

Helpful Phone numbers:

Parent Line
1300 30 1300

Kids Help Line
1800 55 1800

Mental Health Triage
1300 363 788

Maternal and Child Health Nurse
5472 1364

Castlemaine Housing Service
5472 4299

Centre for Non Violence-Bendigo
5430 3000

Castlemaine Salvation Army
5470 5389

Castlemaine St Vincent De Paul
5472 4419

Castlemaine District Community Health
13 Mostyn Street
CASTLEMAINE 3450

Phone: 03 5479 1000 Fax: 03 5472 3221
email@cdch.com.au

www.cdchcastlemaine.com.au

9am to 5pm Monday to Thursday
9am to 4:30pm Friday

Your Community Health Centre
Printed August 2017

maFs

Mount Alexander Family Services



Phone: (03) 5479 1000



**Castlemaine
District
Community
Health**

Who we work with:

- Families with children aged 0-18 (including before birth)
- Families who live in the Mt Alexander Shire.
- Families who want to make positive change in their day to day lives.
- Voluntary families.

What we offer:

MAFS understands that family life can sometimes get challenging and overwhelming. During these times MAFS can lend a hand by supporting you and your family in the following ways:

- Spending time in your home to listen and help learn coping strategies
- Helping to identify issues and ways to overcome these
- Linking you to information and resources
- Linking you to other services

Family support workers can:

- Talk to you on the phone
- Meet with you at your home or at Castlemaine District Community Health (CDCH)

- Help you identify your hopes for your family and how to achieve these
- Work with individual family members or the whole family together
- Help you access other services and information that could be helpful for you and your family
- Help you talk with schools, doctors and other professionals who may be helping your family.

How to contact MAFS:

- Families can phone or drop-in at CDCH to request assistance
- Mt Alexander Family Services can visit families at home or at MAFS office at 13 Mostyn Street
- Email: mafs@cdch.com.au
- **ChildFIRST Referral**
Professionals, such as doctors and teachers can phone for advice or refer families directly to ChildFIRST on 03 5440 1147 or 1800 260 338

CDCH recognises and values the diversity of all people including but not limited to Aboriginal and Torres Strait Islander people; lesbian, gay, bisexual, transgender and intersex people; people with a disability and culturally and linguistically diverse people.

CDCH does not tolerate child abuse. CDCH promotes children's safety and wellbeing and commits to protecting children from abuse.



For more information refer to our website www.cdchcastlemaine.com.au
or call Reception on 5479 1000

