## LOCAL SERVICES

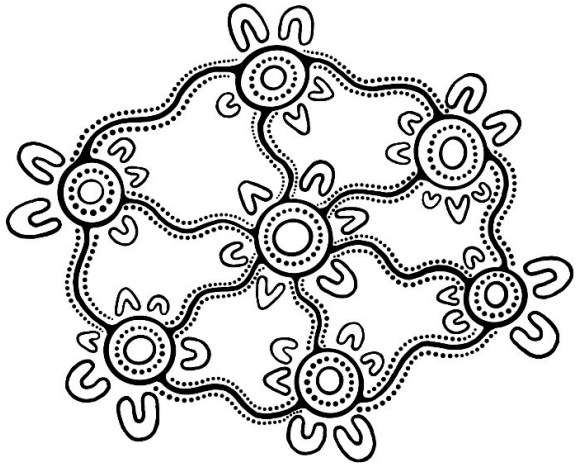
| | |
|---|---|
| Ambulance / Emergency Esperance Police | '000' Station: 9079 8999 |
| Bay of Isles Community Outreach (BOICO) | The Esplanade 9072 1072 |
| Centrelink / Services Australia/NDIS | 58 The Esplanade 132 468 |
| Cannery Arts Centre | Norseman Rd 9071 3599 |
| Carers Gateway and Carers WA Lotteries House | 1800 422737 |
| Centrecare (Counselling) | Suite 22A Dutton Arcade 9083 2600 |
| Child Care:<br>- Esperance Outside School Hours Care<br>- Lingalonga<br>- Kids on Castletown | <br>9071 7227 or 0409 832 125<br>9071 2281<br>90 |
| Court House / Victim Support / Department of Justice | Dempster Street 9071 6318 or 0439 946 321 |
| Department of Communities / Child Protection /housing<br>Department of Communities Housing Maintenance | Windich Street 6277 3844<br>1300 137 677 |
| Esperance APM Employment Services | 6/2 James Street 93802895 or 0429537097 |
| Esperance District Health Campus (Hospital) | Hicks Street 9079 8000 |
| Esperance Care Services (ECS) | Gilpin Street 9071 6310 |
| Esperance Community Arts | Museum Village 9072 1158 |
| Esperance Crisis Accommodation | Emily Street 9071 4395 |
| Esperance Local Education Office | Windich Street 9071 9100 |
| Esperance Shire | Windich Street 9071 0666 |
| Esperance Volunteer Resource Centre | Esperance Library 9083 1540 |
| Esperance Tjaltjraak Native Title Aboriginal Corporation | Shelden Road 9072 0094 |
| Esperance Home Care | Black Street 9083 1800 |
| Hope Community Services | Andrew Street 9071 5169 |
| Headspace Esperance | Dempster Street 9034 5160 |
| GIFSA | Windich St 9072 1726 |
| Leisure Centre (Swimming Pool / Gym) | Black Street 9083 1700 |
| Mudjar Aboriginal Corporation | Woods Street 90715823 |
| Mental Health (Esperance Adult Community Health Services) Head to Health | **Forest Street 9071 0444** |
| Playgroup | Black Street, 0427 907 216 |
| Population Health (Community Health) | Forrest Street, 9071 0400 |
| Senior Citizens | Forrest Street 9071 2268 |
| SMYL Community Services | 1300 215 391 |
| Training Alliance Group | Lotteries House 1300 436 756 |

# ESPERANCE SERVICES BOOKLET

PROVIDED BY ESCARE INC.

SUPPORTING THE ESPERANCE COMMUNITY SINCE 1982

***INCREASING THE CAPACITY OF INDIVIDUALS AND FAMILIES, TO ASSIST WITH DAILY LIVING CHALLENGES AND TO ENRICH COMMUNITY LIFE.***



**Our Funded Services:**

Empowering Communities
Family & Community Support
Financial Counselling
Out of School Hours
Youth at Risk


**Get in Touch:**

Unit 8, Balmoral Square
53 The Esplanade
Esperance WA 6450

9071 3110 / 0419 905 233
www.escare.org.au / contact@escare.org.au
Follow us on Facebook



Published November 2026


*Drawing by Nanapa / Jennell Reynolds depicting Escare Inc. in the community*


Escare Inc. services are primarily funded by WA Department of Communities

## CHILDREN AND FAMILIES

**"New Parent" Group**
*For parents with babies 0 - 6 months.*
Thursdays, 10.00am - 12.00pm. Offered by Population Health. Contact 9071 0400 for more information.

**Esperance Early Years Network**
*Connecting, supporting and strengthening children in the Esperance region to thrive in early years.*
Contact Escare 9071 3110

**To download the Resource booklet visit: www.escare.org.au**

## PARENTING, GROUPS & SERVICES

**Population Health**
For further information on a variety of individual and group programs to support families and children, please speak with your child health Nurse or phone 9071 0400.

**Escare Incorporated**
***Parenting Education Workshops including; Protective Behaviours and Cyber Safety***
Register your interest by calling 9071 3110

**Ngala Country Families**
*Ngala Raising Happiness. Ngala help with children from birth to 8 years in regional areas.*
www.ngala.com.au/program/country-services

**Parenting Connection WA**
*Local parenting services to suit your local community.* Anglicare Kalgoorlie 9068 1821

**SMYL: Parent Pathways Supporting parents**/carers to plan their future
Unit 25, 75-79 Dempster Street – 1800 953 585

**MensLine Australia**
1300 789 978

**Red Nose Grief and Loss**
*Supporting you on your journey after the death of a child.*
24/7 Helpline: 1300 308 307 / rednose.org.au

**Yorgum Healing Services**
*Counselling and healing for Aboriginal People*
*42 Wilson Street Kalgoorlie,* 1800 469 371 or 0436 462 016

**Goldfields Rehabilitation Service:** Visiting Services 9021 4732
Detoxification Program/Drug& Alcohol Rehabilitation/Transitional housing and support

**Standby standbysupport.com.au 0419 186 782**
To support those impacted or bereaved by suicide.

**Goldfields Community Legal Service 9021 1888 gclc.com.au** Visits Esperance from Kalgoorlie

**Legal Aid** Kalgoorlie 9025 1300 For Referrals: kalgoorlieadmin@legalaid.wa.gov.au

**Women's Community Legal Service WA** 9272 8800 or info@wlswa.org.au

## Information WA wide: mycommunitydirectory.com.au

| | |
|---|---|
| Aboriginal Legal Service of WA | 9021 3666 or 1800 019 900 |
| Association for the Blind WA | 1800 658 388 |
| Breastfeeding Helpline | 1800 686 268 |
| Cancer Council Helpline | 131 120 |
| Carers Counselling Line - 24 Hrs Carers Helpline * Face to Face | 1800 007 332<br>1300 227 377 |
| Child Abuse Prevention Service | 1800 273 889 |
| Crisis Care/ After Hours | 1800 708704 |
| Dads in Distress | 1300 853 437 |
| Domestic Violence Hotline MEN'S Helpline<br>DVAssist | 1800 007 339<br>1800 000 599<br>1800 080 083 / www.dvassist.org.au |
| Equal Opportunity | 1800 198 149 / www.equalopportunity.wa.gov.au |
| Family Court Matters:<br>Family Court Counselling service Family Law Hotline<br>Legal Aid Direct Kalgoorlie 9025 1300 | 1800 199 228<br>1800 050 321<br>1300 650 579 / www.familycourt.gov.au<br>1300 139 188 / www.legalaid.wa.gov.au |
| Family Help Line | 1800 643 000 |
| Family Relationships Advice Line | 1800 050 321 |
| Financial Counselling Hotline | 1800 889 364 |
| Goldfields Community Legal Service 9021 1888 | 1300 139 188 |
| Health Direct (24 hr Nurse triage) | 1800 022 222 |
| Kids Helpline | 1800 551 800 |
| Knowmore Legal Advice Line for survivors | 1800 605 762 |
| Lifeline 24 Hours Crisis Support and Suicide Prevention | 131 114 |
| National Debt Hotline | 1800 007 007 |
| Ngala Helpline | 1800 111 546 |
| Ombudsman<br>The Commonwealth Ombudsman | 1300 362 072 / www.ombudsman.gov.au |
| Parent Drug Information Service | 1800 653 203 / 9442 5050 |
| Parent Helpline | 1800 654 432 |
| Poisons | 131 126 |
| Psychiatric Emergency Service | 1800 676 822 |
| Read Write Now | 1800 018 802 |
| Samaritans Suicide Emergency & Youth line | 1800 198 313 / 9071 21297 |
| QLife counselling and referral *service* for LGBTIQ+ individuals | 1800 184 527 |
| Tenancy Advice Service:<br>- Goldfields Community Legal Centre Kalgoorlie<br>- Circle Green Community Legal | <br>1300 139 188<br>(08) 6148 3636 |

## YOUTH

**Escare Youth Service**
*Escare runs a part-time Youth Service that offers a regular group, information, referrals, advocacy, one to one assistance and recreational activities to young "at risk" people, ages between 12-18 years, in Esperance. 90713110*

**Esperance Headspace , Groups, One on One Counselling** Dempster Street. 9034 5160 (Lead agency Hope Community Services)

**Child and Adolescent Mental Health Service (CAMHS)**
Located at Population Health, Forrest Street / 9071 0400

**Mudjar Aboriginal Corporation**
Programs for young people enquire; 4 Woods Street 9071 5823
Including First nations SEE program *see@mudjar.org.au*

**Registered Psychologist** : Clare Franklyn; 9055 3013

**Regional Rainbows Esperance Facebook Page and LGBTea and Coffee events.**
**Living Proud**
Support services for the LGBTQI + community www.livingproud.org.au

**BeyondBlue**
*Provides information on depression, anxiety and how to help a friend.*
1300 224 636 / www.youthbeyondblue.com

**Kids Helpline**
*Kids Helpline is Australia's only free, private and confidential, phone counselling service specifically for young people aged between 5 and 25. Any time. Any reason.*
1800 551 800, via email or WebChat

**ReachOut**
*Australia's leading online youth mental health service, where you can get the help you need, where and when you need it.* https://au.reachout.com/mental-health-issues

**eHeadSpace**
*eHeadSpace is a confidential, free and secure space where a young person or their family can web chat, email or speak on the phone with a qualified youth mental health professional.*
eheadspace.org.au / 1.00pm - 1.00am AEST or 1800 650 890 10.00pm - 1.00pm AEST

**Butterfly.org.au**; Let's Talk Eating Disorders: National helpline 7 days a week 1800334673 8am- midnight (AEST/AEDS) Chat and email also available.

## FOR CHILDREN & FAMILIES

**Esperance Playgroup**
Corner Black Street and Jane Street
esperanceplaygroup@gmail.com

**Esperance Toy Library**
*Looking for an inexpensive way to provide educational toys for your kids? Open Saturdays, 9.30am – 11.00am Suite 3 98 Dempster St. FB/ DM or email; esptoylibrary@gmail.com*

**Early Learning and Development:**

**Uplyft (formerly Wanslea) Family Day Care**
**Grandcarers and other support** 9000 3070
**Lingalonga Early Years Learning Centre** 9071 2281
**Kids on Castletown**, 31 Hood St Way 6288 7100

**Esperance Outside School Hours Care**
*For primary school aged children*
After School Care & Vacation Care – 9071 7227 or 0409 832 125

**MyTime**
*MyTime groups provide support for mothers, fathers, grandparents and anyone caring for a child (up to the age of 16) with a disability or chronic medical condition. Meets weekly.*
For more information contact Escare 9071 3110.

**Story Time and Rhyme Time at Esperance Public Library**
*Story Time 2-5 years: come along and join in the fun at our story and activity session for about an hour.. Every Thursday at 10.30am.*
*Rhythm and Rhyme 0-2 years about 30 minutes. Fridays 10.30am.*
9083 1500 / www.library.Esperance.wa.gov.au

**PAINT ESPERANCE REaD: Escare Inc 9071 3110**
Early literacy Project Whole of Community with the local Esperance Early Years Network.

**Mainly Music Esperance** Wednesdays 9:30 School Term Bay Of Isles Christian Fellowship, Jacaranda drive.

**Mum's N Bubs group** Tuesdays 10-12 Esperance Christian School 9072703 2 Blake Street

## URGENT SUPPORT

**Esperance Crisis Accommodation Service Inc: (*ECAS)***
***esperancecrisisaccommodationservice.com*** *9071 4395 / ecass@wn.com.au*. 14 Emily St.

- **Mara Women's Safe House:** *Provides safe emergency accommodation to women and children escaping domestic violence and women and children in crisis. 24/7 access. Support, referrals, advocacy and information.* 9071 4395
- **Lachie's House:** *Short-term, crisis accommodation for families, men, women and children*
- **DV Assist:** *Information if you are in crisis (Domestic Violence) and debriefing for people working in the Family Violence area. 1800 080 083 or* dvassist.org.au
- **1800RESPECT:** *National Sexual Assault, Domestic Family Violence Counselling Service* 1800 737 732

**ECS (Esperance Care Services)**
Local Emergency Food Relief 9071 6310

**Goldfields Community Legal / Tenants Advice Centre**
Visits Esperance;1300 139 188. admin@gclc.com.au / www.gclc.com.au

**Women's Community Legal Service WA**
9272 8800 or email us at info@wlswa.org.au

**Department of Communities (Child Protection and Housing)**
86B Windich Street, Esperance or call Kalgoorlie Duty Officer on 9022 0700
After Hours Call Crisis Care: 1800 708 704

## MENTAL HEALTH

**Esperance Community Mental Health**
Forrest Street / 9071 0444

**Child and Adolescent Mental Health Service (CAMHS)**
Located at Population Health, opp Boulevard, Forrest Street / 9071 0444

**Centrecare**
Individuals, Couples, Families, Carers, Groups, Workshops, Community Development. Unit 22a, 91 Dempster Street, Dutton Arcade, Esperance 0890 832600

**Esperance headspace:** Groups, individual counselling; Dempster Street. 9034 5160

**Lifespan Esperance:** Suicide Prevention Network lifespanesperance@gmail.com

**Neami National** Step up/Stepdown Kalgoorlie 08 6323 8987
Short term residential support, prevent hospital admission, support early discharge and promote recovery in the community.

**Thirrli: 1800 805 801** After Suicide Support thirrlili.com.au

**BEGA Garnbirringu:** Visiting programs including social and emotional counselling.
9022 5500 / bega.org.au

**13YARN:** Crisis Support for First nations people. 13 92 76

**Kepa Kurl Keeping Strong Booklet:** Mental Health Support for Local Aboriginal and Torres Strait Islander people found at escare.org.au

**Peer Pathways:** Helps navigate services for Mental health in WA.
peerpathways.org.au 94772809

**Qlife:** Counselling and referral service for LGBTIQ+ individuals: 1800 184 527

## FINANCIAL SUPPORT

**Escare Inc, Financial Counselling**
Access to WA No Interest Loans; budgeting, negotiation with creditors, community education.
9071 3110

**ECS (Esperance Care Services)**
Local Emergency Food Relief 9071 6310

**Restore Hope Esperance**
Providing Donated food to those in need;

**Rural Financial Counselling WA**
www.ruralwest.com.au / 1800 612 004

**Consumer Protection**
Know Your Rights (for Fuel Watch, Scam Net, etc.)
www.commerce.wa.gov.au / 1300 304 054

**Salvation Army Goldfields**
Emergency Relief and Accommodation. Transitional Support Service. Support young people in the transition into independent living. For Esperance contact Escare. Kalgoorlie 9021 2255

## SPORT & RECREATION

**Esperance Shire:** Club & Community Development Officer 9071 0609

## ADULT EDUCATION OPPORTUNITIES

**Be Connected**
Join thousands of Australians who are learning new skills on everything from how to access the internet, to using your device and staying connected with others online.
***Your local Be Connected Network:***
Esperance Library 9083 150

**Escare Inc**
**Women's social connection groups**. 9071 3110

**Esperance Men-in-Sheds**
907 Simpson Street / 9072 0012

**South Regional Tafe**
7 Connolly Street 6371 3500

**SMYL Community Services**
**SEE - Access further study & job opportunities by improving your Language, Literacy, Numeracy & Digital Skills. Parent Pathways – Supporting parents/carers to plan their future.**
Unit 25, Esperance Business Centre 75-79 Dempster Street 1300 215 391 / 1800 953 585

**APM Employment Services Esperance**
6/2 James Street 0429 537 097 9380 2895

**WorkLink**
75 Dempster Street 9841 7741 or 0417 744 714

**Workforce Australia** Job Coordinator Andrea Wynne
esp@esperancelocaljobs.org.au 0458 256 368

**Impact**
Providing Disability Employment Network services
Esperance Business Centre Dempster Street / 9071 5358

## COMMUNITY ARTS

**Cannery Arts Centre**
*Exhibition space, touring exhibitions, workshops, art and craft featuring local works for sale.*
Norseman Road, Esperance 9071 3599

**Esperance Community Arts**
*Access to arts and culture for everyone; variety of free Community Arts activities.*
Museum Village, Esperance 9072 1158.

**Bijou Theatre**
*A theatre in a historic building. 150 seats, small reception room, entry/ticketing area, dressing rooms.* 115 Dempster Street, Esperance WA 6450. 0497 032 814

**Sing Australia Esperance**
*A singing group for all ages. Tuesdays at 7.30pm Esperance Senior Citizens, Forrest Street*

## Support for People

| NDIS Registered Provider | Contact details | Support Coordination |
|---|---|---|
| Bega Garnbirringu Health | Kalgoorlie 9022 5500 | No |
| Blue Haven Support Coordination | Esperance 0427 531 598 | Yes |
| BOICO (Bay of Isles Community Outreach) | 56 The Esplanade 9072 1072 | Yes |
| Cam Can Inc. | Lotteries House 0401 356 048 | Yes |
| Esperance Home Care | Black Street 9083 1800 | Yes |
| Impact Services Pty Ltd | 75-79 Dempster St. 62888613 | No |
| GIFSA Esperance | Windich Street 9072 1726 | Yes |
| Life without Barriers | Balmoral Square 0472 819 953 | Yes |
| Mamas Heart (Maria) | Esperance 0414260277 | No |
| National Disability Insurance Agency | The Esplanade 1800 800 110 First Nations: 1800411649<br>Co-located Services Australia | No |
| National Disability Service | NDIS Job Matching 1800 955 711 | No |
| People with Disabilities WA | 1800 193 331 (country callers) | No |
| Haki Support Hali Therapy | James Street hakisupport.com.au | tbc |
| Simplify Support Coordination | Esperance 0428 049 481 | Yes |

## COMMUNITY SERVICES

**BOICO (Bay of Isles Community Outreach**) Health and wellness groups that connects clients to support networks ,access to our respite house.9072 1072

**Centrecare**
Counselling & Support, Domestic and Family Violence Program, Mental Health Portal, Footprints to Stronger Families, Unit
22a, 91 Dempster Street, Dutton Arcade, Esperance 9083 2600

**Esperance Tjaltjraak Native Title Aboriginal Corporation (ETNTAC)**
Acts as an agent for the Esperance Nyungar people's native title rights and interests Driver Education, Ranger, Community Programs. 9072 0095

**Esperance Volunteer Resource Centre**
Volunteers & potential volunteers are linked and supported.
9083 1540 - 77 Windich St (Esperance Library)

**Education Department**
For all information regarding schools, including; school Psychological services
0428 855 593, Education Support Centre: 9071 9560

**HOPE Community Services**
Goldfields Community Drug and Alcohol Service. Ccounselling, information, referral or advocacy. Andrew Street 9071 5169

**Aboriginal Legal Service of WA**
Family Law Service; Child Protection; Parenting Orders; Recovery Orders;
42 Maritana Street, Kalgoorlie 9021 3666 or Freecall 1800 319 803

**Knowmore Legal Service** FREE Advise line 1800 605 762
Free legal help for survivors **knowmore.org.au**

**Aboriginal Family Legal Services**
1800 469 246 / afls.org.au

**Mudjar Aboriginal Corporation**
Art Gallery, Bush Tucker Garden, Educational groups including Art.
4 Woods Street 9071 5823

**Esperance Care Services (ECS)**
OP Shop – Emergency Relief – Advocacy – Pastoral Counselling – Community– ECS Fabric Recycling Project
Open Tuesday, Wednesday & Friday 9.30am – 2.30pm, Thurs 9.30am – 4.00pm, Sat 9.00am – 12.00pm
Gilpin St, Esperance 9071 6310
**ECS Community Hub – Rowse Street 90716310**

**Esperance Home and Community Care**, Black Street 9838 3144
Meals on Wheels.

## HEALTH MATTERS

**BEGA Garnbirringu**
Visiting programs including social and emotional counselling.
9022 5500 bega.org.au

**WA Primary Health Alliance (WAPHA)**
Local contact - 0439 276 534
Local Health Service Directory – wapha.org.au

**Population Health (WA Country Health Service)**
Specialist health staff offer services to parents, families, individuals and groups which are free and confidential. Forrest Street, Esperance (opposite Boulevard Shopping Centre).
Monday – Friday, 8.30am – 4.30pm / 9071 0400
Specialty services include;

- **Child Health**
- **School Health**
- **Immunisation**
- **Enuresis Nurse (bed wetting)**
- **Audiology**
- **Dietitian**
- **Speech Pathology**
- **Occupational Therapy**

**Nulsen Child Health Clinic**
Wednesdays 9.00 – 10.30am, at Nulsen Kindy (not during school holidays)
Contact Population Health on 9071 0400

**Breastfeeding Helpline**
1800 MUM 2 MUM (1800 686 268)

**Esperance Health Campus (WA Country Health Service) 9079 8000**

**Physiotherapy**
Inpatients and outpatient and community services for referred patients. Group programs including Gait & Balance, Esperance Easy Breathers, Hydrotherapy.
Monday – Friday 8.30am – 4.30pm / 9071 8170

**Social Worker**
Social Worker and Aboriginal Liaison Officer and staff and services.
Monday – Friday, 8.30am – 4.30pm 9079 8199

**Esperance Antenatal Classes**
For further information contact Esperance Hospital Midwifery Unit – 9071 8000

**Medicare Health** 1800 595 212 **My health app digitalhealth.gov.au/myhealth**

**Neurological Council of WA** ; Telenurse 1800 645 771 (8:30am– 4:30pm Monday-Friday)

## HEALTH MATTERS cont…

**PATS: Patient Assisted Travel Scheme**
The Patient Assisted Travel Scheme (PATS) provides country residents in the WA Country Health Service region with financial assistance when travelling more than 100km to access the nearest eligible medical specialist service (including Telehealth). Speak to your practitioner or visit the website
wacountry.health.wa.gov.au
**Amity Health**
Amity Health is a not-for-profit organization delivering a range of allied health and community services for children and adults. Amity is at Esperance Business Centre.
Integrated chronic disease program – 9842 2797
**Health Consumer Council:** 1800 620 780 (free call)
To increase the capacity of all people to influence the future direction of health care and to make informed decisions.
**CareOpinion;** tell your health/ hospital story careopinion.org.au
**Palliative Care Australia:** supporting older people what's right for them
www.dyingtotalk.org.au

## CARERS

**Carers WA: carerswa.asn.au** Ph: 1800422737 or 0417632899
Carers WA leads the delivery of Carer Gateway Services in WA. Carers WA Local Regional Coordinator assists with ; Carer Support Planning, Information and Advice, Connection to Support Services and Social and Peer Support Groups**.**
**Carergateway**
carergateway.gov.au / 1800 422 737
Including Better Start and Commonwealth Respite and Carelink Centre

**CARIADS** Support group for carers of family members and friends with lived experience of mental illness. 0439907116

**Centrecare:** 91 Dempster Street, Dutton Arcade, Esperance 9083 2600

**Dementia Australia: Helpline:** 1800 100 00 www.dementia.org.au/helpline

**My Time. Social group. Escare Inc** 9071 3110
Support for anyone caring for a child (up to the age of 16) with a disability or chronic medical condition.

## GENERAL PRACTICE

| | |
|---|---|
| **Banksia Medical & Health** | Unit 3/2 James St – 9071 1511 |
| **Esperance Family Practice** | 116 Dempster St – 9071 3100 |
| **Genpar Medical Services** | 63 Dempster St – 9071 1956 |
| **Recherche Medical Centre** | 64 Windich St – 9071 7799 |

**Bega Garnbirringu Health Services**
Mobile Clinic: 1800 037 037 or 9022 5558 for schedule.
ECS Hub or Betty Donovan Centre (Nulsen Primary School) Nulsen.