

# Early Parenting Centres (EPCs)



## What does the service provide?

EPCs provide specialist, targeted and flexible supports to parents/carers of children aged 0 and up to 4 years, in the areas of sleep and settling, feeding, behaviours, parent-child attachment and strengthening parenting capacity.

EPCs provide a free service that can be accessed by people with or without a Medicare card, including those on visas.

View this short video about the service

<https://www.vhba.vic.gov.au/health/specialist-centres/early-parenting-centres-expansion-and-upgrade>

## How to access the service

Referrals to the service are usually from:

- maternal and child health services
- maternity services
- general practitioners
- Child FIRST (Family Information Referral and Support Team) and Child Protection – delivered by the Department of Families, Fairness and Housing (DFFH).

## EPC locations, and self-referral form links

Noble Park – The Queen Elizabeth Centre

Tel: (03) 9549 2777

<https://qec.jotform.com/231968068845976>

Footscray – Tweddle Child and Family Health Service

Tel: (03) 9689 1577

<https://www.tweddle.org.au/online-self-referral/>

Wyndham (Werribee) – Tweddle Child & Family Health Telephone

<https://www.tweddle.org.au/online-self-referral/>

Ballarat – Grampians Health

Tel: (03) 5320 3003

<https://www.bhs.org.au/services-and-clinics/community-services/grampians-early-parenting-centre/>

Canterbury – Mercy Health

Tel: (03) 8416 7600

<https://health-services.mercyhealth.com.au/our-health-services/oconnell-family-centre/>

Whittlesea (South Morang) – Mercy Health

Tel: (03) 9407 6820

<https://health-services.mercyhealth.com.au/our-health-services/oconnell-family-centre/>

Casey (Clyde North) – Monash Health

Tel: (03) 7511 2800

<https://monashhealth.org/services/child-youth-and-family/murrumbek-casey-early-parenting-centre/>

Geelong – Barwon Health

Tel: (03) 4215 5920

<https://www.barwonhealth.org.au/services-departments/barwon-early-parenting-centre/self-referral-form>

## Anticipated to open in 2024

Bendigo – Bendigo Health

Aboriginal EPC in Frankston – First Peoples' Health and Wellbeing

## In planning stage

Hastings – The Queen Elizabeth Centre

Northcote – Operating health service TBC

Shepparton – Operating health service TBC