



# Support for Children & Families



- City of Wanneroo -

**Your guide to services in the City of Wanneroo that support your child's development, as well as your family's social and mental health needs**

## Support for Children and Families

Your guide to services in the City of Wanneroo that support your child's development, as well as your family's social and mental health needs



The STARS for Kids Resource Booklet was written by the Early Neurodevelopment & Mental Health (ENMH) and Child Disability teams at The Kids Research Institute Australia, 2024. Version 2 was finalised in June 2026 and includes updated information and additional resources.

Contact STARS for Kids at [STARS@thekids.org.au](mailto:STARS@thekids.org.au) and the ENMH team at [ENMH.team@thekids.org.au](mailto:ENMH.team@thekids.org.au)

This work is funded by the 2021 Medical Research Future Fund Chronic Neurological Conditions (APP 2017709) and the National Health and Medical Research Council 2023 Centre of Research Excellence - STAR-CRE (APP2024782).

We acknowledge the members of the co-design and advisory reference groups of the STARS study that reviewed these materials.

This booklet is supported by:



# SUPPORT FOR CHILDREN & FAMILIES

## Table of Contents

<i>Introduction</i> .....	1
<i>Support for parents</i> .....	2
<i>Support for Dads</i> .....	4
<i>How to Find Reliable Information</i> .....	5

A summarised **list of resources** can be found in the final pages of this booklet.  
Click [here](#) to take you to the index.

A **list of acronyms** can be found in the final pages of this booklet.  
Click [here](#) to take you to the acronym list.





## INTRODUCTION

**If you have any concerns about your child’s development or your own wellbeing, your first step should be to contact your GP or child and family health nurse. They can provide you with the support and appropriate advice you need.**

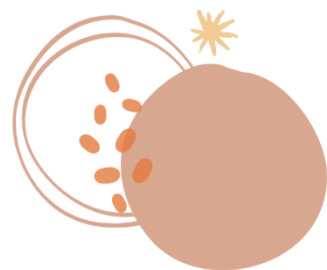
**This booklet includes a selection of resources and information, both online and in-person, that you may find helpful. Please keep in mind that these are just suggestions and not an exhaustive guide. Your GP or child health nurse should always be your first point of contact if you have any concerns.**

This resource booklet of services has been written to inform you of what resources are available in the City of Wanneroo to support child development, social needs, and mental health. It provides a list of services and their contacts to assist you with supporting your child’s development and your family’s needs.

This booklet can be accessed online at: <https://www.starsforkids.net/>

If you are interested in getting involved with child development research or want to sign up to the newsletter, you can contact the Early Neurodevelopment & Mental Health (ENMH) Team at [ENMH.team@telethonkids.org.au](mailto:ENMH.team@telethonkids.org.au).

The ENMH team has several active projects and are often looking for community engagement for research participants for surveys, co-design, workshops, trials, and Advisory Group members.



# SUPPORT FOR PARENTS

## Child and Parent Centres (CPC)

Child and Parent Centres are school-based centres which support families with parenting advice, programs, and services, including maternal and child health services, early learning programs, parenting and family support, and multicultural programs and services.

For more information on Child Parent Centres click [here](#)

Locations in the City of Wanneroo:

- Balga
- Banksia Grove
- Ellenbrook
- Girrawheen
- Westminster

## Connected Communities

Connected Communities provides parenting support to improve the health and wellbeing of parents, carers, and their children. They do this by expanding your knowledge and skills, increasing confidence, and growing your ability to connect with other families.

To find out more about Connected Communities click [here](#) or call 9251 5777

This service is offered to families living in:

- Alexander Heights
- Balga
- Girrawheen
- Mirrabooka
- Koondoola
- Nollamara
- Marangaroo
- Westminster

## Meerilinga

Meerilinga promotes children's education, care, and wellbeing by offering early learning programs, parenting support, and playgroups.

To find out more click [here](#)

Located in and around the City of Wanneroo area:

- Ballajura
- Kingsley
- Woodvale

## Pregnancy to Parenthood (P2P)

Pregnancy to Parenthood is a referral-based service that helps parents build a nurturing relationship with their babies to support development.

For more information click [here](#)

The service is located in:

- Joondalup Health Campus
- St Anthony's Primary School
- Wanneroo
- Clarkson Youth Hub

## Parenting Connection WA (PCWA)

The PCWA website lists free and upcoming parenting events in Perth. Filter the calendar to 'Perth North West Inner Metro' to find events near the City of Wanneroo.

To find events click [here](#)

To visit their Facebook page click [here](#)

## Mirrabooka/Joondalup Family Support Network

The Mirrabooka Joondalup Family Support Network connects families to support services through a broad partnership network, working closely with organisations that understand the needs of Aboriginal and CaLD families.

For more information:

Call: 1300 760 691

Or visit online [here](#)

## Women's Health and Family Services

The Women's Health and Family Services offers services for women and families, including counselling, support groups, and courses for mums. Creche services are available. The nearest centre to the City of Wanneroo is in Joondalup.

For more information:

Call: 6330 5400

Email: [info@luma.org.au](mailto:info@luma.org.au)

Or visit online [here](#)

## Ngala

Access the Ngala website, programs, and online resources [here](#)

### Parenting Line

Free parenting support from qualified professionals, 1am-8pm, 7 days a week.

Call: 08 9368 9368

### ForWhen Helpline

Free mental health helpline for new and expecting parents, 9am-4:30pm Mon-Fri.

Call: 1300 24 23 22 or chat online [here](#)

## Parenting Under Pressure (PUP)

The PUP parenting program supports families facing challenges like depression, anxiety, financial stress, substance misuse, or family violence. It runs for 3–6 months and offers home visits for families within 20km of Merriwa.

For more information:

Call: 1300 663 298

Email: [hello@unitingwa.org.au](mailto:hello@unitingwa.org.au)

Or visit online [here](#)

## The Spiers Centre

The Spiers Centre is a not-for-profit organisation offering support, information, and empowerment to individuals, families, and communities.

For more information:

Call: 9401 2699

Email: [info@thespierscentre.com.au](mailto:info@thespierscentre.com.au)

Or visit online [here](#)

## Starting Blocks

Starting Blocks is Australia's free government website which helps families and communities find and compare childcare services based on quality ratings, fees, vacancies, and inclusions.

For more information click [here](#)

## WNHS Mental Health Service

Provides specialised mental health care for women during pregnancy and up to 12 months postpartum, those accessing gynaecology services, and women planning pregnancy with complex mental health needs, offering multidisciplinary support. For more information click [here](#)

# SUPPORT FOR DADS

DadsWA delivers services and support for fathers and father figures, focusing on the early years. They emphasise the importance of fathers being an active part of the parenting team because of the benefits this brings for child development.

For tips, resources, and more information about DadsWA, click [here](#)

## SMS4Dads

SMS4Dads is a service that sends dads personalised tips and information straight to their phone, supporting their role as a father and partner while raising awareness of their impact on their baby's development.

For more information or to sign up click [here](#)

## Dads Coffee Group

This free dad's coffee group is for dads of children with disabilities. It offers a chance to take a break and connect with other dads. Children are welcome, with a play leader available for those aged 6 and under. The group runs during the school term.

For more information click [here](#)

## The Fathering Project

The Fathering Project website offers information and programs to help dads be the best parents they can be.

For more information click [here](#)



# HOW TO FIND RELIABLE INFORMATION

## How to tell if a resource is credible

With so much parenting information on the internet and social media, it can be overwhelming and difficult to know what information to trust. Here is a simple list of ways to check resources to see if the information is evidence-based (vs. someone's own opinions).

### Check the domain name



- Websites that include .edu (education) or .gov (government) are generally credible.
- Websites containing .org (organisation) may contain credible information, just consider the organisations purpose and agenda.
- Websites including .au are Australian.

### Look closely at the sources



- When was the information published? If it is not recent (within the last 5–10 years), new information may be available. Who are the authors? Are they listed and what are their credentials?
- Do they cite authoritative sources or just their own opinions without backing them up with facts?

### Find back up information



- It can be helpful to search for additional information to back up what you have found.
- For example, if you are looking for information on parenting, check several reputable websites such as the Raising Children Network and Ngala for local information.

### Don't be afraid to dig deeper



- Easily accessible places such as social media, online forums and blogs can be helpful places to start, however, they are often based on opinions as opposed to facts.
- Keep searching for more credible sources such as government websites, medical journals etc.

1. <https://www.betterhealth.vic.gov.au/health/servicesandsupport/finding-reliable-health-information>  
2. <https://www.utep.edu/extendeduniversity/utepconnect/blog/march-2017/4-ways-to-differentiate-a-good-source-from-a-bad-source.html#:~:text=Take%20a%20closer%20look%20at,check%20the%20date%20of%20publication.>

## List of Resources:

### Support for Parents

Child and Parent Centres – [Link here](#)

Connected Communities – [Link here](#)

Meerilinga – [Link here](#)

Mirrabooka/Joondalup Family Support Network – [Link here](#)

Ngala – Parenting Line & ForWhen Helpline – [Link Ngala](#) and [ForWhen](#)

Parenting Connection WA – [Link here](#)

Parenting Under Pressure (PUP) – [Link here](#)

Pregnancy to Parenthood – [Link here](#)

Starting Blocks – [Link here](#)

The Spiers Centre – [Link here](#)

Women’s Health and Family Services – [Link here](#)

WNHS Mental Health Service- [Link here](#)

### Support for Dads

Dads Coffee Group – [Link here](#)

DadsWA Ngala – [Link here](#)

SMS4Dads – [Link here](#)

The Fathering Project – [Link here](#)

## List of Acronyms:

**AHS** – Allied Health Services

**CAMHS** – Child & Adolescent Mental Health Services

**CDS** – Child Developmental Services

**CHC** – Child Health Centre

**COW** – City of Wanneroo

**CPC** – Child & Parent Centres

**ECA** – Early Childhood Approach

**ECEI** – Early Childhood Early Intervention

**NDIS** – National Disability Insurance Scheme

**OT** – Occupational Therapy

**STARS** – Strengths-based, Tiered, Accessible Resources & Supports

### References:

1. Berk, L.E., *Child Development*. 9th ed. 2012.
2. University, C.o.t.D.C.a.H., *The foundations of lifelong health are built in early childhood*. 2010: Harvard University.
3. Network, R.C. *Early childhood intervention: quality services and supports*. 2023 [cited 2024 12 August]; Available from: <https://raisingchildren.net.au/disability/services-support/children-with-disability-early-intervention-and-therapy/quality-in-early-childhood-intervention>.