



# Young Parent's Resource Card 2006

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This information is aimed at young people and their families.  
For information on preschools, playgrounds, play groups  
and other services and facilities in your local area please  
contact your local Council.

## GENERAL INFORMATION:

Bayside City Council 9599 4444  
Kingston City Council 1300 653 356

## CRISIS & EMERGENCY SERVICES

Emergency 000  
Poisons Line 13 11 26  
Direct Line (24hr Drug Information) 1800 888 236  
Gay & Lesbian Switchboard 9827 8544  
Kids Help Line (24hr) 1800 55 1800  
Life Line (24hr) 13 11 14  
Maternal & Child Health Line (24hr) 13 22 29  
Parentline (24hr) 13 22 89  
Suicide Help Line (24hr) 1300 651 251

## COUNSELLING & SUPPORT

Australian Breastfeeding Association 9885 0633  
Bayside City Council Youth Services 9599 4444  
Bentleigh Bayside Community Health Service 9575 5333  
Central Bayside Community Health Services 8587 0200  
Family Life 9598 2133  
Kingston Breastfeeding Support Service 0438 597 560  
Kingston City Council Youth Services 1300 369 436  
Kingston Family Support Program 9581 4860  
OZ Child 9553 4822  
Relationships Australia 1800 817 569  
South Eastern Centre Against Sexual Assault (SECASA) 9594 2289  
Taskforce (Drug and Alcohol Services) 9532 0811

## HEALTH

Action Centre  
(Sexual Health and Pregnancy) 9654 4766  
Alfred Child & Adolescent  
Mental Health Service 8552 0555  
Bayside Maternal & Child Health 9599 4464  
Bentleigh Bayside  
Community Health Service 9575 5333  
Central Bayside  
Community Health Services 8587 0200  
Kingston Maternal & Child Health 9581 4871  
Peterson Youth Health Clinic, Highett 9553 6033



## HOSPITALS

Frankston Hospital  
Young Women's Clinic 9784 7777  
Monash Medical Centre  
Young Women's Clinic  
(request pager #4046) 9594 6666  
Royal Childrens Hospital 9345 5522  
Sandringham Hospital 9921 1000



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## YOUNG MUMS GROUPS

Bentleigh Bayside Community Health Service	9575 5333
Central Bayside Community Health Services	9781 9333

## LEGAL FINANCIAL & OTHER ASSISTANCE

Bayside Information & Support	9555 9910
Centrelink (Family Assistance)	13 61 50
Chelsea Information & Support	9772 8939
Child Support	13 12 72
Commonwealth government child care hotline	1800 670 305
Mentone Information & Support	9583 2436
Victorian Legal Aid	9269 0120
Youth Law	9611 2412

## EMPLOYMENT & TRAINING

JPET	8531 2000
LLEN Education & Employment Program	9555 0899
Youth Connect	9557 6233

## HOUSING & ACCOMMODATION

Hanover	9556 5777
Melbourne Youth Support Service	9614 3688
St Kilda Crisis Centre	1800 627 727
The Open Door Program	9556 5700
Verve	8567 3030

## TRANSPORT

Metlink Website	<a href="http://www.metlinkmelbourne.com.au">www.metlinkmelbourne.com.au</a>
Public Transport Information	<a href="http://www.victrip.com.au">www.victrip.com.au</a>
Taxi	13 22 27

## WEBSITES

<a href="http://www.bayside.vic.gov.au">www.bayside.vic.gov.au</a>	<a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a>
<a href="http://www.betterhealth.vic.gov.au">www.betterhealth.vic.gov.au</a>	<a href="http://www.kidshealth.org/parents">www.kidshealth.org/parents</a>
<a href="http://www.kingston.vic.gov.au">www.kingston.vic.gov.au</a>	

This card is valid until 31 December 2006. The card must be presented with purchase. Holder must be under 25 years. Discounts not valid with any other offer. Card not transferrable.



**Two for one admission deal**  
Unit 2/213 Wells Road, Chelsea Heights 3196  
Ph 9776 3100

Buy any drink and get 2 cinnamon donuts for \$1  
Buy one hotdog and get a regular  
milkshake or thickshake for \$1

\*For Southland (Donut King, Level 3 store)



**10 % discount off childrens classes.**  
Fac 13/1-7 Canterbury Road Braeside 3195  
Ph 9588 0709