**Support services in the Northern Beaches**

The Salvation Army, Manly

Address: 59 Pittwater Road, Manly

Hours: Monday-Friday, 9am-4.45pm

Tel: 137 258

1300 363 622 (24 hour counselling service)

9977 1304 (Manly Corps)

Email: [manly.corps@aue.salvationarmy.org](mailto:manly.corps@aue.salvationarmy.org)

Web: [www.salvos.org.au](http://www.salvos.org.au)

What is it?

Offers practical and financial help and support in

the following areas:

• refuge and accommodation (including domestic

violence support)

• financial counselling

• drugs and alcohol

• suicide prevention and bereavement

• family and personal issues

• problem gambling

• legal services

• employment and training

• youth issues

• court and prison support

• telephone counselling

• female welfare officer available

• emergency relief

• crisis support

• art therapy

• self-development courses

• hot showers

**Manly Community Centre**

Address: 12 Wentworth Street, Manly

Hours: Monday-Friday, 10am-4pm

Tel: 9977 1066

Email: [mcc1@bigpond.net.au](mailto:mcc1@bigpond.net.au)

Web: [www.manlycommunitycentre.com.au](http://www.manlycommunitycentre.com.au)

What is it?

This is a drop-in centre that offers:

• counselling: individuals, couples and families

• domestic violence support and advocacy including a

six week 'Building Blocks' support group and ongoing women's support group

• housing and accommodation: tenancy help and emergency accommodation

• legal and financial: free advice

• health and well-being: nurse visits

**St Vincent de Paul Society**

Address: 638 Pittwater Road, Brookvale

Hours: Monday-Friday, 9am-4.30pm (by appointment only)

Tel: 9905 0424

Email: [nb.manager@vinnies.org.au](mailto:nb.manager@vinnies.org.au)

Web: [www.vinnies.org.au](http://www.vinnies.org.au)

What is it?

Assists people in need and combat social injustice

across Australia. People are often provided with furniture, clothing and household goods free of charge through the Society's. Vinnies center’s also offer affordable clothing and goods to the wider community.

Services include:

• home visitation

• addiction services

• learning services

• family services

• mental health

• community support

• youth services

• Vinnies shops

• holiday accommodation

• no interest loans

• financial counselling service – assistance is given through financial assessment, negotiation with creditors, information, education and referrals. The aim is to offer options. Service is free and confidential and aims to assist people experiencing financial hardship.

**Free meal services & food support**

Contact: Salvation Army Soup Kitchen

Address: 59 Pittwater Road, Manly

Hours: Monday-Thursday, 8.30am-9am (breakfast)

Monday-Friday, 11am-12noon (lunch)

Contact: Street Mission Cafe

Address: Outside Uniting Church, Gilbert Park, Manly

Hours: Saturday, 6.30pm

Contact: St Mathew's Church

Address: The Corso, Manly

Hours: Monday, 6pm-8pm

Contact: Manly Community Centre

Address: 12 Wentworth Street, Manly

Hours: Monday-Friday, 10am-4pm (drop-in coffee bar/refreshments)

Wednesday, 11am-2pm (Oz Harvest delivery)

Contact: St John's Anglican Church

Address: Oaks Avenue, Dee Why

Hours: Wednesday, 7pm

Contact: C3 Cares, C3 Church

Salvation Army Hall

1 Fisher Road

Dee Why

3rd Monday Monthly 6pm – 7.30pm

(Meal, Message of Hope, Lucky Door Prizes)

**The Link Community Food Care Program**

Address: Cromer Community Centre, 150 Fisher Road North, Dee Why

Hours: Friday, 10am-1pm

Tel: 9999 0475

Email: info@link.org.au

Web: [www.link.org.au](http://www.link.org.au)

Cost: Registration fee of $2

What is it?

Provides affordable groceries, fruit and vegetables at cheap prices. For example, if you spend $5 on dry goods, all your fruit and vegetables are free. Also hosts community events (eg, Eggs by the Lake,an Easter egg hunt for children).

**Grace City Foodbank**

The Community FoodCare program provides grocery hampers for a nominal service and handling fee. We also offer free weekly fruit, vegetables and bread to every family and individual with a concession benefit card and multiple emergency relief food hampers are given out weekly at every location with no cost to clients. All our community FoodCare programs run out of great locations, staffed by friendly volunteers with free tea and coffee facilities providing the opportunity for a chat.  
  
  
  
Address: 902 Pittwater Road, Dee Why “it’s the shop with the Red Door”

Hours: Wednesday, 10am-1pm

Tel: 9971 0222

Email: [info@gracecitycare.org.au](mailto:info@gracecitycare.org.au)

Web: gracecitycare.org.au

**Specialist Medicare services available**

If you suffer from a condition that has lasted, or is predicted to last, for six months or longer, you may be eligible for Medicare assistance under the Chronic Disease Management (CDM)scheme.

Chronic conditions covered include:

• asthma

• diabetes

• depression

• arthritis

• stroke

• cancer

• heart disease

• high blood pressure

Eligible patients must have a chronic (or terminal) medical condition, which requires complex care that is being managed by a GP under strategies known as GP Management Plans and Team Care Arrangements. These strategies allow most patients to be referred by their GP for up to five Medicare rebate-able allied health services a year.

What can you claim?

• Exercise physiology

• Musculoskeletal treatments

• Podiatry

• Psychological treatment

• Dietetics

• Midwifery

• IVF

• Weight-loss surgery

• Occupational therapy

Queenscliff Community Health Centre

Address: Cnr Lakeside Crescent and Palm Avenue, North Manly

Hours: Monday-Friday, 8.30am-5pm

Tel: 9466 2500

Web: [www.nscchealth.nsw.gov.au](http://www.nscchealth.nsw.gov.au)

What is it?

• Child and family health

• Developmental and behavioural paediatrics

• Child speech pathology

• Child occupational therapy

• Child and adolescent mental health

• Drug and alcohol services

• Health information services

Mona Vale Hospital Adult Dental Clinic

Contact: Northern Sydney Local Health District Oral Health Services

Address: In grounds of Mona Vale Hospital, Coronation Street,

Mona Vale

Hours: Monday-Friday, 7.30am-4.30pm

Tel: 1300 789 404   
Web: <http://www.nslhd.health.nsw.gov.au/NSHLD_Hospitals/monavale.html>

What is it?

Free public dental service for adults who hold a Centrelink

concession card. The service provides routine dental treatment including examinations, x-rays, fillings, extractions, dentures and oral hygiene instruction.

Dee Why Child Dental Clinic

Contact: Northern Sydney Local Health District Oral Health Services

Address: In grounds of Dee Why Public School, Fisher Road, Dee Why

Hours: Monday-Friday, 7.30am-4.30pm

Tel: 1300 789 404

Web:<http://www.healthdirectory.com.au/Special_care/Children/2139,102560/Dee%20Why%20Child%20Dental%20Clinic/>

What is it?

Free public dental service available to

All children under 18. The service provides routine dental treatment including examinations, x-rays, fillings, extractions and oral hygiene instruction.

TAFE Programs for Women

Contact: Northern Beaches TAFE

Address: 154 Old Pittwater Road, Brookvale

Hours: Monday-Friday, 8.30am-5pm

Tel: 131 674

Email: [nsi.study@tafensw.edu.au](mailto:nsi.study@tafensw.edu.au)

Web: [www.nsi.tafensw.edu.au](http://www.nsi.tafensw.edu.au)

What is it?

• Work Opportunities for Women (WOW) – WOW assists

women who are entering the workforce for the first time or

re-entering employment or study after many years. Students focus

on the development of communication skills, along with skills and

knowledge to access employment and further education.

• Career Education and Employment for Women (CEEW) – CEEW aims to help women develop new skills to enhance study, job and career options (Hornsby campus only).

• Work Wise Women (WWW) – WWW's initiative aims to increase women’s participation in information technology and address the barriers to this growing industry where participation by men is considerably higher.

• Digi-Girls Program for Women (Digi-Girls) – this program is for women to improve their technical skills for specific purposes in a supportive environment. Targeting home-based, micro and small business women operators to advise ways that technology can help build their business. Program recognizes the need for short sessions which can fit in around family responsibilities. In general, programs are half-day, sometimes requiring more than one session.

Jobs, Education and Training Scheme (JET)

Contact: Department of Human Resources (formerly Centrelink)

Address: 660-664 Pittwater Road, Brookvale

Hours: Monday-Friday, 8am-5pm

Tel: 136 150

Web: <http://www.humanservices.gov.au/customer/services/centrelink/jobs-education-and-training-child-care-fee-assistance>

What is it?

Child care fee assistance while studying. JET child care fee assistance's current rate is a parental co-contribution of $2.00 per child per hour of care (up from 10 cents co-contribution).

TAFE Single & Teenage Parents' Program

Contact: Northern Beaches TAFE

Address: 154 Old Pittwater Road, Brookvale

Tel: 9941 5248 or 131 674

Email: [merelyn.langley@det.nsw.edu.au](mailto:merelyn.langley@det.nsw.edu.au)

Web: [www.nsi.tafensw.edu.au](http://www.nsi.tafensw.edu.au)

What is it?

Eligible students will receive mentoring, assistance with job seeking, plus workshops on topics such as job skills, personal presentation, parenting and life skills.

Student Assistance Scheme (SAS)

Contact: Contact your School Principal directly

Web: <http://www.schools.nsw.edu.au/studentsupport/scholarshipsmore/>

What is it?

Provides funding to government schools to assist families in the payment of school-related expenses. SAS funds can be used for excursions and camps, sport, subject contributions, textbooks and

stationery needs, clothing/uniforms and footwear, but not general school contributions. Parents/carers need to make application to the school principal for consideration. Applications are

assessed on a case-by-case basis and are treated with empathy and confidentiality.

**Housing services**

Homeless Persons Helpline

Tel: 1800 234 566

What is it?

Emergency accommodation.

Manly Warringah Women’s Resource Centre Ltd

Address: PO Box 556, Dee Why

Hours: Monday-Friday, 8.30am-5pm

Tel: 9971 4499

Email: [admin@mwwrc.org.au](mailto:admin@mwwrc.org.au)

What is it?

Provides services for women and children who have been affected by domestic violence. Provides crisis accommodation, early intervention and prevention, counselling and group work, medium term supported accommodation, advice, information, referral and advocacy.

The Burdekin Association Inc

Address: Suites 6 & 7, 2 Victor Road, Brookvale

Hours: Monday-Friday, 9am-5pm

Tel: 8976 1777

Email: [burdekin.admin@burdekin.org.au](mailto:burdekin.admin@burdekin.org.au)

Web: [www.burdekin.org.au](http://www.burdekin.org.au)

What is it?

Has an Early Intervention and Family Support program which provides support to families with young people at risk of homelessness. Burdekin work with young people between the ages of 12-21 and provide a range of accommodation and support options.

Housing NSW

Address: Unit 17A/18, Ground Floor, 818 Pittwater Road, Dee Why

Hours: Monday-Friday, 8.30am-4.30pm

Tel: 9971 3600 (Dee Why)

1300 468 746 - general enquiries (24 hours/7 days)

1800 152 152 - after hours temporary accommodation

(Monday-Friday, 4.30pm-10pm, weekends and public holidays, 10am-10pm)

Web: [www.housing.nsw.gov.au](http://www.housing.nsw.gov.au)

What is it?

Provides safe, affordable housing opportunities for low-income earners such as people receiving pensions so that they can live with dignity, find support if needed and achieve sustainable futures.

Also offers emergency housing.

**Legal services**

Legal Aid NSW

Address: 323 Castlereagh Street, Haymarket (head office)

Hours: Monday-Friday, 9am-5pm

Tel: 9219 5000 or 1300 888 529 (LawAccess NSW)

Web: [www.legalaid.nsw.gov.au](http://www.legalaid.nsw.gov.au)

What is it?

Provides legal services to socially and economically disadvantaged people across New South Wales. Delivers legal services in most areas of criminal, family and civil law.

Legal Aid NSW, Manly

Address: Manly Community Centre, 12 Wentworth Street, Manly

Hours: Family law clinic – every Tuesday

Civil law clinic – every Thursday

Tel: 9219 5000

What is it?

• Free weekly advice clinics on civil law and family law

• Advice on unpaid fines, credit card debt, employment

disputes, tenancy matters and issues with Centrelink

• Advice on family law including separations,

domestic violence, child support and spouse maintenance

Law Society of NSW

Contact: Solicitor Referral Service

Address: 170 Phillip Street, Sydney

Hours: Monday-Friday, 9am-12noon and 1pm-4pm

Tel: 9926 0300 or 1800 422 713

Email: [ereferral@lawsociety.com.au](mailto:ereferral@lawsociety.com.au)

or [crs@lawsociety.com.au](mailto:crs@lawsociety.com.au)

Web:<http://www.lawsociety.com.au/community/findingalawyer/solicitorreferralservice/index.htm>

What is it?

Can provide you with details of lawyers in your area that are approved by Legal Aid NSW from their database. Can include other criteria in your search, such as firms with solicitors who:

• make legal aid applications

• make home, hospital or prison visits

• are prepared to take calls after hours in criminal matters

• are fluent in languages other than English

• are female

• are Accredited Specialists (for more information

visit the Specialist Accreditation Scheme at

<http://www.lawsociety.com.au/community/findingalawyer/SpecialistAccreditationScheme/index.htm>

Women’s Family Law Support Service

Address: Level 5, Sydney Family Law Registry, 97-99 Goulburn

Street, Sydney

Hours: Monday-Thursday, 9am-1pm

Tel: 9217 7389

Web: [www.wrrc.org.au](http://www.wrrc.org.au)

What is it?

Provides women with free and confidential support which can include the provision of information about court processes and the role of court staff, referrals to other agencies, accompaniment to court appointments, assistance with arranging legal representation and assistance in arranging appropriate court security measures.

Domestic Violence Line

Hours: 24 hours/7days

Tel: 1800 656 463 or TTY 1800 671 442

Web:<http://www.community.nsw.gov.au/docs_menu/parents_carers_and_families/domestic_and_family_violence/dv_line.html>

What is it?

Provides telephone counselling, information and referrals for women and same-sex partners who are experiencing or have experienced domestic violence.Trained female caseworkers are sensitive to the needs of people who have experienced domestic violence. Domestic Violence Line staff are aware of the special needs of Aboriginal women and women from other cultures, as well as those living in rural and remote areas. Interpreters and

TTY can be arranged where necessary to ensure that all people, regardless of their language or disability, can use the service. The service has an extensive list of contacts, people and services across New South Wales who can help.

Dee Why Police

Address: Cnr St David Avenue & Fisher Road, Dee Why

Hours: Open 24 hours

Tel: 9971 3399

Web:<http://www.police.nsw.gov.au/community_issues/domestic__and__family_violence/introduction>

What is it?

All Police are trained to take reports in domestic matters. Additionally, Dee Why has a Domestic Violence Liaison Officer (DVLO) who is a specialist Police officer, trained in the dynamics of domestic and family violence, child protection procedures, victim support and court Apprehended Violence Orders (AVOs) processes required for the protection of victims of family violence. The role of the DVLO is:

• to provide advice to Police and victims

• assist in referral to appropriate support agencies

• maintain close working relationships with all

support agencies

• review and oversee all domestic and family violence

reports and cases

• assist victims through the court process for AVOs

• monitor repeat victims and perpetrators

**Social activities**

Harbord Diggers

Address: 80 Evans Street, Freshwater

Hours: Friday & Saturday, 9am-4am, Sunday-Thursday, 9am-2am

Tel: 9938 1444

Email: [harbordinfo@mountiesgroup.com.au](mailto:harbordinfo@mountiesgroup.com.au)

Web: [www.harborddiggers.com.au](http://www.harborddiggers.com.au)

Cost: Membership costs approximately $6 per year

What is it?

• Diggers Cove playground

• Family fun days

• Creative arts program at Waves Youth Centre

• Sports Fundamentals program

• Mother’s groups friendly (stroller friendly atmosphere –

you can gain easy access to the club via the eastern outdoor car park, children can play, catering staff will assist you with warming baby bottles and food, and baby changing facilities

located in the toilets close to the deck)

• Kid’s meals at Madigan's and coffee shop for mums

• Also, during school holidays, kid’s entertainment

including shows, exhibits, etc usually for $5 per ticket

• Kids family disco (for the under 12s), 6pm-8pm on the

first Friday of each month, free entry

Dee Why RSL

Address: 932 Pittwater Road, Dee Why

Hours: Monday-Friday, 10am-4am, Saturday & Sunday, 9am-6am

Tel: 9454 4000

Email: [info@dyrsl.com.au](mailto:info@dyrsl.com.au)

Web: [www.deewhyrsl.com.au](http://www.deewhyrsl.com.au)

Cost: Membership costs approximately $5 per year

What is it?

• Kids disco held on selected Fridays at 4.30pm, $5

per ticket

• Also, during school holidays, kid’s entertainment

including shows, exhibits, etc for a small fee

Water Skills for Life Inc (Collaroy Turtles Water Safety Swim Program)

Contact: Water Skills for Life

Address: Collaroy rock pool

Tel: Tanya Carmont 0438 828 725 or David Lorimer 9972 7131

Email: [tanya.carmont@gmail.com](mailto:tanya.carmont@gmail.com)

Web: [www.waterskillsforlife.org.au](http://www.waterskillsforlife.org.au)

Cost: $25 registration fee and gold coin donation per week

What is it?

Children over three years and adults learn to swim program available to disadvantaged families held at the Collaroy Rock pool in summer (December to April).

Warringah Mall Library

Address: 2nd Floor, Warringah Mall, Old Pittwater Road, Brookvale

Hours: Monday-Wednesday, 9am-5pm

Thursday, 9am-9pm

Friday-Saturday, 9am-5pm

Sunday, 10am-4pm

Tel: 9942 7999

Email: [library@wls.nsw.gov.au](mailto:library@wls.nsw.gov.au)

Web: [www.wls.nsw.gov.au](http://www.wls.nsw.gov.au)

Cost: Free

What is it?

• Membership also includes membership to Dee Why

Library (tel: 9942 2449), Belrose Library (tel: 9452 3211) and Forestville Library (tel: 94525706) and resources can be borrowed for three weeks, returned to any of these libraries, and up to thirty items at a time

• Books, CDs, DVDs, children's books, magazines and X-

Box (to play at library) Free Babies into Books, Toddler Time

and Pre-School Storytime programs, special events (eg, lego group, chess competition, sand art, cupcake creations, author talks, etc)

• Special activities for children in the school holi

days for a small fee (usually $5)

• Free public access to computers with Internet and

Microsoft Office software

• Photocopying, printing and faxing services for a small fee

Mainly Music

Contact: Salvation Army, Dee Why

Address: 1 Fisher Road, Dee Why

Hours: Tuesday, 10am-11.45am

Tel: 9971 8378

Email:

Web: [www.salvos.org.au/deewhy](http://www.salvos.org.au/deewhy)

Cost: $10 per family

What is it?

Mainly music is a fun music group for parents or primary care givers to enjoy together with their young child(ren). Children are introduced to music, creativity and more. Morning tea supplied for parents and children, BYO drink for child

Kimbriki Resource Recovery Centre and Eco House and

Garden

Address: Kimbriki Road (off Mona Vale Road), Ingleside/Terrey Hills

Tel: 9486 3512 or 9486 3542

Email: [kimbriki@kimbriki.com](mailto:kimbriki@kimbriki.com)

Web: [www.kimbriki.com](http://www.kimbriki.com) or [www.ecohouseandgarden.com.au](http://www.ecohouseandgarden.com.au)

Cost: Free workshops

What is it?

Adult and children's workshops to provide you with the knowledge, skills and confidence to live a more sustainable lifestyle. Workshops are generally held on Thursdays and Sundays from 10am-1pm.

Our introductory level workshops include:

• ecological living and gardening

• the art of composting and worms

• Beginners organic vegetable garden

• advanced organic vegetable gardening

Drop-in time Most Thursdays 2pm-4pm - Peter Rutherford is in the eco garden for you to drop-in with questions about composting, worm-farming and organic gardening. Otherwise, you are welcome to enjoy the garden anytime. Re-Use Shop Open 8am-4.30pm daily. An interesting place to browse for cheap pre-loved furniture, etc.

**Support networks**

SMS Lighthouse

Contact: Josie Parata

Address: Dee Why

Hours: Monday, Tuesday, Thursday & Friday, 9.30am-4.30pm

Tel: 0431 936 031 or 9972 8675

Email: [smslighthouse@gmail.com](mailto:smslighthouse@gmail.com)

Web: [www.smslighthouse.org.au](http://www.smslighthouse.org.au)

What is it?

• Administration assistance with paperwork for

Centrelink, Dept of Housing, Legal Aid, etc

• Mediation and advocacy

• Hand-in-hand support for Court attendance,

Tribunals, Housing, Relationships Australia, etc

• Practical needs:

* clothing and household bric-a-brac donated by

Big W, Bella Vista

* second-hand furniture donated from the community

‘Moving Forward' – a community support group, held each fortnight on a Monday Morning 10.30am – 12.30pm

Workshops with guest speakers

Northern Beaches Family Relationship Centre

Address: Level 1, 651 Pittwater Road, Dee Why

Hours: Monday-Friday, 9am-5pm

Tel: 9981 9799

Email: [northernbeachesfrc@ransw.org.au](mailto:northernbeachesfrc@ransw.org.au)

Web: [www.nsw.relationships.com.au](http://www.nsw.relationships.com.au)

What is it?

Mediation and family dispute resolution including specific services for separating families.

Relationships Australia

Address: Level 1, 651 Pittwater Road, Dee Why

Hours: Monday-Friday, 9am-5pm (with some after hours

sessions available)

Tel: 1300 364 277

Email: [northernbeachesfrc@ransw.org.au](mailto:northernbeachesfrc@ransw.org.au)

Web: [www.relationships.org.au](http://www.relationships.org.au)

What is it?

• Counselling for individuals and couples

• Family therapy including child inclusive practice where

appropriate

• Family and relationship education and skills training

• Specialized family safety programs

Manly Warringah Pittwater Family Support Service

Address: PO Box 556, Dee Why

Hours: Monday-Thursday, 9am-4.30pm

Tel: 9982 9875

What is it?

Provides free assistance to families with children with a range of issues including relationship or family conflict, parenting skills, budgeting and legal issues, stress from housing or health problems

and social support. Also, has a Young Mother's Support Service, an outreach worker provides free emotional support and practical assistance to young pregnant women and mothers (aged 12-24

years) living in the northern Sydney area and experiencing difficulties due to isolation, financial hardship, lack of accommodation and/or health issues.

Raise Foundation (Bump) Youth Mentoring

Address: PO Box 534, Spit Junction

Tel: 0426 972 473

Email: [info@raise.org.au](mailto:info@raise.org.au) or [vicki.condon@raise.org.au](mailto:vicki.condon@raise.org.au)

Web: [www.raise.org.au](http://www.raise.org.au)

What is it?

Mentoring and workshops for pregnant and parenting

young mums.

Dalwood Children's Services

Address: 21 Dalwood Avenue, Seaforth

Hours: Monday-Friday, 8.30am-3pm (by appointment, referral

required from your doctor)

Tel: 9951 0300 (main switchboard)

Email: [sjgrace@nsccahs.health.nsw.gov.au](mailto:sjgrace@nsccahs.health.nsw.gov.au)

Web: <http://wayahead.org.au/index.php/search/1096-dalwood-childrens-services>

What is it?

Child and family health services including:

• Spilstead Centre Early Intervention Service (including

Brighter Futures) – assistance for vulnerable families where there are complex family issues and children with social, emotional or developmental needs

• Family Care Centre

• Parenting support service

• STEPS (Statewide Eyesight Preschooler Screening program)

Dial-A-Mum

Address: PO Box 419, Lindfield

Hours: Tuesday-Sunday, 8am-11pm

Tel: 9477 6777

Web: [www.dialamum.com.au](http://www.dialamum.com.au)

What is it?

Confidential telephone support service run by caring mums who listen to any issues that are causing you concern on any subject including relationship difficulties, conflict with friends/family/children/

work, even if you are feeling lonely, worried, anxious or unsure of something.

Brookvale Family Centre

Contact: CatholicCare Broken Bay (formerly Centacare)

Address: Unit 9B, 44 Wattle Street, Brookvale

Hours: Monday-Friday, 9am-5pm

Tel: 8968 5100

Email: brookvalefamilycentre@dbb.org.au

Web: www.centacarebrokenbay.org.au

What is it?

Provides flexible, secular (spiritual) centre-based and in-home assistance to families with a range of issues including parenting concerns, relationship or financial issues, disability, separation and family conflict. Services include:

• family support service

• youth support service

• parenting and relationship education

• Triple P, Circle of Security, Tuning In to Kids and other parenting courses

• relationship counselling

• financial counselling

• family dispute resolution/mediation

• women's domestic violence court advocacy service

• emergency relief

KYDS

Address: Rear 265 Pacific Highway, Lindfield

Hours: Monday-Friday, 10am-6pm

Tel: 9416 9824

Email: [kyds@bigpond.com](mailto:kyds@bigpond.com)

Web: [www.kyds.org.au](http://www.kyds.org.au)

What is it?

KYDS is a free counselling service for 12-18 year olds and their families living on the north shore ofSydney. Counsellors and psychologists use cognitive behaviour therapy and solution-focused

therapy to help young people with:

• depression, anxiety, drug and alcohol problems, school problems, family problems, bullying, anger management, self-esteem issues, body image, sexuality issues, relationship problems and exam anxiety or HSC stress

• psychologists can also see clients under the Access to Allied Psychological Services scheme (ATAPS). You just need a referral from your GP

Be Centre

Address: Unit 3, 9 Apollo Street, Warriewood

Hours: Tuesday-Friday, 10am-6pm

Tel: 9986 0955

Email: [info@becentre.org.au](mailto:info@becentre.org.au)

Web: [www.becentre.org.au](http://www.becentre.org.au)

What is it?

A special place supporting children and families whose lives have

been affected by trauma such as domestic violence, divorce and separation, bereavement, parental drug and alcohol or mental health issues, bullying, anxiety or illness. Has unique Play & Creative Therapy programs which offer a safe environment for children to tell their stories, helping them to make a sense of what is happening on the inside to restore their trust and build self-confidence and resilience.

Manly Council Adolescent & Family Counselling

Service

Address: Manly Child Care & Youth Centre, Kangaroo Street, Manly

Hours: Monday-Friday, 9am-5pm

Tel: 9976 1486

Email: [records@manly.nsw.gov.au](mailto:records@manly.nsw.gov.au)

Web: [www.manly.nsw.gov.au](http://www.manly.nsw.gov.au)

What is it?

Provides individual and family counselling, group work programs and information and referrals to other agencies for young people aged 12-21 years and their families. Addressing issues such as

family relationships, school or work, mental health, drugs and alcohol, violence and sexual identity and a wide range of other issues. Are able to work with young people alone, with parents alone, or with parents and young people together.

Community Builders Pittwater – Relationships Australia

Address: c/- MWP Community Aid, 3 Gondola Road, North Narrabeen

Hours: Tuesday-Friday, by appointment

Tel: 1300 734 120

Email: [cbpittwater@ransw.org.au](mailto:cbpittwater@ransw.org.au)

Web: [www.nsw.relationships.org.au](http://www.nsw.relationships.org.au)

What is it?

Provides community information and can connect you with local services and groups. Programs include parenting courses, social support groups including walking groups for women, intergenerational programs connecting seniors with families, youth programs and community events

**Financial help**

Centrepay

Contact: Department of Human Resources (formerly Centrelink)

Address: 660-664 Pittwater Road, Brookvale

Hours: Monday-Friday, 8am-5pm

Tel: 136 150

Web: <http://www.humanservices.gov.au/customer/services/centrelink/centrepay>

What is it?

A free service for customers to pay bills as regular deductions from their Centrelink payments.

Advance Payment Scheme

Contact: Department of Human Resources (formerly Centrelink)

Address: 660-664 Pittwater Road, Brookvale

Hours: Monday-Friday, 8am-5pm

Tel: 136 150

Web: <http://www.humanservices.gov.au/customer/enablers/advance-payment>

What is it?

Provides lump sum payments in advance from future Centrelink payments. The advance must be repaid, as it is essentially an

interest-free loan. The advance amount varies depending on the type of payment you receive. The advance is repaid through

fortnightly deductions from the pension or allowance. To be eligible, the beneficiary must demonstrate that they can repay the advance and still have enough money for day-to-day expenses.

No Interest Loan Scheme (NILS)

Contact: St Vincent de Paul, Brookvale

Address: 638 Pittwater Road, Brookvale

Hours: Monday-Friday, 9am-4.30pm

Tel: 9905 0424

Email: [nb.manager@vinnies.org.au](mailto:nb.manager@vinnies.org.au) or [sue.boek@vinnies.org.au](mailto:sue.boek@vinnies.org.au)

Web: [www.nilsnsw.org.au](http://www.nilsnsw.org.au)

What is it?

May lend up to $1,000 for essential goods and services. This may include, but is not limited to, household white goods, medical bills, car expenses and other household appliances. Repayments

are generally around $30 per fortnight.

Dress for Success Sydney

Address: 132 Marrickville Road, Marrickville

Hours: Monday-Friday, 9.30am-4.30pm

Saturday, 10am-1pm

Tel: 1800 773 456

Email: [info@dfssydney.org](mailto:info@dfssydney.org)

Web: [www.dressforsuccess.org](http://www.dressforsuccess.org)

What is it?

Outfits disadvantaged women, free of charge, in high-quality professional attire and provides practical advice in preparation for job interviews. Dress for Success improves the employability of

disadvantaged women by increasing confidence and restoring dignity. Also, offers practical and financial help and support.

WorkVentures Ltd

Address: Level 13, 80 Mount Street, North Sydney

Hours: Monday-Friday, 9am-5pm

Tel: 8907 3300 or 1800 112 205 (sales centre)

Web: [www.workventures.com.au](http://www.workventures.com.au)

What is it?

Sells quality refurbished computers and laptops to people receiving Centrelink benefits or holding a Centrelink Concession Card.