



Getting By... Getting Ahead

A guide to concessions and other
ways of keeping costs down

2018 Edition

RUAH

COMMUNITY SERVICES

Open Hearts. Bold Strides.

Ruah Community Services
Email: directories@ruah.org.au
www.ruah.org.au

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Acknowledgement of Country

Ruah Community Services acknowledges and respects the traditional owners of the land, the first people of this country, on which we work. We pay our respects to their culture, their Elders past and present and to their emerging leaders.

Foreward

It is with great pleasure that we are relaunching the Getting By Getting Ahead Directory for 2018. This resource directory is produced to benefit people on low incomes and as a resource for community service workers across Perth. It is free to download and available electronically on our web site www.ruah.org.au.

This directory includes information about useful concessions and other ways of getting by on a low income as well as information about new services and programs.

We acknowledge the great contribution that many of the organisations make to the Perth community. Ruah Community Services makes no claims regarding the quality of services provided by organisations listed in this directory. Readers should make their own assessment of the relevance of each service to their own needs, and explore other sources of information when making decisions about which service to engage with.

Every effort has been made to ensure that the information contained in this directory is as accurate as possible. If there is any incorrect information, please email us at directories@ruah.org.au and we will investigate the error. We will be conducting rolling updates of the directory to keep it as up to date as possible. These will be found on the website and marked by a version number. Please make sure to check the website to ensure you have the most up to date copy of the directory.

About Ruah Community Services

Ruah goes boldly toward not just helping homeless people, but ending homelessness. Ending domestic violence. Changing the lives and creating opportunities for those experiencing mental health issues. We choose to work with the most vulnerable, the most challenged – because it's difficult, because this makes a difference.

Ruah have 11 locations in WA spanning from Mandurah to Geraldton, including two women's refuges (Harmony Place and Kamarang place) and a centralised drop in centre in Northbridge, The Ruah Centre. From these locations our professional team of clinical and peer support workers, walk alongside clients, carers and family to help people with complex needs across the areas of mental health and wellness, homelessness and family and domestic violence to begin the journey of living a safe and happy life.

Change does not come easily. We take our legacy and inspiration from the bold, courageous individuals from as far back as the 17th century doing what nobody else dared. Not because it was asked of them but because it was right and it was needed. Ruah is the lead agency of the 50 Lives 50 Homes campaign, working with organisations across multiple sectors to collaboratively address challenges of housing Perth's most vulnerable rough sleeping homeless population. In addition to this campaign Ruah are also a founding organisation of the Alliance to End Homelessness, a collaborative effort of 29 Organisations working to end homelessness in WA.



Getting Around



<p>Australian Taxation Office GST EXEMPTION</p>	<p>Are you a disabled veteran or person with a disability? You may be eligible to purchase or lease a car GST FREE.</p>	<p>www.ato.gov.au/disabilityGSTfree</p>
<p>Fremantle Community Care SOCIAL SUPPORT TRANSPORT</p>	<p>Dial-a-Ride The Door to Door transport service is available on Tuesday to Friday travelling to Fremantle, Phoenix, Gateways shopping centre and many more shopping precincts. ELIGIBILITY: people residing within the boundaries of the City of Fremantle. This is a fee for service program with fees and eligibility set by HACC (Home and Community Care). Phone for our office for more information – 9432 9890</p>	<p>Tel: 9432 9890 or Commonwealth Respite and Carelink Centre:1300 785 415. haccwa@health.wa.gov.au www.health.wa.gov.au/hacc</p>
<p>HACC Service Providers SOCIAL SUPPORT TRANSPORT</p>	<p>HACC SERVICE PROVIDERS are organisations that provide support for individuals underpinned by a Wellness philosophy that works with individuals to identify and build on their strengths and maximise independence, well-being and connections to the community. Information and Directory of Services available on-line. Your Local Council may be able to provide you with more information about local services.</p>	<p>WA Regional Assessment Services Tel: 1300 785 415 www.health.wa.gov.au/hacc http://dlg.wa.gov.au/Content/Directory/Default.aspx</p>
<p>Mercycare Lending Services MICROFINANCE</p>	<p>Interest free loans from \$100-\$1,200* which can be used for a range of items including: • Driving lessons • Education Courses • Laptops and computers • Medical aids • School uniforms, books • White goods eg. Refrigerators *conditions apply</p>	<p>Tel: FREECALL 1800 268 472 mfsn@mercycares.com.au 4 Brewer Place, Mirrabooka 6 Cecil Avenue, Cannington 21 Lansdowne Place, Merriwa www.mercycare.com.au</p>
<p>Taxi Users Subsidy Scheme (TUSS) TAXI USERS</p>	<p>DEPT OF TRANSPORT If you are unable to use public transport due to a permanent severe disability, you may be able to receive taxi subsidy vouchers. Application forms are available on line.</p>	<p>Tel: 1300 660 147 ondemandtransport@transport.wa.gov.au 20 Brown Street, East Perth http://www.transport.wa.gov.au/taxis/taxi-users-subsidy-scheme-tuss.asp</p>
<p>Transperth PUBLIC TRANSPORT</p>	<p>BUSES, TRAINS AND FERRIES If you have a Pensioner Concession or a Health Care Card you are eligible to travel at concession rates. Contact Transperth for more information.</p>	<p>Tel: 13 62 13 www.transperth.wa.gov.au/tickets-fares/concession-guide</p>
<p>Transperth PUBLIC TRANSPORT</p>	<p>FREE TRAVEL ENTITLEMENTS WA Seniors, Carers, Aged and Disability Support Pension concession card holders can travel FREE on all Transperth services from first service until 6.00am, between 9.00am and 3.30pm, and from 7.00pm until last service. Monday to Friday, and all day Saturday, Sundays and Public Holidays. A Smartrider is required. For an application form, phone, see the website, or go to your nearest Transperth InfoCentre.</p>	<p>Tel: 13 62 13 www.transperth.wa.gov.au/SmartRider/Types-of-SmartRider/Seniors-SmartRider</p>

<p>Transperth PUBLIC TRANSPORT</p>	<p>TRANSPERTH SMARTRIDER Using a Smartrider card gives Transperth customers a discount on fares. There are different Smartriders and different concession rates for primary/secondary students, tertiary students, pensioners and veterans. For more information contact Transperth or see the website.</p>	<p>Tel: 13 62 13 www.transperth.wa.gov.au/SmartRider</p>
<p>Transperth PUBLIC TRANSPORT</p>	<p>SERVICE: Monthly or 6 Monthly Passes providing unlimited travel on buses, trains and ferries. ELIGIBILITY: People receiving a Disability Support Pension who are working or volunteering for at least 8 hours a week in an approved organisation. Forms available for volunteers from participating organisations. Organisations may contact Transperth for more information.</p>	<p>Tel: 9326 2000 West Parade, East Perth www.transperth.wa.gov.au/Tickets-Fares/Concession-Guide</p>



Getting A Feed



Cannington Seventh Day Adventist Church EVENING MEAL	Soup kitchen/cafe - Fri 6.00pm	Tel: 0425 825 107 or 0450 636 413 142 Wharf Street, Cannington
Churchlands Community Services LUNCH	FREE Wednesday Café 11.00am-12.00pm Closed over Christmas and January	Tel: 6241 2700 154 Balcatta Road, Balcatta
CITIPLACE BREAKFAST	\$7.30 with Seniors / DSP Card Mon-Fri 8.30am-10.00am	Tel: 9461 3550 Upper Level City Rail Station Complex Perth
CITIPLACE LUNCH	\$8.00 Mon-Fri 11.00am-1.30pm Seniors / DSP Card Tea/coffee and cake \$3.50	Tel: 9461 3550 Upper Level City Rail Station Complex Perth
Community Connections (UnitingCare West) BREAKFAST	Provides a meeting place where people can connect with other community members while enjoying a meal, in various locations in the Perth metropolitan area. On Saturdays, enjoy morning tea at Ross's Place. Every Saturday 10.00am	Tel: 1300 663 298 Ross Memorial Uniting Church, 1204 Hay Street, Corner Colin) West Perth communityconnections@ unitingcarewest.org.au www.unitingcarewest.org.au
Community Connections (UnitingCare West) EVENING MEAL	Provides a meeting place where people can connect with other community members while enjoying a meal, in various locations in the Perth metropolitan area. On Friday's enjoy an evening meal at Club Friday. Every Friday 4.30pm	Tel: 1300 663 298 Wesley Chapel, James St Guildford communityconnections@ unitingcarewest.org.au www.unitingcarewest.org.au
Community Connections (UnitingCare West) Group: Rainbow, Small groups & Uniting Community House LUNCH	A meeting place where people can connect with other community members while enjoying a meal, in various locations in the Perth metropolitan area.	Tel: 1300 663 298 GPO Box B74 Perth, 6838 communityconnections@ unitingcarewest.org.au www.unitingcarewest.org.au
Dreambuilders Care Food Centre EVENING MEAL	Cooked meals, soup, sandwiches, tea, coffee and more. All welcome. Tues, Thurs, Fri and Sunday 6.00pm	Tel: 9274 5536 46 Helena Street, Midland
Family Foundations Service EVENING MEAL	ELIGIBILITY: Families who are homeless or at risk of homelessness and who have children with them who are 16 or under. Service: Free dinner, coffee, tea, sandwiches. Mon, Tue, Thu 3.30pm-6.00pm	Tel: 9220 1288 (8.30am-4.30pm) 6/5 Aberdeen Street, East Perth
Harold Hawthorne Community Centre EVENING MEAL	Harold Hawthorne Community Centre has been helping people stay independent and involved in the community. This vibrant Community Centre offers: Activities including: Tai Chi, Yoga, Computer Classes, Bingo, Lawn Bowls, Podiatry, Harrys Diner provides 3 course lunch Monday to Friday Meals on Wheels Over 55's Village Home and Community Support Employment and Volunteering	Tel: 9470 1155 (9.00am-4.00pm) 2 Memorial Ave, Carlisle WA 6101

manna inc LUNCH	Soup kitchen/cafe - Fri 6.00pm	Tel: 1300 626 624 Weld Square Beaufort Street, Perth www.manna.org.au
Minnawarra House BREAKFAST	MINNAWARRA HOUSE COFFEE MORNING Come along to this lively coffee morning to enjoy real coffee and Diane's freshly cooked muffins. Muffin & Brewed Coffee \$2	Tel: 9497 1413 24 Numulgi St, Armadale www.minnahouse.org.au
Minnawarra House AFTER SCHOOL FOR KIDS	MINNAWARRA HOUSE HOSTS Y-TIME An outdoor program for 10-18yr olds incorporating, physical activities, food and social time. FREE Thu 3.00-6.00pm	Tel: 9497 1413 24 Numulgi St, Armadale www.minnahouse.org.au
Minnawarra House AFTER SCHOOL FOR KIDS	MINNAWARRA HOUSE KIDZ KORNER PROGRAM A program of creativity, physical, food, fun and social time activities for 7-14yr olds. FREE Wed 3.30-4.30pm	Tel: 9497 1413 24 Numulgi St, Armadale www.minnahouse.org.au
Nyoongar Wellbeing and Sports AFTER SCHOOL FOR KIDS	Free after-school programs with physical activity, cultural connection & food: <ul style="list-style-type: none"> • Good Spirit Learning for 8-12yo in Kwinana with Red Cross – Wednesday, 2:45-4:30pm • Young Aboriginal Girls Group in Mirrabooka for 5-12yo – Tuesday, 3:30-5:00pm 	Tel: 9272 3189 admin@nyoongarsports.com.au Check our Facebook page for ad hoc participation opportunities.
Nyoongar Wellbeing and Sports AFTER SCHOOL FOR KIDS	Nyoongar Wellbeing and Sports free programs: <ul style="list-style-type: none"> • One Step Closer for 8-15yo in Armadale with Save the Children – physical & cultural activities plus food – Friday, 5:30-10:30pm • Beatball (modified basketball) for 10-18yo in Kwinana, Mirrabooka & Northam with hip hop music & food – Friday, 5:00-9:00pm 	Tel: 9272 3189 admin@nyoongarsports.com.au
Passages Drop-in Centre LUNCH	ELIGIBILITY: 12-25 years and homeless or at risk of homelessness. FREE: Cooking Facilities Mon-Thu 9.00am-12noon Mon-Thu 1.00pm-4.00pm Fri 9.00am-1.00pm Breakfast Club Mon-Thu 9.00am-11.30am Healthy Cooking Tue 1.00pm-3.00pm Barbecue Fri 11.00am-1.00pm	Tel: 9228 1478 Fax: 9228 9572 Passages.project@svdpwa.org.au 22 Palmerston Street Northbridge www.passagesresourcecentre.com
Red Cross Soup Patrol EVENING MEAL	FREE RED CROSS SOUP PATROL - FREMANTLE Every day Pioneer Park (Phillimore St near corner Market St) 6.30pm Ellen St (opposite Christian Brothers College) 6.45pm 100 Hampton Rd (in the car bays) 7.00pm	Tel: 9225 1919 admin@nyoongarsports.com.au Fremantle www.redcross.org.au

Red Cross Soup Patrol EVENING MEAL	FREE RED CROSS SOUP PATROL - PERTH (Every day) Wellington Street (between yellow cat stop and YHA) 6.30pm Red Cross, 110 Goderich St (corner Bishops Row) 6.45pm	Tel: 9225 1919 admin@nyoongarsports.com.au Perth www.redcross.org.au
Salvation Army Community Lunch LUNCH	Three course meal for a donation Every second and fourth Thu 12noon Ring first to confirm date (*note: closed January) Thrift Shop Fri and Sat 9.00am-1.00pm Wed and Thu 9.00am-3.00pm	Tel: 9398 2244 42 Goodall Street, Gosnells
Salvation Army Merriwa LUNCH	The Salvation Army Merriwa run Doorways every Friday. Tea and Coffee facilities are available as are toasted sandwiches for anyone wishing to call in. We sometimes have food hampers, bread and fruit and vegetables.	Tel: 9305 2131 26 Jenolan Way, Merriwa
St Alban's Soup Kitchen LUNCH	FREE Soup and bread. Fruit and veges (when available) Sat 5.30pm-7.00pm. Except January	Tel: 9328 8071 423 Beaufort St, Highgate www.stalbans.org.au
St Andrews Anglican Church EVENING MEAL	ELIGIBILITY: Residents of Thornlie, Maddington, Gosnells, Kenwick, Langford and Huntingdale. SERVICE: Home delivered food hampers Tue, Wed and Fri - Ring between 2.00pm and 3.00pm for delivery between 3.00pm and 5.00pm	Tel: 9493 5090 admin@nyoongarsports.com.au
St Patrick's Community Support Centre BREAKFAST	FREE Mon-Sat 8.00am-8.30am Sun and public holidays 9.00am-9.30am	Tel: 9430 4159 12 Queen Victoria Street, Fremantle
The Salvation Army Coffee Booth BREAKFAST	Provides cheap coffee and other drinks (\$1.50 with health care card) plus regular cafe lunches. Also provides volunteer opportunities and hospitality training. Mon-Fri 9.00am-2.00pm	Tel: 9260 9591 333 William Street, Perth
The Salvation Army Coffee Booth LUNCH	Provides cheap coffee and other drinks (\$1.50 with health care card) plus regular cafe lunches. Also provides volunteer opportunities and hospitality training. Mon-Fri 9.00am-2.00pm	Tel: 9260 9591 333 William Street, Perth
The Shopfront LUNCH	Financially disadvantaged people can enjoy a free, simple lunch in a relaxed, homely and welcoming environment. Mon - Fri 11.00am-2.00pm Closed public holidays, Christmas and January	Tel: 9371 9109 170 Whatley Cres, Maylands (opposite Maylands train station)
The Shopfront EVENING MEAL	Financially disadvantaged people can enjoy a free, simple evening meal in a relaxed, homely and welcoming environment. Mon 6.30pm-8.00pm, Tue and Wed 6.00pm-8.00pm Closed over the Christmas period	Tel: 9371 9109 170 Whatley Cres, Maylands (opposite Maylands train station)
Tranby Day Centre BREAKFAST	FREE breakfast – cereal and toast, tea, coffee and cordial. Cooked breakfast every Friday. Sandwiches are usually available pending donations. Cans of cool drink \$1. Mon-Fri 7.00am-12.00noon Mail Collection Point (people with no fixed address may redirect their mail to Tranby).	Tel: 9220 1200 Unit 6, 5 Aberdeen Street East Perth



Getting Food

<p>Crossways Community Resource Centre (Pantry Membership System) ARMADALE</p>	<p>ELIGIBILITY: Centrelink Cardholders COST: \$1.40 per kg handling charge. Membership entitles the cardholder to 15% off Opshop purchases and 10% off Café purchases (excluding specials). Contact for more information. Tue-Thu 9.15am-11.30am</p>	<p>Tel: 9495 2033 admin@crossways.org.au 225 Railway Ave, Kelmscott www.manna.org.au</p>
<p>Churchlands Community Services BALCATTA</p>	<p>Free three course meals at the cafe on Wednesdays from 11 am - 12:30pm. Food hamper program (which you need to apply for) runs every Wednesday at 12.45 – 1pm.</p>	<p>Tel: 6241 2700 54 Balcatta Road, Balcatta</p>
<p>Dreambuilders Care Food Centre MIDLAND</p>	<p>Low cost food centre and op shop. Bread (daily), Fruit and Veg (often). Contact for more information ELIGIBILITY: Open Mon - Fri 9.30am-4.00pm</p>	<p>Tel: 9450 6233 46 Helena Street, Midland</p>
<p>Global Heart Church Food Hamper Service JOONDALUP</p>	<p>Non-perishable food hampers available. Please call prior to collecting a hamper to check hamper availability. CRN number (Centrelink number) required. 1 food hamper a month per person.</p>	<p>Tel: 9301 0733 10 Winton Road, Joondalup Thursdays between 10am -3pm</p>
<p>Mankara (at Southcare) MANNING</p>	<p>Low cost food store. Our aim is to sell groceries at the lowest possible price so that they are affordable to people in need. ELIGIBILITY: Open Mon-Fri 8.30am-2.00pm</p>	<p>Tel: 9450 6233 54 Bickley Cres, Manning www.southcare.org.au</p>
<p>Margaret Court Community Outreach (Victory Life)</p>	<p>Food hampers for those with Health Care Care/ Pension card, available once a fortnight.</p>	<p>Tel: 9202 7183 Email: warehouse@mcco.org.au</p>
<p>Melville Citizen Relief Fund MELVILLE</p>	<p>Requests are taken on MONDAY at 9am. Limited numbers. Must provide Centrelink I.D. or evidence of need. Emergency food parcels require a referral from financial counsellor.</p>	<p>C/o W illagee Community Centre Archibald & W innacott Sts, W illagee Tel: 9364 0661 - 9am start time City of Melville Residents Only</p>
<p>Minnawarra House ARMADALE</p>	<p>MINNAWARRA HOUSE FOODBANK ELIGIBILITY: Pension/Health Care Card Bread and produce Tue from 9.45am Fresh Bread Thu 9.45am-3.30pm</p>	<p>Tel: 9497 1413 24 Numulgi St, Armadale www.minnahouse.org.au</p>

<p>Mirrabooka Family Support Network (Fsn) MIRRABOOKA</p>	<p>We are a partnership of agencies that work with families and individuals up to 25 years old. We provide central access to a range of support services, ensuring everyone can select the mix of services they wish to receive on a voluntary basis whilst maintaining full confidentiality.</p>	<p>Tel: 1300 760 691 mfsn@mercyare.com.au Unit 1, 77 Honeywell Blvd, Mirrabooka www.mercyare.com.au www.wafsn.org.au</p>
<p>Red Cross EAST PERTH</p>	<p>ELIGIBILITY: All Welcome SERVICE: Food Parcels Identification and Financial Statements needed for assessments. WALK IN Tue and Thu 11am-2.30pm</p>	<p>Tel: 9225 8888 wainfo@redcross.org.au 110 Goderich St, East Perth www.redcross.org.au facebook.com/AustralianRedCross twitter.com/RedCrossAU</p>
<p>The Salvation Army Marketplace PERTH</p>	<p>Provides free bread, fruit and vegetables (subject to availability) and other food assistance. Ring 8.30am for an appointment the following day. Mon-Fri 9.00am-400pm</p>	<p>Tel: 9260 9599 333 William Street, Perth</p>
<p>Suspended Meals JOONDALUP</p>	<p>Free meals are available at the back of the store at the hot food counter. The meals have been paid for by Sisters IGA customers for those in need. Just go up, take a ticket from the noticeboard and ask for a meal.</p>	<p>Lakeside Joondalup 420 Joondalup Dr, Joondalup WA 6027</p>
<p>St Andrews Anglican Church THORNIE</p>	<p>ELIGIBILITY: Residents of Thornlie, Maddington, Gosnells, Kenwick, Langford and Huntingdale. SERVICE: Home delivered food hampers Tue, Wed and Fri - Ring between 2.00pm and 3.00pm for delivery between 3.00pm and 5.00pm</p>	<p>Tel: 9493 5090</p>
<p>St Patrick's Community Support Centre FREMANTLE</p>	<p>Fruit and vegetables available free daily from 10.30am</p>	<p>Tel: 9430 4159 12 Queen Victoria Street, Fremantle</p>
<p>Trinity North Community Care DUNCRAIG</p>	<p>Food hampers available. Tuesday and Thursday - 9am - 12pm</p>	<p>Tel: 9448 5111 29 Wandoo Road, Duncraig - at the rear of the Trinity North Centre</p>
<p>Youth Futures WA JOONDALUP</p>	<p>Food and financial assistance for young people aged 15-24 years. Assistance is provided in the form of food hampers and public transport passes - other items are considered on a needs basis. Emergency Relief is available by appointment on Tuesdays and Thursdays from 1pm – 2:30pm.</p>	<p>Tel: 9300 6277 (Mon-Fri: 9am - 4pm) 3/70 Davidson Terrace, Joondalup Emergency Relief is available by appointment Tuesdays and Thursdays from 1pm - 2.30pm.</p>



Getting Spruced Up



<p>Citiplace HAIRDRESSING</p>	<p>Professionally trained hairdressers. If you are 55 years or over, or you are receiving a DSP pension you can have your hair done. Both male and female. Prices begin at \$12.50. Tuesday to Friday 8.30am to 2.30pm (Closed on Public Holidays)</p>	<p>Tel: 9461 3550 Upper Level City Rail Station Complex, Perth Mon - Fri 9.30am-4.00pm</p>
<p>Dreambuilders Care Food Centre CLOTHING</p>	<p>Low cost food centre and op shop. Bread (daily), Fruit and Veg (often). Contact for more information ELIGIBILITY: Open</p>	<p>Tel: 9274 5536 46 Helena Street, Midland Mon - Fri 9.30am-4.00pm</p>
<p>Family Foundations Service SHOWERS & LAUNDRY FACILITIES</p>	<p>Eligibility: Families who are homeless or at risk of homelessness and who have children with them who are 16 or under. SERVICE: Free showers and washing (Limit of one load per family). Mon, Tue, Thu 3.30pm-6.00pm</p>	<p>Tel: 9220 1288 (8.30am-4.30pm) 6/5 Aberdeen Street, East Perth</p>
<p>Orange Sky Laundry LAUNDRY FACILITIES</p>	<p>Orange Sky Australia provides a free mobile laundry and shower service for people doing it tough, as well as the opportunity for friends and volunteers to connect through genuine and non-judgemental conversation.</p>	<p>Email: perth@orangeskylaundry.com.au http://www.orangeskylaundry.com.au/locations</p>
<p>Passages SHOWERS & LAUNDRY FACILITIES</p>	<p>ELIGIBILITY: 12-25 years old and homeless or at risk of homelessness. SERVICE: Showers and Laundry Facilities Mon-Thu 9.00am-12noon Mon-Thu 1.00am- 4.00pm Fri 9.00am-1.00pm</p>	<p>Tel: 9228 1478 Fax: 9228 9572 (8.30am-4.30pm) Passages.project@svdpwa.org.au 22 Palmerston Street Northbridge www.passagesresourcecentre.com</p>
<p>Ruah Community Services SHOWER FACILITIES & CLOTHING</p>	<p>ELIGIBILITY: 20+ years old and homeless or at risk of homelessness. The Ruah Centre is a drop-in centre, located in Northbridge, for people who are homeless, or at risk of becoming homeless. We can also provide you with information and referrals to a range of other support services including doctors, Street Law and Centrelink.</p>	<p>Tel: 13 78 24 (8.30am - 4.30pm) connecting@ruah.org.au 33 Shenton Street Northbridge www.ruah.org.au Monday - Friday 8.30 - 12.30</p>
<p>The Salvation Army Thrift Shop CLOTHING</p>	<p>Come and find a bargain Fri and Sat 9.00am-1.00pm Wed and Thu 9.00am-3.00pm</p>	<p>Tel: 9398 2244 42 Goodall Street, Gosnells</p>

<p>St Martin's CLOTHING</p>	<p>OP SHOP Clothing, bric-a-brac, some furniture, children's furniture and toys (when in stock). Come and Find a bargain. Thu-Sat 9.00am-1.00pm</p>	<p>Tel: 9453 6320 57 Hale Road (behind the Church) Forrestfield www.minnahouse.org.au</p>
<p>St Patrick's Community Support Centre HAIRDRESSING</p>	<p>Free hairdressing. Enquire at reception or phone for dates and times.</p>	<p>Tel: 9430 4159 12 Queen Victoria Street, Fremantle Mon - Fri 9.30am-4.00pm</p>
<p>St Patrick's Community Support Centre CLOTHING</p>	<p>ST PAT'S RACK St Pat's Rack offers good quality pre-loved clothes, shoes, gifts and bric a brac at low prices. All proceeds go to support the work of St Patrick's Community Support Centre.</p>	<p>Tel: 9430 4159 Shop 9, 39 Adelaide Street, Adelaide Plaza, Fremantle www.stpats.com.au info@stpats.com.au</p>
<p>Tranby SHOWERS & LAUNDRY FACILITIES</p>	<p>Shower use is free. 50c towel hire and 50c for a razor . Free toiletries as required. Mon-Fri 7.00am-12.00noon Mail Collection Point (people with no fixed address may redirect their mail to Tranby)</p>	<p>Tel: 9220 1200 Unit 6, 5 Aberdeen St, East Perth Mon - Fri 9.30am-4.00pm</p>
<p>Uniting Aid Resource Area CLOTHING & HOUSEHOLD ITEMS</p>	<p>This Resource Area provides access to very low priced new and used clothing and household items. Nothing costs more than \$10 and if needed, consideration can be given to the individual's circumstances in an interview.</p>	<p>Tel: 9344 3840 admin@unitingaid.org.au 19 Monterey St, Nollamara www.unitingchurchwa.org.au</p>



Getting Help in a Crisis



<p>Adventist Development And Relief Agency</p>	<p>Food Parcels (all areas except Fremantle and Midland) Mon and Tue 9.00am-2.00pm</p>	<p>Tel: 9342 1460</p>
<p>Churchlands Community Services BALCATT</p>	<p>Foodline Hampers. Wed 12.30-1.00pm Ring Wed before 10am for information on availability and process</p>	<p>Tel: 6241 2700 154 Balcatta Road, Balcatta</p>
<p>City Of Cockburn Financial Counselling Service COOLBELLUP</p>	<p>ELIGIBILITY: All Metropolitan residents in financial hardship. BY APPOINTMENT ONLY SERVICE: Financial counselling. Assistance with negotiation of debt and government issues including Centrelink, ATO, ITSA, Credit Consumer Code, DoH, CSA and others. Please phone for an appointment Coolbellup Mon 8:00am-4:00pm Success Tue-Fri 8:00am-4:00pm</p>	<p>Tel: 9411 3444 90 Cordelia Ave Coolbellup</p>
<p>City Of Cockburn Financial Counselling Service SUCCESS</p>	<p>ELIGIBILITY: All Metropolitan residents in financial hardship. BY APPOINTMENT ONLY SERVICE: Financial counselling. Assistance with negotiation of debt and government issues including Centrelink, ATO, ITSA, Credit Consumer Code, DoH, CSA and others. Please phone for an appointment Coolbellup Mon 8:00am-4:00pm Success Tue-Fri 8:00am-4:00pm</p>	<p>Tel: 9411 3444 Suite 14/11 Wentworth Pde Success</p>
<p>Crossways Community Resource Centre ARMADALE</p>	<p>ELIGIBILITY: Low Income residents of the Armadale and Kelmscott areas. SERVICE: Food and Bill Assistance – phone for an appointment. ER - food Assistance: Tue - Thu 9.30am-11.15am By Appointment only (Last appointment 11.00am) Bill Assistance is by Appointment Only. Phone for an appointment during office hours: Tue and Thu 9.00am-12noon</p>	<p>Tel: 9495 2033 admin@crossways.org.au 255 Railway Ave, Kelmscott</p>
<p>Family Foundations Service EAST PERTH</p>	<p>ELIGIBILITY: Families who are homeless or at risk of homelessness and who have children with them who are 16 or under. SERVICE: Dinner and access to basic facilities. Clothing, blankets, food parcels and personal care items may be able to be provided. Availability is dependent upon donations. Also, referrals can be made to other programs assisting those in crisis. Mon, Tue, Thu 3.30pm-6.00pm</p>	<p>Tel: 9220 1288 (8.30am-4.30pm) 6/5 Aberdeen Street, East Perth</p>

<p>Fremantle Community Legal Centre FREMANTLE</p>	<p>Welfare Rights Advocacy</p> <p>Our welfare rights advocate's role is to assist people having difficulties (not crisis) with Centrelink and assisting them with:</p> <ul style="list-style-type: none"> • Direct negotiations with Centrelink • Provide information & advice about social security matters • Advice about appeal rights & the appeals system • Appeals preparations • Limited representation within the internal review process & the Administrative Appeals Tribunal <p>By appointment only: Mon- Fri 9.00am-4.00pm</p>	<p>Tel: 9432 9790 Level 1, Suite 31, Fremantle Malls 35 William St, Fremantle WA 6160 www.fremantle.wa.gov.au/fclc</p>
<p>Karnany Resource Centre MIDLAND</p>	<p>Karnany provides support to people experiencing financial hardship, housing issues and difficulties in Midland and surrounding suburbs.</p> <p>Karnany is a safe place for people to meet and share their stories. Our team builds an understanding of your needs and connects you with the required services.</p> <p>Drop-in or call us to find out more.</p>	<p>Tel: 9274 7929 25 Spring Park Road, Midland karnany@indigojunction.org.au www.indigojunction.org.au</p>
<p>Mirrabooka Family Support Network (FSN) MIRRABOOKA</p>	<p>We are a partnership of agencies that work with families and individuals up to 25 years old. We provide central access to a range of support services, ensuring everyone can select the mix of services they wish to receive on a voluntary basis whilst maintaining full confidentiality.</p>	<p>Tel: 1300 760 691 mfsn@mercycares.com.au Unit 1, 77 Honeywell Blvd, Mirrabooka www.mercycare.com.au www.wafsn.org.au</p>
<p>Red Cross EAST PERTH</p>	<p>ELIGIBILITY: All Welcome</p> <p>SERVICE: Food Parcels</p> <p>Identification and Financial Statements needed for assessments.</p> <p>WALK IN</p> <p>Tue and Thu 1pm-2.30pm</p>	<p>Tel: 9225 8888 wainfo@redcross.org.au 110 Goderich St, East Perth www.redcross.org.au facebook.com/AustralianRedCross twitter.com/RedCrossAU</p>
<p>Salvation Army Community Centre MORLEY</p>	<p>ELIGIBILITY: Health Care Card or Pension Card. Morley and surrounding areas.</p> <p>SERVICE: Clothing, food vouchers and parcels, prescriptions (limited). Ring for an appointment the day before and be early to avoid disappointment.</p> <p>Mon and Fri 9.00am-11.00am</p>	<p>Tel: 9279 4500 565 Walter Road East, Morley</p>
<p>Salvation Army Merriwa MERRIWA</p>	<p>ELIGIBILITY: Must live in the northern suburbs and be experiencing hardship. ID required (eg an account, drivers license or similar)</p> <p>SERVICE: Food vouchers, food parcels and assistance with bills. Assistance is limited. Appointments are made on a Monday and operating hours are from 9am until 1pm on this day. First appointment is for 9.20am on that following Friday. Only 10 appointments are available on a Friday.</p>	<p>Tel: 9305 2131 26 Jenolan Way, Merriwa</p>

THE RUAH CENTRE

A safe, relaxing and friendly environment
where staff can help you with your needs

RUAH
CENTRE

33 SHENTON STREET

33 SHENTON STREET NORTHBRIDGE

(Catch the Blue Cat Bus)

Drop in 8.30am - 12.30pm Monday to Friday

Free assistance and referrals with issues such as:

- Income and budgeting problems
- Housing referrals
- Drug and alcohol concerns
- Mental health concerns
- Assistance to apply for legal aid

Also available:

- Showers
- Computers/Internet access
- Tea & Coffee
- Clothing



13 RUAH (13 78 24)

connecting@ruah.org.au

www.ruah.org.au

<p>Southcare MANNING</p>	<p>ELIGIBILITY: Open SERVICE: Bread, food vouchers, limited assistance with bills. Negotiation of accounts. Financial counselling by appointment only. Mon–Fri 10.00am-1.00pm</p>	<p>Tel: 9450 6233 54 Bickley Cres, Manning www.southcare.org.au</p>
<p>St Andrews Anglican Church THORNIE</p>	<p>ELIGIBILITY: Residents of Thornlie, Maddington, Gosnells, Kenwick, Langford and Huntingdale. SERVICE: Home delivered food hampers Tue, Wed and Fri - Ring between 2.00pm and 3.00pm for delivery between 3.00pm and 5.00pm</p>	<p>Tel: 9493 5090</p>
<p>St Patrick's Community Support Centre FREMANTLE</p>	<p>ST PATRICK'S COMMUNITY SUPPORT CENTRE Emergency Relief Services available at St Pats. Bookings made on the day at our main reception from 9.00am. Food vouchers, transport, meals, clothing and chemist vouchers. Also assistance with accommodation, bills and advocacy. Mon-Fri 9.30am- 2.00pm</p>	<p>Tel: 9430 4159 12 Queen Victoria Street, Fremantle</p>
<p>Tate Street Lodge St James</p>	<p>Fully furnished affordable single male rooms at Tate Street Lodge, a friendly comfortable short term or permanent accommodation.</p>	<p>Tel: 9458 9104 55 Norman Street St. James 6102 One Site Manager: Sue 0423 125 329</p>
<p>The Shopfront MAYLANDS</p>	<p>Help and assistance to deal with some of life's problems. Support, information and referrals provided in a relaxed, homely and welcoming environment. Mon–Fri 11.00am-2.00pm Tuesdays - Mobile GP usually available</p>	<p>Tel: 9371 9109 170 Whatley Cres, Maylands (opposite Maylands Train Station) www.mercycare.com.au www.wafsn.org.au</p>
<p>Trinity North Community Care DUNCRAIG</p>	<p>ELIGIBILITY: Open to residents of Joondalup Shire, west of Wanneroo Road SERVICE: Food hampers, assistance with NILS (No Interest Loans Scheme) applications. Please phone for an appointment Tue and Thu 9.00am -12noon</p>	<p>Tel: 9448 5111</p>
<p>Uniting Aid Resource Area NOLLAMARA</p>	<p>ELIGIBILITY: City of Stirling Residents only: Families or Singles on low income with Pension Card or Health Care Card. SERVICE: No appointments necessary. Services are limited to the following: Food parcels (once every 3 months only); chemist vouchers; new born baby bundles; Bill Assistance eg: utilities/telephone (once every 12 months only). Fuel vouchers may be available for job interviews or medical appointments, however documentation must be produced. Tue and Fri 9.00am-11.45am</p>	<p>Tel: 9344 3840 admin@unitingaid.org.au 19 Monterey St Nollamara www.unitingchurchwa.org.au</p>
<p>Unitingcare West EAST PERTH</p>	<p>SERVICE: Emergency Relief ELIGIBILITY: Health Care Card holder. By appointment only – Telephone 9220 1288 each Tuesday at 1.30pm Appointments are scheduled for Wed and Thu 9.00am-2.45pm</p>	<p>Tel: 9220 1288 (for Financial Counselling & Emergency Relief appointments 5/5 Aberdeen Street, East Perth</p>

<p>University Of Wa - Student Guild CRAWLEY</p>	<p>The Guild offers interest free loans, grants, textbook grants, meal vouchers, advocacy, financial counselling, budgeting assistance and any other financial advice and referrals students may need.</p> <p>The Guild also operates a Food Pantry where students in need can access non-perishable foods and toiletries.</p>	<p>Tel: 6488 2295 assist@guild.uwa.edu.au www.guild.uwa.edu.au/welcome/support/finance</p>



Getting Help With Bills



<p>BANKING</p>	<p>Ask your bank about how you can minimise fees on your account. Some Credit Unions, Building Societies and smaller Banks charge lower fees. Some do not charge fees at all.</p> <p>*Note – links in this list are not an endorsement</p>	<p>P&N Bank Mutual Banking Tel: 13 25 77 http://pnbank.com.au/</p> <p>Beyond Bank Tel: 13 25 85 http://www.beyondbank.com.au/personal-banking.html</p> <p>University Credit Society Tel: 1800 864 864 www.unicredit.com.au</p> <p>ME Bank Tel: 13 15 63 www.mebank.com.au/</p> <p>Bendigo Bank Tel: 1300 236 344 www.bendigobank.com.au/</p> <p>Bank Australia Tel: 13 28 88 https://bankaust.com.au</p>
<p>City Of Cockburn Financial Counselling Service BALANCING A BUDGET</p>	<p>ELIGIBILITY: Cockburn residents in financial hardship. BY APPOINTMENT ONLY</p> <p>SERVICE: Financial counselling. Assistance with negotiation of debt and government issues including Centrelink, ATO, ITSA, Credit Consumer Code, DoH, CSA and others.</p> <p>Please phone for an appointment Coolbellup Mon 8:00am–4:00pm Success Tue-Fri 8:00am–4:00pm</p>	<p>Tel: 94113444 Suite 14/11 Wentworth Pde Success</p>
<p>City Of Melville Willagee Community Centre FINANCIAL COUNSELLING</p>	<p>Financial counselling. Budgeting workshops. Assistance with utility disconnection warnings. Must provide Centrelink I.D. or evidence of need.</p> <p>Please contact Financial Counsellor for an appointment.</p>	<p>City of Melville Willagee Community Centre Archibald & W innacott Sts, W illagee Monday 9am to 4.15 Tuesday 9am to 1.30 Wednesday 9am to 3.30 Phone: 9364 0661 City of Melville residents only</p>
<p>Financial Counselling Helpline</p>	<p>Information, options and support for individuals and families to explore, develop and implement strategies to overcome their financial situation.</p>	<p>Tel: 1800 007 007</p>
<p>Financial Counselling Network A partnership of not-for-profit community service organisations and local government across metropolitan Perth. BALANCING A BUDGET</p>	<p>Your financial counsellor will help you understand your rights and responsibilities. They will work with you to identify options and develop strategies to assist you in making decisions to improve your financial situation.</p> <p>We also help with budgeting, debt negotiations, advocacy and referrals to other services.</p> <p>No geographic boundaries apply to these services</p>	<p>View website for a list of financial counsellors and phone numbers</p> <p>www.financialcounsellingnetwork.org.au</p>

<p>Mercycare Lending Services MICROFINANCE</p>	<p>Interest free loans from \$100-\$1,200* which can be used for a range of items including:</p> <ul style="list-style-type: none"> • Driving lessons • Education Courses • Laptops and computers • Medical aids • School uniforms, books • White goods eg. Refrigerators <p>*conditions apply</p>	<p>FREECALL: 1800 268 472 4 Brewer Place, Mirrabooka 6 Cecil Avenue, Cannington 21 Lansdowne Place, Merriwa www.mercycare.com.au</p>
<p>Mercycare Settlement Services BALANCING A BUDGET</p>	<p>Supports permanent residents who have arrived in Australia during the last 5 years as humanitarian entrants or family stream migrants with low levels of English. Regular workshops include</p> <ul style="list-style-type: none"> • Health • Legal • Relationships • Budgeting and finance • Employment, education and training • Housing and accommodation 	<p>Tel: 9344 2468 4 Brewer Place, Mirrabooka www.mercycare.com.au</p>
<p>Mirrabooka Family Support Network (FSN) MANAGING FINANCES</p>	<p>We are a partnership of agencies that work with families and individuals up to 25 years old. We provide central access to a range of support services, ensuring everyone can select the mix of services they wish to receive on a voluntary basis whilst maintaining full confidentiality.</p>	<p>Tel: 1300 760 691 mfsn@mercycare.com.au Unit 1, 77 Honeywell Blvd, Mirrabooka www.mercycare.com.au www.wafsn.org.au</p>
<p>National Debt Helpline BALANCING A BUDGET</p>	<p>Information, options and support for individuals and families to explore, develop and implement strategies to overcome their financial situation.</p>	<p>Tel: 1800 007 007</p>
<p>Ruah Community Services BUDGETING</p>	<p>ELIGIBILITY: 20+ years old and homeless or at risk of homelessness.</p> <p>The Ruah Centre is a drop-in centre, located in Northbridge, for people who are homeless, or at risk of becoming homeless. We can also provide you with information and referrals to a range of other support services including doctors, Street Law and Centrelink.</p>	<p>Tel: 13 78 24 (8.30am - 4.30pm) connecting@ruah.org.au 33 Shenton Street Northbridge www.ruah.org.au</p> <p>Monday - Friday 8.30 - 12.30</p>
<p>Tax Bill TAX</p>	<p>If you can't pay your tax on time the ATO can help you. There are a number of ways the ATO can provide support but it is important that you contact the ATO early before the debt becomes unmanageable.</p>	<p>Tel: 13 28 61 www.ato.gov.au/Helpwithpaying</p>

<p>Tax Help TAX</p>	<p>A network of ATO-trained and accredited community volunteers provide a free and confidential service to help you complete your tax return online using myTax. Tax Help runs from July to October each year. Phone for your nearest centre.</p>	<p>Tel: 13 28 61 www.ato.gov.au/taxhelp</p>
<p>Uniting Aid Resource Area BALANCING A BUDGET</p>	<p>“Financial Counselling for debt negotiation/budgeting and organising Centrelink Centrepay for bill payments. Phone for an appointment if on Centrelink Benefits. Interpreter service available.</p>	<p>Tel: 9344 3840 admin@unitingaid.org.au 19 Monterey St, Nollamara www.unitingchurchwa.org.au</p>



Getting Legal Advice




If you need legal advice related to outstanding fines or debts, the following services may provide free advice and assistance. Community Legal Centres can also provide advice and information on a range of legal issues including domestic violence, family law, child support, and tenancy. Some Community Legal Centres provide general community legal services for people living in a geographic area. Others provide specialist services for clients in a certain interest area (e.g. mental health, tenancy, consumer credit). Many provide Community Legal Education opportunities. Phone first to check if they can help you with your issue or contact the Community Legal Centres Association on 9221 9322 or see www.communitylaw.net

<p>Aboriginal Legal Service Of Western Australia Limited PERTH</p>	<p>Legal advice and representation in Criminal, Family, Civil and Human Rights law. Additional services include community legal education, advocacy and the protection and promotion of human rights. Mon to Fri 8.30am-5.00 pm.</p> <p>Eligibility: ALSWA services are available to Aboriginal and Torres Strait Islander peoples.</p> <p>See the ALSWA website which contains legal pamphlets and more information about services provided by ALSWA.</p>	<p>Tel: 9265 6666 Freecall: 1800 019 900 After Hours (for urgent criminal matters): Tel: 08 9265 6644</p> <p>7 Aberdeen St Perth (next to Mclver Railway Station) www.als.org.au Facebook: Aboriginal Legal Service of WA Limited</p>
<p>Armadale Community Legal Service (GCLC outreach program) ARMADALE</p>	<p>Tenancy Advice: all tenancy matters e.g. urgent repairs, bond disputes, rent arrears, breach and termination notices, evictions.</p> <ul style="list-style-type: none"> • Victim Support Program :Criminal Injuries Compensation applications • Child Support: parentage testing, assessments and collection of arrears • Domestic Violence: Legal advice and Violence Restraining Order applications/ representation for applicants seeking protection 	<p>Tel: 9398 1455 admin@gosclc.com.au St. Matthew’s Anglican Church Café Corner Jull Street & Prospect Road, Armadale (Opposite Armadale Court complex) www.gosclc.com.au</p>
<p>Citizens Advice Bureau PERTH</p>	<p>Information, referral and low cost advice on a wide range of legal matters including:</p> <ul style="list-style-type: none"> • family, civil, consumer, criminal • contract, • real estate and tenancy, • estate matters, • neighbourhood disputes, <p>Low cost document drafting including:</p> <ul style="list-style-type: none"> • wills, powers of attorney and guardianship, probate and requisition affidavit • Family Court documents <p>Citizens Advice Bureau also provides</p> <ul style="list-style-type: none"> • Tax help (July-Oct) • WA NILS services • Low cost Mediation Service – Family, Neighbour and Commercial. 	<p>Tel: 9221 5711 Level 1, 25 Barrack Street, Perth www.cabwa.com.au</p>
<p>Daydawn Advocacy Centre PERTH</p>	<p>Support, advocacy and negotiation on behalf of Aboriginal people in relation to a variety of issues, including housing applications, housing disputes, public housing appeals, evictions, homelessness, referrals in relation to child protection matters, assistance in accessing financial support services, and general advocacy in a wide range of other areas. Daydawn is a drop in service and has no appointments. Monday – Thursday 9.30am to 1pm</p>	<p>Tel: 9218 8035 daydawn@perthcatholic.org.au 9/5 Aberdeen St Piccadilly Square Central Perth PO Box 8750 PBC Perth 6849 www.gosclc.com.au</p>


<p>Department Of Commerce (Consumer Protection) ANYWHERE</p>	<p>Provides general advice and information on consumer rights when buying goods and services and helps you get your money back if there is a major issue.</p> <p>Consumer Protection has a free conciliation service that can help you resolve a complaint with a landlord, business or service provider.</p>	<p>Tel: 1300 30 40 54 consumer@commerce.wa.gov.au www.commerce.wa.gov.au/consumerprotection</p>
<p>Djinda Services ANYWHERE</p>	<p>Relationships Australia and the Women's Law Centre are working together to deliver Djinda Services.</p> <p>We provide support to Aboriginal and Torres Strait Islander peoples in the Perth metropolitan area who have experienced or are at risk of family and domestic violence and or sexual assault.</p> <p>Djinda Services will provide advocacy, referrals and support to a range of services including counselling as well as legal advice and representation.</p>	<p>Relationships Australia: 6164 0650 Women's Law Centre: 9200 2202 djinda@relationshipsaustralia.org.au Locations: West Leederville, Hay Street, Perth; Langford; Midland.</p>
<p>Fremantle Community Legal Centre FREMANTLE</p>	<p>Eligibility: Catchment area specific, financial disadvantage/income earning OR vulnerability due to CaLD or domestic violence</p> <p>Provides initial advice and information (not representation) for:</p> <ul style="list-style-type: none"> • Family Law • Family Violence • Criminal injuries compensation • Restraining orders • Minor criminal & civil matters • Welfare rights advocacy • Tenancy advocacy • Evening legal service • Preparation of legal documents • Duty lawyer at Fremantle Magistrates Court <p>By appointment only Mon- Fri 9.00am-4.00pm.</p>	<p>Tel: 9432 9790 Level 1, Suite 31, Fremantle Malls 35 William St, Fremantle WA 6160 www.fremantle.wa.gov.au/fclc</p>
<p>Gosnells Community Legal Centre GOSNELLS</p>	<p>Provides information, advice and ongoing assistance in:</p> <ul style="list-style-type: none"> • Family Law • Child Support • Domestic Violence • Victim Compensation Program • Tenancy Advocacy and Education • Financial Counselling • Family Dispute Resolution • Neighbourhood Mediation <p>Representation in court available for restraining order applications and defended hearings. One off legal advice available in minor civil law matters through the Volunteer Legal Service. Please ring for information (Tuesday to Friday).</p>	<p>Tel: 9398 1455 admin@gosclc.com.au Suite 1, Gosnells Lotteries House, 2232 Albany Hwy, Gosnells www.gosclc.com.au</p>
<p>Health Consumers' Council (Wa) PERTH</p>	<p>We are your GPS for Health! Helping you navigate the WA health system and be a positive partner in healthcare reform. This free service is available to anyone in WA.</p> <p>Through:</p> <ul style="list-style-type: none"> • individual advocacy • consumer forums; • health service consultations; • appointing individual consumer representatives to health service committees; • establishing consumer reference groups. 	<p>Tel: 9221 3422 1800 620 780 (Country areas only) info@hconc.org.au Unit 6 Wellington Fair, 40 Lord Street East Perth 6004 www.hconc.org.au</p>

<p>HOPE Community Services ANYWHERE</p>	<ul style="list-style-type: none"> • Advice and referral via the Street Van program in Roleystone, Kwinana and Armadale Thursday evenings. Informal AOD Counselling, information and referrals. • Street Van program in Kalgoorlie. 	<p>Tel: 9497 9498 Fax: 9497 9424 info@hopecs.org.au Level 1, 56 Fourth Road, Armadale PO Box 165, Armadale WA 6992 www.hopecommunityservices.org.au</p>
<p>Mirrabooka Family Support Network (Fsn) MIRRABOOKA</p>	<p>We are a partnership of agencies that work with families and individuals up to 25 years old. We provide central access to a range of support services, ensuring everyone can select the mix of services they wish to receive on a voluntary basis whilst maintaining full confidentiality.</p>	<p>Tel: 1300 760 691 mfsn@mercyare.com.au Unit 1, 77 Honeywell Blvd, Mirrabooka www.mercyare.com.au www.wafsn.org.au</p>
<p>Northern Suburbs Community Legal Centre JOONDALUP</p>	<p>Family, civil and criminal issues. Specialist tenancy law service.</p>	<p>Tel: 9301 4413 joondalup@nsclegal.org.au Building 1, Edith Cowan Uni 270 Joondalup Drive, Joondalup www.nsclegal.org.au</p>
<p>Northern Suburbs Community Legal Centre MIRRABOOKA</p>	<p>Legal advice, assistance, information and referrals in relation to family law and civil law. Community Education workshops.</p> <p>Specialist services:</p> <ul style="list-style-type: none"> • CaLD Community Advocacy and Education • Tenancy Law: Information and advice for private and public tenants • Older People's Rights Service: Legal Assistance and Social Work Assistance for those experiencing, or at risk of experiencing, elder abuse. 	<p>Tel: 9440 1663 mirrabooka@nsclegal.org.au 10 Cobbler Pl, Mirrabooka www.nsclegal.org.au</p>
<p>Older People's Rights Service (Oprs) ANYWHERE</p>	<p>Provides Legal Assistance and Social Work Assistance for those experiencing, or who are at risk of experiencing, elder abuse. OPRS operates throughout the metropolitan area including Mandurah.</p> <p>Elder Abuse is any behaviour or action within a relationship of trust that harms an older person. It includes financial, psychological, physical, sexual, social abuse and neglect.</p>	<p>Tel: 9440 1663 www.nsclegal.org.au</p>
<p>Passages PERTH</p>	<p>ELIGIBILITY: 12-25 years and homeless or at risk of homelessness.</p> <p>Streetlaw Centre WA Legal clinic Wed (fortnightly) 10.00am-12noon Youth Futures WA Thu 10.00am-12.00noon Centrelink Community Team Fri 9.30am-1.00pm Youth Liaison Officer Thu 10.00am-12noon</p>	<p>Tel: 9228 1478 Fax: 9228 9572 Passages.project@svdpwa.org.au 22 Palmerston Street Northbridge www.passagesresourcecentre.com</p>
<p>Peel Community Legal Services MANDURAH</p>	<p>Criminal, civil, family, generalist legal advice service. Assistance and advocacy in areas including:</p> <ul style="list-style-type: none"> • Tenancy • Centrelink, • Domestic and Family Violence, • Consumer Debt <p>PCLS also provides:</p> <ul style="list-style-type: none"> • an outreach service to Pinjarra and Waroona on a monthly basis for legal issues - by appointment only. • Information Sessions for Property Settlement in Separation. 	<p>Tel: 9581 4511 Office Hours Mon – Frid 9.00am – 4.30pm Closed Wednesday hello@peelcls.com.au Suite 6, 2 Sutton St Mandurah www.peelcls.com.au</p>

<p>Streetlaw centre (wa) inc NORTHRIDGE FREMANTLE EAST PERTH</p>	<p>STREETLAW CENTRE (WA) INC Generalist legal service providing advice and assistance to the homeless, or those at risk of homelessness. Regular legal clinics held at centres across Perth</p> <p>View the website for StreetLaw times and locations</p>	<p>Tel: 9221 7661 Freecall: 1800 752 992 ocpolicy@streetlawcentre.org.au PO Box 6236 East Perth WA 6892 www.streetlawcentre.org.au</p>
<p>Subiaco Community Legal Service SUBIACO</p>	<p>FREE Community Legal Service. The Subiaco Community Legal Service is a team of experienced and qualified lawyers who donate their time to assist local residents with legal matters including estate planning, wills, commercial and civil matters and family law.</p> <p>Appointments are available every Monday (excluding public holidays) between 6.00pm and 9.00pm. Please phone first for an appointment</p> <p>This free advice service is a 20-minute consultation, by appointment, as a first point of reference for general advice regarding legal matters.</p>	<p>Tel: 9237 9222 Shenton Park Community Centre 240 Onslow Road, Shenton Park www.subiaco.wa.gov.au</p>
<p>The Humanitarian Group VICTORIA PARK</p>	<ul style="list-style-type: none"> • Protection visas (temporary and permanent) • Applications to bring family to Australia • Administrative Appeals Tribunal • Family violence (including partner visas) • Specialist immigration (human trafficking, visa cancellations, citizenship) • General legal advice (family criminal, civil law) <p>Eligibility:</p> <ul style="list-style-type: none"> • client criteria: • culturally and linguistically diverse background • financial capacity • time in Australia • English level • our capacity • priority matters <p>Mon-Fri 9:00am – 3:00pm</p>	<p>Tel: 9227 7311 admin@thehumanitariangroup.org.au 16B Sunbury Road, Victoria Park www.thehumanitariangroup.org.au</p>
<p>Tranby PERTH</p>	<p>Centrelink Community team Mon & Tue Disability Advocate on request Streetlaw Fri Moorditj Podiatry Last Monday of Month Mobile GP Tue and Thu Dentist on availability Hollyoake Drug and Alcohol Counsellor Fri Mail Collection Point (people with no fixed address may redirect their mail to Tranby)</p>	<p>Tel: 9220 1200 Unit 6, 5 Aberdeen St, East Perth</p>
<p>Women's Law Centre Wa MANDURAH</p>	<p>Information and referral, legal advice, assistance, (limited) representation for disadvantaged women/ victims of family violence. Community legal education and law reform advocacy</p> <p>Family law (children's issues, limited advice on property matters and divorce applications), family violence issues (including violence restraining orders), criminal injuries compensation, child protection.</p>	<p>Tel: 9272 8800 Country Freecall: 1800 625 122 445 Hay Street, Perth www.wlcwa.org.au</p>
<p>Youth Legal Service PERTH</p>	<p>Free Legal information, advice and advocacy to young people under 25 years in civil and criminal matters. Representation in the metropolitan courts with priority given to matters in the Children's Courts. By appointment only. Mon-Fri. 9.00am- 5.00pm</p>	<p>Tel: 9202 1688 yls@youthlegalserviceinc.com.au www.youthlegalserviceinc.com.au</p>



Getting Help With Parenting



<p>4Dads PARENTING</p>	<p>4Dads is run by Relationships Australia WA offer free information, education, referrals and support for fathers of children up to 18 years in the Mandurah and Pinjarra areas.</p>	<p>Tel: 6164 0600 4families.mandurah@relationships.wa.gov.au Mandurah www.streetlawcentre.org.au</p>
<p>Aboriginal Youth Service PARENTING</p>	<p>The MercyCare Aboriginal Youth Service provides support for Aboriginal and Torres Strait Islander young people aged between 12-24 years and their families by providing wrap around services and a case management approach to improve school attendance rates, engagement and transition into higher education, training or employment.</p>	<p>Tel: 1800 800 046 yhreferrals@mercy.com.au 21 Lansdowne Place, Merriwa Midland WA 6056 www.mercycare.com.au</p>
<p>Armada Family Support Network PARENTING</p>	<p>The Armadale Family Support Network is a partnership of 30 support agencies that provide support to families in the Armadale District. Families linked to the Armadale Family Support Network can receive support to assist them to deal with the stresses and challenges that might be impacting on their lives. Families can self refer or be linked into the Armadale Family Support Network by phoning or emailing.</p>	<p>Tel: 1300 887 487 afsn@parkerville.org.au www.wafsn.org.au www.parkerville.org.au</p>
<p>Child And Parent Centre - Warriapendi PARENTING</p>	<p>A welcoming place for Balga families with children from birth to 8 years old. Children and parents play, read books and have fun together. Families connect with each other, the community, schools and services such as the Child Health Nurse, English Language courses and support for parents</p>	<p>Tel: 9440 1586 8 Redcliffe Avenue, Balga www.mercycare.com.au</p>
<p>Child Contact Service</p>	<p>The Child Contact Service provides a safe and supportive way for children to move between separated parents and maintain a relationship with the parent they do not live with and with other family members.</p>	<p>Tel: 6164 0620 childcontact@relationships.wa.gov.au</p>
<p>Family Foundations Service PARENTING</p>	<p>ELIGIBILITY: Families who are homeless or at risk of homelessness and who have children with them who are 16 or under. SERVICE: Drop in service providing a safe and welcoming environment for parents and children who are vulnerable and marginalised. Offering a range of activities for parents and children including painting, drawing, educational activities, tutoring, movie nights, theme nights, intake and referral to other programs assisting those in crisis. Mon, Tue, Thu 3.30pm-6.00pm</p>	<p>Tel: 9220 1288 (8.30am-4.30pm) 6/5 Aberdeen Street, East Perth</p>
<p>Family Inclusion Network WA (Fin WA) PARENTING</p>	<p>FIN WA advocates assist families to navigate the child protection system by attending meetings with DCPFS, Children's Court and related matters 'Drop In' sessions occur on the second Monday of each month, 1-3pm; no appointment is required. A useful resource on our website is "Finding Your Way with DCPFS".</p>	<p>Tel: 9328 6434 Fax: 9227 9052 info@finwa.org.au 156 Vincent St North Perth PO Box 140 Perth WA 6906 http://finwa.org.au/</p>
<p>HOPE Community Services PARENTING</p>	<ul style="list-style-type: none"> Attachment based therapy programs offered to parents with children between the ages of 0-5 years in the Metropolitan area. Circle of Security parenting group in the Metropolitan area 	<p>Tel: 9497 9498 Fax: 9497 9424 info@hopecs.org.au Level 1, 56 Fourth Road, Armadale PO Box 165, Armadale WA 6992 www.hopcommunityservices.org.au</p>

<p>Kidsport (Department of Sport and Recreation) KIDS</p>	<p>Financial assistance for Western Australian children for the payment of community sport and recreation club registration fees.</p> <p>Eligible children are aged 5–18 years and listed on a Health Care or Pensioner Concession card.</p> <p>Applicants who are NOT listed on a valid concession card, may meet one of the Financial Exceptions.</p> <p>For more information contact your local government office or visit the website where applicants with a valid concession card can apply online.</p>	<p>Tel: 9492 9911 kidsport@dsr.wa.gov.au www.dsr.wa.gov.au/kidsport</p>
<p>MercyCare Reconnect PARENTING</p>	<p>An early intervention, outreach support service assisting young people between the ages of 12-18 years old who have been experiencing conflict at home. We assist families by providing support through individual and/or family counselling, mediation, information, education, advocacy and referral.</p>	<p>Tel: 1800 800 046 yhreferrals@mercyare.com.au 4 Brewer Place, Mirrabooka 6 Cecil Avenue, Cannington www.mercyare.com.au</p>
<p>MercyCare Settlement Services PARENTING</p>	<p>Supports permanent residents who have arrived in Australia during the last 5 years as humanitarian entrants or family stream migrants with low levels of English. Regular workshops include</p> <ul style="list-style-type: none"> • Health • Legal • Relationships • Budgeting and finance • Employment, education and training • Housing and accommodation 	<p>Tel: 9344 2468 yhreferrals@mercyare.com.au 4 Brewer Place, Mirrabooka www.mercyare.com.au</p>
<p>MercyCare Youth and Homless Services PARENTING</p>	<p>COOLOCK UNITS</p> <p>MercyCare's Coolock program is an accommodation and support program for single young women between ages of 16-25yrs with children. Families can stay for up to 6 months. The program provides individual assistance and support to young people and their children</p>	<p>Tel: 1800 800 046 yhreferrals@mercyare.com.au 38 Ord Street, West Perth www.mercyare.com.au</p>
<p>Minnawarra House KIDS</p>	<p>MINNAWARRA HOUSE HOSTS Y-TIME</p> <p>An outdoor program for 10-18yr olds incorporating, physical activities, food and social time.</p> <p>FREE - Thu 3-00-6.00pm</p>	<p>Tel: 9497 1413 24 Numulgi St, Armadale www.minnahouse.org.au</p>
<p>Minnawarra House KIDS</p>	<p>MINNAWARRA HOUSE KIDZ KORNER PROGRAM</p> <p>A program of creativity, physical, food, fun and social time activities for 7-14yr olds.</p> <p>FREE - Wed 3.30-4.30pm</p>	<p>Tel: 9497 1413 24 Numulgi St, Armadale www.minnahouse.org.au</p>
<p>Minnawarra House PARENTING</p>	<p>MINNAWARRA HOUSE YOUTH AND FAMILY COUNSELLING SERVICE</p> <p>Counselling for young people 12-18yrs of age, & families. Our Counsellors can help with all presenting issues including parent/adolescent conflict, addictions, anger, anxiety, self-esteem, grief, gender orientation, mental health matters.</p>	<p>Tel: 9497 1413 24 Numulgi St, Armadale www.minnahouse.org.au</p>
<p>Mirrabooka Family Support Network (Fsn) MIRRABOOKA</p>	<p>We are a partnership of agencies that work with families and individuals up to 25 years old. We provide central access to a range of support services, ensuring everyone can select the mix of services they wish to receive on a voluntary basis whilst maintaining full confidentiality.</p>	<p>Tel: 1300 760 691 mfsn@mercyare.com.au Unit 1, 77 Honeywell Blvd, Mirrabooka www.mercyare.com.au www.wafsn.org.au</p>

<p>NGALA PARENTING</p>	<p>A not-for-profit parenting and childhood services provider in WA with a passion for supporting families. The Ngala Parenting Line is a free call-back service for WA families with parenting questions or concerns. This service supports families with children aged 0 to 18. Request a call at www.ngala.com.au/npl.</p> <p>Learn about Ngala's parenting workshops, programs and services on our website.</p>	<p>Ngala Parenting Line Tel: 9368 9368 or 1800 111 546 for country callers www.ngala.com.au www.ngala.com.au/pw</p>
<p>NGALA Parenting Line PARENTING</p>	<p>The Ngala Parenting Line is a free call-back service for WA families with parenting questions or concerns. Call 9368 9368 (or 1800 111 546 for country callers) from Monday to Sunday, 8am to 8pm. This service supports families with children aged 0 to 18. Families can request a call online at www.ngala.com.au/npl.</p>	<p>Ngala Parenting Line Tel: 9368 9368 or 1800 111 546 for country callers www.ngala.com.au www.ngala.com.au/pw</p>
<p>Pregnancy Problem House PREGNANCY ASSISTANCE</p>	<p>Free, confidential, non-judgmental care for anyone distressed or disadvantaged by a current, past or suspected pregnancy.</p> <p>If you are feeling pressure from people, circumstances, or from your own thoughts, please know that you're not alone. We specialise in helping teens, women and couples find solutions. Whatever you decide, whatever you discover, whatever happens, we're here for you.</p>	<p>Tel: 1300 200 406 342 Wanneroo Rd, Nollamara www.pregnancyproblemhouse.com</p>
<p>Pregnancy Problem House PREGNANCY ASSISTANCE</p>	<p>Free, confidential, non-judgmental care for anyone distressed or disadvantaged by a current, past or suspected pregnancy.</p> <p>If you are feeling pressure from people, circumstances, or from your own thoughts, please know that you're not alone. We specialise in helping teens, women and couples find solutions. Whatever you decide, whatever you discover, whatever happens, we're here for you.</p>	<p>Tel: 1300 200 406 Shop 23/56 Langford Ave, Langford www.pregnancyproblemhouse.com</p>
<p>Pregnancy Problem House PREGNANCY ASSISTANCE</p>	<p>Free, confidential, non-judgmental care for anyone distressed or disadvantaged by a current, past or suspected pregnancy.</p> <p>If you are feeling pressure from people, circumstances, or from your own thoughts, please know that you're not alone. We specialise in helping teens, women and couples find solutions. Whatever you decide, whatever you discover, whatever happens, we're here for you.</p>	<p>Tel: 1300 200 406 Regional Centres in Geraldton, Albany and Kalgoorlie www.pregnancyproblemhouse.com</p>
<p>The Fathering Project PARENTING</p>	<p>The Fathering Project is a charity that works together with fathers and father figures to become better dads to provide children with a better environment to develop. We help to reduce incidence of harmful behaviours such as suicide, self-harm & substance abuse. Visit our website for more information.</p>	<p>Tel: 6488 3182 admin@thefatheringproject.org www.thefatheringproject.org</p>
<p>Womens Health & Family Services Kids In Focus (Kifwa) PARENTING</p>	<p>Kids in Focus, located at the WHFS Northbridge Office, provides free counselling and support for children and their families affected by parental substance use.</p>	<p>Tel: 6330 5400 kifintake@whfs.org.au 227 Newcastle Street, Northbridge www.whfs.org.au</p>
<p>Womens Health & Family Services Making Sense of Motherhood PARENTING</p>	<p>For new mums who are experiencing parenthood as something different to what they were anticipating. A 10-week program for mums and babies to participate together, and a step down 10 week program for mums to learn more about the adjustment to parenting.</p>	<p>Tel: 6330 5400 jbarrettlennard@whfs.org.au Suite 6 Joondalup Lotteries House 70 Davidson Tce, Joondalup www.whfs.org.au</p>
<p>Womens Health & Family Services PEPISU Mums and Children's Program PARENTING</p>	<p>PEPISU, located at the WHFS Northbridge Office, is a program that offers a range of services to women who are pregnant and/or parenting and working to overcome problematic alcohol or other drug use. Services include counselling, outreach, and family and social recreational activities.</p>	<p>Tel: 6330 5400 AODduty@whfs.org.au 227 Newcastle Street, Northbridge www.whfs.org.au</p>



Getting Somewhere To Stay



<p>Indigo Junction Family Service</p>	<p>The Family Service offers housing, support and education. Our team focuses on empowering families to build on their parenting and independent living skills. We also assist families to connect to specialist supports such as counselling, health and employment services where required. Families are encouraged to set personal goals as well creating a plan towards long-term stable housing. Please call us for more information.</p>	<p>Tel: 9250 5256 families@indigojunction.org.au Midland Area www.indigojunction.org.au</p>
<p>Indigo Junction Youth Service</p>	<p>Our Youth Service offers housing, tenancy support and education. Our goal is to provide a safe place where young people receive the support they need to set goals and work towards a positive future. Please call us for more information.</p>	<p>Tel: 9274 1611 youth@indigojunction.org.au Midland Area www.indigojunction.org.au</p>
<p>Indigo Junction Youth Service</p>	<p>Our Youth Service offers housing, tenancy support and education. Our goal is to provide a safe place where young people receive the support they need to set goals and work towards a positive future. Please call us for more information.</p>	<p>Tel: 9274 1611 youth@indigojunction.org.au Midland Area www.indigojunction.org.au</p>
<p>MercyCare Reconnect</p>	<p>An early intervention, outreach support service assisting young people between the ages of 12-18 years old who have been experiencing conflict at home. We assist families by providing support through individual and/or family counselling, mediation, information, education, advocacy and referral.</p>	<p>Tel: 1800 800 046 yhreferrals@mercycares.com.au 4 Brewer Place, Mirrabooka 6 Cecil Avenue, Cannington www.mercycares.com.au</p>
<p>MercyCare Youth And Homelessness Services</p>	<p>COOLOCK UNITS MercyCare's Coolock program is an accommodation and support program for single young women between ages of 16-25yrs with children. Families can stay for up to 6 months. The program provides individual assistance and support to young people and their children</p>	<p>Tel: 1800 800 046 yhreferrals@mercycares.com.au 38 Ord Street, West Perth www.mercycares.com.au</p>
<p>MercyCare Youth And Homelessness Services</p>	<p>CARLOW HOUSE A 24-hour, medium term supported accommodation service for young people aged between 16-19 years old, who are homeless or at risk of being homeless. MercyCare walks alongside young people and encourage them to build their confidence, self-esteem, strong relationships and support networks for moving into private or shared accommodation and adulthood.</p>	<p>Tel: 1800 800 046 yhreferrals@mercycares.com.au 38 Ord Street, West Perth www.mercycares.com.au</p>
<p>MercyCare Youth And Homelessness Services</p>	<p>MERCYCARE HOUSING SUPPORT SERVICE Housing Support Service is a free service for families or individuals between 18-65 years old, who are currently living in, or looking for a private rental and require some support. Support services include assisting with rental resumes, bond assistance applications and advocacy to the Housing Authority</p>	<p>Tel: 1800 800 046 yhreferrals@mercycares.com.au 38 Ord Street, West Perth www.mercycares.com.au</p>
<p>Mirrabooka Family Support Network (Fsn)</p>	<p>We are a partnership of agencies that work with families and individuals up to 25 years old. We provide central access to a range of support services, ensuring everyone can select the mix of services they wish to receive on a voluntary basis whilst maintaining full confidentiality.</p>	<p>Tel: 1300 760 691 mfsn@mercycares.com.au Unit 1, 77 Honeywell Blvd, Mirrabooka www.mercycares.com.au www.wafsn.org.au</p>

<p>Passages Resource Centre NORTHRIDGE</p>	<p>ELIGIBILITY: 16-25 years and homeless or at risk of homelessness. Transitional accommodation in share houses for up to a year for young people wanting to prepare for private rental and independent housing options.</p>	<p>Tel: 9228 1478 Fax: 9228 9572 Passages.project@sudpwa.org.au 22 Palmerston Street Northbridge www.passagesresourcecentre.com</p>
<p>St Patrick's Community Support Centre FREMANTLE</p>	<p>Crisis accommodation for males over 21 years of age. 12 week case managed program. Free breakfast and subsidised lunch. Newstart \$275 + \$70 meals/fortnight DSP \$334 + \$70 meals/fortnight Further details available on request.</p>	<p>Tel: 9430 4159 Fax: 9430 7974 12 Queen Victoria Ave, Fremantle www.stpats.com.au</p>
<p>St Patrick's Community Support Centre FREMANTLE</p>	<p>Short – Medium term lodging house accommodation for single males 21 years and over. Must be in receipt of Centrelink benefits and be able to live independently. Various locations in Fremantle and surrounding area. New start \$268 + \$35 amenity fee DSP \$340 + \$35 amenity fee Further details available on request.</p>	<p>Tel: 9430 4159 Fax: 9430 7974 94 South Terrace, Fremantle www.stpats.com.au</p>
<p>Tate Street Lodge ST JAMES</p>	<p>Fully furnished affordable single male rooms at Tate Street Lodge, a friendly comfortable short term or permanent accommodation.</p>	<p>Tel: 9458 9104 55 Norman Street St. James 6102 One Site Manager: Sue 0423 125 329</p>
<p>USEFUL WEBSITES</p>	<p>Affordable Housing - Interactive website that people can look at for general information including homeownership, NRAS (National Rental Affordability Scheme), and other Social Housing options.</p>	<p>http://affordablehousing.wa.gov.au/Pages/default.aspx</p>
<p>USEFUL WEBSITES</p>	<p>Ask Izzy helps people who are homeless or at risk of becoming homeless to find the services they need, including housing, right now and nearby.</p>	<p>https://askizzy.org.au/</p>



Getting Help With Tenancy



<p>Access Housing Australia Ltd PERTH METRO</p>	<p>Access Housing is one of WA's leading community housing providers. A number of our properties are specialised housing for individuals who have a disability including severe, persistent mental illness.</p> <p>To access accommodation please contact one of our offices for advice. Eligibility criteria apply and there are often long waiting lists.</p>	<p>Tel: 9430 0900 info@accesshousing.org.au Level 1, 39 Adelaide Street Fremantle www.accesshousing.org.au</p>
<p>Access Housing Australia Ltd PEEL</p>	<p>Access Housing is one of WA's leading community housing providers. A number of our properties are specialised housing for individuals who have a disability including severe, persistent mental illness.</p> <p>To access accommodation please contact one of our offices for advice. Eligibility criteria apply and there are often long waiting lists.</p>	<p>Tel: 9534 0400 info@accesshousing.org.au 4 Stevenson Street, Mandurah www.accesshousing.org.au</p>
<p>Access Housing Australia Ltd SOUTH WEST</p>	<p>Access Housing is one of WA's leading community housing providers. A number of our properties are specialised housing for individuals who have a disability including severe, persistent mental illness.</p> <p>To access accommodation please contact one of our offices for advice. Eligibility criteria apply and there are often long waiting lists.</p>	<p>Tel: 9722 7200 info@accesshousing.org.au Corner Jull St and Prospect Road Armadale www.accesshousing.org.au</p>
<p>Armadale Tenancy Outreach Service ARMADALE</p>	<p>Tenancy Advocates from Gosnells Community Legal Centre are available at St Matthew's Anglican church café, on Thursdays for assistance to both private and public rental tenants, with issues such as bond disputes, rent arrears, breach and termination notices, and evictions.</p> <p>Ring for an appointment.</p>	<p>Tel: 9398 1455 admin@gosclc.com.au Level 1, 25 Victoria Street, Bunbury www.gosclc.com.au</p>
<p>Department Of Commerce (Consumer Protection) ANYWHERE</p>	<p>Provides advice and information on tenant rights and responsibilities. Consumer Protection has a free conciliation service that can help you resolve a complaint with a landlord or property manager.</p>	<p>Tel: 1300 30 40 54 consumer@commerce.wa.gov.au www.commerce.wa.gov.au/renting Smartphone app for renters: www.commerce.wa.gov.au/iRentWA</p>
<p>Fremantle Community Legal Centre FREMANTLE</p>	<p>Eligibility: Residential tenants in the City of Fremantle, City of Melville, City of Cockburn and Town of East Fremantle.</p> <p>Tenant Advocate encourages clients to act on their own behalf but assist with:</p> <ul style="list-style-type: none"> • Advocacy • General tenancy information • Evictions • Bond disputes/release of bond • Breaches of rental agreements • Assessment and referral for any other tangential matters <p>**We do not provide advice to landlord's or neighbour disputes**</p> <p>By appointment only: Mon- Fri 9.00am-4.00pm.</p>	<p>Tel: 9432 9790 Level 1, Suite 31, Fremantle Malls 35 William St, Fremantle WA 6160 www.fremantle.wa.gov.au/fclc</p>

<p>Gosnells Community Legal Centre GOSNELLS</p>	<p>Tenancy Advocates provide assistance to both private and public rental tenants, with issues such as:</p> <ul style="list-style-type: none"> • bond disputes, • rent arrears, • breach and termination notices, and • evictions. <p>Community Education sessions provided on request.</p> <p>Gosnells Community Legal Centre Centre also assists with other legal issues.</p> <p>Please ring for more information.</p> <p>Tue-Fri 9.30am-12.30pm and 1.30-4.00pm</p>	<p>Tel: 9398 1455 admin@gosclc.com.au Suite 1, Gosnells Lotteries House, 2232 Albany Hwy, Gosnells www.gosclc.com.au</p>
<p>MercyCare Reconnect ANYWHERE</p> <p>Mercycare Settlement Services PARENTING</p>	<p>An early intervention, outreach support service assisting young people between the ages of 12-18 years old who have been experiencing conflict at home. We assist families by providing support through individual and/or family counselling, mediation, information, education, advocacy and referral.</p> <p>Supports permanent residents who have arrived in Australia during the last 5 years as humanitarian entrants or family stream migrants with low levels of English. Regular workshops include</p> <ul style="list-style-type: none"> • Health • Legal • Relationships • Budgeting and finance • Employment, education and training • Housing and accommodation 	<p>Tel: 1800 800 046 yhreferrals@mercycares.com.au 4 Brewer Place, Mirrabooka 6 Cecil Avenue, Cannington www.mercycare.com.au</p> <p>Tel: 9344 2468 yhreferrals@mercycares.com.au 4 Brewer Place, Mirrabooka www.mercycare.com.au</p>
<p>Mercycare Youth and Homless Services PARENTING</p>	<p>COOLOCK UNITS</p> <p>MercyCare's Coolock program is an accommodation and support program for single young women between ages of 16-25yrs with children. Families can stay for up to 6 months. The program provides individual assistance and support to young people and their children</p>	<p>Tel: 1800 800 046 yhreferrals@mercycares.com.au 38 Ord Street, West Perth www.mercycare.com.au</p>
<p>Mercycare Youth And Homelessness Services</p>	<p>CARLOW HOUSE</p> <p>A 24-hour, medium term supported accommodation service for young people aged between 16-19 years old, who are homeless or at risk of being homeless.</p> <p>MercyCare walks alongside young people and encourage them to build their confidence, self-esteem, strong relationships and support networks for moving into private or shared accommodation and adulthood.</p>	<p>Tel: 1800 800 046 yhreferrals@mercycares.com.au 38 Ord Street, West Perth www.mercycare.com.au</p>
<p>Mercycare Youth And Homelessness Services</p>	<p>MERCYCARE HOUSING SUPPORT SERVICE</p> <p>Housing Support Service is a free service for families or individuals between 18-65 years old, who are currently living in, or looking for a private rental and require some support. Support services include assisting with rental resumes, bond assistance applications and advocacy to the Housing Authority</p>	<p>Tel: 1800 800 046 yhreferrals@mercycares.com.au 38 Ord Street, West Perth www.mercycare.com.au</p>
<p>Mirrabooka Family Support Network (Fsn)</p>	<p>We are a partnership of agencies that work with families and individuals up to 25 years old. We provide central access to a range of support services, ensuring everyone can select the mix of services they wish to receive on a voluntary basis whilst maintaining full confidentiality.</p>	<p>Tel: 1300 760 691 mfsn@mercycares.com.au Unit 1, 77 Honeywell Blvd, Mirrabooka www.mercycare.com.au www.wafsn.org.au</p>



Getting Your Own Home



Aboriginal Home Ownership Scheme	This scheme is designed to assist Aboriginal and Torres Strait Islander people to buy a home of their own. The scheme offers a shared equity loan and a low deposit loan.	Tel: 1300 578 278 www.keystart.com.au For more information, see the Shared Home Loans under Products.
Access Home loans	ELIGIBILITY: People with a permanent disability or who care for a dependant with a permanent disability which impacts on their housing needs in terms of housing design, amenity level or proximity to appropriate medical and support services. SERVICE: The Access Home Loan Scheme helps people with disabilities buy their own home or modify an existing private home to cater for their needs.	Tel: 1300 578 278 www.keystart.com.au For more information, see the Shared Home Loans page under Products.
First Home Owner Grant	The First Home Owner Grant provides for a grant designed to help people purchase or build their first home. It is not a loan and does not need to be repaid.	Tel: 9262 1299 or Toll Free: 1300 363 211 www.dtf.wa.gov.au
Goodstart Home Loans	The GoodStart Scheme helps Housing Authority tenants buy a home under a shared ownership arrangement. You can look at buying your current rental property or another property offered to you by the Housing Authority.	Tel: 1300 578 278 www.keystart.com.au For more information, see the Shared Home Loans page under Products.
Keystart: Obtaining A Home Loan	Keystart is an initiative of the West Australian Government set up to assist West Australians into affordable housing. Keystart will assess your income and other commitments to determine the amount you may be eligible to borrow.	Tel: 1300 578 278 yhreferrals@mercyare.com.au 38 Ord Street, West Perth www.keystart.com.au
Mirrabooka Family Support Network (Fsn)	We are a partnership of agencies that work with families and individuals up to 25 years old. We provide central access to a range of support services, ensuring everyone can select the mix of services they wish to receive on a voluntary basis whilst maintaining full confidentiality.	Tel: 1300 760 691 mfsn@mercyare.com.au Unit 1, 77 Honeywell Blvd, Mirrabooka www.mercyare.com.au www.wafsn.org.au
Rental Sales Scheme	Eligible Housing Authority tenants can purchase their rental property (if it is available for sale). Purchasers may receive a grant of up to \$3000 for stamp duty, valuation and settlement fees, and a discount for any approved capital improvements they have made to the property.	Tel: 9222 8148 Country callers Ph: 1800 093 325
Sharedstart A Shared Ownership Home Loan	The SharedStart home loan is a unique loan that has been developed in response to the Housing Authority's affordable housing initiative. The initiative involves the Housing Authority providing affordable properties for sale, with the intention of sharing the ownership of the property with eligible West Australians. Keystart's role is to offer home loans to owner-occupiers to assist with financing those properties.	Tel: 1300 578 278 www.keystart.com.au For more information, see the Shared Home Loans page under Products.
Sole Parent Family Home Loan Assistance Scheme	This scheme can provide assistance for sole parents and their kids to stay in the family home where there has been a relationship breakdown (or a partner passes away).	Tel: 1300 578 278 www.keystart.com.au For more information, see the Shared Home Loans page under Products.

<p>USEFUL WEBSITES</p>	<p>Affordable Housing - Interactive website that people can look at for general information including homeownership, NRAS (National Rental Affordability Scheme), and other Social Housing options.</p>	<p>http://affordablehousing.wa.gov.au/Pages/default.aspx</p>
<p>USEFUL WEBSITES</p>	<p>Ask Izzy helps people who are homeless or at risk of becoming homeless to find the services they need, including housing, right now and nearby.</p>	<p>https://askizzy.org.au/</p>



Getting Help With Costs



<p>Alinta Energy UTILITIES</p>	<p>If you're having trouble paying your gas bill, there are ways Alinta Energy can help. As tempting as it might be, don't ignore your bill – doing so may incur overdue fees or even result in disconnection.</p> <p>Instead, call us on 13 13 58 and we'll work with you to see if we can offer you a payment plan.</p>	<p>Tel: 13 13 58 www.alintaenergy.com.au</p>
<p>Australia Post POST</p>	<p>Eligibility:</p> <ul style="list-style-type: none"> • Pension Concession Card • Commonwealth Seniors Health Card • Veterans' Repatriation Health Card • Health Care Card (all types) • Department of Veterans. Affairs Card <p>Concessions:</p> <ul style="list-style-type: none"> • half price mail redirection service • half price mail holding services 	<p>Tel: 13 13 18 www.auspost.com.au</p>
<p>Australia Post POST</p>	<p>MyPost Concession Card:</p> <ul style="list-style-type: none"> - A identification card displaying the Customers Name - On receipt of application a Free MyPost account is created - A Free booklet of 5 stamps will be forwarded to you - The Concession Card offers reduced rate on domestic stamps. Stamps at 60c instead of normal rate \$1 - Up to 50 Stamps per year - Identification needed for each individual <p>**No Multiple persons listings**</p>	<p>Tel: 13 13 18 www.auspost.com.au http://auspost.com.au/parcels-mail/concession-stamps.html</p>
<p>Community Safety Website HOME SECURITY</p>	<p>Explore this website to learn about personal safety and home security, download resources and find information and useful links.</p>	<p>www.police.wa.gov.au/Our-Community</p>
<p>Financial Counselling Helpline UTILITIES</p>	<p>The Financial Counselling Helpline is available for all Western Australians seeking free, independent and confidential financial advice. Counsellors provide information, strategies and guidance to help people manage their financial situation. You can locate your nearest financial counsellor by phoning the helpline or by visiting their website.</p>	<p>Tel: 1800 007 007 www.financialcounsellors.org/</p>
<p>Housing Authority RENTAL ASSISTANCE</p>	<p>Applicants for Bond Assistance can also borrow the first two weeks rent in advance.</p>	<p>Tel: 1800 093 325 www.housing.wa.gov.au/housingoptions/rentaloptions/bondassistance/Pages/default.aspx</p>
<p>Housing Authority BOND ASSISTANCE</p>	<p>The Housing Authority offers bond assistance and two weeks' rent in advance as an interest-free loan to help people obtain accommodation in the private rental market. The maximum loan depends on your circumstances. The loan is repaid in regular payments of at least \$25 per fortnight. Applicants must meet Bond Assistance Loan Scheme income limits. Other conditions apply. Contact your local Housing Authority office.</p>	<p>Tel: 1800 093 325 www.housing.wa.gov.au/housingoptions/rentaloptions/bondassistance/Pages/default.aspx</p>
<p>Housing Authority Direct Debit RENTAL ASSISTANCE</p>	<p>If you live in a Housing Authority house you can pay your rent by direct debit.</p> <p>No fee is charged if you go through the Housing Authority (a fee may be charged if you go through your Bank).</p>	<p>Tel: 1800 093 325 www.housing.wa.gov.au/currenttenants/publichousing/RentPaymentOptions/Pages/default.aspx</p>

<p>Mercycare Lending Services HOUSEHOLD GOODS</p>	<p>Interest free loans from \$100-\$1,200* which can be used for a range of items including:</p> <ul style="list-style-type: none"> • Driving lessons • Education Courses • Laptops and computers • Medical aids • School uniforms, books • White goods eg. Refrigerators <p>*conditions apply</p>	<p>Tel: FREECALL 1800 268 472 mfsn@mercyare.com.au 4 Brewer Place, Mirrabooka 6 Cecil Avenue, Cannington 21 Lansdowne Place, Merriwa www.mercycare.com.au</p>
<p>Mirrabooka Family Support Network (Fsn)</p>	<p>We are a partnership of agencies that work with families and individuals up to 25 years old. We provide central access to a range of support services, ensuring everyone can select the mix of services they wish to receive on a voluntary basis whilst maintaining full confidentiality.</p>	<p>Tel: 1300 760 691 mfsn@mercyare.com.au Unit 1, 77 Honeywell Blvd, Mirrabooka www.mercycare.com.au www.wafsn.org.au</p>
<p>National Debt Helpline UTILITIES</p>	<p>The National Debt Helpline is available for all Western Australians seeking free, independent and confidential financial advice. Counsellors provide information, strategies and guidance to help people manage their financial situation. You can locate your nearest financial counsellor by phoning the helpline or by visiting their website.</p>	<p>Tel: 1800 007 007 www.financialcounsellors.org/</p>
<p>Private Rental Aboriginal Assistance Loan (Prael) RENT ASSISTANCE</p>	<p>The Private Rental Aboriginal Assistance Loan scheme is available to support Aboriginal people to remain in their homes by providing a loan to repay rental arrears.</p>	<p>Tel: 1800 093 325 www.housing.wa.gov.au/housingoptions/rentaloptions/praal/</p>
<p>Water Corporation WATER CHARGES</p>	<p>Concessions Discounts are available to eligible Seniors and Pensioners. Visit watercorporation.com.au/concessions to find out more.</p>	<p>Account Enquiries Tel: 13 13 85 8am – 5pm weekdays Pensioners/Seniors Tel: 1300 659 951 TTY Users via the National Relay Service 133 677 watercorporation.com.au/contact</p>
<p>Water Corporation WATER CHARGES</p>	<p>Payment difficulties We have a range of flexible payment assistance options that can be tailored to meet your needs. If you are having difficulty paying, call us for a confidential discussion about the different payment options available.</p>	<p>Account Enquiries Tel: 13 13 85 8am – 5pm weekdays Pensioners/Seniors Tel: 1300 659 951 TTY Users via the National Relay Service 133 677 watercorporation.com.au/contact</p>
<p>Water Corporation WATER CHARGES</p>	<p>MyWater MyWater is our self-service website where you can pay and manage your account online, update your personal details, set up and manage direct debits from your bank account or credit card and view a property map showing your meter location and service availability. To sign up to MyWater, go to mywater.com.au</p>	<p>Account Enquiries Tel: 13 13 85 8am – 5pm weekdays Pensioners/Seniors Tel: 1300 659 951 TTY Users via the National Relay Service 133 677 watercorporation.com.au/contact</p>



Getting Help At Home



<p>Fremantle Community Centre FREMANTLE</p>	<p>A service of the city of Fremantle offering a range of services to the community that promotes and provides support to older adults and people with a disability to maximise wellbeing, independence and access to the community.</p> <p>ELIGIBILITY: people residing within the boundaries of the City of Fremantle. This is a fee for service program with fees and eligibility set by HACC (Home and Community Care). Phone for our office for more information – 9432 9890</p>	<p>Tel: 9432 9890 or Commonwealth Respite and Carelink Centre: 1300 785 415.</p>
<p>Home and Community Care PROGRAM (HACC) ANYWHERE</p>	<p>The Commonwealth Government My Aged Care call centre can assist you with information about aged care.</p> <p>HOME AND COMMUNITY CARE PROGRAM (HACC)</p> <p>HACC provides support and assistance to people who are older and frail or have a disability that impacts on their ability to undertake everyday tasks, including accessing their local community.</p> <p>HACC also provides support to carers to assist them in their caring role and have been assessed as eligible for HACC support</p> <p>Information and Directory of Services available on-line.</p>	<p>My Aged Care - Tel: 1800 200 422 WA Regional Assessment Services - Tel: 1300 785 415 haccwa@health.wa.gov.au www.health.wa.gov.au/hacc</p>
<p>Melville Cares MELVILLE</p>	<p>Assistance for the aged, veterans and young people with disabilities. Carelink eligibility criteria apply. Also available:</p> <ul style="list-style-type: none"> • Transport services • In-home services • Garden maintenance • Respite services • Veterans care • Centre based day care • Friendship club <p>Phone for more information.</p>	<p>Tel: 9319 0900 www.melvillecares.org.au</p>
<p>Mirrabooka Family Support Network (FSN) MIRRABOOKA</p>	<p>We are a partnership of agencies that work with families and individuals up to 25 years old. We provide central access to a range of support services, ensuring everyone can select the mix of services they wish to receive on a voluntary basis whilst maintaining full confidentiality.</p>	<p>Tel: 1300 760 691 mfsn@mercycares.com.au Unit 1, 77 Honeywell Blvd, Mirrabooka www.mercycare.com.au www.wafsn.org.au</p>
<p>Ruah Community Services BELMONT</p>	<p>BELMONT SAFEGUARDING FAMILIES</p> <p>A collaboration between Ruah Community Services, City of Belmont and Belmont Police to provide information, safety planning, on-going support, court advocacy and informal counselling to individuals and families impacted by family and domestic violence in the City of Belmont.</p>	<p>Tel: 13 78 24 connecting@ruah.org.au www.ruah.org.au</p>

<p>Ruah Community Services SOUTH-EAST CORRIDOR</p>	<p>SAFE AT HOME</p> <p>Provides case management, security advice and upgrades for women and children in the Perth South East Corridor, after a perpetrator of domestic or family violence has left the property.</p> <p>This allows women and children to stay in their own home. Information and referral pathways to programs promoting healing and recovery for trauma are key aspects of service provision.</p>	<p>Tel: 13 78 24 (8.30am - 4.30pm)</p> <p>connecting@ruah.org.au www.ruah.org.au</p>
<p>Southcare SOUTH PERTH</p>	<p>Services for independence at home. Call us to talk through your needs, from understanding your options and arranging an assessment to coordinating your chosen services.</p> <p>Domestic Assistance, Personal Care, Transport, Gardening, Home Maintenance, Social Connection, Respite and Dementia Services.</p>	<p>Tel: 9450 6233 www.southcare.org.au</p>
<p>Silver Chain METROPOLITAN PERTH</p>	<p>IMPROVING ACCESS TO PRIMARY HEALTHCARE</p> <p>If you are not regularly seeing a GP and have concerns about your health, then IAPH may help you.</p> <p>This service is available to Ruah Community Services, Richmond Wellbeing and Silver Chain clients. Our Nurse practitioners will provide direct care to you where you reside, if you are dealing with chronic conditions or have basic health needs that are not currently being met.</p> <p>Speak to your case worker for referrals.</p>	<p>Tel: 9242 0242 silverchain.org.au</p> <p>For referrals, please contact your Ruah, Richmond or Silver Chain Support Worker.</p>
<p>Safe as Houses</p>	<p>Safe as Houses is a program managed by Tenancy WA in collaboration with Women's Law Centre and Street Law Centre WA that aims to prevent homelessness for women and children affected by family and domestic violence. We provide integrated and holistic legal and support services to untangle their complex issues.</p>	<p>Tel: (08) 6263 8567</p> <p>Email: admin@tenancywa.org.au</p> <p>https://www.safeashouses.tenancywa.org.au/</p>



Getting A Formal Education



<p>Aboriginal Youth Service SUPPORT</p>	<p>The MercyCare Aboriginal Youth Service provides support for Aboriginal and Torres Strait Islander young people aged between 12-24 years and their families by providing wrap around services and a case management approach to improve school attendance rates, engagement and transition into higher education, training or employment.</p>	<p>Tel: 1800 800 046 yhreferrals@mercycares.com.au 21 Lansdowne Place, Merriwa Midland WA 6056 www.mercycare.com.au</p>
<p>Career Centres SUPPORT</p>	<p>Designed to assist people from a Culturally and Linguistically Diverse backgrounds to make educational, training and work based choices. We provide</p> <ul style="list-style-type: none"> • Career guidance • Training information • Workshops for WHS, Interview skills, preparation for work and job search and application on-line • Phone appointments 	<p>Tel: 9344 2468 (Phone/Skype appointments can also be arranged for eligible clients across Western Australia). 4 Brewer Place, Mirrabooka www.mercycare.com.au</p>
<p>Career Centres SUPPORT</p>	<p>Designed to assist people from a Culturally and Linguistically Diverse backgrounds to make educational, training and work based choices. We provide</p> <ul style="list-style-type: none"> • Career guidance • Training information • Workshops for WHS, Interview skills, preparation for work and job search and application on-line • Phone appointments 	<p>Tel: 9258 5188 (Phone/Skype appointments can also be arranged for eligible clients across Western Australia). Unit 13, 64-66 Kent Street, Cannington www.mercycare.com.au</p>
<p>Concession Rates FEES</p>	<p>The following students are eligible for a concession rate on fees for training up to Certificate IV level:</p> <ul style="list-style-type: none"> • holders (and their dependants) of a pensioner concession, repatriation health benefits or health care card; • recipients (and their dependants) of AUSTUDY, ABSTUDY or Youth Allowance; • inmates of a custodial institution (and their dependants); and • for 2017, students born on or after 1 July 2000. 	<p>For more information contact your training provider</p>
<p>Curtin University Scholarships SCHOLARSHIPS</p>	<p>As there are two scholarships offices please contact the correct office for the level of study. Undergraduate & Postgraduate (Masters by coursework only) You can get information about scholarships for undergraduate and postgraduate course work studies from the Scholarships Office or from the website.</p>	<p>Tel: 9266 2992 scholarships@curtin.edu.au www.scholarships.curtin.edu.au</p>
<p>Curtin University Scholarships SCHOLARSHIPS</p>	<p>As there are two scholarships offices please contact the correct office for the level of study. Graduate Research Office (PhD Scholarships) Information about scholarships for Higher Degree by Research studies i.e. MPhil or PhD, is available by contacting Research Scholarships at the Office of Research & Development.</p>	<p>Tel: 9266 4906 research_scholarships@curtin.edu.au www.scholarships.curtin.edu.au</p>
<p>Department of Education (WA) CONTRIBUTIONS CHARGES AND UNIFORMS</p>	<p>The Secondary Assistance Scheme or Abstudy Supplement Allowance is available annually to assist parents with the cost of schooling, who hold an eligible concession card and have children enrolled in Years 7 – 12 studying a full-time secondary course at a Western Australian School. For further details please contact your school.</p>	<p>Contact your childs school</p>

<p>Education and Training Participation Plan SUPPORT</p>	<p>This is a program supporting young people aged 16-18 (year 11 and 12) from different cultural backgrounds where English is not the main spoken language and who are no longer participating in school. MercyCare provides support to gain further education, training and employment through individualised assistance and mentoring.</p>	<p>Tel: 1800 800 046 yhreferrals@mercycares.com.au 4 Brewer Place, Mirrabooka www.mercycare.com.au</p>
<p>Mercycare Lending Services FINANCIAL SUPPORT</p>	<p>Interest free loans from \$100-\$1,200* which can be used for a range of items including:</p> <ul style="list-style-type: none"> • Driving lessons • Education Courses • Laptops and computers • Medical aids • School uniforms, books • White goods eg. Refrigerators <p>*conditions apply</p>	<p>Freecall: 1800 268 472 4 Brewer Place, Mirrabooka 6 Cecil Avenue, Cannington 21 Lansdowne Place, Merriwa www.mercycare.com.au</p>
<p>Subsidised State Training Courses</p>	<p>The State Government subsidises the cost of training courses that equip people to take up jobs that are, or will be, in high demand. This means students only pay the gap between the subsidy and the full cost of their course. Available courses and indicative fees are available on TAFE websites or by contacting the DTWD's contracted private providers directly.</p>	<p>For information on subsidised state training courses visit southmetrotafe.wa.edu.au northmetrotafe.wa.edu.au southregionaltafe.wa.edu.au northregionaltafe.wa.edu.au centralregionaltafe.wa.edu.au</p> <p>Or for a full list of Department of Training and Workforce Development contracted providers visit stars.dtwd.wa.gov.au/cpl</p>
<p>TAFE Courses FEES</p>	<p>To find out what fees apply to you, contact your training provider. They can also advise if you're eligible for a concession or access to the VET Student Loans scheme. If you're unable to pay your course fees up front, you may be able to work out a payment plan. Fee waivers are available in cases of severe financial hardship.</p>	<p>For more information on course fees contact your training provider</p>
<p>University of WA – Student Guild FINANCIAL SUPPORT</p>	<p>The Guild offers interest free loans, grants, textbook grants, meal vouchers, advocacy, financial counselling, budgeting assistance and any other financial advice and referrals students may need.</p> <p>The Guild also operates a Food Pantry where students in need can access non-perishable foods and toiletries.</p>	<p>Tel: 6488 2295 assist@guild.uwa.edu.au www.guild.uwa.edu.au/welcome/support/finance</p>
<p>Vet Student Loans FEES</p>	<p>Eligible students can apply to get a loan to pay for their fees through the Commonwealth Government's VET Student Loans scheme. The loan is to cover fees for eligible courses at the Diploma or Advanced Diploma level. The loan is re-paid through your taxes once your income exceeds a set amount.</p>	<p>For more information contact your training provider or visit education.gov.au/vet-student-loans</p>



Getting a Community Education



<p>Aboriginal Youth Service COMMUNITY ORGANISATIONS</p>	<p>The MercyCare Aboriginal Youth Service provides support for Aboriginal and Torres Strait Islander young people aged between 12-24 years and their families by providing wrap around services and a case management approach to improve school attendance rates, engagement and transition into higher education, training or employment.</p>	<p>Tel: 1800 800 046 yhrefferrals@mercycares.com.au 21 Lansdowne Place, Merriwa Midland WA 6056 www.mercycare.com.au</p>
<p>Adult Migrant English Program (AMEP) at South Metropolitan TAFE LITERACY</p>	<p>The AMEP is funded by the Australian Government and provides free English classes for eligible migrants at a range of locations including:</p> <ul style="list-style-type: none"> • South Metropolitan TAFE Carlisle, Thornlie, Armadale and Peel. • Community based venues in Langford, East Fremantle and Rockingham. <p>Home Tutor option available. Please call or e-mail to check eligibility.</p>	<p>AMEP@smtafe.wa.edu.au www.southmetrotafe.wa.edu.au/courses/study-types/amep</p>
<p>Career Centres EMPLOYMENT READINESS</p>	<p>Designed to assist people from a Culturally and Linguistically Diverse backgrounds to make educational, training and work based choices. We provide</p> <ul style="list-style-type: none"> • Career guidance • Training information • Workshops for WHS, Interview skills, preparation for work and job search and application on-line • Phone appointments 	<p>Tel: 9344 2468 (Phone/Skype appointments can also be arranged for eligible clients across Western Australia). 4 Brewer Place, Mirrabooka www.mercycare.com.au</p>
<p>Career Centres EMPLOYMENT READINESS</p>	<p>Designed to assist people from a Culturally and Linguistically Diverse backgrounds to make educational, training and work based choices. We provide</p> <ul style="list-style-type: none"> • Career guidance • Training information • Workshops for WHS, Interview skills, preparation for work and job search and application on-line • Phone appointments 	<p>Tel: 9258 5188 (Phone/Skype appointments can also be arranged for eligible clients across Western Australia). Unit 13, 64-66 Kent Street, Cannington www.mercycare.com.au</p>
<p>Certificates in General Education For Adults (CGEA) at South Metropolitan TAFE LITERACY</p>	<p>This program is a great way for you to gain skills in Maths and English and build networks or establish friendships with people who live and work in your local community.</p>	<p>Tel: 9267 7500 info.centre@southmetrotafe.wa.edu.au 4 Brewer Place, Mirrabooka www.southmetrotafe.wa.edu.au/courses/industries/english-languages-and-foundation-studies</p>
<p>Certificates in Spoken And Written English at South Metropolitan Tafe LITERACY</p>	<p>These English courses are available at different levels at South Metropolitan TAFE Bentley, Carlisle and Thornlie. These courses will teach you English so you can live, work and communicate comfortably in Australia.</p> <p>There are no specific entrance requirements for the Certificates of Spoken and Written English. Candidates are placed according to their English level. Recognition of Prior Learning will be determined by interview and placement procedures.</p>	<p>Tel: 9267 7500 info.centre@southmetrotafe.wa.edu.au 4 Brewer Place, Mirrabooka www.southmetrotafe.wa.edu.au/courses/industries/english-languages-and-foundation-studies</p>
<p>Community Legal Centres COMMUNITY LEGAL CENTRES</p>	<p>Many Community Legal Centres run free workshops, seminars and training on a variety of legal and financial issues. Contact your Local CLC or ring the CLC Association of WA to find out your nearest CLC.</p>	<p>Tel: 9221 3322 www.communitylaw.net/</p>

<p>Diabetes Wa Group Education Programs</p> <p>COMMUNITY ORGANISATIONS</p>	<p>Diabetes WA runs a range of group education programs for people living with type 2 diabetes. These programs are free for anyone registered with the NDSS. Programs include:</p> <p>DESMOND - The DESMOND Program (Diabetes Education and Self Management for Ongoing and Newly Diagnosed) is an education tool designed to support people living with type 2 diabetes.</p> <p>CarbSmart – Confused about carbs? Learn about the different types and amounts that are best for you.</p> <p>FootSmart – This workshop will teach you all you need to know about checking and caring for your feet.</p> <p>MeterSmart - Interactive information session that will help you master the art of blood glucose monitoring.</p> <p>ShopSmart – a supermarket tour that will help you understand food labels and what foods are right for you.</p>	<p>Tel: 9325 7699</p> <p>For Group Education Program bookings</p> <p>bookings@diabeteswa.com.au</p> <p>www.diabeteswa.com.au/Living_With_Diabetes/Programs</p>
<p>Education and Training Participation Plan</p> <p>EMPLOYMENT READINESS</p>	<p>This is a program supporting young people aged 16-18 (year 11 and 12) from different cultural backgrounds where English is not the main spoken language and who are no longer participating in school. MercyCare provides support to gain further education, training and employment through individualised assistance and mentoring.</p>	<p>Tel: 1800 800 046</p> <p>yhreferrals@mercycares.com.au</p> <p>4 Brewer Place, Mirrabooka</p> <p>www.mercycare.com.au</p>
<p>Family Foundations Service</p> <p>COMMUNITY ORGANISATIONS</p>	<p>ELIGIBILITY: Families who are homeless or at risk of homelessness and who have children with them who are 16 or under.</p> <p>SERVICE: Free educational activities for children and teens and access to computers for all family members. A tutor is occasionally in attendance and staff generally may be able to provide some level of homework support.</p> <p>Mon, Tue, Thu 3.30pm-6.00pm</p>	<p>Tel: 9220 1288 (8.30am-4.30pm)</p> <p>(Phone/Skype appointments can also be arranged for eligible clients across Western Australia).</p> <p>6/5 Aberdeen Street, East Perth</p> <p>www.mercycare.com.au</p>
<p>Foodbank WA's Food Sensations® initiative</p> <p>FOOD</p>	<p>Foodbank WA's Food Sensations® initiative comprises of nutrition education and cooking programs for adults and school children. Food Sensations® aims to improve the food choice and preparation skills of participants via the provision of highly interactive, experiential sessions that involve handling healthy food, turning it into meals and then eating it together in a fun environment. Individual adults can book online:</p>	<p>Tel: 9463 3214</p> <p>vanessa.bobongie@foodbankwa.org.au</p> <p>www.foodbankwa.org.au</p>
<p>Mercycare Lending Services</p> <p>FINANCIAL ASSISTANCE</p>	<p>Interest free loans from \$100-\$1,200* which can be used for a range of items including:</p> <ul style="list-style-type: none"> • Driving lessons • Education Courses • Laptops and computers • Medical aids • School uniforms, books • White goods eg. Refrigerators <p>*conditions apply</p>	<p>Freecall: 1800 268 472</p> <p>4 Brewer Place, Mirrabooka</p> <p>6 Cecil Avenue, Cannington</p> <p>21 Lansdowne Place, Merriwa</p> <p>www.mercycare.com.au</p>
<p>Mercycare Settlement Services</p> <p>COMMUNITY ORGANISATIONS</p>	<p>Supports permanent residents who have arrived in Australia during the last 5 years as humanitarian entrants or family stream migrants with low levels of English. Regular workshops include:</p> <ul style="list-style-type: none"> • Health • Legal • Relationships • Budgeting and finance • Employment, education and training • Housing and accommodation • White goods eg. Refrigerators <p>*conditions apply</p>	<p>Tel: 9344 2468</p> <p>4 Brewer Place, Mirrabooka</p> <p>www.mercycare.com.au</p>

<p>Merriwa Community Hub COMMUNITY ORGANISATIONS</p>	<p>An initiative in the Merriwa area that builds community and social connections for an integrated and responsive community service delivery through:</p> <ul style="list-style-type: none"> • Local consultations and action groups • Building connections in the community • Identifying and supporting local leadership • Building effective collaborations and partnerships • Fostering skills and opportunities within the community 	<p>Tel: 6298 9860 merriwa@mercyare.com.au 21 Lansdowne Place, Merriwa merriwa@mercyare.com.au</p>
<p>Minnawarra House ARTS/CRAFTS</p>	<p>Arts and Crafts Workshops including: Mosaics, Pottery, Textiles and patchwork. Please call to book/enquire for schedule. Weekdays during school term 10.00am-12noon</p>	<p>Tel: 9497 1413 24 Numulgi Street, Armadale www.minnahouse.org.au</p>
<p>Mirraboopa Family Support Network (FSN) COMMUNITY ORGANISATIONS</p>	<p>We are a partnership of agencies that work with families and individuals up to 25 years old. We provide central access to a range of support services, ensuring everyone can select the mix of services they wish to receive on a voluntary basis whilst maintaining full confidentiality.</p>	<p>Tel: 1300 760 691 mfsn@mercyare.com.au Unit 1, 77 Honeywell Blvd, Mirraboopa www.mercyare.com.au www.wafsn.org.au</p>
<p>NGALA PARENTING COURSES</p>	<p>A not-for-profit parenting and childhood services provider in WA with a passion for supporting families. The Ngala Parenting Line is a free call-back service for WA families with parenting questions or concerns. This service supports families with children aged 0 to 18. Request a call at www.ngala.com.au/npl. Learn about Ngala's parenting workshops, programs and services on our website.</p>	<p>Ngala Parenting Line: Tel: 9368 9368 or 1800 111 546 for country callers www.ngala.com.au www.ngala.com.au/pw</p>
<p>Passages ARTS/CRAFTS</p>	<p>Passages is hosting weekly art workshops. Come along and get creative. Wed 9.00am-12.00noon Phone for more information.</p>	<p>Tel: 9228 1478 Fax: 9228 9572 Passages.project@svdpwa.org.au 22 Palmerston Street Northbridge www.passagesresourcecentre.com</p>
<p>Passages COMMUNITY ORGANISATIONS</p>	<p>Passages is hosting weekly art workshops. Come along and get creative. Wed 9.00am-12.00noon Passages 'Learn to Cook' program runs weekly Tue 1.00pm-3.00pm Passages has fun resource days where you can learn about topics such as sexual health, drug and alcohol and mental health. Phone for more information.</p>	<p>Tel: 9228 1478 Fax: 9228 9572 Passages.project@svdpwa.org.au 22 Palmerston Street Northbridge www.passagesresourcecentre.com</p>
<p>Red Cross FoodREDi™ FOOD</p>	<p>FoodREDi™ is a nutrition education program for groups who want to improve their food knowledge. The aim is to increase healthy eating behaviours in adults, by using a range of strategies and interactive activities; including information sharing and cooking to assist participants in achieving a safe, affordable and healthy diet to suit their lifestyle.</p>	<p>Tel: 9225 1919 foodredi@redcross.org.au 110 Goderich Street, East Perth www.redcross.org.au facebook.com/AustralianRedCross twitter.com/RedCrossAU</p>
<p>William Langford Community House (formerly known as Boogurlarri) COMMUNITY ORGANISATIONS</p>	<p>Adult Migrant English classes, Certificate II A General Adult Education (by Trainsmart), conversational English practice support group, basic computer, community gardening, community education on various issues, community language groups for children (Arabic, Farsi/Dari, Korean), support groups. Bookings essential. All activities are during school term only.</p>	<p>Tel: 9350 6236 82 Langford Avenue, Langford</p>

<p>William Langford Community House (formerly known as Boogurlarri)</p> <p>LITERACY</p>	<p>READ program every Saturday (one on one tutorial on basic literacy and numeracy) for adults and children. Bookings essential. All activities are during school term only.</p>	<p>Tel: 9350 6236 82 Langford Avenue, Langford</p>
<p>William Langford Community House (formerly known as Boogurlarri)</p> <p>COMMUNITY ORGANISATIONS</p>	<p>Adult Migrant English classes, Certificate II A General Adult Education (by Trainsmart), conversational English practice support group, basic computer, community gardening, community education on various issues, community language groups for children (Arabic, Farsi/Dari, Korean), support groups. Bookings essential. All activities are during school term only. "</p>	<p>Tel: 9350 6236 82 Langford Avenue, Langford</p>
<p>Womens Health & Family Services</p> <p>COMMUNITY ORGANISATIONS</p>	<p>Provides a variety of courses, workshops and forums that respond to the needs of women in the community. Facilitated by a range of allied health professionals and offered during the school terms, at both Northbridge and Joondalup offices. Sliding scale of fees. Phone or e-mail for more information.</p>	<p>Tel: 08 9228 7206 jcarter@whfs.org.au www.whfs.org.au</p>
<p>Womens Health & Family Services (Certificates in Leadership Development)</p> <p>LEADERSHIP DEVELOPMENT</p>	<p>Course topics include resume writing, computing, OHS, taking minutes, preparing agendas and project work. Classes are held twice a week during school hours during school terms. Cost is kept to a minimum. Some students may be eligible for a scholarship. Students may be eligible for Austudy or Abstudy.</p>	<p>Tel: 6330 5439 slee@whfs.org.au www.whfs.org.au</p>
<p>Money Smart ON LINE RESOURCES</p>	<p>The internet can be a great place to find information about keeping costs down and your rights as a consumer. Do your own search but here are some useful websites to get you started.</p>	<p>www.moneysmart.gov.au www.commerce.wa.gov.au/consumerprotection/</p>



Getting Help With I.T.



<p>Mercycare Lending Services</p>	<p>Interest free loans from \$100-\$1,200* which can be used for a range of items including:</p> <ul style="list-style-type: none"> • Driving lessons • Education Courses • Laptops and computers • Medical aids • School uniforms, books • White goods eg. Refrigerators <p>*conditions apply</p>	<p>Freecall: 1800 268 472 4 Brewer Place, Mirrabooka 6 Cecil Avenue, Cannington 21 Lansdowne Place, Merriwa www.mercycare.com.au</p>
<p>Minnawarra House</p>	<p>Broadband for Seniors ELIGIBILITY: Seniors 50 years and over. Free tutoring and internet access by appointment Free access to internet to general public. Booking essential.</p>	<p>Tel: 9497 1413 24 Numulgi Street, Armadale www.minnahouse.org.au</p>
<p>Passages Resource Centre</p>	<p>ELIGIBILITY: 12-25 years and homeless or at risk of homelessness. Free Computer and internet access for checking emails, keeping in touch with family, accommodation and job searching, or other approved purposes.</p>	<p>Tel: 9228 1478 Fax: 9228 9572 Passages.project@svdpwa.org.au 22 Palmerston Street Northbridge www.passagesresourcecentre.com</p>
<p>State Library of WA</p>	<p>FREE access to wi-fi and computers with word processing, internet and printing, and access to online resources and ebooks for Library members. Computers can be booked for one hour at a time and guest passes can be provided for non-Library members. Please call or visit the State Library of WA for more information. See the website to sign up for free e-newsletter and to stay up to date with programs, events and services.</p>	<p>Tel: 9427 3111 Perth Cultural Centre James Street, Northbridge www.slwa.wa.gov.au</p>
<p>Wanneroo Community Men's Shed</p>	<p>WCMS accepts donations of reasonably current PCs. Electronic storage media is wiped clean, certified Microsoft software installed, and tested before providing them to needy groups and individuals for a small refurbishment fee. At time of print, the price of a computer, complete with Microsoft Windows 10 Professional, Office 2010, 19" flat screen monitor, keyboard and mouse, from \$80.00 Available to Centrelink Cardholders or the equivalent. Phone or see the website for more information and application forms.</p>	<p>Tel: 0499 243 171 or 6142 8933 admin@wcmenshed.org Daisy House, 6 Wade Court Girrawheen www.wcmenshed.org</p>



Getting Medical Services



<p>Dental Hygiene Clinic Curtin University</p>	<p>Dental Hygiene Clinic services are available at the Oral Health Centre of Western Australia in Nedlands. Services provided include assessment and management of periodontal (gum) problems; scaling and cleaning of teeth; and dental x-rays. Treatment is provided by students under direct supervision of tutors and dentists. Fees from \$35-\$60.</p>	<p>Tel: 6457 7882 merriwa@mercyare.com.au 17 Monash Avenue, Nedlands merriwa@mercyare.com.au</p>
<p>Tranby</p>	<ul style="list-style-type: none"> • Disability Advocate on request • Moorditj Podiatry 3rd Mon of Month • Mobile GP Tue and Thu • Dentist on availability • Mail Collection Point (people with no fixed address may redirect their mail to Tranby) 	<p>Tel: 9220 1200 Unit 6, 5 Aberdeen St, East Perth</p>
<p>After Hours GP</p>	<p>For the location of your nearest after hours GP service call Healthdirect Australia, or see the Consumer Health Services Directory on the Health Department Website</p>	<p>Tel: 1800 022 222 http://healthywa.wa.gov.au/Healthy-WA/Articles/A_E/Accessing-a-GP-after-hours</p>
<p>St Patrick's Community Support Centre Health Clinic</p>	<p>Free dental care to people in need in the greater Fremantle area. Phone for more information.</p>	<p>Tel: 9430 4159 www.stpats.com.au</p>
<p>Pregnancy Problem House WOMEN'S HEALTH SERVICES</p>	<p>Free, confidential, non-judgmental care for anyone distressed or disadvantaged by a current, past or suspected pregnancy. Services include pregnancy testing, counselling, information and support for as long as we're needed. Please phone for more information.</p>	<p>Tel: 1300 200 406 Regional Centres in Geraldton, Albany and Kalgoorlie www.pregnancyproblemhouse.com</p>
<p>Pregnancy Problem House WOMEN'S HEALTH SERVICES</p>	<p>Free, confidential, non-judgmental care for anyone distressed or disadvantaged by a current, past or suspected pregnancy. Services include pregnancy testing, counselling, information and support for as long as we're needed. Please phone for more information.</p>	<p>Tel: 1300 200 406 342 Wanneroo Rd, Nollamara www.pregnancyproblemhouse.com</p>
<p>Pregnancy Problem House WOMEN'S HEALTH SERVICES</p>	<p>Free, confidential, non-judgmental care for anyone distressed or disadvantaged by a current, past or suspected pregnancy. Services include pregnancy testing, counselling, information and support for as long as we're needed. Please phone for more information.</p>	<p>Tel: 1300 200 406 Shop 23/56 Langford Ave, Langford www.pregnancyproblemhouse.com</p>
<p>Freo Street Doctor Mobile Health Clinic</p>	<p>Freo Street Doctor is a mobile medical health service that provides a visible, easily accessible and non-judgmental primary health care service to marginalised, disadvantaged and homeless people in our community. Clinics are held for three hours, at nine weekly clinics in the Fremantle, Cockburn and Melville communities. Freo Street Doctor works closely with local community support services, medical specialists and allied health professionals to ensure a high level of patient care. The Freo Street Doctor Team is staffed by General Practitioners, registered nurses, outreach workers, Indigenous health workers and Social Workers. No appointment necessary. All consultations are bulk billed with no cost to the patient. Medicare Cards are required.</p>	<p>Tel: 9339 0955 freostreetdoctor@blackswanhealth.com.au http://www.blackswanhealth.com.au/services/primary-health-services/freo-street-doctor/ View website for times and locations</p>

<p>Passages MOBILE GP</p>	<p>Medicare local outreach workers available. Mon 9.00am-12.00noon Mon 1.00pm-4.00pm Street Doctor on site Mon 9.00am-4.00pm Phone for more information.</p>	<p>Tel: 9228 1478 Fax: 9228 9572 Passages.project@svdpwa.org.au 22 Palmerston Street Northbridge www.passagesresourcecentre.com</p>
<p>360 Health + Community GENERAL HEALTH SERVICES</p>	<p>Services Include: • General Health Checks • Wound Dressing • Infection Treatment • Risk management • Immunisation • STI Testing • Pregnancy Testing • Chronic disease management • Women's health • Sexual health • Counselling</p>	<p>MIDLAND: 1300 904 322 ARMADALE: 6595 8980 BENTLEY: 9376 9289 COCKBURN: 1300 706 922 FREMANTLE: 6595 8871 GERALDTON: 9960 6800 GUILDFORD: 9376 9200 MANDURAH: 6595 8850 MEDINA: 6595 8900 PINJARRA: 6595 8970 ROCKINGHAM: 6595 8800</p> <p>For times and locations visit www.360.org.au/locations</p> <p>Weekdays: 8.30am – 4.30pm Afterhours Services Available</p>
<p>Mirrabooka Family Support Network (FSN) SUPPORT</p>	<p>We are a partnership of agencies that work with families and individuals up to 25 years old. We provide central access to a range of support services, ensuring everyone can select the mix of services they wish to receive on a voluntary basis whilst maintaining full confidentiality.</p>	<p>Tel: 1300 760 691 mfsn@mercycares.com.au Unit 1, 77 Honeywell Blvd, Mirrabooka www.mercycare.com.au www.wafsn.org.au</p>
<p>Womens Health & Family Services Joondalup Medical and Clinical Services WOMEN'S HEALTH SERVICES</p>	<p>WHFS clinic features female doctors and nurses, with a special interest in women's health. Services include health information, advice, counselling and support, referral and treatment for a broad range of women's health issues. Bulk billing is available for Health Care Card holders.</p>	<p>Tel: 9300 1566 Fax: 9300 1699 info@whfs.org.au 227 Newcastle Street, Northbridge www.whfs.org.au</p>
<p>Womens Health & Family Services Northbridge Medical and Clinical Services WOMEN'S HEALTH SERVICES</p>	<p>WHFS clinic features female doctors and nurses, with a special interest in women's health. Services include health information, advice, counselling and support, referral and treatment for a broad range of women's health issues. Bulk billing is available for Health Care Card holders.</p>	<p>Tel: 9300 1566 Fax: 9300 1699 info@whfs.org.au 227 Newcastle Street, Northbridge www.whfs.org.au</p>



Getting Health Services



<p>BreastScreen WA BREAST SCREENING</p>	<p>BreastScreen WA provides FREE 2-yearly mammograms for women 40 years and over.</p> <p>Early morning, evening and Saturday morning appointments are available at most metropolitan clinics. Wheelchair access is available at all BreastScreen WA clinics.</p> <p>Free information sessions about breast cancer, breast screening and breast awareness are available to groups, including Aboriginal and CaLD groups.</p> <p>Book online or phone for an appointment or more information.</p>	<p>Tel: 13 20 50 www.breastscreen.health.wa.gov.au</p>
<p>Cancer Council Western Australia CANCER</p>	<p>Cancer Council WA works to reduce the incidence and impact of cancer by funding world-class research, running prevention programs and providing vital support services to West Australians affected by cancer. Mon to Fri 8.30am-4.30pm</p>	<p>Tel: 9212 4333 Cancer Information and support line: 131120 (Mon to Fri 9am - 5pm) www.cancerwa.asn.au</p>
<p>Citiplace PODIATRY</p>	<p>If you receive a Centrelink Pension you may be able to access a Podiatrist. Fees from \$25.00. Medicare approved for Enhanced Primary Care Plan patients.</p> <p>*Note you must book in advance Mon-Fri: 8.30am-2.30pm</p>	<p>Tel: 9461 3550 Upper Level, City Rail Station Complex, Perth www.stpats.com.au</p>
<p>Curtin Adult Speech Pathology Clinic SPEECH</p>	<p>We provide services to adults 18 years and over who are experiencing communication and/or swallowing difficulties due to various conditions including brain injury, stroke, Parkinson's disease, multiple sclerosis, motor neurone disease or other neurological conditions. This service is provided by speech pathology students under supervision and is currently offered for no charge.</p>	<p>Tel: 9266 1717 Curtinclinics404@curtin.edu.au Building 404, Kent Street (use Hayman Road entry) Bentley www.healthsciences.curtin.edu.au/our-clinics/</p>
<p>Curtin Cardiac Rehabilitation HEART</p>	<p>Join our Accredited Exercise Physiologist in our fully equipped gymnasium for an individual assessment and exercise treatment program designed for people who have had a cardiac event or heart disease. Programs are also available for people with cardiac risk factors who wish to improve their level of fitness in a safe environment.</p>	<p>Tel: 9266 1717 Curtinclinics404@curtin.edu.au Building 404, Kent Street (use Hayman Road entry) Bentley www.healthsciences.curtin.edu.au/our-clinics/</p>
<p>Curtin Life Now Exercise Program CANCER</p>	<p>Life Now is a 12 week exercise program funded by the Cancer Council and facilitated by an Accredited Exercise Physiologist. Exercise has been shown to aid recovery when combined with cancer treatments and is now recommended by doctors. Life Now is available FREE to eligible clients receiving cancer treatment or in recovery phase.</p>	<p>Tel: 9266 1717 Curtinclinics404@curtin.edu.au Building 404, Kent Street (use Hayman Road entry) Bentley www.healthsciences.curtin.edu.au/our-clinics/</p>
<p>Curtin Living Longer Living Stronger OVER 50's</p>	<p>Living Longer, Living Stronger (LLS) is an evidence-based exercise program for Over 50s or Seniors designed to improve their everyday capacity and fitness, and prevent falls. Participation is in a friendly safe environment under the supervision of our Accredited Exercise Physiologist. Learn what you can do to change your life today!</p>	<p>Tel: 9266 1717 Curtinclinics404@curtin.edu.au Building 404, Kent Street (use Hayman Road entry) Bentley www.healthsciences.curtin.edu.au/our-clinics/</p>

<p>Curtin Physiotherapy Clinic PHYSIOTHERAPY</p>	<p>Our highly trained physiotherapy students are supervised by qualified expert physiotherapists and can treat a range of musculoskeletal problems including back and neck pain, headaches, arthritis and/or joint pain, sports injuries such as sprains or strains, rehabilitation following surgery or injury. Reduced fees: \$30 initial; \$25 follow up sessions.</p>	<p>Tel: 9266 1717 Curtinclinics404@curtin.edu.au Building 404, Kent Street (use Hayman Road entry) Bentley www.healthsciences.curtin.edu.au/our-clinics/</p>
<p>Curtin Stuttering Clinic SPEECH</p>	<p>Our clinic offers treatment at a reduced fee to people of all ages for the management of stuttering and fluency disorders by Speech Pathology students under the supervision of a qualified expert. Our therapy approach provides a forum of support and friendship and addresses negative feelings, thoughts and behaviours that can be associated with stuttering.</p>	<p>Tel: 9266 1717 Curtinclinics404@curtin.edu.au Building 404, Kent Street (use Hayman Road entry) Bentley www.healthsciences.curtin.edu.au/our-clinics/</p>
<p>Curtin University Health And Wellness Centre HEALTH AND WELLNESS</p>	<p>Curtin University's Health and Wellness Centre provides a number of high quality health services for the general public at a reduced cost. A variety of health services are offered including physiotherapy, psychology, speech pathology and exercise rehabilitation. All clinics are staffed by highly trained students under the supervision of qualified healthcare professionals.</p>	<p>Tel: 9266 1717 Curtinclinics404@curtin.edu.au Building 404, Kent Street (use Hayman Road entry) Bentley www.healthsciences.curtin.edu.au/our-clinics/</p>
<p>Diabetes WA DIABETES</p>	<p>Diabetes WA aims to minimise the impact of diabetes through education, information, support and advocacy. Diabetes WA is also the administrator of the National Diabetes Services Scheme (NDSS) in WA. This scheme allows people with diabetes FREE access education session and access to subsidised diabetes products such as insulin, needles and testing strips. Registration with NDSS is free and lifelong.</p>	<p>Tel: 1300 001 880 (info line) or 9436 6246 info@diabeteswa.com.au Level 3, 322 Hay Street, Subiaco or 172 Campbell Street, Belmont (Shop) www.diabeteswa.com.au</p>
<p>Diabetes WA Aboriginal Specific Programs DIABETES</p>	<p>DESMOND for Aboriginal Communities – A session where we have a yarn about diabetes within your local Aboriginal community group. To find out if a group is running near you please contact us on 1300 001 880</p>	<p>Tel: 1300 001 880 (info line) or 9436 6246 info@diabeteswa.com.au Level 3, 322 Hay Street, Subiaco or 172 Campbell Street, Belmont (Shop) www.diabeteswa.com.au</p>
<p>Diabetes WA Group Education Programs DIABETES</p>	<p>Diabetes WA runs a range of group education programs for people living with type 2 diabetes. These programs are free for anyone registered with the NDSS. Programs include: DESMOND - The DESMOND Program (Diabetes Education and Self Management for Ongoing and Newly Diagnosed) is an education tool designed to support people living with type 2 diabetes. CarbSmart – Confused about carbs? Learn about the different types and amounts that are best for you.</p>	<p>Tel: 9325 7699 For Group Education Program bookings bookings@diabeteswa.com.au www.diabeteswa.com.au/Living-With_Diabetes/Programs</p>
<p>Diabetes WA Group Education Programs DIABETES</p>	<p>FootSmart – This workshop will teach you all you need to know about checking and caring for your feet. MeterSmart - Interactive information session that will help you master the art of blood glucose monitoring. ShopSmart – a supermarket tour that will help you understand food labels and what foods are right for you.</p>	<p>Tel: 9325 7699 For Group Education Program bookings bookings@diabeteswa.com.au www.diabeteswa.com.au/Living-With_Diabetes/Programs</p>

<p>Diabetes WA Online Programs DIABETES</p>	<p>Get On Track Challenge – A free, fun and entertaining team-based healthy lifestyle program for all WA adults and workplaces.</p> <p>My Healthy Balance - A free online, educational healthy lifestyle program which encourages and supports healthy behaviour changes related to physical activity, healthy eating and healthy weight.</p>	<p>Tel: 1300 001 880 (info line) or 9436 6246 info@diabeteswa.com.au Level 3, 322 Hay Street, Subiaco or 172 Campbell Street, Belmont (Shop) www.diabeteswa.com.au</p>
<p>Headspace Centres HEALTH AND WELLNESS</p>	<p>Headspace provides free counselling and support to young people aged 12-25. The headspace model operates as a 'one stop shop' for young people to access to help with mental health, alcohol and other drug, vocational/employment and/or physical health concerns.</p> <p>Centres operate standard business hours, Monday to Friday.</p> <p>Visit our website for further information and to access the centre most convenient to you.</p>	<p>Armadale Albany Fremantle Broome Joondalup Bunbury Midland Geraldton Osborne Park Kalgoorlie Rockingham</p> <p>www.headspace.org.au</p>
<p>Health Consumers' Council (WA) HEALTH ADVOCACY SERVICES</p>	<p>We are your GPS for Health! Helping you navigate the WA health system and be a positive partner in healthcare reform. This free service is available to anyone in WA.</p> <p>Through:</p> <ul style="list-style-type: none"> • individual advocacy • consumer forums; • health service consultations; • appointing individual consumer representatives to health service committees; • establishing consumer reference groups. 	<p>Tel: 9221 3422 1800 620 780 (Country areas only) info@hconc.org.au Unit 6 Wellington Fair, 40 Lord Street East Perth 6004 Postal Address: GPO Box C134 Perth WA 6839 www.hconc.org.au</p>
<p>Healthy WA</p>	<p>The Department of Health's consumer website HealthyWA provides health and medical information to help Western Australians improve their health and wellbeing. The website includes topics on health conditions, healthy living, safety and first aid, treatment and tests, the WA Health system and more. It is not intended to replace the care provided by medical practitioners and other qualified health professionals.</p>	<p>www.healthywa.wa.gov.au/</p>
<p>Lifeworks Occupational Therapy OCCUPATIONAL THERAPY</p>	<p>An occupational therapy service helping people with chronic conditions to achieve a better quality of life. We work with people of all ages who require help with mental health, chronic pain, or chronic disease. We cover all areas of Perth, and can visit people at home. Please contact us or visit our website for further information.</p>	<p>Tel: 0451 178 880 Fax: 08 6323 3329 reception@lifeworksot.com.au www.lifeworksot.com.au</p>
<p>Mercycare Lending Services HEALTH COSTS</p>	<p>Interest free loans from \$100-\$1,200* which can be used for a range of items including:</p> <ul style="list-style-type: none"> • Driving lessons • Education Courses • Laptops and computers • Medical aids • School uniforms, books • White goods eg. Refrigerators <p>*conditions apply</p>	<p>Freecall: 1800 268 472 4 Brewer Place, Mirrabooka 6 Cecil Avenue, Cannington 21 Lansdowne Place, Merriwa www.mercycare.com.au</p>

<p>Mercycare Settlement Services SUPPORT</p>	<p>Supports permanent residents who have arrived in Australia during the last 5 years as humanitarian entrants or family stream migrants with low levels of English. Regular workshops include:</p> <ul style="list-style-type: none"> • Health • Legal • Relationships • Budgeting and finance • Employment, education and training • Housing and accommodation • White goods eg. Refrigerators <p>*conditions apply</p>	<p>Tel: 9344 2468 4 Brewer Place, Mirrabooka www.mercycare.com.au</p>
<p>Mirrabooka Family Support Network (FSN) SUPPORT</p>	<p>We are a partnership of agencies that work with families and individuals up to 25 years old. We provide central access to a range of support services, ensuring everyone can select the mix of services they wish to receive on a voluntary basis whilst maintaining full confidentiality.</p>	<p>Tel: 1300 760 691 mfsn@mercycare.com.au Unit 1, 77 Honeywell Blvd, Mirrabooka www.mercycare.com.au www.wafsn.org.au</p>
<p>Murdoch Chiropractic Clinic CHIROPRACTOR</p>	<p>The Chiropractic Clinic at Murdoch University offers reduced rates for HCC card holders and concession card holders. Examination and treatment is provided by final year chiropractic students under the supervision of a registered chiropractor. Phone for more information.</p>	<p>Tel: 93601202 Murdoch University Chiropractic Clinic, 90 South Street, Murdoch</p>
<p>Murdoch Chiropractic Clinic CHIROPRACTOR</p>	<p>The Chiropractic Clinic at Murdoch University offers reduced rates for HCC card holders and concession card holders. Examination and treatment is provided by final year chiropractic students under the supervision of a registered chiropractor. Phone for more information.</p>	<p>Tel: 93601202 Murdoch University Chiropractic Clinic, 90 South Street, Murdoch</p>
<p>Murdoch University Outreach Clinic – Ottey Centre CHIROPRACTOR</p>	<p>No charge for HCC card holders (i.e. free service). Examination and treatment is provided by final year chiropractic students under the supervision of a registered chiropractor. Phone for more information. Wed: 2.00pm-4.00pm</p>	<p>Tel: 9417 2372 South Lake Ottey Family & Neighbourhood Centre 2A South Lake Drive, South Lake</p>
<p>Murdoch University Outreach Clinic – Peel Thunder CHIROPRACTOR</p>	<p>No charge for HCC card holders (i.e. free service). Examination and treatment is provided by final year chiropractic students under the supervision of a registered chiropractor. Phone for more information. Wed: 8.30am-10.30am</p>	<p>Tel: 9535 3448 Peel Thunder. Bendigo Bank Stadium, Dower Street, Mandurah</p>
<p>St Patrick's Community Support Centre CHIROPRACTOR</p>	<p>No charge for HCC card holders (i.e. free service). Examination and treatment is provided by final year chiropractic students under the supervision of a registered chiropractor. Must have a Health Care Card and be at least 21 years old. Phone for more information. Thu: 9:00am to 11:00am</p>	<p>Tel: 94304159 St Patrick's Community Support Centre 12 Queen Victoria Ave, Fremantle</p>

<p>Spectacle Subsidy Scheme OPTICAL</p>	<p>Pensioner Card required (Aged, DSP, WFA, WFD, Vets without DVA entitlements and WA Seniors Card Holders). Must be WA residents. Maximum subsidy of \$53.32 once every two years. Claim forms available from optometrists, optical dispensers and Department of Health.</p>	<p>Tel: 1300 367 398 81 St Georges Terrace Perth ww2.health.wa.gov.au</p>
<p>St Patrick's Community Support Centre Health Clinic CHIROPRACTOR</p>	<p>St Pat's Health Clinic provides health services for 21+ concession card holders. The following service are offered free of charge:</p> <ul style="list-style-type: none"> • Chiropractic • Acupuncture • Bowen Therapy • Nursing • Optometry • Physiotherapy • Reflexology • Reiki • Remedial Massage <p>All services are provided by volunteer local health professionals and no referrals are needed.</p>	<p>Tel: 9430 4159 www.stpats.com.au</p>
<p>St Patrick's Community Support Centre Health Clinic OPTICAL</p>	<p>St Pat's Health Clinic provides health services for 21+ concession card holders. The following service are offered free of charge:</p> <ul style="list-style-type: none"> • Optometry • Chiropractic • Acupuncture • Bowen Therapy • Nursing • Physiotherapy • Reflexology • Reiki • Remedial Massage <p>All services are provided by volunteer local health professionals and no referrals are needed.</p>	<p>Tel: 9430 4159 www.stpats.com.au</p>
<p>St Patrick's Community Support Centre Health Clinic NURSING</p>	<p>St Pat's Health Clinic provides health services for 21+ concession card holders. The following service are offered free of charge:</p> <ul style="list-style-type: none"> • Podiatry • Chiropractic • Acupuncture • Bowen Therapy • Nursing • Optometry • Physiotherapy • Reflexology • Reiki • Remedial Massage <p>All services are provided by volunteer local health professionals and no referrals are needed.</p>	<p>Tel: 9430 4159 www.stpats.com.au</p>
<p>St Patrick's Community Support Centre Health Clinic MASSAGE</p>	<p>St Pat's Health Clinic provides health services for 21+ concession card holders. The following service are offered free of charge:</p> <ul style="list-style-type: none"> • Remedial Massage • Chiropractic • Acupuncture • Bowen Therapy • Nursing • Optometry • Physiotherapy • Podiatry • Reflexology • Reiki <p>All services are provided by volunteer local health professionals and no referrals are needed.</p>	<p>Tel: 9430 4159 www.stpats.com.au</p>
<p>Womens Health & Family Services Body Esteem Program EATING DISORDERS</p>	<p>A 20-week recovery group offering support for women suffering from eating disorders, such as anorexia nervosa, bulimia nervosa, binge eating disorder and compulsive overeating. BEP supports and assists women to make informed decisions about their health and wellbeing and to make and sustain positive change.</p>	<p>Tel: 9300 1566 Fax: 9300 1699 BEP@whfs.org.au Suite 6 Joondalup Lotteries House 70 Davidson Tce Joondalup www.whfs.org.au</p>

<p>Womens Health & Wellbeing Services</p>	<p>Women's Health and Wellbeing Services supports women and families through:</p> <ul style="list-style-type: none"> Individual counselling Children's counselling Teens counselling Perinatal counselling Family and relationship counselling Therapeutic groups Parenting workshops Workshops and classes Information and referral Female GP Physical activities Business women's groups Social, personal development and self-care groups External agency outreach EAP Professional Supervision And much more 	<p>Tel: 08 9490 2258 Fax: 08 9490 1365</p> <p>Email: info@whws.org.au</p> <p>Suite 7, Level 1 Gosnells Community Lotteries House, 2232c Albany Highway Gosnells</p>



Getting Healthy



<p>Cannington Seventh Day Adventist Church SOCIAL CONNECTION</p>	<p>Community Garden for local community. Come along and be involved. All are welcome. Tue, Thu and Sun 8.00am-12noon</p>	<p>Tel: 0425 825 107 or 0450 636 413 info@diabeteswa.com.au 142 Wharf Street, Cannington www.diabeteswa.com.au</p>
<p>Community Connections (UnitingCare West) SOCIAL CONNECTION</p>	<p>Community Connections supports people who are socially isolated to increase their networks. Various community based activities, decided by participants can be enjoyed. Group: Rainbow, Small groups & Uniting Community House A meeting place where people can connect with other community members while enjoying a meal, in various locations in the Perth metropolitan area. See page 8 for more information.</p>	<p>Tel: 1300 663 298 communityconnections@unitingcarewest.org.au GPO Box B74 Perth, 6838 www.unitingcarewest.org.au</p>
<p>Curtin Living Longer Living Stronger EXERCISE RESOURCES</p>	<p>Living Longer, Living Stronger (LLLS) is an evidence-based exercise program for Over 50s or Seniors designed to improve their everyday capacity and fitness, and prevent falls. Participation is in a friendly safe environment under the supervision of our Accredited Exercise Physiologist. Learn what you can do to change your life today!</p>	<p>Tel: 9266 1717 Curtinclinics404@curtin.edu.au Building 404 Kent Street (use Hayman Road entry) Bentley http://healthsciences.curtin.edu.au/our-clinics/</p>
<p>Falun Gong EXERCISE RESOURCES</p>	<p>Living Longer, Living Stronger (LLLS) is an evidence-based exercise program for Over 50s or Seniors designed to improve their everyday capacity and fitness, and prevent falls. Participation is in a friendly safe environment under the supervision of our Accredited Exercise Physiologist. Learn what you can do to change your life today!</p>	<p>Tel: 9266 1717 www.falundafa.org https://www.meetup.com/en-AU/Perth-Falun-Gong-Exercise-Meetup-Group/</p>
<p>Foodbank WA's Food Sensations® initiative HEALTHY EATING RESOURCES</p>	<p>Foodbank WA's Food Sensations® initiative comprises of nutrition education and cooking programs for adults and school children. As part of this initiative, a comprehensive suite of food literacy resources have been developed. These are available for free download or hard copies can be purchased from the Superhero Foods HQ website.</p>	<p>Tel: 9463 3214 Vanessa.bobongie@foodbankwa.org.au www.superherofoodshq.org.au</p>
<p>Fremantle Community Care SOCIAL CONNECTION</p>	<p>Social Outings The social outings service is available Monday's visiting cafes, restaurants, entertainment events, Botanical gardens and various other attractions within the Perth Metropolitan area. If you are interested in socializing with likeminded individuals and enjoy meeting new friends than why not join us on one of our services ELIGIBILITY: people residing within the boundaries of the City of Fremantle. Phone for our office for more information – 9432 9890</p>	<p>Tel: 9432 9890 or Commonwealth Respite and Carelink Centre:1300 785 415.</p>
<p>Healthy WA</p>	<p>The Department of Health's consumer website HealthyWA provides health and medical information to help Western Australians improve their health and wellbeing. The website includes topics on health conditions, healthy living, safety and first aid, treatment and tests, the WA Health system and more. It is not intended to replace the care provided by medical practitioners and other qualified health professionals.</p>	<p>www.healthywa.wa.gov.au/</p>

<p>Heart Foundation Walking</p>	<p>Heart Foundation Walking is Australia's largest network of free community-based walking groups. Walking is an easy, low-maintenance way to boost your weekly exercise and socialise at the same time. There are many groups to choose from so you can find one that suits your time and is close to you. Join a group, get active, and even make some new friends – just by walking!</p> <p>See the website for more information.</p>	<p>www.heartfoundation.org.au/walking</p>
<p>Inclusion WA EXERCISE RESOURCES</p>	<p>Inclusion WA is a dynamic organisation dedicated to enriching the lives of all people who are disadvantaged, disconnected from society or living with a disability by facilitating inclusion in sport, recreation and community life.</p> <p>See the Inclusion WA website for more information, useful resources and fact sheets.</p>	<p>Tel: 9201 8900 info@inclusionwa.org.au Building 404 Kent Street (use Hayman Road entry) Bentley www.inclusionwa.org.au www.facebook.com/InclusionWA</p>
<p>Inclusion WA SOCIAL CONNECTION</p>	<p>Inclusion WA is a dynamic organisation dedicated to enriching the lives of all people who are disadvantaged, disconnected from society or living with a disability by facilitating inclusion in sport, recreation and community life.</p> <p>See the Inclusion WA website for more information, useful resources and fact sheets.</p>	<p>Tel: 9201 8900 info@inclusionwa.org.au Building 404 Kent Street (use Hayman Road entry) Bentley www.inclusionwa.org.au www.facebook.com/InclusionWA</p>
<p>LiveLighter HEALTHY EATING RESOURCES</p>	<p>LIVELIGHTER is here to help West Australians to live and maintain a healthier life by eating well, being active and maintaining a healthy weight.</p> <p>If you eat more than you need to, and aren't as active as you should be, toxic fat can build up around your vital organs. This can increase your risk of developing serious diseases such as heart disease, type 2 diabetes and several cancers.</p> <p>The LiveLighter website has a range of free healthy recipes, tips and tools to help you achieve and maintain a healthy weight.</p>	<p>Tel: 9463 3214 Vanessa.bobongie@foodbankwa.org.au www.livelighter.com.au</p>
<p>Minnawarra House MEDITATION</p>	<p>MINNAWARRA HOUSE MEDITATION Meditation to sooth you, promote calmness,Inner peace and wellbeing. Free to attend - Wed 5.00pm-6.00pm</p>	<p>Tel: 9497 1413 24 Numulgi Street, Armadale www.minnahouse.org.au</p>
<p>Minnawarra House EXERCISE RESOURCES</p>	<p>MINNAWARRA HOUSE Gentle Exercise Class suitable for all ages. Similar to Tai Chi. Exercise to stretch the body. Free class - Wed 1.00pm-2.00pm</p>	<p>Tel: 9497 1413 24 Numulgi Street, Armadale www.minnahouse.org.au</p>
<p>Minnawarra House MUSIC</p>	<p>MINNAWARRA HOUSE – DRUMMING Drumming is a fun way to play, and can reduce tension, stress and leave you tingling all over. Free - Wed 4.30pm-5.00pm</p>	<p>Tel: 9497 1413 24 Numulgi Street, Armadale www.minnahouse.org.au</p>
<p>Minnawarra House SOCIAL CONNECTION</p>	<p>MINNAWARRA HOUSE BOOK CLUB Monthly book club, read the book and come along to share your thoughts, discussion and share a meal. FREE Second Mon of Month 6.30pm-8.30pm</p>	<p>Tel: 9497 1413 24 Numulgi Street, Armadale www.minnahouse.org.au</p>

<p>Minnawarra House SOCIAL CONNECTION</p>	<p>MINNAWARRA HOUSE COFFEE MORNING Come along to this lively coffee morning to enjoy real coffee and Diane's freshly cooked muffins. Muffin & Brewed Coffee \$2 Tue 10.00am-11am</p>	<p>Tel: 9497 1413 24 Numulgi Street, Armadale www.minnahouse.org.au</p>
<p>Nyoongar Wellbeing and Sports EXERCISE RESOURCES</p>	<p>Nyoongar Wellbeing and Sports is committed to increasing the holistic health & wellbeing of Aboriginal people in Nyoongar country. We offer a range of free and fee-for-service culturally grounded customisable programs (e.g. Traditional Indigenous Games) via outreach in Perth, Peel, South West, Wheatbelt & Great Southern regions.</p>	<p>Tel: 9272 3189 admin@nyoongarsports.com.au</p>
<p>Nyoongar Wellbeing and Sports (NWS)</p>	<p>NWS is a registered Aboriginal corporation & health promotion charity committed to increasing the holistic health & wellbeing of Aboriginal people in Nyoongar country. Free programs not listed in other sections include school holiday activities & lunch for 6-18yo in 16 South West /Wheatbelt towns, 4 times a year.</p>	<p>Tel: 9272 3189 admin@nyoongarsports.com.au</p>
<p>Red Cross FoodREDi™ HEALTHY EASTING RESOURCES</p>	<p>FoodREDi™ is a nutrition education program for groups who want to improve their food knowledge. The aim is to increase healthy eating behaviours in adults, by using a range of strategies and interactive activities; including information sharing and cooking to assist participants in achieving a safe, affordable and healthy diet to suit their lifestyle.</p>	<p>Tel: 9225 1919 foodredi@redcross.org.au 110 Goderich Street, East Perth www.redcross.org.au facebook.com/AustralianRedCross twitter.com/RedCrossAU</p>
<p>St Patrick's Community Support Centre Health Clinic MASSAGE</p>	<p>St Pat's Health Clinic provides health services for 21+ concession card holders. The following service are offered free of charge:</p> <ul style="list-style-type: none"> • Remedial Massage • Chiropractic • Acupuncture • Bowen Therapy • Nursing • Optometry • Physiotherapy • Podiatry • Reflexology • Reiki <p>All services are provided by volunteer local health professionals and no referrals are needed.</p>	<p>Tel: 9430 4159 www.stpats.com.au</p>
<p>William Langford Community House (formerly known as Boogurlarri) EXERCISE RESOURCES</p>	<p>Tai Chi. Every Monday. \$5 per session. Bookings essential. All activities are during school term only.</p>	<p>Tel: 9350 6236 82 Langford Avenue, Langford</p>
<p>Womens Health & Family Services Stepping It Out EXERCISE RESOURCES</p>	<p>Encourages women of all ages and cultures to engage in walking for fitness. Walks vary in length, cater to all levels of fitness and are FREE! OUTDOORS: Joondalup WHFS Tuesdays @ 9am INDOORS: Whitford City, Tuesdays & Wednesdays @ 9am Joondalup Lakeside Shopping Centre, Tuesdays & Thursdays @ 9am</p>	<p>Tel: 9300 1566 Fax: 9300 1699 infojoondalup@whfs.org.au Suite 6 Joondalup Lotteries House 70 Davidson Tce Joondalup www.whfs.org.au</p>



Getting Help With Mental Health



<p>Emergency Mental Health Service</p>	<p>24 hour call centre staffed by experienced mental health professionals. Initial advice and assessment; counselling and support. After hours referral to Community Emergency Response Team.</p>	<p>Tel: 1300 555 788 Peel Region: 1800 676 822 www.mentalhealth.wa.gov.au/getting_help/Emergency_help/emergency_mherl.aspx</p>
<p>4families</p>	<p>4families is a free family mental health support service run by Relationships Australia WA for children, from birth to 18 years and their families and carers. We provide counselling and support, information, referrals and workshops.</p>	<p>Tel: 6164 0600 Locations: Albany, Bunbury, Busselton, Kwinana, Mandurah, Manjimup www.centacarewa.com.au</p>
<p>Armadale Family Support Network</p>	<p>The Armadale Family Support Network is a partnership of 30 support agencies that provide support to families in the Armadale District. Families linked to the Armadale Family Support Network can receive support to assist them to deal with the stresses and challenges that might be impacting on their lives. Families can self refer or be linked into the Armadale Family Support Network by phoning or emailing.</p>	<p>Tel: 1300 887 487 afsn@parkerville.org.au www.wafsn.org.au www.parkerville.org.au</p>
<p>ASETTS (Association for Services to Torture and Trauma Survivors)</p>	<p>ASeTTS provides specialised counselling services to adults, adolescents and children with a refugee-type background that have experienced torture or trauma. All ASeTTS services are provided free of charge to clients, including interpreters as required. Clients can be self-referred by contacting ASeTTS or referred by others using our online referral form.</p>	<p>Tel: 9227 2700 Referral@asetts.org.au www.asetts.org.au</p>
<p>Emergency Mental Health Service</p>	<p>24 hour call centre staffed by experienced mental health professionals. Initial advice and assessment; counselling and support. After hours referral to Community Emergency Response Team.</p>	<p>Tel: 1300 555 788 Peel Region: 1800 676 822 Referral@asetts.org.au www.mentalhealth.wa.gov.au/getting_help/Emergency_help/emergency_mherl.aspx</p>
<p>Forced Adoption Support Service</p>	<p>This free service is for anyone who has been affected by forced adoption. People can access support in Western Australia regardless of which state the adoption took place in. The service provides:</p> <ul style="list-style-type: none"> • support to meet individual needs • assistance with record searching • referrals for long term support 	<p>Tel: 1800 21 03 13 fass@relationships.wa.gov.au www.mentalhealth.wa.gov.au/getting_help/Emergency_help/emergency_mherl.aspx</p>
<p>GROW</p>	<p>A consumer driven, national organisation that provides peer supported programs for growth and personal development for people with a mental illness and individuals having trouble coping with life's challenges. All weekly 2-hour structured meetings are free, confidential, and anonymous with no referral or registration required. Our caring and sharing community look forward to welcoming you.</p>	<p>Tel: Tollfree: 1800 558 268 wa@grow.org.au Grow Centre (Mercycare Facility) Block E 18 Barrett Strett, Wembley www.grow.org.au</p>

<p>Headspace Centres</p>	<p>Headspace provides free counselling and support to young people aged 12-25. The headspace model operates as a 'one stop shop' for young people to access to help with mental health, alcohol and other drug, vocational/employment and/or physical health concerns.</p> <p>Centres operate standard business hours, Monday to Friday.</p> <p>Visit our website for further information and to access the centre most convenient to you.</p>	<p>Armadale Albany Fremantle Broome Joondalup Bunbury Midland Geraldton Osborne Park Kalgoorlie Rockingham</p> <p>www.headspace.org.au</p>
<p>Healthy WA</p>	<p>The Department of Health's consumer website HealthyWA provides health and medical information to help Western Australians improve their health and wellbeing. The website includes topics on health conditions, healthy living, safety and first aid, treatment and tests, the WA Health system and more. It is not intended to replace the care provided by medical practitioners and other qualified health professionals.</p>	<p>www.healthywa.wa.gov.au/</p>
<p>Helpingminds Advocacy</p>	<p>HelpingMinds is committed to advocating at both a policy level and an individual level for appropriate services and standards of service for families of people with mental health issues.</p> <p>We are working to ensure that appropriate policies and procedures are developed to meet the needs of carers of mentally ill people within Western Australia. Free service</p>	<p>Tel: 9427 7100 www.helpingminds.org.au</p>
<p>Life Without Barriers</p>	<p>NGATTI HOUSE Ngatti House is a purpose built 16 bed recovery facility that offers safe and secure accommodation for 17-22 year olds looking to work on their mental health recovery. Young people can reside there for 12 months. Contact the Triage Officer at Youth Reach South to pursue the referral (08) 9499 4274 Please note that we are unable to provide crisis accommodation.</p>	<p>Tel: (08) 9499 4274 www.lwb.org.au/</p>
<p>Life Without Barriers</p>	<p>ICLS Our ICLS team supports participants with complex mental health needs to build their capacity to lead a meaningful life. You're your own expert so we support you to remain in control on your road to recovery. LWB coordinates clinical and psychosocial supports to assist you to work towards your dreams and aspirations. Note: LWB can only accept referrals to the ICLS program via the Mental Health Commission of WA. If you would like more information, please contact Stacey</p>	<p>Tel: 0475 832 263 stacey.price@lwb.org.au Natasha.campbell@lwb.org.au www.lwb.org.au/</p>
<p>Mental Health Advocacy Service</p>	<p>The Mental Health Advocacy Service is established under the Mental Health Act to provide an independent advocacy service for people who are involuntarily mental health patients (including people on Community Treatment Orders) and those living in licensed psychiatric hostels and group homes. Located across the metropolitan area as well as in Bunbury, Kalgoorlie, Albany and Broome, callers can request a visit by an Advocate.</p>	<p>Tel: 1800 999 057 contactus@mhas.wa.gov.au Unit 6/18 Harvest Tce Perth www.mhas.wa.gov.au Office hours: Mon-Fri 8.30am-4.30pm (answering machine provided outside these hours which is checked over weekends).</p>

<p>Mercycare Family Wellbeing Support Service</p>	<p>MercyCare offers free, practical counselling and support for children, young people and their families who are experiencing different life issues that are making them feel sad, stressed, angry or anxious.</p>	<p>Tel: 1800 999 057 yhreferrals@mercycares.com.au 38 Ord Street, West Perth www.mercycare.com.au</p>
<p>Mirrabooka Family Support Network (FSN) MIRRABOOKA</p>	<p>We are a partnership of agencies that work with families and individuals up to 25 years old. We provide central access to a range of support services, ensuring everyone can select the mix of services they wish to receive on a voluntary basis whilst maintaining full confidentiality.</p>	<p>Tel: 1300 760 691 mfsn@mercycares.com.au Unit 1, 77 Honeywell Blvd, Mirrabooka www.mercycare.com.au www.wafsn.org.au</p>
<p>Royal Commission Support Service</p>	<p>The Royal Commission Support Service provides free case management and support services, across WA, for people affected by child sexual abuse in any institution or group setting including schools, sporting clubs, orphanages, foster care, religious organisations and group homes. Support includes:</p> <ul style="list-style-type: none"> • Individual and family counselling. • Referrals to other support services. • Providing updated information about the Royal Commission. 	<p>Tel: 6164 0255 rcsupport@relationships.wa.gov.au www.relationships.wa.gov.au</p>
<p>Swan Family Mental Health Support Service</p>	<p>The Talk It Out program is for people aged from 0 – 18 offering a child-centred approach within the family setting.</p> <ul style="list-style-type: none"> • Focusing on prevention and early mental health intervention • Outreach support • Counselling, education, training and skill development • Referrals to community services <p>Free service: Midland</p>	<p>Tel: 9427 7100 www.helpingminds.org.au</p>
<p>Life Without Barriers</p>	<p>ICLS Our ICLS team supports participants with complex mental health needs to build their capacity to lead a meaningful life. You're your own expert so we support you to remain in control on your road to recovery. LWB coordinates clinical and psychosocial supports to assist you to work towards your dreams and aspirations. Note: LWB can only accept referrals to the ICLS program via the Mental Health Commission of WA. If you would like more information, please contact Stacey</p>	<p>Tel: 0475 832 263 stacey.price@lwb.org.au Natasha.campbell@lwb.org.au www.lwb.org.au/</p>
<p>Mental Health Advocacy Service</p>	<p>The Mental Health Advocacy Service is established under the Mental Health Act to provide an independent advocacy service for people who are involuntarily mental health patients (including people on Community Treatment Orders) and those living in licensed psychiatric hostels and group homes. Located across the metropolitan area as well as in Bunbury, Kalgoorlie, Albany and Broome, callers can request a visit by an Advocate.</p>	<p>Tel: 1800 999 057 contactus@mhas.wa.gov.au Unit 6/18 Harvest Tce Perth www.mhas.wa.gov.au Office hours: Mon-Fri 8.30am-4.30pm (answering machine provided outside these hours which is checked over weekends).</p>

RUAH

COMMUNITY SERVICES

Open Hearts. Bold Strides.

At Ruah we believe that your needs, strengths and recovery preferences are at the centre of everything we do. We walk alongside you, your family and carers to achieve your goals and improve your quality of life.

Our services are flexible and personalised. Our professional staff will meet you in your home or at a place that is convenient for you. We will work with you to develop your personal recovery goals and connect you with your community.



- Mental health and wellness support
- Wellness Recovery Action Plan (WRAP)
- Recreation and sporting activities
- National Disability Insurance Scheme (NDIS)

13 RUAH (13 78 24)

connecting@ruah.org.au

www.ruah.org.au



Getting Help For Carers



<p>Carer Gateway</p>	<p>Carer Gateway is a national online and phone service that provides practical information and resources to support carers. The interactive service finder helps carers connect to local support services.</p>	<p>Tel: 1800 422 737 (freecall) www.carergateway.gov.au/</p>
<p>Helpingminds</p>	<p>Mental Health Carer Support group for carers of people with mental health difficulties.</p> <ul style="list-style-type: none"> • Day and evening support groups in the metro area • Informal group sessions where you can chat about your experiences or hear about others • An environment that may help reduce feelings of distress • Tools to help you provide greater care for your loved ones. <p>Free service</p>	<p>Tel: 9427 7100 Armadale, Clarkson, Cockburn, Fremantle, Mandurah, Midland, Perth, Rockingham & Whitfords www.helpingminds.org.au</p>
<p>Life Without Barriers</p>	<p>CARER SUPPORT PROGRAM If you are a carer of someone with a mental illness you could benefit from the carer support program offered by Life Without Barriers, Contact Anna McNaughton for further details.</p>	<p>Tel: 0438 062 822 anna.mcnaughton@lwb.org.au Natasha.campbell@lwb.org.au www.lwb.org.au/</p>
<p>Life Without Barriers</p>	<p>YOUNG CARERS SUPPORT PROGRAM If you are a young carer of someone with mental illness, you could benefit from learning skills to cope with your caring role, improve the relationship you have with the person you support and balance your caring role with other areas of your life through groups and activities offered.</p>	<p>Tel: 0438 062 822 anna.mcnaughton@lwb.org.au Natasha.campbell@lwb.org.au www.lwb.org.au/</p>
<p>Redcross</p>	<p>Carer Respite program Short term and emergency respite programs to support carers of all ages caring for someone with disability, a mental illness, dementia, a terminal illness or is frail aged.</p>	<p>Tel: 1800 052 222 (calls from mobile phones charged at mobile rates) 24 Numulgi Street, Armadale https://respite.redcross.org.au/</p>



Getting Counselling Services



<p>ASETTS (Association for Services to Torture and Trauma Survivors)</p>	<p>ASeTTS provides specialised counselling services to adults, adolescents and children with a refugee-type background that have experienced torture or trauma. All ASeTTS services are provided free of charge to clients, including interpreters as required. Clients can be self-referred by contacting ASeTTS or referred by others using our online referral form.</p>	<p>Tel: 9227 2700 Referral@asetts.org.au www.asetts.org.au</p>
<p>Curtin Pathology Clinic</p>	<p>Psychology services are provided at a reduced fee by Provisional Psychologists completing their Masters of Psychology. The adult clinic offers specialised treatment for obsessive compulsive disorder, anxiety, depression and mindfulness. Child services include cognitive assessments and treatment for anxiety, social competence, ADHD, behavioural problems, and phobias. Fees: \$45 individual; \$25 groups.</p>	<p>Tel: 9266 1717 Curtinclinics404@curtin.edu.au Building 404, Kent Street (use Hayman Road entry) Bentley www.healthsciences.curtin.edu.au/our-clinics/</p>
<p>FAIR (Family Abuse Integrated Response)</p>	<p>FAIR programs are free for women, young people, children or men who have experienced or perpetrated abuse in their families or in their relationships.</p>	<p>Tel: 6164 0270 fair@relationshipsqa.org.au www.helpingminds.org.au</p>
<p>Find and Connect</p>	<p>This free service helps Forgotten Australians and Former Child Migrants with personalised support. The Service provides:</p> <ul style="list-style-type: none"> • personalised support and counselling • where possible, obtaining personal records, tracing history and understanding the reasons for being placed into care • connecting with other services and support networks • reconnecting with family, where possible • social activities and outings 	<p>Tel: 1800 16 11 09 lanterns@relationshipsqa.org.au www.helpingminds.org.au</p>
<p>Headspace Centres</p>	<p>Headspace provides free counselling and support to young people aged 12-25. The headspace model operates as a 'one stop shop' for young people to access to help with mental health, alcohol and other drug, vocational/employment and/or physical health concerns.</p> <p>Centres operate standard business hours, Monday to Friday.</p> <p>Visit our website for further information and to access the centre most convenient to you.</p>	<p>Armadale Albany Fremantle Broome Joondalup Bunbury Midland Geraldton Osborne Park Kalgoorlie Rockingham</p> <p>www.headspace.org.au</p>
<p>Helpingminds Counselling</p>	<p>Providing a range of adult and youth counselling and education on mental illness.</p> <ul style="list-style-type: none"> • Professional counselling and support for adults and children • Education on mental illness and coping skills • Peer support – Carers with a lived experience of caring • Carer respite • Consumer recreation program Swan area only <p>Free service</p>	<p>Tel: 9427 7100 Armadale, Clarkson, Cockburn, Fremantle, Mandurah, Midland, Perth, Rockingham and Whitfords. www.helpingminds.org.au</p>

<p>HOPE Community Services</p>	<ul style="list-style-type: none"> • AOD Counselling and Group intervention Services in the Metropolitan area, Geraldton, Kalgoorlie, Leonora and Esperance. All Counselling and Group Intervention services are arranged by appointment only. • School Leavers – Located in Dunsborough and Rottnest Island as part of the essential team providing sobering up facilities during Leaver's week. 	<p>Tel: 9497 9498 Fax: 9497 9424 info@hopecs.org.au Level 1, 56 Fourth Road, Armadale PO Box 165, Armadale WA 6992 www.hopecomunityservices.org.au</p>
<p>Mercycare Family Wellbeing Support Service</p>	<p>MercyCare offers free, practical counselling and support for children, young people and their families who are experiencing different life issues that are making them feel sad, stressed, angry or anxious.</p>	<p>Freecall: 1800 800 046 yhreferrals@mercycare.com.au 38 Ord Street, West Perth www.mercycare.com.au</p>
<p>Mercycare Reconnect</p>	<p>An early intervention, outreach support service assisting young people between the ages of 12-18 years old who have been experiencing conflict at home. We assist families by providing support through individual and/or family counselling, mediation, information, education, advocacy and referral.</p>	<p>Freecall: 1800 268 472 yhreferrals@mercycare.com.au 4 Brewer Place, Mirrabooka 6 Cecil Avenue, Cannington www.mercycare.com.au</p>
<p>Minnawarra House</p>	<p>Counselling for young people 12-18yrs olds and their families. Counsellors can help with all presenting issues including family conflict, addictions, anger, anxiety, self esteem, grief, gender orientation, mental health matters. Fees for concession card holders.</p>	<p>Tel: 9497 1413 24 Numulgi Street, Armadale www.minnahouse.org.au</p>
<p>Mirrabooka Family Support Network (FSN)</p>	<p>We are a partnership of agencies that work with families and individuals up to 25 years old. We provide central access to a range of support services, ensuring everyone can select the mix of services they wish to receive on a voluntary basis whilst maintaining full confidentiality.</p>	<p>Tel: 1300 760 691 mfsn@mercycare.com.au Unit 1, 77 Honeywell Blvd, Mirrabooka www.mercycare.com.au www.wafsn.org.au</p>
<p>Passages</p>	<p>ELIGIBILITY: 12-25 years and homeless or at risk of homelessness. Youthlink - Wed 10.00am-11.00am</p>	<p>Tel: 9228 1478 Fax: 9228 9572 Passages.project@svdpwa.org.au 22 Palmerston Street Northbridge www.passagesresourcecentre.com</p>
<p>Relationships Australia WA</p>	<p>Relationships Australia WA offers a range of services to help individuals, couples and families to improve their relationships. Services include individual and family counselling, mediation, education courses, child contact services, domestic and family violence services, and other support services.</p>	<p>Tel: 1300 364 277 info@relationshipsaustralia.org.au Locations: Various locations throughout WA</p>
<p>Royal Commission Support Service</p>	<p>The Royal Commission Support Service provides free case management and support services, across WA, for people affected by child sexual abuse in any institution or group setting including schools, sporting clubs, orphanages, foster care, religious organisations and group homes. Support includes:</p> <ul style="list-style-type: none"> • Individual and family counselling. • Referrals to other support services. • Providing updated information about the Royal Commission. 	<p>Tel: 6164 0255 rcsupport@relationshipsaustralia.org.au www.relationshipsaustralia.org.au</p>

<p>St Patrick's Community Support Centre Health Clinic</p>	<p>St Pat's Health Clinic provides counselling services for 21+ concession card holders.</p> <p>Counselling can be provided for a range of issues.</p> <p>All services are provided by volunteer local health professionals and no referrals are needed.</p> <p>Please call for further information or to book an appointment for counselling.</p>	<p>Tel: 9430 4159 www.stpats.com.au</p>
<p>Womens Health & Family Services Counselling</p>	<p>WHFS provides low-cost short-term Mental Health counselling for women aged over 18 years of age. The service covers depression, anxiety, panic attacks, relationships and trauma. Additionally, women who have experienced trauma during a consultation with a health professional can access free counselling under the CAHP program.</p>	<p>Tel: 6330 5400 Fax: 6330 5499 info@whfs.org.au 227 Newcastle Street, Northbridge www.whfs.org.au</p>
<p>Womens Health & Family Services Joondalup Mental Health Services</p>	<p>Confidential, individual low-cost counselling service for women, run by an accredited counsellor and social worker. Assists women experiencing difficulties relating to self-esteem, confidence, depression, panic/anxiety, grief/loss, relationship issues, marital problems, childhood issues, fears and phobias. There may be a waitlist for this service, appointments essential.</p>	<p>Tel: 9300 1566 Fax: 9300 1699 infojoondalup@whfs.org.au Suite 6 Joondalup Lotteries House 70 Davidson Tce Joondalup www.whfs.org.au</p>
<p>Womens Health & Family Services Mental Health Community Outreach Program (Mhcop)</p>	<p>Offers free advocacy, support, individual counselling, school holiday programs, group art therapy and a therapeutic coffee morning for women who are experiencing complex mental health issues, or are at risk of this, with the support of qualified and experienced staff.</p> <p>Free crèche available, bookings essential.</p>	<p>Tel: 6330 5400 Fax: 6330 5499 info@whfs.org.au 227 Newcastle Street, Northbridge www.whfs.org.au</p>
<p>Womens Health & Family Services Mothers Support Program</p>	<p>Mothers' Support Program provides individual, outreach, group therapy and support to mothers experiencing, or at risk of mental health problems, including individual and group counselling, art therapy, peer support, recreational and children's groups.</p>	<p>Tel: 6330 5400 Fax: 6330 5499 info@whfs.org.au 227 Newcastle Street, Northbridge www.whfs.org.au</p>
<p>Womens Health & Family Services Perinatal Program</p>	<p>Offers the free 9 week 'Adjusting to baby and change' group, including a partner/support person's evening. Aims to assist women with peer support, and to help them make sense of their postnatal depression and anxiety. It helps to build self-esteem and find better coping strategies. Free crèche available.</p>	<p>Tel: 6330 5400 Fax: 6330 5499 info@whfs.org.au 227 Newcastle Street, Northbridge www.whfs.org.au</p>
<p>Youth Focus</p>	<p>Youth Focus is a not-for-profit organisation that supports young Western Australians aged 12 to 25 by offering a range of mental health services. The organisation operates with a team of professional clinicians to provide early intervention and prevention services free of charge, aimed at supporting young people and their families to overcome issues associated with suicide, depression, anxiety and self-harm.</p>	<p>Tel: 6266 4333 reception@youthfocus.com.au www.youthfocus.com.au</p>



Getting Help With Addiction



<p>Great Southern Community Alcohol and Drug Service (GSCADS) ALBANY</p>	<p>Palmerston GSCADS provides a range of alcohol and other drug support services to individuals, families and the community across the vast region from Walpole to Bremer Bay and north to Kojonup, Katanning and Lake Grace as well as many places in between.</p>	<p>Tel: 9892 2100 3/90 Frederick St, Albany www.palmerston.org.au</p>
<p>Great Southern Community Alcohol and Drug Service (GSCADS) KATANNING</p>	<p>Palmerston GSCADS provides a range of alcohol and other drug support services to individuals, families and the community across the vast region from Walpole to Bremer Bay and north to Kojonup, Katanning and Lake Grace as well as many places in between.</p>	<p>Tel: 98218306 19 Daping St, Katanning www.palmerston.org.au</p>
<p>Headspace Centres</p>	<p>Headspace provides free counselling and support to young people aged 12-25. The headspace model operates as a 'one stop shop' for young people to access to help with mental health, alcohol and other drug, vocational/employment and/or physical health concerns.</p> <p>Centres operate standard business hours, Monday to Friday.</p> <p>Visit our website for further information and to access the centre most convenient to you.</p>	<p>Armadale Albany Fremantle Broome Joondalup Bunbury Midland Geraldton Osborne Park Kalgoorlie Rockingham</p> <p>www.headspace.org.au</p>
<p>Holyoake - Northeast Metro Community Alcohol And Drug Service (Nemcads)</p>	<p>A comprehensive alcohol and other drug service including counselling and access to medical assessment and pharmacotherapy through Next Step.</p> <p>Services include individual, family and group interventions for people with alcohol and other drug use issues, as well as for family members impacted by another's use.</p> <p>Services are free of charge.</p>	<p>Tel: 9274 7055 Fax: 9274 7066 NEMCADS@holyoake.org.au 4 Stafford Street, Midland www.holyoake.org.au</p>
<p>Holyoake - Victoria Park</p>	<p>A comprehensive alcohol and other drug counselling service for people with alcohol and other drug use issues, as well as for people impacted by another's use.</p> <p>Individual counselling and group programs are offered for men, women, young adults, parents, partners, young people and children.</p> <p>Services are free of charge.</p>	<p>Tel: 9416 4444 Fax: 9416 4443 adminnortham@holyoake.org.au 75 Canning Highway, Victoria Park PO Box 322 Victoria Park 6979 www.holyoake.org.au</p>
<p>Holyoake - Wheatbelt Community Alcohol And Drug Service (Wcads)</p>	<p>A comprehensive alcohol and other drug counselling service for people with alcohol and other drug use issues, as well as for people impacted by another's use.</p> <p>Individual counselling and group programs are offered for men, women, young adults, parents, partners, young people and children.</p> <p>Services are free of charge.</p>	<p>Tel: Ph: 9621 1055 or toll free number 1800 447 172 Fax 9621 1077 (Offices in Northam, Narrogin and Merredin) clientservices@holyoake.org.au 4 Elizabeth Place Northam PO Box 375, Northam, 6401 www.holyoake.org.au</p>

<p>HOPE Community Services</p>	<ul style="list-style-type: none"> • AOD Counselling and Group intervention Services in the Metropolitan area, Geraldton and through our Goldfields Community Drugs and Alcohol Service which offers outreach, AOD counselling, support groups and information to the community (Kalgoorlie, Leonora and Esperance.) All Counselling and Group Intervention services are arranged by appointment only. • Therapeutic Community Rehabilitation Centres (Rosella House & Hope Springs Community Farm) near Geraldton. Telephone 9921 7409 for more information. • Lifeskills, Health and Development services aiding transition to community delivered with parents & young offenders in detention. • Street Van program in Roleystone, Kwinana and Armadale Thursday evenings. Informal AOD Counselling, information and referrals. 	<p>Tel: 9497 9498 Fax: 9497 9424 info@hopecs.org.au Level 1, 56 Fourth Road, Armadale PO Box 165, Armadale WA 6992 www.hopecommunityservices.org.au</p>
<p>Mirrabooka Family Support Network (FSN)</p>	<p>We are a partnership of agencies that work with families and individuals up to 25 years old. We provide central access to a range of support services, ensuring everyone can select the mix of services they wish to receive on a voluntary basis whilst maintaining full confidentiality.</p>	<p>Tel: 1300 760 691 mfsn@mercyare.com.au Unit 1, 77 Honeywell Blvd, Mirrabooka www.mercyare.com.au www.wafsn.org.au</p>
<p>Palmerston Association</p>	<p>Operating for almost 40 years, we support individuals, families and communities affected by alcohol and other drug issues through a range of services including counselling, family support, residential rehabilitation and community education. We operate throughout the metropolitan, Great Southern and South West regions. Our services are free and everyone is welcome.</p> <p>Branches:</p> <ul style="list-style-type: none"> • Albany • Armadale • Fremantle • Katanning • Subiaco (head office) • Mandurah • Perth • Rockingham • Thornlie <p>Therapeutic Communities:</p> <ul style="list-style-type: none"> • Farm TC (contact through Perth) • SouthWest TC (contact through Mandurah) 	<p>Website: www.palmerston.org.au Albany: 9892 2100 Armadale: 9399 5344 Fremantle: 9430 5966 Katanning: 9821 8306 Mandurah: 9581 4010 Perth: 9328 7355 Rockingham: 9550 9200 Thornlie: 9267 2400 Subiaco: 6389 6600</p>
<p>Palmerston Farm Therapeutic Community (TC)</p>	<p>Palmerston Farm TC provides a structured and supportive environment where residents work together in a community setting, benefiting their own recovery and those around them. The core program is 14 weeks, comprising of four stages, each designed as a self contained unit of the recovery process, building on each other to prepare residents to return to the general community.</p>	<p>Tel: 9328 7355 perth@palmerston.org.au 134 Palmerston St, Perth www.palmerston.org.au</p>

<p>Passages Drop in Centre</p>	<p>ELIGIBILITY: 12-25 years and homeless or at risk of homelessness. DAYS Mission Australia Tue 10.00am-11.00am WA Substance Users Association Fri 10.00am-12.00noon</p>	<p>Tel: 9228 1478 Fax: 9228 9572 Passages.project@svdpwa.org.au 22 Palmerston Street Northbridge www.passagesresourcecentre.com</p>
<p>South East Metro Community Alcohol and Drug Service (SEMCADS)</p> <p>THORNIE</p>	<p>This integrated service is a partnership between Palmerston and Next Step Drug and Alcohol Services, providing individuals and families with access to a comprehensive range of alcohol and drug services from one location. Palmerston provides counselling and support for individuals and their families. Next Step provides medical and psychological services.</p>	<p>Tel: 9267 2400 312 Spencer Rd, Thornlie www.palmerston.org.au</p>
<p>South East Metro Community Alcohol and Drug Service (SEMCADS)</p> <p>ARMADALE</p>	<p>This integrated service is a partnership between Palmerston and Next Step Drug and Alcohol Services, providing individuals and families with access to a comprehensive range of alcohol and drug services from one location. Palmerston provides counselling and support for individuals and their families. Next Step provides medical and psychological services.</p>	<p>Tel: 9267 2400 Armadale www.palmerston.org.au</p>
<p>South Metro Community Alcohol and Drug Service (SMCADS)</p> <p>FREMANTLE</p>	<p>This integrated service is a partnership between Palmerston and Next Step Drug and Alcohol Services, providing individuals and families with access to a comprehensive range of alcohol and drug services from one location. Palmerston provides counselling and support for individuals and their families. Next Step provides medical and psychological services.</p>	<p>Tel: 9430 5966 fremantle@palmerston.org.au Level 3, 22 Queens St, Fremantle www.palmerston.org.au</p>
<p>South Metro Community Alcohol and Drug Service (SMCADS)</p> <p>ROCKINGHAM</p>	<p>This integrated service is a partnership between Palmerston and Next Step Drug and Alcohol Services, providing individuals and families with access to a comprehensive range of alcohol and drug services from one location. Palmerston provides counselling and support for individuals and their families. Next Step provides medical and psychological services.</p>	<p>Tel: 9550 9200 rockingham@palmerston.org.au U2/31 Council Ave, Rockingham www.palmerston.org.au</p>
<p>South Metro Community Alcohol and Drug Service (SMCADS)</p> <p>MANDURAH</p>	<p>This integrated service is a partnership between Palmerston and Next Step Drug and Alcohol Services, providing individuals and families with access to a comprehensive range of alcohol and drug services from one location. Palmerston provides counselling and support for individuals and their families. Next Step provides medical and psychological services.</p>	<p>Tel: 9581 4010 mandurah@palmerston.org.au 22b Tuckey St, Mandurah www.palmerston.org.au</p>
<p>Tranby</p>	<p>Holyoake Drug and Alcohol Counsellor available every Friday. Mail Collection Point (people with no fixed address may redirect their mail to Tranby).</p>	<p>Tel: 9220 1200 Unit 6, 5 Aberdeen St, East Perth</p>

<p>Womens Health & Family Services Drug And Alcohol Program (Dap)</p>	<p>Individual counselling and support groups. Support services for Mum's using alcohol and other drugs. Support services for people affected by a family member or significant others' alcohol and/or drug use.</p>	<p>Tel: 6330 5400 Fax: 6330 5499 AODduty@whfs.org.au 227 Newcastle Street, Northbridge www.whfs.org.au</p>
<p>Womens Health & Family Services Kids In Focus Wa (Kifwa)</p>	<p>Provides free counselling and support for children and their families affected by parental substance use.</p>	<p>Tel: 6330 5400 Fax: 6330 5499 kifintake@whfs.org.au 227 Newcastle Street, Northbridge www.whfs.org.au</p>
<p>Womens Health & Family Services Pepisu Mums And Children's Program</p>	<p>PEPISU is a program that offers a range of services to women who are pregnant and/or parenting and working to overcome problematic alcohol or other drug use. Services include counselling, outreach, and family and social recreational activities.</p>	<p>Tel: 6330 5400 Fax: 6330 5499 AODduty@whfs.org.au 227 Newcastle Street, Northbridge www.whfs.org.au</p>
<p>Womens Health & Family Services The Village Program Joondalup</p>	<p>Supporting women with drug and alcohol issues who have children under 12 years, living in the northern suburbs who want to make positive changes to their lives for themselves and their children. Free individual or family counselling, information and support on drug and/or alcohol treatment options.</p>	<p>Tel: 9300 1566 Fax: 9300 1699 aoddutyjoondalup@whfs.org.au Suite 6 Joondalup Lotteries House 70 Davidson Tce Joondalup www.whfs.org.au</p>

Emergency Numbers

EMERGENCY NUMBERS

Police/Ambulance
000

Police (non emergency)
131 444

**Mental Health Emergency
Response Line (MHERL)**
1300 555 788 (Metro)
1800 676 822 (Peel)

Lifeline (24 hr Counselling)
13 1114

Samaritans (24 hr crisis line)
9388 2500

Suicide Callback Service (24 hr)
1300 659 467

Suicide Crisis line
1300 360 980

Beyond Blue
1300 224 636

MensLine
1300 78 99 78

Crisis Care (24 hr helpline)
9223 1111

24 hrs Health Advice
1300 022 222

**Domestic Violence/Family Violence
(DV/FV) Hot-line**
1800 737 732

Women's Domestic Violence
1800 007 339 (helpline)

Men's Domestic Violence
1800 000 599 (helpline)

Alcohol & Drug Support Line (24 hr)
9442 5000
1800 198 024 (country callers)

Next Step (Alcohol & Drug service)
9219 1919

Kids Helpline (24 hr)
1800 551 800

E-headspace
1800 650 890

Together we can #EndHomelessnessWA



#EndHomelessnessWA

The WA Alliance to End Homelessness is committed to ending homelessness in WA.

The facilitating group of the Alliance came together in September 2016. Each of them came with a strong individual commitment and organisational support to say enough's enough, let's stop managing homelessness, let's commit to ending homelessness!

Since then they have gathered the contributions of people from homelessness services, those experiencing homelessness, funders of services, and members of the community to develop a 10-Year Strategy to End Homelessness. Together they are committed to bringing about real, long-term change.

You can read more about the Alliance and the Strategy at www.endhomelessnessWA.com



The 'Love Never Failed Us Yet' public campaign launch hosted by the UWA Conservatorium of Music and Centre for Social Impact.

GET INVOLVED

- 1** DONATE to the #EndHomelessnessWA fund
- 2** SIGN the petition to support the #EndHomelessnessWA campaign
- 3** SHARE the #EndHomelessnessWA message on social media

Go to endhomelessnesswa.com
or follow
#EndHomelessnessWA

 @EndHomelessnessWA
 @Homelessness_WA
 @endhomelessness_wa



#EndHomelessnessWA