

# Southern Grampians Shire Council Maternal and Child Health



The Maternal and Child Health service provides information, advice and support to those caring for babies and young children. It is a free service provided by Maternal and Child Health (MCH) Nurses who are also registered nurses.

Our MCH service provides early recognition of problems which may affect a child's progress.

## MCH CENTRES

### HAMILTON

Frances Hewett Community Centre  
2 Roberts Street, Hamilton 3300

### PENSHURST

Sheppard Community Centre  
146 Cobb Street, Penshurst 3289

### COLERAINE

Thomas Hodgetts Centre  
69 Whyte Street, Coleraine 3315

### DUNKELD

Sterling Place  
Sterling Street, Dunkeld 3294

### BALMORAL

Balmoral Bush Nursing Centre  
26-28 Bell Street, Balmoral 3407

To make an appointment please call

# 5551 8579

Monday to Friday, 9am - 5pm

If your child is unwell please contact us to reschedule your appointment.



## USEFUL CONTACT NUMBERS

<b>Police, Fire, Ambulance</b>	000	<b>Bethany</b> Counseling service	1300 510 439
<b>24hr Maternal and Child Health Line</b>	13 22 29	<b>Child First</b>	1300 543 779
<b>Nurse on Call</b>	1300 606 024	<b>Women's Domestic Violence Crisis Service</b>	1800 015 188
<b>Australian Breastfeeding Association</b>	1800 686 268	<b>Aboriginal Family Violence</b>	1800 019 123
<b>Western District Health Service</b>		<b>Winda-Mara</b>	
Hamilton	5551 8222	Heywood	5527 0000
Coleraine	5553 2000	Hamilton	5527 0090
Penshurst	5552 3000	<b>Gunditjmarra</b>	1800 629 729
<b>Emma House</b>			5564 3333
Hamilton	5571 1778	<b>Brophy</b>	5561 8888
Casterton	5581 1024	<b>Parentline</b>	13 22 89
Warrnambool	5561 1934	<b>Lifeline</b>	13 11 14
Portland	5521 7937	<b>Aboriginal suicide call back service</b>	1300 659 467
<b>Kids Help Line</b>	1800 551 800		
<b>1800 Respect</b>	1800 737 732		
Online counseling & telephone interpreting service	131 450		

