**CHILD AND FAMILY SERVICES**

**Ryde/Hunters Hill** (Current March 2023)

**Multicultural Assistance**

Community Migrant Resource Centre

Provide specialist support services to newly arrived migrants, refugees and humanitarian entrants. Located at Cnr Devlin Street and Blaxland Road, Ryde NSW 2112.

[www.cmrc.com.au](http://www.cmrc.com.au)

Ph: 9858 1925

CASS Care

Residential aged care, home aging, disability, training, settlement, health and child care services for CAULD communities especially those of East Asian backgrounds. Located at 3-5 Anthony Road, West Ryde NSW 2114.

[www.casscare.org.au](http://www.casscare.org.au)

Ph: 9789 4587

**Domestic and Family Violence Services**

Women’s Legal Clinic – The Northern Centre

A free women’s legal clinic in collaboration with Hunt and Hunter Lawyers. Appointments available Wednesday afternoons via zoom or phone.

[www.thenortherncentre.org.au/womens-legal-clinic](http://www.thenortherncentre.org.au/womens-legal-clinic)

Ph: 9334 0111

**Support Services for Families**

CCA

Provide Family Day Care and programs that support parents to develop concrete parenting skills that help children and youth function well at home, in school, at work, and in the community, today and into adulthood. Located at 2 Dickson Ave, West Ryde NSW 2114.

[www.ccas.org.au](http://www.ccas.org.au)

Ph: 9858 3222

The Northern Centre

Offers individual support to build confidence and skills through personalised case management, counselling, parenting programs or supported playgroups. Located at Level 3, 3-5 Anthony Road, West Ryde NSW 2114.

[www.thenortherncentre.org.au](http://www.thenortherncentre.org.au)

Ph: 9334 0111

**Housing Support**

My Foundations Youth Housing

Provides young people with up to 5 years of secure tenure, links to support, education and employment. Properties available in Ryde.

[www.mfyh.org.au](http://www.mfyh.org.au)

Ph: 8306 7905

**Mental Health Support**

Ryde Community Mental Health

Twenty-four hour assessment and management for people in acute psychiatric crisis. Support services include long-term case management, an assertive outreach team, and an attached Drug and Alcohol Services. Support for those aged 18-25 years. Located at 39 Fourth Ave, Eastwood NSW 2122.

[www.nslhd.health.nsw.gov.au](http://www.nslhd.health.nsw.gov.au)

Ph: 1800 011 511

Coral Tree Family Services

Referral service that aims to assist the families of children showing mental health, behavioural, motional, and relationship difficulties. Located on the grounds of Macquarie Hospital in North Ryde.

[www.nslhd.health.nsw.gov.au/coraltree/Pages/default.aspx](http://www.nslhd.health.nsw.gov.au/coraltree/Pages/default.aspx)

Ph: 9887 5830

Grow Support Group

Provides weekly peer support groups for adults with metal health issues. The Grow Program is based on a 12-step program of personal growth of mutual help and support. Located in West Ryde.

[www.grow.org.au](http://www.grow.org.au)

Ph: 1800 558 268

E: nsw@grow.org.au

Cool Kids Anxiety Program

Supports families to manage a child’s anxiety. Targets all types of anxiety including general worry, separation anxiety, social anxiety, specific fears and panic. Age range 7-17 years. Located at Macquarie University.

Google: Cool Kids Anxiety Program

Ph: 1800 558 268

Community Health Services

Top Ryde Community Health Centre

Services include dental, child and youth mental health, child and family health, child occupational therapy, child physiotherapy, child speech pathology. Located at 51-53 Blaxland Road, Ryde NSW 2112.

[www.nslhd.health.nsw.gov.au/Services/Pages/chc.aspx](http://www.nslhd.health.nsw.gov.au/Services/Pages/chc.aspx)

Ph: 9448 6877

**Developmental Support and Disability Services**

Side by Side Advocacy Service

Provides advocacy for people with intellectual disabilities who have limited or no family support and are isolated within their community. Located at 30-32 Herbert Street, West Ryde NSW 2114.

[www.sidebyside.org.au](http://www.sidebyside.org.au)

Ph: 9808 5500

**Other Helpful Contacts**

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| City of Ryde | [www.ryde.nsw.gov.au](http://www.ryde.nsw.gov.au) | Ph: 9952 8222 |
| Hunters Hill Council | [www.huntershill.nsw.gov.au](http://www.huntershill.nsw.gov.au) | Ph: 9879 9400 |
| Eastwood Police Station | 3 Ethel Street, Eastwood NSW 2122 | Ph: 9808 5500 |
| Gladesville Police Station | 8 Victoria Road, Gladesville NSW 2111 | Ph: 9879 9699 |
| Ryde Police Station | 810 Victoria Road, Ryde NSW 2112 | Ph: 9808 7401 |
| Ryde Hospital | Denistone Road, Eastwood NSW 2122 | Ph: 9858 7888 |
| Macquarie Hospital | Wicks Road, North Ryde NSW 2113 | Ph: 9887 5500 |