



*Continuing With a Pregnancy
Metropolitan Information and Resources*

*21 Belmore Terrace
Woodville Park SA 5011*

*Phone: (08) 8243 3999
Fax: (08) 8243 3998*

www.pregnancyadvisorycentre.com.au

SA Country Toll Free – 1800 672 966

Working Women's Centre SA Inc

The Working Women's Centre provides information, advice and support to women on work related issues. The service is free and confidential,

1st Floor Station Arcade
52 Hindley Street
Adelaide SA 5000
wwc@wwc.org.au

Phone: 8410 6499
Toll free: 1800 652 697

Families SA

Foster care: emergency care or regular respite care can be arranged if you are having difficulties.

Financial counselling: trained financial advisers can give budget advice and liaise with financial institutions and creditors.

Emergency financial assistance: emergency financial payments can be made in times of crisis.

Parenting brochures: as part of the Parenting SA campaign, brochures on many parenting issues are available.

For the above contact your nearest Office in the White pages.

12. OTHER USEFUL CONTACTS

Lone Parent Family Support Service

Counselling and support is available to sole parents through provision of information and referral services, mutual support groups and sole parent family development.

C/- Anglicare SA, Elizabeth Way, Elizabeth 5112

Phone: 8287 4407, 8255 3514 (a/h)

Parents Without Partners

Mutual support group for sole parents, (6 metropolitan branches)
Recreation for adults, children and families.

www.pwpaustralia.net

Email:sa@pwaustralia.net

186 Hampstead Road Clearview

Phone: 8359 1552

Women's Information Service

Provides a range of information on various women's services in South Australia

Ground Floor Chesser House

91-97 Grenfell Street, Adelaide, 5000

Phone: 8303 0590 or 1800 188 158

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I. ANTE NATAL CARE & BIRTHING

Many women have questions and concerns during pregnancy, such as nutrition, drug & alcohol use and what to expect during different stages of pregnancy. It is often a good idea to start to organise how and where you want to give birth as soon as possible. Consequently, it could be useful for you to contact a doctor of your choice, a Women's Health Centre, hospital, or other appropriate health professional to assist you with questions. Ante Natal care is an important part of pregnancy, to ensure the pregnancy is progressing normally. This is done through regular checks on your blood pressure, ultrasound scans and blood tests, which also assess the baby's health. Below are some services that may be able to assist with this:

Public Hospital Care

- Pregnancy SA Infoline - for booking antenatal care through the public system.
Phone: **1300368820**
- Flinders Medical Centre (Flinders Drive, Bedford Park)
Phone: **8204 5511 clinic appointment number 8204 5197**
- Lyell McEwin Health Service, Oldham Road, Elizabeth Vale
Phone: **8182 9000**
- The Queen Elizabeth Hospital, 28 Woodville Road, Woodville
Phone: **8222 6000**, Ante natal visits **8222 7050**
- Adelaide Women's & Children's Hospital, 72 King William Road, North Adelaide -Book appointments through Women's Outpatient Clinic on **8161 7592**. Phone: **8161 7000**
- Mount Barker & Districts Health, Wellington Rd, Mount Barker
Contact: **8393 1777**
- A Midwifery Program operates north of Adelaide. Community midwives provide a service to women ensuring continuity of care. Contact: **8252 3711**. (This is a free service for eligible women).
- The cost of all services at a public hospital that you are attending as a public patient (i.e. not with a doctor who you have chosen) is fully covered.

If you are considering adoption, further information can be obtained by contacting a social worker at:

- Adoption & Family Information Services,
Children Youth & Family Services,
Level 1/45 Wakefield Street,
Adelaide SA 5000

www.adoptions.sa.gov.au

Phone 8207 0060

You may also find it helpful to seek counselling and information from:

- The Social Work Department at the hospital where you are going for your ante natal care.
- SPARK (see Parenting) **Phone 8212 3255**

If you have chosen to relinquish your child, you may access support from Post Adoption Services—Relationships Australia. A support group for birth mothers and peer support link is offered.

Phone 82458100

11. ADOPTION

Adoption is a legal arrangement and is permanent. In relinquishing a child for adoption the birth parent/s give up their legal rights and responsibilities to the child and these are taken up by the adopting parents.

Until recently adoption arrangements were mostly secret. The Adoption Act was changed in 1988 and again in 1997 to allow more openness between the parties.

Some facts related to the adoption process:

- Consent to Adoption forms cannot be signed by the birth parent/s until the child is at least 14 days old.
- By law birth parents must have had counselling and information about the implications of adoption at least 3 days before signing consents.
- If the birth father has signed the birth registration form, he must also sign the adoption consent. If he has not signed the registration form, but indicates he wishes to have a say in the child's future, the Department for Children Youth & Family Services must take into account any steps he takes to prove paternity before proceeding with the mother's consent to adoption.
- After consents are signed there is a period of 25 days in which the consenting persons have the right to change their minds and cancel the consents. An extension (14 days) of this period can be applied for if more time is required.
- During this time the child can be placed into a short term foster home by the Department for Children Youth & Family Services. This placement would be arranged with the written consent of the birth parent. Birth parents have the right to maintain contact with their child in the hospital and in the foster home during this period.

Once the time for cancellation of consent has expired, the child is placed in an adoptive family.

Hospital	Ante natal Clinic	Ante natal Classes	Midwife run Clinic	Shared Care with GP or Private Midwives	Birthing Centre	Youth Ante & Post natal Service	Creche
Lyell McEwin Health Service	Yes	Yes	Yes	Yes	Yes	Youth clinic & ante natal classes Contact Second Story, or Hospital	Yes
The Queen Elizabeth Hospital	Yes	Yes	Yes	Yes	No	Young Mothers get together network. Shared care with Second Story possible	no
Adelaide Women's & Children's Hospital	Yes	Yes	Yes	Yes	Yes	Shared care with Second Story (Young Women's Support Service) Contact Second Story Social Worker	Yes
Flinders Medical Centre	Yes	Yes	Yes	Yes	Yes	Not specific service	Yes

Community Midwife Programs (Public)

A free service offering continuity of midwife care both throughout your pregnancy and after birth. Midwives can consult either at the local health centre or at home. Home and water births are possible. Eligibility criteria may apply, please ring to talk to a midwife. Support groups also available.

- Midwifery Group Practice (Central regions), call Unit Head for Midwifery Group Practice at WCH **Phone: 81617000**
- Northern Community Midwives Program, Playford Salisbury and Tea Tree Gully Council Areas
Phone: 8252 3711
- Northern Community Midwives Program, Playford Salisbury and Tea Tree Gully Council Areas
Phone: 8252 3711
- Seaton Callistemon midwifery group Practice.
Phone: 0423024840—Meg
- Southern Midwifery Group Practice—through Flinders Birthing Centre. **Phone: 8204 3128 or 8204 5511**
- Community Midwifery Service, Lower Eyre Health Service
Phone: 8688 2629

Private Hospital Care

- Port Augusta Community Midwifery Program
Phone: 8648 5500
- Whyalla Community Midwifery Program
Phone: 8648 8300

Some private hospitals offer ante natal and birthing facilities.

If you have opted to seek medical care through your pregnancy and birth from a doctor of your choice, that person will give you an option of hospitals at which they practice. You can then investigate these. If you have heard of a particular hospital you would like to use, you can contact it to inquire about its facilities and the hospital can give you a list of names of doctors who have admitting rights there.

Private hospitals charge significant daily fees for admission. Rebates

Aboriginal Sobriety Group

- Assessment, referral and counselling
- Male and female hostel facilities with support to access education and employment. Access to health and fitness centre.

www.aboriginalsobrietygroup.org.au

Phone: 8223 4204

South East Drug & Alcohol Counselling Service

- Alcohol and other drug dependence assessment, counselling and treatment. Located in 5 regions in the South East.

Phone: 1800 332 202 or 8723 2920

Primary Health Care Services Port Adelaide

- Drug & Alcohol Services Outreach

Cnr Church and Dale Street, Port Adelaide

Phone: 8240 9611

10. DRUGS & ALCOHOL

Illicit, prescription and over the counter drugs can be harmful to a developing foetus throughout the pregnancy. It is important to discuss any drug, alcohol or tobacco use with your doctor as soon as possible. Below is a list of services that may be useful in relation to drug, alcohol & tobacco use.

- Operates Monday to Friday 9am to 5pm

Drugs in Pregnancy Information Line

Phone: 8161 7222 (Women's & Children's Hospital)

Quitline – Smoking

Phone: 13 78 48

- 24 hour telephone service provides information, counselling & referral

Drug & Alcohol Information Service

Phone: 1300 131 340

Outreach and alternative care for young people (12-25 years old) who are homeless or at risk of becoming homeless.

www.dassa.sa.gov.au

Youth Care

- Accommodation
- Support

Phone: 8277 8088

are only available through membership of a private health fund. Most funds require that you have been a member for twelve months before you

Home Birth Services

can claim costs related to pregnancy.

Likewise ante natal educators at private hospitals charge fees which can be partially reimbursed through "Extras" cover in a health fund.

- Home Birth Network of SA Inc.
PO Box 223, Blackwood SA 5054
Phone: 8370 5204

Other Relevant Birthing Resources

www.homebirthsa.org.au

This organisation supports and encourages women in their birth choice. It keeps a register of home birth practitioners and resources relating to birth. The website has lots of useful information.

Streetlink

- The Childbirth Information Centre
Australian College of Midwives
20a William St, Norwood 5067
Phone: 8364 5729 or 8356 1069 from 10.00 am to 2.00 pm
- Shared care ante natal service for women up to 25 years of age.

1st Floor, 27 Gresham Street, Adelaide
Phone: 8231 4844

1. ANTE NATAL CARE AND BIRTHING

Nunkuwarrin Yunit of SA

Ante natal and postal natal care for Aboriginal and Torres Strait Islander women offered by a trained midwife and medical team
182-190 Wakefield Street, Adelaide

Phone: 8223 5217, or
28 Brady Street, Elizabeth Downs

Phone: 8254 5300

Birth Matters aims to provide good information to prospective parents,

Birth Matters

and new parents, to enable them to make informed choices regarding pregnancy, birth and parenting. Birth Matters are a group of parents who have experienced birth as a momentous life event, and hope to inspire with their birth stories and dispel some of the fears that can erode the confidence of parents. Birth Matters attempts to provide accurate well researched information on birthing matters and refer to you to resources such as:

- ◆ *Birth preparation classes, Breastfeeding services, Support & info for fathers, Sole parenting resources & support, Birth support people.*

Birth Matters is a free service. You can contact them at:

www.sabirthmatters.org.au

Ante natal care and young mothers group.

Adelaide Hills Community Health Service

Mount Barker & Community Health

Phone: 8393 1777 and ask for maternity

Adelaide Hills Community Health Service

Wellington Street, Mount Barker

Phone: 8393 1833

Uniting Care Wesley Adelaide Family Services

Counselling for adult women and men as well as young people who have experienced childhood abuse.

1st Floor, 10 Pitt Street Adelaide

Playford Community Health Centre

- Counselling & support groups for child sexual abuse survivors
- Domestic violence counselling/general women's counselling
- Community health care
- Nutrition & health education
- Men's and women's counsellors

Residents of City of Playford
50 Peachey Road, Davoren Park
Phone: 8252 9900

Parks Community Health Centre

- Support groups for women affected by sexual abuse, Domestic Violence etc
- Health information
- Antenatal share care in conjunction with QEH & WACH
- Community health care for Aboriginal Women
- Immunisation
- Counselling service

Trafford Street, Angle Park. People living in postcode areas 5008 - 5013. Aboriginal people and refugees any postcode.

Phone: 8243 5611

Side Street Counselling Service

Counselling, support and information for women and men aged 12-25 who are homeless or at risk of becoming homeless and have experienced violence and sexual abuse. Counselling can occur at Pitt Street or counsellors can arrange to come to you.

14 Pitt Street, Adelaide
Phone: 8202 5871

Women's Health Centres and Youth Health Services

Women's Community Health Centres

Provide support groups, counselling, contraceptive information, general women's health care, resources and information, women health workers.

Locations:

- Dale St Women's Health Centre
47 Dale Street, Port Adelaide**Phone: 8444 0700**
- Women's Health Statewide
64 Pennington Terrace, North Adelaide.....**Phone: 8239 9600**
www.whs.sa.gov.au
+ Healthline **toll free 1800 182 098**
Adelaide 1300 882 880
- Northern Women's Community Health Centre
28 Philip Highway, Elizabeth**Phone: 8252 3711**
- Southern Women's Community Health Centre
Alexander Kelly Drive, Noarlunga Centre.....**Phone: 8384 9555**

Women's Community Centre

Counselling and referral to legal advice .

64 Nelson St, Stepney 5069

Phone: 8362 6571 - Hours Mon-Thurs 9:30-3:00pm.

Shopfront Youth Health and Information Service

Counselling services, pregnancy testing, support groups, drug and alcohol counselling, drop-in family planning clinic and legal advice for under 18 year olds.

Shop 3-4/72 John Street, Salisbury 5108

Phone: 8281 1775

Streetlink Youth Health Service

Health and counselling services for young people aged 12-25 and their children.

1st Floor Gresham Street, Adelaide

Phone: 8231 4844

Second Story – Youth Health Service

Provides counselling, health information, support services and groups for parents to be.

Phone: 1300 131719

Migrant Health Service

Provides medical services, health assessment and counselling. A state wide service available to all new arrivals and people on temporary visas.

21 Market Street, Adelaide

Phone: 8237 3900

9. *SEXUAL ABUSE & ASSAULT CONT/*

Southern Junction Youth Services

- Counselling & support for young people aged 12 to 25 years
- Counselling & support for non-offending relatives, parents, or carers of Young people who have been sexually abused
- Youth accommodation service

www.southernjunction.org.au

13 McKinna Road, Christies Downs (Charges may apply)

Phone: 83928 300

Dale Street Women's Health Centre

- Group courses re sexual abuse, domestic violence, lesbian health etc
- Counselling
- Advocacy on women's health issues
- Outreach service for Aboriginal women
- Gynaecological health care

47 Dale Street, Port Adelaide

Phone: 8444 0700

Hills/Fleurieu Women's Health Team

- Information/resources & referral for women
- Groups re childhood sexual abuse, violence, body image, emotional & physical health issues
- Counselling

Covers areas: Mt. Pleasant, Adelaide Hills, Mt. Barker, Strathalbyn, Goolwa, Port Elliot, Victor Harbor & Yankalilla.

Phone: 8393 1833

9. **SEXUAL ABUSE & ASSAULT**

For some women, pregnancy can be the result of sexual abuse or assault. For others, pregnancy can act as a reminder of past sexual abuse/assault.

The following information provides a list of services that can assist women who have suffered or are suffering from sexual abuse/assault.

Yarrow Place

- Counselling & medical services for people who have experienced rape/sexual assault who were over 16 years at the time
- Counselling for families, friends and other affected people
- Collection of forensic evidence
- Follow up medical care
- Information on court procedures & compensations claims
- Support groups for survivors of adult rape/sexual assault

www.yarrowplace.sa.gov.au

Level 2 Norwich Centre, 55 King William Street, North Adelaide
Phone: 8226 8777 or 1800 817 421. After Hours 8226 8787

Child Abuse Report Line

- 24 hour line to respond to the needs of any child or young person (0-17 years) suffering from abuse / neglect.

Phone: 13 14 78 (24 hours)

Women's Health Statewide

www.whs.sa.gov.au

North Adelaide

Phone: 8239 9600 or 1800 182 098

2. **PARENTING SUPPORT**

Parent Helpline 24 Hour Telephone Advice Service

Telephone counselling service employing professional staff who are available 24 hours for advice regarding parenting issues for parents of children 0 - 25 years.

**Child & Youth Health 24 Hour Parent Helpline:
1300 364 100**

Australian Breastfeeding Association

Provides counselling, information and support to breastfeeding mothers via the helpline, email, courses and local groups.

Helpline: 1800 686 2686

Email: santoffice@breastfeeding.asn.au

Child & Youth Health Service

Torrens House

- live-in service for parents and babies
- team of nurses, social workers and doctors available for support and encouragement in a range of areas to do with parenting
- open Tuesday - Friday
- self referral or referral through health/welfare practitioner
- no cost.

295 South Terrace, Adelaide 5000 — www.cyh.org.au

Phone: 8303 1500. For your local branch call 1300 733 606

The Second Story Division of Child & Youth Health

- Support for young parents is offered through individual or group contact.

- Home visits are possible.
- Advocacy, housing support, liaison with Centrelink are available.
- Provides a meeting place for young parents.

The Second Story also provides a “share care” ante natal service with both the Adelaide Women’s and Children’s and The Queen Elizabeth Hospital. Second Story run a Young Parents project (young parents can get advice, support and contact with other young parents).

Contacts for Young Parents Project are as follows:

Young Mothers/Parents Groups are run at the following loca-

Central	57 Hyde St Adelaide	Ph 8232 0233
Northern	6 Gillingham Rd Elizabeth	Ph 8255 3477
Southern	50A Beach Rd Christies Beach	Ph 8326 6053
West		Ph 8268 1225

- Seaton Central—Children and Family Health
Phone: 8235 9556
- Strenthening Family
United Care Wesley
Port Adelaide
Phone: 8440 2290
- Gilles Plains Young Mothers Group
Enfield Community Health Centre, 489 North East Road, Hillcrest
Phone: 8334 8400
- Café Enfield
17c Wilkins Street, Enfield
Phone: 8343 6571
- Para West Adult Campus,
32 Crafter Street, Davoren Park
Phone: 8254 6300

Lutheran Community Care

- Personal & Relationship / Financial counselling
- Emergency Assistance (Port Adelaide/Enfield area)
- Low income support program / Personal support program
- Healthy Living (Yoga and Walking Classes)

309 Prospect Road, Blair Athol
Phone: 8269 9300

Edge Assist

- Emergency food hampers and assistance with moving house

255 Old South Road, Old Reynella (for people living in a 5km radius)
Phone: 8322 2888

- Counselling: relationship, family, individual, bereavement

255 Old South Road, Reynella
Phone: 8381 8898

-
- Alcohol & other drug counselling & support

Uniting Care Wesley Bowden

- Child Care
- Emergency Assistance
- Family counselling
- Financial counselling
- Low income support program
- Multicultural family support services

77 Gibson Street, Bowden
Phone: 8245 7100

Relationships Australia

- Relationships counselling
- Domestic Violence counselling
- Gambling counselling
- Mediation services
- Parent education
- Post separation counselling
- Sexual abuse counselling
- Support for separated families – Children’s contact service

www.relationships.com.au

55 Hutt Street, Adelaide
Branches at Hindmarsh, Marion, Salisbury, Ridgehaven and Berri.
Fees are applicable.

Phone: 8223 4566 or 1800 182 325

Uniting Care Wesley

- Family & Relationship counselling
- Financial counselling
- Domestic Violence counselling
- Childhood Sexual Abuse counselling
- Services for young people who are at risk or homeless

10 Pitt Street, Adelaide
Phone: 8202 5111

- Salisbury North Neighbourhood House
4-6 Bagster Rd, Salisbury North
Phone: 8250 4167
- South – groups are held at Mitchell Park and Hackham West.
Contact Southern Branch, Child & Youth Health Services,

CENTACARE

Christies Beach
Phone: 8326 6053

Long and medium term supported accommodation for young women 12-25 years (and their children 0-5 years) who are homeless or at risk of becoming homeless.

- Individual or group programmes with a focus on parenting are available to residents.
- The service has outreach accommodation and programmes.
Service is offered from two 24 hour sites:

Malvern Place — Morphett Vale
Phone: 8359 1022

Louise Place (see also Accommodation)

Coolock House — Morphett Vale
Phone: 8382 6699

Self referral or referral through Trace-a-Place.

- Residential care - shared units for single pregnant women aged less than 18 years
- Residential nursery unit
- Counselling, support and advocacy
- Educational support, including study centre
- Sole parent family development
- Parent education

Vocational guidance and counselling.
Drop in centre for any single pregnant woman or sole parent.

5 Randolph Ave, Fullarton 5063

Phone: 8272 6811

SPARK Resource Centre

- A self help association for the support of single pregnant women, divorced or separated parents, people single with children or those who have been in this position
- Supportive meeting place
- Counselling, information and advocacy service.

Therapeutic and personal development courses covering different areas including parenting.

213 Gouger Street, Adelaide, 5000

Phone: 8212 3255

8. *RELATIONSHIP ISSUES*

Relationships are never easy. During pregnancy, emotions and issues for you and your partner or loved ones can be heightened. After the birth of a child issues can exacerbate due to stress, tiredness and the new roles you are adjusting to.

The following is a list of services that can assist women and their partner or loved ones experiencing relationship difficulties.

Centacare Catholic Family Services

- Conduct parenting & relationship courses
- Family Counselling team
- Youth Suicide intervention

Metropolitan branches in Hindmarsh, Aldinga, Adelaide, Salisbury, and Murray Bridge.

www.centacare.org.au

General Enquiries Phone: 8210 8200

Anglicare SA

- Individual & relationship counselling
84 Port Road, Hindmarsh
Phone: 83014200
- Grief & loss counselling
4 Angas Street, Kent Town
Phone: 8305 9688

Some concessions available.

www.anglicare-sa.org.au

Phone: 8305 9688

Nunga Mi : Minar Shelter Inc.

For Aboriginal women and their children (boys 0-12 years, girls any age) escaping domestic violence.

- Emergency & medium term accommodation
- Counselling, advocacy & support
- Information & referral
- Outreach support services

PO Box 121, Tynte Street, North Adelaide
(Referral through DV Crisis Service) – Aboriginal Women

Phone: 1300 782 200

Violence Against Women – Australia Says No

- 24 hours confidential help line for anyone concerned about violence/sexual assault in relationships

Phone: 1800 200 526

NB: After Hours assistance for all services is available at Crisis Care 131 611.

3. NUTRITION & HEALTH

Maintaining a healthy and balanced lifestyle is important during pregnancy for expectant mothers and their unborn baby. Below is a list of helpful hints that you may find useful. Always ask your doctor or midwife if you have any concerns about your health and the baby's health.

Eating a healthy diet will help make sure you and your unborn baby get the nutrients your growing bodies need. Each day, drink 6-8 glasses of water and eat a variety of foods from these food groups: breads, cereals, rice, pasta, noodles, vegetables, legumes, fruit, milk, yogurt, cheese, lean meat, fish, poultry, eggs, nuts.

Take folic acid

- Folic Acid can reduce the chances of having a baby with spina bifida
- It is hard to get enough folic acid from food, so the easiest and most effective way is to take folic acid tablet everyday for the first 3 months of pregnancy

Avoid Alcohol

- No amount of alcohol is safe. The more a woman drinks the greater the risk to the baby. Binge or heavy drinking throughout the pregnancy is especially harmful. Drinking less alcohol is better but no alcohol is your safest choice.

Quit Smoking

- Smoking or being exposed to passive smoking can harm unborn babies. It is important to quit smoking when you find out you are pregnant. For assistance you can call the Quitline on **1300 889 010**.

Health information from:

*The Women's & Children's Hospital - Ph: 8161 7000
Drugs & Alcohol in Pregnancy Information Line - 8161 7222*

3. *NUTRITION & HEALTH CONT/*

Morning Sickness & Nausea

Nausea and vomiting is common in approx 70% of pregnant women. It usually occurs in the early part of pregnancy and in most cases will subside by the second trimester, for some it may last longer or throughout the pregnancy.

Nausea in pregnancy can be managed by eating small meals, avoid long periods without food, drink fluids between but not with meals, avoid greasy, fried and spicy meals, avoid unpleasant odours, and rest when you are tired. Ginger is commonly used to alleviate nausea.

Sex During Pregnancy

Many “parent’s to be” have questions about the safety of sex during pregnancy and what is ‘normal’ for couples. What is normal varies widely and can be dependent on each individual’s pregnancy. This may be something you wish to discuss with your doctor or midwife.

Exercise

Keeping fit during pregnancy greatly assists recovery after birth. Regular exercise that feels comfortable can be beneficial, but check with your doctor or midwife first.

For more information talk to your Doctor or Midwife or call W&CH, Women’s Assessment Service on 8161 7535.

Southern Domestic Violence Service Inc.

- Counselling & support
- Emergency accommodation
- Information & referral

PO Box 188, Christies Beach

Phone: 8382 0066

Northern Domestic Violence Service Inc.

-
- Counselling & support
- Emergency accommodation
- Information & referral

12 Chivell Street, Elizabeth South

Phone: 8255 3622

NB: After Hours assistance for all services is available at Crisis Care 131 611.

- Emotional support & practical assistance for migrant women who

Migrant Women’s Support & Accommodation Service

are victims of Domestic Violence

- Emergency & short term accommodation
- Assistance in relocation
- Information & referral

PO Box 83, Welland

Phone: 8346 9417

This service employs people with bicultural and bilingual skills.

7. DOMESTIC VIOLENCE SERVICES

Domestic violence can happen in all kinds of families from all backgrounds. You may experience abuse from a partner, husband or boyfriend. It is mostly done by men against women. Violence can often commence and/or escalate during pregnancy. Domestic violence is not only physical violence it can also be

- ⇒ Emotional violence
- ⇒ Verbal violence
- ⇒ Sexual violence
- ⇒ Financial violence

The following information lists some services available to women & children experiencing domestic violence.

The Domestic Violence Crisis Service Inc

- Telephone & face to face counselling, advocacy & support
- Assistance with access to safe accommodation
- Provide information on accommodation, legal, housing & financial issues

PO Box 6578 Halifax Street, Adelaide
Monday to Friday 9am - 5pm
Phone: (free call) 1300 782 200

Central Domestic Violence Service Inc

- Counselling & Advocacy
- Emergency Accommodation
- Support services – including outreach services

PO Box 2523, Regency Park
Phone: 8268 7700—West
Phone: 8365 5033—East

4. INCOME SUPPORT

Centrelink

Parents are usually eligible to receive some level of financial assistance from Centrelink. For more information it can be a good idea to make an appointment to see a social worker at your local Centrelink office.

Phone Family Assistance Office 13 6150 or checkout their website www.centrelink.gov.au.

Some payments are dependent upon eligibility assessment by Centrelink. Below is a list of benefits that parents may be eligible for:

- Family Tax Benefit Part A – for parents to help with the cost of raising children.
- Family Tax Benefit Part B – for single income families or sole parents.
- Parenting Payment – for parents to help with the cost of raising children.
- Maternity Payment – means tested benefit to help with the costs after the birth of a new baby.
- Maternity Immunisation Allowance – for fully immunised children or those exempt from immunisation.
- Child Care Benefit – for families to help with the cost of child care.
- Carer Allowance – for people who care for a child with a disability at home.
- Newstart Allowance – for unemployed but actively seeking work.
- Youth Allowance – students in full time study age 16 & 17; aged 25+ and studying; Independent age 15+ in full time study or undertaking a combination of activities
- Rent Assistance – is a payment added on to the pension, allowance or benefit of eligible people who rent in the private market.

4. INCOME SUPPORT CONT/

Welfare Rights Centre

- Provides assistance to people dealing with Centrelink, including independent information & advice about pensions, benefits & allowances
- Advocacy & negotiation with appeals of Centrelink decisions

220 Torrens Building, Victoria Square, Adelaide
Phone: 8223 1338, or 1800 246 287

Financial & Other Assistance

- Any Families SA Office
(see white pages) or **phone** head office on **8226 8800**
- Anglicare SA Family Centre (North)
Elizabeth **Phone: 8209 5400/ 1800 061 551**
Salisbury **Phone 8256 2170 / 1800 773 277**
- Aldinga Community Centre
Phone:. 8556 5940
- Uniting Care Wesley (Bowden)
Phone: 8245 7100
- Magdalene Centre (Adelaide)
Phone: 8305 9389
- Salvos Salvation Army (Adelaide)
Phone: 8227 0199

Young Women's and Children's Support Service (see also Parenting)

- Accommodation service for young women (12-25 yrs) and their children (under 5 yrs)
- Medium to long-term, supported and assisted accommodation
- Outreach service available.

Coolock House - Phone: 8382 6699

Malvern House - Phone: 8359 1022

Trace-a-Place

- Will assist young people under 25 years to seek accommodation via information, assessment and referral services for a variety of options including emergency and long term accommodation.

72 Currie St, Adelaide 5000

Phone: 1300 306 046

Housing Co-operatives and Housing Associations

- Housing co-operatives are managed by tenants. They are set up to house people on low to moderate incomes or to cater for groups of people with shared needs.
- A housing association is a group of people who work together to house tenants who are at a disadvantage in the housing market.
- Both have housing suited to the needs of sole parents.
- Both have waiting times.

Community Housing Council of SA

283-285 Payneham Road, Royston Park 5070

Phone: 8362 1022

6. ACCOMMODATION

The need for alternate accommodation and housing that is suitable for a baby can be an issue for some women, and others may feel they need to look for more stable accommodation. Some of the services listed below may assist those who would like assistance with accommodation.

Housing SA

- Bond assistance for private rental
- Rent relief for private rentals (if rent payments represent more than 30% of income)
- Priority Housing
- Housing Trust Accommodation (waiting periods may apply)
- Most assistance is income assessed.

www.familiesandcommunities.sa.gov.au

Adelaide Office, Level 2, Riverside Building, North Terrace, Adelaide

Phone: 13 12 99 Housing SA

Email: housing@dfc.sa.gov.au

Louise Place (see also Parenting)

- Young women (18 years and under) are offered supported accommodation
- Study centre (secondary education and other educational opportunities) for any young parent with a young child (newborn to 5 years)
- Child care is available for any young parent attending the Centre.

5 Randolph Ave, Fullarton 5063

5. LEGAL ISSUES

There are community legal centres available in Adelaide for people who are not able to afford private legal advice in relation to many different matters. The following list of services may be useful to women who have legal issues.

Women's Legal Service SA Inc.

- Legal advice, referral and ongoing legal assistance, telephone or face to face
- Indigenous Women's program – court support for Aboriginal & Torres Strait Islander women
- Rural Women's Outreach Service for women in remote areas
- Outreach services are provided in metropolitan areas also.

19 Market Street, Adelaide

Ph. 8221 5553 or 1800 816 349

Indigenous Women's program **1800 685 037**

Aboriginal Legal Rights Movement

- Legal advice and counselling
- Legal representation
- Financial counselling
- Support for Aboriginal people in custody in SA

321-325 King William Street, Adelaide

Phone: 8113 3700/1800 643 222

Country branches available

5. LEGAL ISSUES CONT.

Central Community Legal Service

- General Legal advice and representation
- Disability Discrimination
- Youth legal project

Unit 2/59 Main North Road, Medindie Gardens
Phone: 8342 1800 or 1300 886 220

Southern Community Justice Centre

- General
- Child support
- Mediation neighbourhood disputes

40 Beach Road, Christies Beach
Phone: 8384 5222

Northern Community Justice Centre

- General
- Child support
- Financial Counselling

26 John Street, Salisbury 5108
Phone: 82816911

Westside Community Lawyers Inc

- General Civil litigation and mediation

Parks Community Centre
Trafford Street, Angle Park
Phone: 8243 5521

Parenting Testing

Postnatal DNA testing is available to determine the parentage of a child for purposes such as child support etc. Paternity testing is covered under Commonwealth Legislation and must be undertaken by an accredited laboratory. All parties must give consent to having DNA tested and provide photo identification.

For information regarding postnatal DNA parentage testing in SA please contact Medvet on **1800 633 838 freecall**. Testing is carried out at Frome Rd. Adelaide. Medvet can provide a report to the Family Court in cases of parentage dispute. Costs may be involved.

www.medvet.com.au

Antenatal DNA testing is available. For information contact the Women's & Children's Hospital Clinical Genetics Department on **8161 7375** or speak to a social worker at Pregnancy Advisory Centre on **8243 3999**.