assists in calming your baby, aids in the reduction of colic and reflux and aids with baby's sleep.

All carriers are thoroughly checked and adhere to strict Babywearing Guidelines, and are professionally fitted by your Instructor in class. Carriers are available to hire at class for a small surcharge.

Classes are run Tuesday and Thursday mornings at 10:00am, and Friday mornings at 9:30am at the Mildura Ballet & Dance Guild. Older siblings are welcome to class, eliminating the need for babysitters or childcare.

Telephone: 0403 676 649
Email: kim.l@kangatraining.com.au
Web: www.kangatrainingmildura.com.au
Facebook: KangaMildura



Mildura Rural City Council