

Mid North Coast Support For Families

FOR URGENT HELP:

PARENTLINE: 1300 301 300

PARENTLINE NSW: 1300 1300 52

KIDS HELPLINE: 1800 55 1800

Family Referral Service: 1800 758 589

Family Support Services

Family Referral Service: <http://www.familyreferralservice.com.au/>

UnitingCare Burnside Family Support Service Mid North Coast <http://www.burnside.org.au/>

St Joseph's Family Support Service <http://www.stagnesparish.org.au/sjfs/>

Support Groups

Port Macquarie & Mid North Coast Region Support Groups <http://www.pmncinfo.org.au/images/CSD/Support%20Groups.pdf>

Family Wellness Practitioners

Practitioner	Services	Website	Email
Bec Maher	Certified Baby Sleep Consultant	www.thesleepcentre.com.au	bec@thesleepcentre.com.au
Erika Stevenson	Occupational Therapy for kids	www.superkidsot.com.au	erika@superkidsot.com.au
Matthew Polock	Chiropractics, Applied Kinesiology	www.savoyhealth.com.au	
Jaye Roberts	Massage pre- & post-natal, Sound Practitioner,	www.sivanablissretreat.com	
Loren Enfield	Surfing & Yoga	www.soulsurfing.com.au	loren@soulsurfing.com.au
Nyree Pryce	Naturopathy		nyreepryce@gmail.com
Kassie Tubbs	Pregnancy & Post-natal Yoga, Hypnobirthing Practitioner		kassie.tubbs@hotmail.com
Stephanie Elsum	Chinese Herbal Medicine, Acupuncture	www.empirical-health.com www.portmacquariehealth.com.au	steph@empirical-health.com
Bec Fitzgerald	Doula		beccyfitzgerald@hotmail.com
Linda Polock	Behavioural Optometry	<a href="http://www.eyecareplus.com.au/portmacquarie-
ws/">www.eyecareplus.com.au/portmacquarie- ws/	
Shannon & Anthony Hilkemeijer	Cranial Osteopathy, Pilates, Neurological Integration	www.bodyiq.net.au	body.iq@gmail.com
Simon Feeney	Chinese Herbal Medicine, Acupuncture	www.empirical-health.com	simon@empirical-health.com
Alissa Powell	Breastfeeding Education Counselling,	www.breastfeeding.asn.au	alissaaba@gmail.com
Leah Zvirdinas	Chiropractic focusing on Pregnancy, babies and beyond	www.belliesbubsandbeyond.com.au	leah@belliesbubsandbeyond.com.au
Sara Phillips	Parent Coach & Parent Educator	www.mindfulparentingmindfulcoaching.com	sara@mindfulparentingmindfulcoaching.com
Ivana Moudry	Acupuncture and Chinese Herbal Medicine, specialising in fertility, pregnancy, women's and children's health	www.portacupuncture.com.au	ivana@portacupuncture.com.au

