

Children, youth and families





healthAbility offers affordable services for your physical, dental, and mental health. We also support your social wellbeing. As a not-for-profit, every dollar goes back into our community.

We are committed to inclusive communities.



Why choose healthAbility?



Accessible and affordable



Holistic family support, including group sessions and parenting programs



Highly experienced multidisciplinary care teams



Strengths-based neurodiversity affirming environment



Providing services to over 25,000 people each year

Your care options:

- Occupational therapy
- Speech pathology
- Psychology
- Parenting support
- Dietitian
- Feeding clinic
- Grow Well groups
- Dental
- Bringing Learning to Life
- Pathway to good health
- School Readiness Funding - Allied Health Program
- Health promotion (food and movement)
- Youth and neurodiversity programs
- Baby Makes 3

School and community programs:

- Reconnect
- From Harm to Calm

Health therapies

Our range of therapy services delivered by accredited health professionals will support your child to reach their full potential and maximise their abilities:

- Occupational therapy
- Speech pathology
- Psychology
- Parenting support
- Dietitian
- Feeding clinic

We know how important it is to give your child the best start in life.

Our services are offered for children and youth aged 0-18 years with a supportive, play-based approach to assessment and treatment.

Our multidisciplinary team works together to create a complete picture of your child's health and wellbeing, and provide holistic support.

Your child does not need a formal diagnosis or medical referral to access our therapy services. We also provide a range of fee options based on their needs, including NDIS, Medicare, community health and private health insurance.



Occupational therapy

Our occupational therapists support your child to participate in daily activities. These might include:

- Self-care skills to be more independent at home, kindergarten or school
- Physical skills: play, fine or gross motor skills
- Cognitive skills: attention and concentration, problem solving, concept development and sensory processing
- Major life transitions such as moving from kindergarten to school
- Social skills

Speech pathology

Our speech pathologists support you and your child to improve communication skills by working on:

- Speech sounds
- Receptive (understanding) and expressive (talking) language
- Fluency
- Literacy
- Social skills
- Alternative communication systems
- Feeding/eating

Psychology

Our psychologists can provide assessment, treatment, individual and group therapeutic programs, and consultation with educators. The service is available to children with concerns regarding cognitive (intellectual) assessments, learning and attentional difficulties, organisation skills, play skills, self-care skills, emotional and sensory dysregulation, anxiety, depression, and emotional resilience.

Dietitian

Our dietitians support your child in making positive changes in their eating habits. Areas of focus include:

- Nutrition and healthy eating
- Food behaviour issues
- Weight gain/loss
- Food allergies and intolerances
- Fussy eating

Parenting support

Our Parenting Well services support parents to navigate the everyday experiences of parenting. Individual consultations and group sessions are available.

The family support worker can assist families with:

- Tantrums and big feelings
- Bedtime problems
- Children not following instructions
- Aggressive behaviours
- Parenting stress, wellbeing and self-care
- Other areas of concern

Feeding clinic

Available to infants from 6 months transitioning to solids up to children aged 8 years. The clinic supports children who have a limited food range, food fussiness, food refusal, anxiety and behavioural concerns around food.



Grow Well group programs

If you are concerned about your child's physical, emotional or social development, our Grow Well group programs can provide expert support for your child's developmental needs.

These groups are offered based on demand. Please contact us to find out more about current groups.

Our group programs cover a range of topics including:

- Ready for school
 - Handwriting
 - Sound development
 - Social skills
 - Speech and language skills
- Movement and sound
- Wellbeing groups
- Neurodiversity
- Parent/carers and child groups

School and community programs

Our inclusive programs in school and community settings support children, young people, families and educators:

- Reconnect
- Bringing Learning to Life
- From Harm to Calm
- Pathway to Good Health
- School Readiness Funding – Allied Health Program
- Health promotion (food and movement)
- Youth and neurodiversity programs
- Baby Makes 3

We work closely with schools and community organisations to support the learning, development and wellbeing of children of all ages.

As an approved Victorian Government provider, through the Departments of Education and Health, we collaborate with partners to deliver evidence-based programs that support students, teachers and families.

We acknowledge the funding and support of the Victorian Government's Departments of Education and Health, and the Department of Families, Fairness and Housing.

Are you part of a school, kindergarten or community group interested in our programs? Please contact child@healthability.org.au to find out more.

Reconnect

Reconnect is healthAbility's early intervention service that aims to prevent young people aged 12 to 18 years from becoming homeless across the City of Banyule and Shire of Nillumbik. Our team works with local services and people to provide support and advocacy for young people and their families.

Bringing Learning to Life

Bringing Learning to Life aims to develop educator and parent/caregivers' knowledge and use of evidence-based techniques to help prepare children for school. The program focuses on language development, literacy and fine motor skills. It is available to early learning providers who can access it independently, or use their School Readiness Funding through the Department of Education.

From Harm to Calm

Our From Harm to Calm program supports young people who self-harm or who are at risk of self-harming, to help them stop or reduce self-harm. The program also works with families and schools to provide support, evidence-based research and practical, effective responses to self-harm behaviour.

Pathway to Good Health

Pathway to Good Health is an early-intervention program for children and young people in child protection/out of home care in the inner east. The program works with child protection to provide health screening and a multidisciplinary assessment clinic which includes a paediatrician, occupational therapist, psychologist and speech pathologist. This service is delivered at healthAbility Box Hill.

School Readiness Funding – Allied Health Program

In this program funded through the Department of Education, healthAbility works with other community partners to provide early learning centres across the eastern suburbs with allied health support to help prepare children for school.

Health promotion (food and movement)

In partnership with government initiatives like Vic Kids Eat Well, our health promotion team works with schools and community groups across the eastern and north-eastern suburbs to help promote healthy eating and physical activity environments, programs and strategies.

Youth and neurodiversity programs

Our team provides a diverse range of inclusive and evidence-based programs to support young people with life skills, social and emotional wellbeing, and academic development.

Aimed primarily at older children and adolescents and their families, these include programs to help develop leadership and communication skills, social wellbeing groups, neurodiversity-affirming groups, parenting seminars, allied health support and programs to support emotional resilience and mental health.

All groups are delivered by our team of health professionals in the community (at schools or community organisations), from the Nillumbik Youth Hub in Diamond Creek, or on site at healthAbility.

Baby Makes 3

Baby Makes 3 is a group-based program promoting healthy, equal and respectful relationships. The program is delivered directly to new parents through trained facilitators, often through Maternal Child Health Services. Baby Makes 3 also supports midwives, maternal child health nurses and other health professionals to include gender equality messages in their work with families.

Balit Booboop Narrkwarren

Balit Booboop Narrkwarren is a culturally adapted model of Baby Makes 3 that recognises and respects the culture, language and country of First Nations peoples. The initiative works with Koori Maternity Services, Aboriginal Community Controlled Health Organisations (ACCHOs), local councils and perinatal services across Australia.



Dental

Our dental services for children help support good oral health habits for life:

- Child Dental Benefits Schedule (CDBS)
- Little Chompers - outreach education
- Smile Squad

Regular dental check-ups for children from two years of age are important to develop good dental health habits and prevent future dental problems.

In fact, we encourage our youngest clients to become familiar with the dental setting as soon as their first tooth appears.

These examinations are done using a knee-to-knee approach, so your child is close to you and comfortable.

These check-ups will:

- Help children to become familiar with the dental setting
- Support early detection of tooth decay or any dental conditions
- Allow dental staff to advise on diet habits and good brushing techniques

Child Dental Benefits Schedule (CDBS)

The CDBS provides eligible children between the ages of 0 to 17, access to over \$1,000 in benefits per child for dental services over two consecutive calendar years.

Children who are not eligible for free dental care can still benefit from the CDBS for a small fee.

Eligible dental services include:

- Examinations
- X-rays
- Cleaning
- Fissure sealing
- Fillings
- Root canal therapy
- Extractions
- Partial dentures
- Professional and dietary advice
- Specialist referrals

Little Chompers - outreach education

Little Chompers is a free education and screening program that teaches young children about the importance of good oral health.

Our friendly and experienced dental and oral health therapists visit local kindergartens, early childhood centres and schools to provide education and dental checks for children.

All dental checks are voluntary and all participating children require parent/guardian consent.

Smile Squad

All students attending government primary, secondary or specialist schools in Victoria are eligible for free dental care at one of healthAbility's clinics under the Victorian Government-funded Smile Squad program. Our Smile Squad team also visits local schools to provide free dental care and education to students.

Get in touch

Speak with one of our friendly team about any of our services or how we can support your overall health and wellbeing.

Phone: 9430 9100

Email: contact@healthability.org.au

Visit one of our locations:

Box Hill: 43 Carrington Road, Box Hill VIC 3128

Eltham: 917 Main Road, Eltham VIC 3095

Web contact form: Scan the QR code or visit healthability.org.au



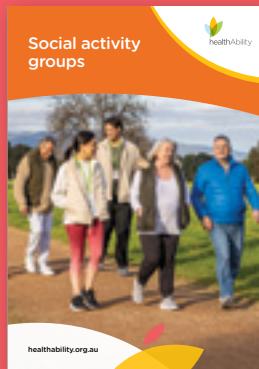
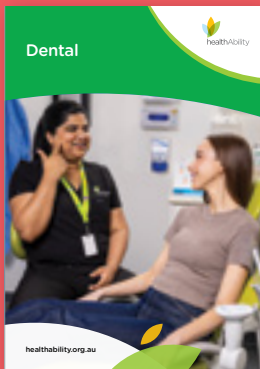
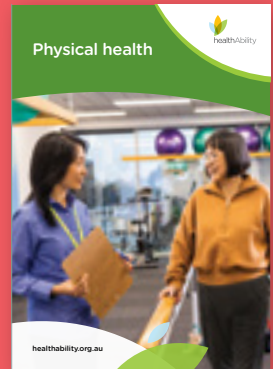
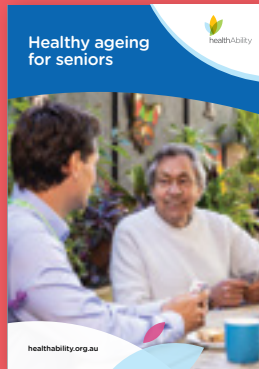
Translation services available



healthAbility is fully compliant in every standard of our Aged Care accreditation from the Aged Care Quality and Safety Commission.

Find out more about our other services:

- Healthy ageing for seniors
- Physical health
- Dental
- Social activity groups
- Mental health and wellbeing



healthAbility respectfully acknowledges the Traditional Owners of the lands on which we operate, the Wurundjeri Woi Wurrung people of the Kulin Nation and their connections to the land, waterways and community. We pay our respect to their ancestors and Elders past, present and emerging and to the Aboriginal and Torres Strait Islander peoples who we engage with and deliver programs and services to every day.



VER_03_2025_11



Box Hill: 43 Carrington Road, Box Hill VIC 3128

Eltham: 917 Main Road, Eltham VIC 3095

Phone: (03) 9430 9100 | **Email:** contact@healthability.org.au

Website: healthability.org.au

Follow us for our latest news and events

