

## Childcare & related services

**Long Day Care** is available for children from 6 weeks to 6 years old and is usually open at least 10 hours/day. Some centres offer **Occasional Care**. **Family Day Care** is offered in family homes with up to 5 children per registered carer. Preschools usually open 9am to 3pm for children 3-6 years. **Vacation Care** and **After School Care** are available for school-age children. [www.mychild.gov.au](http://www.mychild.gov.au) provides up-to-date details of centres & government support.


**Armidale & District Family Day Care** 6772 5300 Office - 169 Miller St  
[www.armidaleanddistrictfamilydaycare.com](http://www.armidaleanddistrictfamilydaycare.com) Office hours: Mon - Thurs 8.30am-4.30pm.  
 The ADFC coordinates family day care in the homes of registered carers in Armidale, Guyra, Uralla, Walcha; out of school home care (after school hours) and Vacation Care.

- Adventureland Preschool: 81 Butler St 6772 7927
- Armidale & District Family Day Care: 6772 5300
- Armidale Community Preschool: 127 Allingham St 6772 2695
- Armidale Montessori Preschool: 1 West Ave 6772 3628
- Camp Australia St Mary's: 156 Rusden St 1300 105 343
- Challenge Disability Services Schools Out: 2/6 Grills Pl 6771 2980
- Boongaigai Preschool: 278 Rockvale Rd 6772 0028
- Drummond Park Preschool: 11 Carey Ave 6772 5566
- Galloway Children's Centre: 90 Galloway St 6772 8600
- Guyra Preschool & Long Daycare Centre: Bradley St Guyra 6779 1715
- Hobbit New England Preschool & Childcare Centre: 44 Martin St 6772 4746
- Kurravatha Ave Early Learning Centre: 4 Kurravatha Ave 6771 2399
- Little Bear Child Care Cottage: 86 Taylor St 6772 1651
- Minimbah Preschool: Galloway St 6772 4853
- PCYC Kidzcare: 176 Rusden St 6772 1023
- St John's Junior School: NEGS: Uralla Rd 6774 8700
- St Peter's Preschool: 87 O'Dell St 6772 4421
- TG's Childcare Armidale: 11 Samuelson St 6772 7810
- TG's Childcare Uralla: cnr Queen & John Sts 6778 3369
- Tiny Town Preschool & Long Daycare Centre: cnr Kirkwood & Douglas Sts 6771 4373
- Uralla Preschool: 5 Hill St Uralla 6778 4510
- Yarrn Gwanga Child Care Centre (UNE): 6771 3173



**Care for Children**  
 with Disabilities Inc.  
**Providing Person Centred Care**

87 Rusden Street ARMIDALE NSW  
 2350 PO Box 1588  
**Phone: 02 6771 2506**  
**Mobile: 0488 250 605**  
 Email: [careforchildren@bigpond.com](mailto:careforchildren@bigpond.com)



**Centacare**  
New England North West

**How can we support you?**

With a team of more than 90 locals in six offices, plus 80 volunteers across the region, we understand where you're coming from.

Centacare NENW offers a range of services and support to individuals, couples, families and workplaces including:

- Counselling & psychological support
- Free support as part of the Australian Government's drought assistance package
- Free Gambling Help Service for problem gamblers & their families
- Corporate/HR psychology & Employee Assistance Program
- Free Carers counselling (through Carers NSW)
- Mediation—Family Dispute Resolution; Property, finance & workplace mediation
- Information & education sessions around mental health & family relationships
- Case work support for individuals & families
- Support for young people through headspace Tamworth

Tamworth | Armidale | Inverell | Walgett  
 Narrabri | Moree | 1800 372 826  
[www.centacarenw.com.au](http://www.centacarenw.com.au) Find us on Facebook [www.facebook.com/CentacareNENW](http://www.facebook.com/CentacareNENW)

## Family-focused Services : Health

**Child and Family Health at Freda Mott Centre (Armidale Community Health)**  
 6776 9747 (CFH Nurses) 6776 9897 (Immunisation) and 6776 9801 / 6776 9807 (Aboriginal Mums and Bubs Nurse). Child & Family Health Nurses offer a home visit to all new babies, provide free advice to parents of all children under 4 to assist with feeding, sleeping and parenting issues; provide comprehensive developmental 'blue book' checks, provide immunisation, are able to refer to other services as needed.

**Midwives' Clinic and Maternity at Armidale Rural Referral Hospital:** 6776 9642  
**Child Welfare Unit, Armidale Hospital:** 6776 9600  
 Armidale Rural Referral Hospital has a specialist counsellor for Physical and Emotional Abuse and Neglect of Children (PANOC).

**New England Medicare Local:** 6771 1146 213 Rusden St  
 Assists people around the New England North West area of NSW to access the health care services they need at the right time, and in the right locations.

**Paediatricians:** Dr Keith Power (6772 5228) Dr Catherine Wiles (6772 0440)

"A child, like your stomach, doesn't need all you can afford to give it." Frank A. Clark