

USEFUL CONTACTS

FAMILY SUPPORT SERVICES

Lifeline	Tel: 13 11 14	www.lifeline.org.au
Parent Line	Tel: 13 22 89	
Family Services Australia	Tel: 1300 365 859	www.fsa.org.au
Relationships Australia	Tel: 1300 364 277	www.relationships.com.au
PRISMS – providing resources for Independent single mothers after separation		www.prisms.com.au
NSW Family Services		www.nswfamilyservices.asn.au
Victorian Parent Support Groups		www.rch.org.au/chic
Family Court	Tel: 1300 352 000	www.familycourt.gov.au
Shared Parenting Council of Australia		www.sPCA.org.au

DOMESTIC VIOLENCE

Domestic Violence Resource Centre	Tel: 1800 811 811	www.dvrc.org.au/
Womens Domestic Violence Helpline	Tel: Freecall 1800 007 339	

GOVERNMENT AGENCIES

Child Support Agency	Tel: 13 12 72	www.csa.gov.au
Family Assistance Office	Tel: 13 61 50	www.familyassist.gov.au
Centrelink	Tel: 13 10 21	www.centrelink.gov.au

HEALTH RELATED ORGANISATIONS

Post Natal Depression	Tel: 1300 22 4636	www.beyondblue.org.au/
Post Natal Depression		www.mothersinneed.com
Premature Baby Advice, Support & Clothing		www.momentbymoment.com.au

Mental Health Tel: 07 3271 5544 www.mentalhealth.org.au

SINGLE DADS RESOURCES

Mensline Australia Tel: 1300 789 978 www.menslineaus.org.au

Mens' Rights Agency Tel: 07 3805 5611 www.mensrights.com.au

Fathers' Support Service Tel: 02 9806 0200

MENDS Separation & Divorce Recovery Tel: 02 9427 9128

Dads In Distress Tel: 1300 853 437 www.dadsindistress.asn.au

Men's Domestic Violence Helpline Tel: Freecall 1800 000 599

CAREER AND GETTING BACK TO WORK

Recruitment site for Mothers Tel: 02 6161 0128 www.careermums.com.au

Career One Tel: 1800 555 010 www.careerone.com.au

Mums Recruitment Agency Tel: 1300 884 427 www.mums.com.au

Extra Income / P/T Work Tel: 1300 724 575 www.kidspot.com.au

OTHER SINGLE PARENT SPECIFIC WEBSITES

Directory of Divorce Professionals Tel: 02 9953 1491 www.i-dont.com.au

Single Parent Online Magazine www.singleparentbible.com.au

National Council of Single Mothers & Their Children Tel: 1300 725 470 www.ncsmc.org.au

Single with Children Tel: 1300 300 496 www.singlewithchildren.com.au

Sole Parents' Union Tel: 02 9317 3177 www.soleparentsunion.org

Just Me and The Kids www.justmeandthekids.com.au

When Love Hurts www.dvirc.org.au/whenlove/

Single Woman's Guide to Pregnancy

www.goingitalone.com.au

Single Parents n' Kids Adventureland

www.geocities.com/adventureland4kids/infopage

FORUMS, GENERAL PARENTING ADVICE

Raising Children Network

www.raisingchildren.net.au

Baby Universe

www.babyuniverse.com.au

Mother Inc

Tel: 02 9948 3655

www.motherinc.com.au

Centre for Child & Family Development

Tel: 03 9830 0422

www.childandfamily.com.au

Busy Mothers

www.busymothers.com.au

Families at Work

Tel: 1800 631 024

www.familiesatwork.com

Activities for Children

Tel: 02 9899 2191

www.ourlittletreasure.com.au

Step Families Advice

www.thestepstop.com

New & Second Hand Baby/Toddler Items

www.247babyads.com.au

CHILDCARE / DAYCARE / PLAYGROUPS

Care for Kids – childcare directory

Tel: 02 9235 2807

www.careforkids.com.au

Family Daycare Council of Australia

Tel: 1800 621 218

www.familydaycare.com.au

Playgroup Council Australia

Tel: 1800 171 882

www.playgroupaustralia.com.au

Australian Schools & Education Outlets

Tel: 02 9569 9133

<http://www.education.net.au/>

Please Note – SPACE4 takes no responsibility for any of the services listed above.