

## Attachment and Biobehavioral Catch-Up (ABC)

Perth metro: Various sites

*Funded by Lotterywest and  
Channel 7 Telethon Trust*

Attachment and Biobehavioral Catch-Up (ABC) is a 10-session home visiting program that supports caregivers in understanding and responding to the needs of their infant and/or toddler.

ABC strengthens the relationship between caregiver and child, helping the child to regulate behaviours and emotions. The program assists caregivers to learn to respond to the child's signals, strengthening their relationship and protecting against stress and early challenges.

Participants must commit to 10 home visits, and consent to the collection of data for service delivery and evaluation.

The program is available to expectant parents in the last trimester of pregnancy and to parents and carers of a child aged up to 24 months where the child has experienced (or is at risk of experiencing) adversity.

**Contact:** 0478 530 972 or [referral form](#)

## Being a Parent (BAP)

Perth metro: Various sites

*Funded by The Smith Family  
Licensed by Murdoch Children's Research Institute*

Being a Parent (BAP) aims to help parents develop emotional literacy, positive communication, and skills to support children's wellbeing. Week one is an information session, with formal BAP sessions running over the next eight weeks.

At the end of each Being a Parent 9-week series, there is an opportunity for two participating parents to be trained as paid BAP Parent Facilitators.

Each BAP series will be held in one of these eight TSF Communities for Children suburbs:

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

Families can enrol in BAP if they live in one of these eight suburbs, or their children attend school there. The 2023 schedule is TBC.

BAP and Parent Facilitator training is delivered through the evidence-based Empowering Parents Empowering Communities (EPEC) program.

**Contact:** [EPEC@ngala.com.au](mailto:EPEC@ngala.com.au) or 0447 341 258

**Child and Parent Centres**

North-West Metro (Banksia Grove)  
 South-West Metro (East Waikiki & Calista)  
 Geraldton (Rangeway)

*Funded by WA Dept of Education*

Child and Parent Centres are a State Government initiative, with the Department of Education as lead agency. There are 22 Centres located on government primary school sites in areas across Western Australia.

Ngala coordinates the Centres at Banksia Grove, Calista, East Waikiki and Rangeway Primary Schools.

The Centres are open to all families in the local community, including those whose children go to neighbouring schools. They provide a welcoming and accessible 'one-stop-shop' for services and support, as well as a place to meet other local families.

The Centres offer early learning, parenting, child and maternal health and wellbeing programs and services that provide support to families with young children, birth to eight years of age, with a focus on children from birth to four years of age.

Programs offered can include playgroup, Sing&Grow, Triple P, Tuning into Kids, parenting and child development workshops, transition to school information sessions, one-to-one consultations, purple book appointments and drop-in clinics.

**Contacts:**

- [banksiagrove@ngala.com.au](mailto:banksiagrove@ngala.com.au) or 9367 0964
- [calista@ngala.com.au](mailto:calista@ngala.com.au) or 9367 0960
- [eastwaikiki@ngala.com.au](mailto:eastwaikiki@ngala.com.au) or 9367 0967
- [rangeway@ngala.com.au](mailto:rangeway@ngala.com.au) or 9921 6814

**CountryFamilies@Ngala**

Statewide

*Funded by WA Dept of Health (WACHS)*

This service offers child health information and parenting support to families of children birth to 8 years of age living in regional, rural and remote areas of Western Australia using enhanced technology.

CountryFamilies@Ngala (CF@N) operates 9.00 am to 4.30 pm, Tuesday to Friday, excluding public holidays.

Services include free consultations and a closed Facebook group, which offers access to live chat, tutorials and Facebook Live sessions. These can be accessed through Ngala's website.

CF@N complements the WA Country Health Service (WACHS).

**Contact:** [countryfamilies@ngala.com.au](mailto:countryfamilies@ngala.com.au) or 9368 9342



### Country Families Home Visiting Service (CFHVS)

Perth Metro

*Funded by WA Dept of Health (WACHS)*

Country Families Home Visiting Service is a home visiting program for rural and remote families who give birth in Perth or need to access child health services in Perth.

A Ngala Child Health Nurse (CHN) completes the 0-14 days universal child health check and provides additional services as required, then liaises with the family's local CHN.

CFHVS partners with WA Country Health Service (WACHS) and supports rural and remote families in accessing health and developmental screening when staying in Perth.

**Contact:** [hospitalliaison@ngala.com.au](mailto:hospitalliaison@ngala.com.au) or 0406 453 506

### DadsWA

Perth based, Statewide delivery

*Funded by Dept of Social Services*

DadsWA seeks to promote the role of fathers and father figures in the early years in enhancing the development of children. It emphasises the importance of working as part of a parenting team to provide safe, caring and respectful places for children to grow.

The program seeks to improve child wellbeing, development, safety and functioning by providing information and support to fathers and father figures in their parenting role.

DadsWA achieves this through a variety of program elements: male antenatal sessions; new Dads workshops; professional presentations; phone/email/one-on-one consultations; intra-agency consultation and collaboration; inter-agency consultation and collaboration; and research and evaluation.

**Contact:** [DadsWA@ngala.com.au](mailto:DadsWA@ngala.com.au) or 9368 9379

### Early Learning & Development Services (ELDS)

Claremont, Joondalup, Kensington, Perth Airport

*Fee-for-service*

Ngala currently operates four Early Learning and Development Services (ELDS), located in Claremont, Joondalup, Kensington, and Perth Airport. Our educators work in partnership with families, striving to ensure the service's role complements the parents as the child's first teacher.

ELDS strongly support the development of all children and are committed to early childhood research in line with international standards. Our Services have received multiple Exceeding ratings. They deliver a curriculum based on the child-initiated approach, where play-based learning is the focus.

**Contacts:**

[ELDSClaremont@ngala.com.au](mailto:ELDSClaremont@ngala.com.au) or 9368 9360 (6:30 am to 6:00 pm)

[ELDSJoondalup@ngala.com.au](mailto:ELDSJoondalup@ngala.com.au) or 9367 0932 (6:30 am to 6:15 pm)

[ELDSKensington@ngala.com.au](mailto:ELDSKensington@ngala.com.au) or 9368 9318 (7:00 am to 6:00 pm)

[ELDSPerthAirport@ngala.com.au](mailto:ELDSPerthAirport@ngala.com.au) or 9368 9340 (6:30 am to 6:00 pm)

## Empowering Parents Empowering Communities (EPEC)

Perth metro: various

*Licensing agreement with MCRI*

Ngala has a new licence agreement with Murdoch Children's Research Institute (MCRI) to facilitate Empowering Parents Empowering Communities (EPEC).

EPEC is a community-based program, training local parents to run Being a Parent (BAP) groups through early years and parent focused services.

Refer to 'Being a Parent' in this guide for more information.

## Every Child, Every Day (ECED)

Gascoyne: Carnarvon

*Funded by Dept of Social Services*

Every Child, Every Day (ECED) uses strengths-based practices to improve the wellbeing of children and families in Carnarvon.

ECED aims to build the capacity of the connections between families, teachers and agencies involved in children's lives, with a focus on the importance of preparing children for school and then attending every day.

Resources developed for this project will emphasise families as children's first and most influential educators and the important role they play in preparing children for, and connecting them to, education.

**Contact:** [ECED@ngala.com.au](mailto:ECED@ngala.com.au) or 9941 3869

## ForWhen

Statewide

*Funded by Australian Government Department of Health  
(Perinatal Mental Health and Wellbeing Program)*

ForWhen is a national mental health navigation service, delivered in WA by Ngala. It guides and supports new and expecting parents through their perinatal journey, from conception until the child is 12 months old. (Formerly known as 'Connect and Care'.)

Parents, family members and professionals can call the ForWhen helpline, available Monday to Friday between 9.00 am and 4.30 pm. Email and webchat support is also available.

The ForWhen helpline is staffed by a clinically trained Care Navigator who can identify the right service providers and referral pathways. There is also culturally appropriate support for Aboriginal families.

**Contact:** [wa@forwhenhelpline.org.au](mailto:wa@forwhenhelpline.org.au) or 1300 24 23 22 or the [ForWhen website](#)



## Geraldton Family Counselling Service (GFCS)

Midwest: Geraldton

*Funded by Dept of Communities (CPFS)*

The Geraldton Family Counselling Service (GFCS) service provides individuals, families and groups the opportunity to learn more about personal development, relationship issues, childhood behaviour difficulties, parenting, depression and anxiety, grief and loss, anger management and separation issues.

Clients do not have to be referred to receive an appointment. These can be made by the individual (self-referral) or by a service provider.

**Contact:** [GFCS@ngala.com.au](mailto:GFCS@ngala.com.au) or 9921 4477

## Geraldton Family and Youth Support Service (GFYSS)

Midwest: Geraldton

*Funded by Dept of Communities (CPFS)*

The Geraldton Family and Youth Support Service (GFYSS) operates primarily in Geraldton. It provides support to young people and their families, assisting in the development of life skills, personal skills, and social skills.

An early intervention service for young people between 11 and 18 years of age, GFYSS offers individual case management with a strengths-based approach. The service also supports young people to connect with other appropriate services. Referrals can be made through schools, family, self, other agencies and or youth service providers.

Workshops and information resources may be delivered either internally or externally in areas of identified need. For example: healthy relationships, cyber-safety, life skills, sexual health, and adolescent development. These workshops are free of charge to support young people who may be at risk.

**Contact:** [GFYSS@ngala.com.au](mailto:GFYSS@ngala.com.au) or 9921 4477

## Growing Strong Brains® (GSB)

Growing Strong Brains® (GSB) is an interactive, adaptable and culturally appropriate early brain development resource utilised in several Ngala programs and services. Consisting of a toolkit and manual, GSB promotes awareness and understanding of early brain development science pre-birth and in the early years of a child's life.

It was developed by Ngala in 2014, with funding from the Minderoo Foundation. This process involved consultation with more than 350 Aboriginal and Torres Strait Islander families and service providers from across regional and metropolitan Western Australia.

Using culturally appropriate language, images and activities, the GSB toolkit builds knowledge and understanding of early brain development. It is designed to be used in community by community to meet local cultural and knowledge needs. The topics covered include attachment, nutrition, play and exercise, language and culture, and smoking, drugs and alcohol.

**Queries:** [QualityImpact@ngala.com.au](mailto:QualityImpact@ngala.com.au)

## Home Interaction Program for Parents and Youngsters (HIPPY)

Girrawheen, Rockingham, Midland

*Funded by Dept of Social Services  
Licensed by Brotherhood of St Laurence*

HIPPY is a free home-based parenting and early childhood enrichment program. The program supports parents to create a learning environment at home to encourage children's love of learning and providing opportunities for parents to enjoy positive time with their child.

A HIPPY Home Tutor visits parents or carers each fortnight to demonstrate a booklet of activities through role-play. The materials provide information about child development and the ways children learn. Resources and support from our tutors increasing parents' confidence as their child's first teacher.

In addition to home visits, HIPPY families also attend monthly gatherings. These gatherings provide a safe, comfortable place for parents and carers to meet other local families, build new friendships and develop new skills.

HIPPY is a national program, with sites throughout Australia. In WA, Ngala operates three HIPPY sites: Girrawheen, Rockingham, and Midland with enrolments taken from surrounding suburbs. Families must be enrolled by 31 May to participate in that year.

Families can enrol in the program two years before their child begins pre-primary, usually around 2 to 3 years of age. Children whose third birthday is between 1st July 2022 and 30th June 2023 are eligible to enrol in HIPPY for 2023.

### Contacts:

[HIPPYGirrawheen@ngala.com.au](mailto:HIPPYGirrawheen@ngala.com.au) or 0407 992 604

[HIPPYRockingham@ngala.com.au](mailto:HIPPYRockingham@ngala.com.au) or 0427 623 591

[HIPPYMidland@ngala.com.au](mailto:HIPPYMidland@ngala.com.au) or 0499 972 954

## The Incredible Years®

Child & Parent Centre – Calista

*Funded by Dept of Social Services*

The Incredible Years® Program is designed to strengthen parenting skills, promote children's social, emotional and physical development, and build social connections. This free program is for young parents or parents-to-be, under 25, who live in Kwinana.

There is a Baby Group for parents who are either expecting a baby in the next three months, or have a baby under 12 months of age, and there is a Toddler Group for parents of children aged between one and three.

**Contact:** [calista@ngala.com.au](mailto:calista@ngala.com.au) or 0427 390 795



## LEAD (Leadership Exploration and Development)

The LEAD program in Geraldton is no longer operated by Ngala.

## MyTime

Statewide

*Funded through Parenting Research Centre*

MyTime is a peer support program for parents and carers of children with disabilities, chronic health conditions and other high and/or complex needs.

The Parenting Research Centre (PRC) in Victoria is the national coordinator of MyTime, funded by DSS. Ngala is contracted by PRC to coordinate MyTime in Western Australia. Ngala currently collaborates with 15 service providers across the state to deliver [22 MyTime groups](#) to local communities, mostly in the metropolitan area.

MyTime aims to enhance parent, carer and family wellbeing through peer support groups. These groups provide a space for parents and carers to come together, share their stories, take part in self-care activities and gain information about parenting and caring for their child.

**Contact:** [MyTimeWA@ngala.com.au](mailto:MyTimeWA@ngala.com.au) or 9368 9346

## NAPPY

See 'Nurturing and Parenting Program for Youth'.

## Ngala Residential Parenting Service (NRPS)

*Extended Stay, Day Stay & Growing Strong Kids*

*Fee-for-service*

Statewide (Kensington-based)

*Part-funded by Dept of Communities*

Ngala's Residential Parenting Service (NRPS) works within a prevention and early intervention framework to provide specialised support and education to parents.

NRPS is available to parents residing within Western Australia and whose children are aged from birth to six years of age. The interdisciplinary NRPS team build a relationship with parents and carers, working in partnership to develop tailored strategies that build on existing family strengths.

NRPS has two fee-for-service streams: Day Stay and Extended Stay. Admission to the service is via a referral, intake, and triage process. On receipt of a GP or specialist's referral, the family's needs are assessed and prioritised, and the appropriate stay type is allocated. As a registered private hospital, many private health funds fully or partially cover the child and main carer's admission costs.

Both Day Stay and Extended Stay can support families experiencing a range of issues affecting parents and children. This includes adjustment to parenting, child development and behaviour, parent-child relationships, sleep and settling, feeding and nutrition, and

anxiety and postnatal depression. The team also work alongside families when factors are identified that put them at risk of entering the child protection system, or where there are family of origin issues that impact on parenting and/or family dynamics.

NRPS provides the Growing Strong Kids program, a culturally safe and secure support service for Aboriginal and non-Aboriginal families. Referrals to this program come directly from the Department of Communities, who fund this program.

NRPS families can access short-term one-on-one clinical psychological interventions, as appropriate.

**Contact:** 9368 9368

### **Ngalang Moort Ngalang Kurlangah**

*Formerly Indigenous Parenting Service*

Ellenbrook/City of Swan

*Funded by National Indigenous Australians Agency*

Ngalang Moort Ngalang Kurlangah (Our Family Our Children in Noongar language) is based in Ellenbrook. This free service provides culturally appropriate parenting support for Aboriginal and Torres Strait Islander parents and carers.

It promotes the development of school readiness in Aboriginal and Torres Strait Islander children through support and education for parents and caregivers.

The team works with families to support strong relationships, positive parenting, and connection to other services in the community. Support is provided through home visits, education sessions in various community settings, and links to local services.

The service is available to Aboriginal and Torres Strait Islander parents and carers with children from birth to four years of age who reside within the Swan region, Perth.

**Contact:** [NMNK@ngala.com.au](mailto:NMNK@ngala.com.au) or 0477 203 673

### **Nurturing and Parenting Program for Youth (NAPPY)**

Rockingham & Coo loongup

*Funded by Dept of Social Services*

Based on a successful model developed and implemented previously in Kwinana, NAPPY Rockingham is an integrated service providing antenatal and postnatal support. This includes information, education, early learning and development, individual counselling, assistance in accessing community resources, and support to transition into formal education or employment.

NAPPY is targeted at parents between 16 and 25 years of age living in Rockingham or Coo loongup areas, and their children. The service includes weekly extended Parenting and Play Time sessions, offering an opportunity to socialise with other young parents as well as parenting information, role-modelling and education.

NAPPY also offers home visiting and organises excursions to local services and community locations.



The service is delivered by an interdisciplinary team comprised of staff from both Ngala and Kwinana Early Years Services Inc. (KEYS), including a registered nurse, early childhood educator and family support worker.

**Contact:** [NAPPY@ngala.com.au](mailto:NAPPY@ngala.com.au) or 0427 390 795

### Parents and Learning (PaL)

Midwest & Gascoyne

*Funded by National Indigenous Australians Agency*

Parents and Learning (PaL) is an early childhood parent engagement program owned, developed and implemented for and by Aboriginal and Torres Strait Islander people.

PaL aims to support parents and family members to become engaged in their young children's learning. PaL is delivered in the greater Geraldton region and Carnarvon.

Tutors in each community support parents to participate in their young child's early literacy learning by providing resources and training delivered to family homes and at playgroups or other places in the community.

**Contact:** [PaL@ngala.com.au](mailto:PaL@ngala.com.au) or 9921 4477 (Geraldton) or 9941 3869 (Carnarvon)

### Parenting Connection WA (PCWA)

Gascoyne, Midwest, North-West Metro

*Funded by Dept of Communities*

Ngala and Anglicare WA work in partnership as Parenting Connection WA (PCWA) in nine of the 13 Department of Communities regions. This provides a huge opportunity to adopt a place-based approach for the benefit of families and children across WA.

PCWA combines the extensive knowledge, expertise and consistent service practices of Ngala and Anglicare WA, building on our complementary services as well as our collective strong local knowledge and community connections.

The model is based on evidence that integrated, place-based services are most likely to effectively address the diverse needs of families and achieve positive outcomes.

PCWA focuses on providing networks of coordinated, accessible universal services, with the benefit of strategic advice and support from leading sector organisations.

#### **Contacts:**

[Gascoyne.pcwa@ngala.com.au](mailto:Gascoyne.pcwa@ngala.com.au) or 9941 3869

[Midwest.pcwa@ngala.com.au](mailto:Midwest.pcwa@ngala.com.au) or 9367 0995

[Northwestmetro.pcwa@ngala.com.au](mailto:Northwestmetro.pcwa@ngala.com.au) or 9367 0921

## Parenting Line

Statewide (Kensington-based)

*Funded by Dept of Communities*

The Parenting Line is Ngala's main contact point for people seeking parenting support or information on child development issues for children up to 18 years of age. This includes parents, grandparents and service providers. The Parenting Line is available 8 am to 8 pm every day of the year.

A call-back service, the Parenting Line is operated by skilled, qualified staff who listen to callers' concerns and offer understanding, reassurance and encouragement. Utilising a strengths-based approach, practitioners explore possible solutions, practical strategies, and offer links to additional community supports and services.

Contact: [ParentingLine@ngala.com.au](mailto:ParentingLine@ngala.com.au) or 9368 9368

## Pilbara Families Building Pilbara Communities (PFBPC)

Pilbara: Newman and Hedland

*Funded by BHP*

Pilbara Families Building Pilbara Communities (PFBPC), piloted in 2012, is a customised and individualised, parenting and professional expertise project designed to meet the unique needs of Pilbara families impacted by geographical and social isolation.

The absence of extended family support, access to limited services, stress on families where partners/parents are absent due to long work hours or shift work, families being house bound due to heat, and high population turnover, mean that these families face additional stressors.

This program includes delivery of the WA Pilbara Education Partnership funded by the Department of Education (see Growing Strong Brains).

Contact: [pilbara@ngala.com.au](mailto:pilbara@ngala.com.au) or 0448 871 128

## Remote Schools Attendance Strategy (RSAS)

Gascoyne

*Funded by National Indigenous Australians Agency*

Based in Carnarvon, a team of local people work with schools, families, parents and community organisations to ensure all children go to school every day, giving every child the best chance for a good start in life.

The Remote School Attendance Strategy (RSAS) team talk to children and families about the importance of regular school attendance.

Staff also work with families where children are not attending school, to find out why and what can be done to help them get there and provide practical support. RSAS also works with schools, and celebrates and rewards improved attendance.

Contact: [RSAS@ngala.com.au](mailto:RSAS@ngala.com.au) or 9941 3869 or 9367 0900



