

# Child & Family Health Nursing Services

Child and Family Health Nurses provide parenting and educational support for families with babies and young children aged 0- 5 years.

Services include:

- Home visits
- Clinic appointments:
  - Developmental Health Checks as per the Personal Health Record (Blue Book)
  - Support and information about normal growth and development, sleep and settling, feeding, safety, behaviour concerns, postnatal depression and anxiety
- 'Drop-in' clinics - no appointment necessary
- Breastfeeding support – no appointment necessary
- Groups for parents/carers
- Immunisation
- Family Care Cottage appointments – for families requiring longer appointment times.

AREA	CLINIC
Ngilyang Phone 4394 9148	Aboriginal Pregnancy, Child and Family Health Service Tuggerah Business Park 2/2A Bounty Close, Tuggerah, 2259
Erina Phone 4367 9600	Erina Community Health Centre 169 The Entrance Rd, Erina, 2250
Gosford Phone 4328 7900	The Gateway Centre Level 1, 237 Mann St, Gosford, 2250
Kincumber Phone 4323 8800	Kincumber Community health Centre 20 Kincumber St, Kincumber, 2251
Lake Haven Phone 4393 7777	Lake Haven Community Health Centre 3 Stratford Ave, Lake Haven, 2263
Long Jetty Phone 4336 7800	Long Jetty Community Health Centre 64 Wyong Rd, Killarney Vale, 2261
Woy Woy Phone 4344 8432	Woy Woy Community Health Centre Cnr Kathleen St & Ocean Beach Rd, Woy Woy, 2256
Wyong Central Phone 4356 9300	Wyong Central Community Health Centre Level 1, 38A Pacific Hwy, Wyong, 2259
Family Care Cottage Gosford Phone 4328 7901	The Gateway Centre Level 1, 237 Mann St, Gosford, 2250
Family Care Cottage Wyong Phone 4328 7901	Located in the grounds of Wyong Hospital (Block D) Pacific Hwy, Hamlyn Terrace, 2259

## Child and Family Health Services Main Office

Phone: (02) 4328 7900 Fax: (02) 4329 7525  
The Gateway Centre, Level 1, 237 Mann St, Gosford, 2250  
P.O. Box 361, Gosford, NSW, 2250