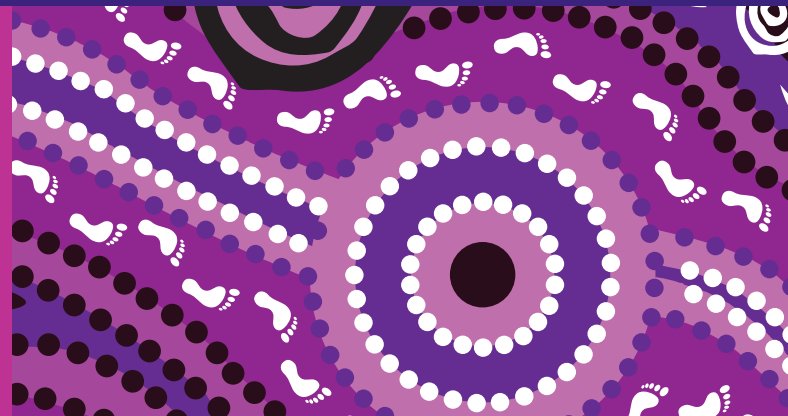




Mudang Mudjin

Building Strong Foundations for Aboriginal Children, Families and Community



Our team would like to acknowledge the People of the Darug Nation. Mudang Mudjin means “Strong Family”. The Mudang Mudjin Team supports Aboriginal and Torres Strait Islander families with children aged 0-5 years.

Who can use this service?

This service is for mums, dads, grandparents, aunts, uncles, carers, and extended family who live in the Penrith area.

Families can be seen at home, a Community Health Centre, or at a place you feel comfortable.

Our team includes:

- Aboriginal Health Workers
- Child and Family Health Nurses
- Social Workers

We can help you with:

- Home visits for parents/carers and new babies
- Developmental checks - ‘Blue Book’ checks from birth to kindergarten
- Referrals to speech, occupational, and physio therapies, vision and hearing screening
- Sleep and settling information
- Breastfeeding advice
- Infant feeding advice
- Immunisations
- Parenting support
- Perinatal mental health screening and support
- Women’s Yarning Group

- Aboriginal supported playgroups
- Cultural support

Mudang Mudjin partners with local Aboriginal Services to support our families.

To make a referral, contact Central Intake Service or drop-in and speak with our friendly team.



Our Mudang Mudjin team are here to help families with bubs and children.

Building Strong Foundations

Cranebrook Community Health Centre
Cnr Laycock St & Borrowdale Way
Cranebrook NSW 2749

Phone: 4730 5100
Monday to Friday
8:30am to 5pm

Central Intake Service: 1800 222 608

Email: NBMLHD-Penrith-BSF@health.nsw.gov.au

Scan the QR code to join our Facebook group.

