



## INFORMATION AND REFERRAL DIRECTORY TO OTHER SERVICES

### CRISIS ACCOMMODATION

ORGANISATION	DESCRIPTION	CONTACT NUMBER	WEBSITE
The Haven - Nepean Women's Shelter	Shared crisis accommodation for women and their children who are fleeing domestic violence or homelessness	4701 5411	<a href="mailto:referral@thehaven.org.au">referral@thehaven.org.au</a>
Platform Youth Services	Crisis accommodation and respite for Young People 12 - 15 years	0481 391 474	
West Connect	Refuge accommodation for families and single and Aboriginal women	4732 2318	<a href="http://www.scdvs.org.au">www.scdvs.org.au</a>
Christ mission Possible - Housing Solutions	Housing Solutions offer best practice Crisis accommodation to individuals and families experiencing homelessness.	4704 8809 or 1300 HELP 2U	<a href="http://www.cmp.org.au/">http://www.cmp.org.au/</a>
Westcare Community Services - Emergency Relief	The Emergency Relief team supports people in crisis situations five days per week, including accommodation, care packs	4731 3275	<a href="https://westcare.org.au/services">https://westcare.org.au/services</a>
Services Australia Mt Druitt / St Marys	We assist but not limited to those experiencing Domestic & Family Violence, <b>Homelessness and/or at risk of Homelessness</b> , people with Mental Health issues, people suffering from Addictions and Young People at risk. We connect vulnerable customers and community groups to the Agency's Services, payments and programmes and assist with accessing mainstream channels where appropriate. We also assist with ensuring our customers are receiving the right entitlements to decrease the risk of debts.	9208 6634	

### CULTURALLY AND LINGUISTICALLY DIVERSE SERVICES

ORGANISATION	DESCRIPTION	CONTACT NUMBER	WEBSITE
Federal Department of Social Services (DSS)	Family Safety Pack for men and women coming to Australia, which includes information on Australia's laws regarding domestic and family violence, sexual assault and forced marriage, and a woman's right to be safe.		<a href="https://www.dss.gov.au/family-safety-pack">https://www.dss.gov.au/family-safety-pack</a>
Nepean Multicultural Access	Settlement Services, counselling to trauma and torture sufferers	9833 2416	<a href="mailto:nma@nma.org.au">nma@nma.org.au</a>
Nepean Multicultural Access	Multicultural Mobile Aged Day Care Program	9833 2416	<a href="mailto:nma@nma.org.au">nma@nma.org.au</a>
Nepean College of TAFE Penrith and Kingswood Campuses	English language/Literacy for adults. English skills for living, training and working	9208 9545	
Victims Services	For any person male/female who has been a victim of crime within NSW	1800 633 063	<a href="http://www.victimsservices.justice.nsw.gov.au">www.victimsservices.justice.nsw.gov.au</a>
Multicultural Disability Advocacy Association	Promote, protect the rights and interests of people with a disability with a focus on CALD	1800 629 072	<a href="http://www.mdaa.org.au">www.mdaa.org.au</a>
Immigration Advice and Rights Centre	Advice for refugees, asylum seekers and financially disadvantaged migrants	8234 0799	<a href="http://www.iarc.asn.au">www.iarc.asn.au</a>

<b>Multicultural Disability Advocacy Association</b>	Advocacy service or members of the CALD community with a disability	9891 6400	
<b>Mt Druiitt Ethnic Communities Agency MECA</b>	The Agency works with humanitarian entrants and refugees of all ages and cultural backgrounds, newly arrived migrants of all ages and cultural backgrounds, emerging communities, and young people from culturally and linguistically diverse backgrounds.	8799 6700	<a href="https://nsp.ssi.org.au/mount-druitt-ethnic-communities-agency">https://nsp.ssi.org.au/mount-druitt-ethnic-communities-agency</a>

## CHILD AND FAMILY SERVICES

<b>ORGANISATION</b>	<b>DESCRIPTION</b>	<b>CONTACT NUMBER</b>	<b>WEBSITE</b>
<b>Uniting Counselling and Mediation</b>	Counselling for individuals, couples and families	4732 3836	<a href="http://www.uniting.org">www.uniting.org</a>
<b>Building Strong Foundations Mudang Mudjin</b>	Free health Services and support to Aboriginal children	4730 5100	<a href="mailto:noeleen.horswell@health.nsw.gov.au">noeleen.horswell@health.nsw.gov.au</a>
<b>Penrith City Council</b>	Provides family support programs/ educational workshops / individualised family support	0417 337 783	<a href="http://www.penrithcitychildcare.com.au/our-services">www.penrithcitychildcare.com.au/our-services</a>
<b>House with No Steps</b>	Early intervention · Respite and Support for siblings · Sport and recreation · Life skills and School leaver employment support · Job skills and employment /Disability employment · Living and accommodation · Community support	0404 494 174	<a href="http://www.hwms.com.au">www.hwms.com.au</a>
<b>Wesley Mission Brighter Futures</b>	Ongoing case management with families who are experiencing a range of challenges while parenting children aged between 0-9 yrs.	8887 4800	<a href="mailto:BFRegionalIntake@wesleymission.org.au">BFRegionalIntake@wesleymission.org.au</a>
<b>Relationships Australia</b>	Relationship education · Parenting skills · Children's social and emotional skills	4728 4819	<a href="http://www.nsw.relationships.com.au">www.nsw.relationships.com.au</a>
<b>Penrith Family Relationship Centre</b>	Assessment, support and referral for families · Family Dispute Resolution focused on building working family arrangements · Kids in Focus – a group for separated parents and family members	4720 4999	<a href="http://www.familyrelationships.gov.au">www.familyrelationships.gov.au</a>
<b>Wesley Family Services</b>	Free service for parents/carers with children 0-12yrs · Early intervention programs · 1:1 parent coaching for families in Blacktown LGA and Hills District · Parent programs and supported playgroups during school terms open to all parents/carers · Financial counselling	8805 7288	<a href="http://www.wesleymission.org.au">www.wesleymission.org.au</a>
<b>Flourish Australia Women's and Children's Program</b>	The Women and Children's Program offers varying levels of support and accommodation options for women: - who experience mental health or wellbeing issues - have children in their care and are homeless or risk of homelessness · The program offers Residential Accommodation, Transition Accommodation and Outreach Support	9393 933	<a href="http://www.flourishaustralia.org.au">www.flourishaustralia.org.au</a>
<b>Bridging the Gap</b>	Counselling · Adolescent and Family counselling · Financial counselling · No Interest Loan Scheme (NILS) · Play therapy · Expressive therapy	9673 1211	<a href="http://www.btg.org.au">www.btg.org.au</a>
<b>Anglicare Counselling Services</b>	Family and relationship counselling	4731 6467	<a href="http://www.anglicare.com.au">www.anglicare.com.au</a>
<b>Mission Australia - Nepean Parenting</b>	Young Parents Network – ages 15-25 This group supports and educates young mums and dads through the journey of parenting. Locations: St Marys, Penrith, Hawkesbury · Triple P and 123 Magic · Paint Penrith REaD	4724 3027	
<b>CatholicCare - Penrith Family Support Service</b>	Penrith Family Support Service provides counselling to families with children 0-18 yrs in the Penrith LGA and across the Parramatta Diocese · Home visits · Parenting groups · Social support and advocacy · Project Elizabeth provides counselling and support for families or individuals expecting a baby, have lost a baby or who just need to talk about options. This service works with families with children 0-3yrs · Parenting groups · Home, office, hospital visits or anywhere client may feel comfortable	8822 2266	<a href="mailto:Penrith@ccss.org.au">Penrith@ccss.org.au</a>

<b>Barnardos Penrith Centre</b>	Temporary Family Care: short to medium term foster care for children aged 0-8yrs -court intervention · Intensive Family Preservation Program: Intensive support to families with children aged 0-18yrs – FaCS referral only · Family Support Program: generalist family support for families with children aged 0-12yrs-low risk of harm concerns for family · Accommodation support: short-medium term accommodation for parent/s with children · Youth Support Program: drug and alcohol support /education; drop in and case work service provision for young people aged 12-25yrs · Disability Support Program: community supports for children and young people with NDIS plans · Community Support Program: provision of crisis food packages; referral internal or to external services, EAPA, crisis counselling	4729 1211	<a href="http://www.barnardos.org.au">www.barnardos.org.au</a>
<b>Western Sydney Family Referral Service</b>	Family advisors work with families to facilitate and improve access to services including family support, playgroups, childcare, housing, D&A and mental health services, DV and youth services and more · Assistance provided by WSFRS can range from information and advice about who to contact, to case coordination for more complex matters. This can include assessments to understand issues, warm referrals, accompanying family members to initial appointments and home visits	1300 403 373	<a href="https://www.relationshipsnsw.org.au/location/wsfrs-mount-druitt/">https://www.relationshipsnsw.org.au/location/wsfrs-mount-druitt/</a>
<b>KU Starting Points Family Program</b>	Provide support and early childhood intervention to families who have a child with a disability or a developmental delay	0428 380 031	<a href="mailto:Ku.StartingPointsPenrith@ku.com.au">Ku.StartingPointsPenrith@ku.com.au</a>
<b>PCC Aboriginal Services</b>	Supporting Aboriginal access for children and families within Penrith City Council's Children's Services	4732 8243	
<b>Break Thru People Solutions</b>	Early intervention for children and young people 0-18yrs at risk of poor mental health outcomes, who will receive high priority case management and crisis intervention with whole family involvement.	4761 1600	<a href="http://www.breakthru.org.au">www.breakthru.org.au</a>
<b>Lifestart ECEI</b>	Lifestart is an Early Childhood Partner, delivering the NDIS's Early Intervention (ECEI) approach · ECEI supports children 0-6 years who have a developmental delay or disability and their family/carers	1800 953 390	<a href="http://www.lifestart.org.au">www.lifestart.org.au</a>
<b>NSW Health, Nepean Blue Mountains LHD, Primary Care and Community Health, Child and Family Team</b>	Free counselling and parenting groups · Postnatal nursing follow up and support · Early childhood development checks · Hearing (2-12 yrs) · Playgym (2 yrs to school age) · Orthoptics (0-12 yr olds) · Aboriginal Maternal Child and Family Service (antenatal – 5yrs)	9833 6800	
<b>CatholicCare Western Sydney and Blue Mountains</b>	Individual, couple, child and family counselling · Cool kids' program · Keeping Kids in Mind Post Separation Groups · Bringing up Great Kids · My Kids and Me · Cool Little Kids Parent Presentations	8843 2580	<a href="http://www.ccss.org.au">www.ccss.org.au</a>
<b>Early Ed</b>	Early intervention service for children with delay or disability. Our services include individual sessions in the family home, preschool/school with our therapists (eg speech, OT, physio, special educator, family support worker). We also run programs (eg. Playgroups, Transition to School group, SportEd) and parent training (eg. Toilet training, Key Word Sign, HANEN training). Services mainly funded through NDIS packages, but we also support those families without NDIS funding	9897 1511	<a href="http://www.earlyed.com.au">www.earlyed.com.au</a>
<b>Nepean Volunteer Service</b>	Referral and assistance - counselling / family support, Parenting Groups	4732 6523	
<b>PCYC</b>	Mums and Bubs fitness and Kindigym session	4732 1744	
<b>West Connect</b>	Refuge accommodation for families and single and Aboriginal women	4732 2318	<a href="http://www.scdvs.org.au">www.scdvs.org.au</a>
<b>National Sexual Assault, Domestic and Family Violence Counselling Service</b>	Telephone and online counselling	1800 737 732	<a href="http://www.1800respect.org.au">www.1800respect.org.au</a>
<b>NSW Family Support Services</b>	Details of Family Support Services		<a href="http://www.nswfamilyservices.asn.au">www.nswfamilyservices.asn.au</a>
<b>Victims Services</b>	For any person male/female who has been a victim of crime within NSW	1800 633 063	<a href="http://www.victimsservices.justice.nsw.gov.au">www.victimsservices.justice.nsw.gov.au</a>
<b>Westlink Respite Services</b>	Assists children with a disability to widen their social experience	8805 0917	<a href="http://www.anglicare.org.au">www.anglicare.org.au</a>
<b>NADO Disability Services</b>	Support and services for children a with an intellectual disability / development delay	1300 738 229	
<b>Western Sydney Grandparents Group</b>	Support group Grandparents who are carers	0403 151 414	<a href="https://www.nepeancommunity.org.au">https://www.nepeancommunity.org.au</a>

<b>Nepean Multiple Birth Association</b>	Provides a means for sharing information on the care of raising families containing multiple births		<a href="https://www.nepeanmba.org.au/">https://www.nepeanmba.org.au/</a>
<b>Rosie's Place</b>	Rosie's Place is a place for children, young people and their families who have been impacted by violence including sexual assault, domestic and family violence and other traumas.	9625 2599	<a href="http://www.rosiesplace.com.au/">http://www.rosiesplace.com.au/</a>
<b>Tresillian Family Care Centre Nepean</b>	Tresillian is an early parenting service offering families guidance in the early years of their child's life. We support new parents around breastfeeding and settling baby, as well as dealing with post-natal depression and nutrition.	9123 8990 or 1300 272 736	<a href="https://www.tresillian.org.au/">https://www.tresillian.org.au/</a>
<b>Mt Druitt Community Health Services</b>	Services range from health promotion, through prevention and early detection to assessment, treatment and continuing care.	9881 1200	<a href="https://www.wslhd.health.nsw.gov.au">https://www.wslhd.health.nsw.gov.au</a>
<b>St Clair Community Health Service</b>	Services range from health promotion, through prevention and early detection to assessment, treatment and continuing care.	9834 0500	<a href="https://www.nbmlhd.health.nsw.gov.au">https://www.nbmlhd.health.nsw.gov.au</a>
<b>Don Boscoe Youth Recreation Centre</b>	Supervised recreational activities afternoon, weekends and Friday nights	9623 0450	
<b>Australian Breastfeeding Association</b>	Advice and support on breastfeeding	1800 686 268	<a href="https://www.breastfeeding.asn.au/">https://www.breastfeeding.asn.au/</a>
<b>Break Thru People Solutions</b>	Early intervention for children and young people 0-18yrs at risk of poor mental health outcomes, who will receive high priority case management and crisis intervention with whole family involvement.	4761 1600	<a href="http://www.breakthru.org.au">www.breakthru.org.au</a>

## DISABILITY AND CARER SERVICES

<b>ORGANISATION</b>	<b>DESCRIPTION</b>	<b>CONTACT NUMBER</b>	<b>WEBSITE</b>
<b>Ability Links</b>	A program for people with a disability, their families and carers aimed at promoting social inclusion and community participation.	8830 0768	<a href="mailto:abilitylinks@ssi.org.au">abilitylinks@ssi.org.au</a>
<b>Lifestart ECEI</b>	Lifestart is an Early Childhood Partner, delivering the NDIS's Early Intervention (ECEI) approach - ECEI supports children 0-6 years who have a developmental delay or disability and their family/carers	1800 953 390	<a href="http://www.lifestart.org.au">www.lifestart.org.au</a>
<b>Northcott</b>	Early Links: Pre-diagnosis/ Early diagnosis support for families with children with a disability ages 0 – 8 years	0438 206 069	<a href="https://www.northcott.com.au/">https://www.northcott.com.au/</a>
<b>KU Starting Points Family Program</b>	Provide support and early childhood intervention to families who have a child with a disability or a developmental delay	0428 380 031	<a href="mailto:Ku.StartingPointsPenrith@ku.com.au">Ku.StartingPointsPenrith@ku.com.au</a>
<b>Uniting Recovery, Mental Health Respite Carer Support Services</b>	Actively supports carers of those with mental health challenges. Our aim is to provide the wellbeing of carers in our community.	8880 8161	<a href="https://www.nbmlhd.health.nsw.gov.au/mental-health/families-friends-and-carers">https://www.nbmlhd.health.nsw.gov.au/mental-health/families-friends-and-carers</a>
<b>Early Ed</b>	Early intervention service for children with delay or disability. Our services include individual sessions in the family home, preschool/school centre with our therapists (eg speech, OT, physio, special educator, family support worker). We also run programs (eg. Playgroups, Transition to School group, SportEd) and parent training (eg. Toilet training, Key Word Sign, HANEN training). Services mainly funded through NDIS packages, but we also support those families without NDIS funding	9897 1511	<a href="http://www.earlyed.com.au">www.earlyed.com.au</a>
<b>Nepean Volunteer Service</b>	referral and assistance -NDIS, advocacy and employment assistance	4732 6523	
<b>National Disability Abuse and Neglect Hotline</b>	Hotline for reporting abuse and neglect of people with a disability	1800 880 052	<a href="http://www.disabilityhotline.net.au">www.disabilityhotline.net.au</a>
<b>Intellectual Disability Rights Service</b>	legal support for people with intellectual disability	1800 666 611	<a href="http://www.idrs.org.au">www.idrs.org.au</a>

<b>Carers NSW</b>	Information support and counselling service	1800 242 636	<a href="http://www.carersnsw.org.au">www.carersnsw.org.au</a>
<b>Penrith Disability Resource centre</b>	Advocacy and information on services and support relevant to all types of disability.	4732 2363	<a href="http://www.pdrc.org.au">www.pdrc.org.au</a> (Online Resource)
<b>Home Care Service NSW</b>	Aims to help older people with a disability to live independently in their own homes	1300 160 170	
<b>Multicultural Disability Advocacy Association</b>	Advocacy service for members of the CALD community with a disability	9891 6400	
<b>Westlink Respite Services</b>	Assists children with a disability to widen their social experience	8805 0917	<a href="http://www.anglicare.org.au">www.anglicare.org.au</a>
<b>Autism Advisory and Support Service</b>	Provides education, support and professional services for people with autism, their families and carers	1300 222 777	
<b>Fusion Home Modification and Maintenance Service</b>	Modifications to homes to enable persons with a disability to remain in their own home	8805 5960	
<b>NADO Disability Services</b>	Support and services for children and adults with an intellectual disability / development delay	1300 738 229	
<b>Western Sydney Grandparents Group</b>	Support group Grandparents who are carers	0403 151 414	<a href="https://www.nepeancommunity.org.au">https://www.nepeancommunity.org.au</a>
<b>Active Care Network (Great Community Transport)</b>	Providing transport programs and activities to people with special needs, young and old,	4722 3083	<a href="http://greatcommunitytransport.org.au">http://greatcommunitytransport.org.au</a>

## DOMESTIC VIOLENCE

ORGANISATION	DESCRIPTION	CONTACT NUMBER	WEBSITE
<b>Nepean Domestic and Family Violence</b>	A referral guide on line		<a href="http://www.nepeandv.com.au">www.nepeandv.com.au</a>
<b>1800 Respect:</b>	24hr counselling support for victims of sexual assault & domestic violence	1800 737 732	
<b>Domestic Violence Helpline:</b>	24hr counselling support and accommodation for victims escaping violence	1800 656 463	
<b>BaptistCare Counselling &amp; Family Services</b>	DFV counselling including men, women and children · Men's behaviour change program: "Facing Up"- for men who use or have used violence and abuse in intimate partner relationships · Women's DV group "Living Beyond Abuse" program to support and empower women experiencing past or present intimate partner violence and abuse	4761 3600	<a href="http://www.baptistcare.org.au">www.baptistcare.org.au</a>
<b>Nepean Volunteer Service</b>	Referral and assistance for Domestic Violence Support	4732 6523	
<b>The Haven - Nepean Women's Shelter</b>	Shared crisis accommodation for women and their children who are fleeing domestic violence or homelessness	4701 5411	<a href="mailto:referral@thehaven.org.au">referral@thehaven.org.au</a>
<b>West Connect</b>	Refuge accommodation for families and single and Aboriginal women	4732 2318	<a href="http://www.scdvs.org.au">www.scdvs.org.au</a>
<b>Penrith Women's Health Centre</b>	Domestic violence court assistance scheme, counselling and group activities	4721 8749	<a href="http://www.penrithwomenshealthcentre.com.au">www.penrithwomenshealthcentre.com.au</a>
<b>National Sexual Assault, Domestic and Family Violence Counselling Service</b>	telephone and online counselling	1800 737 732	<a href="http://www.1800respect.org.au">www.1800respect.org.au</a>
<b>Multicultural Disability Advocacy Association</b>	Promote, protect the rights and interests of people with a disability with a focus on CALD, including DV	1800 629 072	<a href="http://www.mdaa.org.au">www.mdaa.org.au</a>

<b>Wirringa Baiya Aboriginal Women's Legal Centre</b>	Telephone advice for Aboriginal women, children and youth with a focus on violence against them	1800 686 587	<a href="http://www.wirringabaiya.org.au">www.wirringabaiya.org.au</a>
<b>Daisy</b>	Connects women who are experiencing or have experienced sexual assault, domestic and family violence to services in their state or local area		<a href="#">Download from app store for free</a>
<b>NSW Police Force</b>	<a href="https://www.police.nsw.gov.au/_data/assets/pdf_file/0005/689936/General_DV_Information_Sheet_.pdf">https://www.police.nsw.gov.au/_data/assets/pdf_file/0005/689936/General_DV_Information_Sheet_.pdf</a>		
<b>Community Resource Network</b>	Resource Guide		<a href="https://www.nepeandv.com.au/">https://www.nepeandv.com.au/</a>
<b>Rosie's Place</b>	Rosie's Place is a place for children, young people and their families who have been impacted by violence including sexual assault, domestic and family violence and other traumas.	9625 2599	<a href="http://www.rosiesplace.com.au/">http://www.rosiesplace.com.au/</a>
<b>Mt Druitt DCJ Housing</b>	depending on circumstances help is available if you are having housing difficulties because of domestic violence or low-income earners	9675 8998	<a href="https://www.facs.nsw.gov.au/">https://www.facs.nsw.gov.au/</a>
<b>Services Australia Mt Druitt / St Marys</b>	We assist but not limited to those experiencing <b>Domestic &amp; Family Violence</b> , Homelessness and/or at risk of Homelessness, people with Mental Health issues, people suffering from Addictions and Young People at risk. We connect vulnerable customers and community groups to the Agency's Services, payments and programmes and assist with accessing mainstream channels where appropriate. We also assist with ensuring our customers are receiving the right entitlements to decrease the risk of debts.	9208 6634	

## EMERGENCY AID

ORGANISATION	DESCRIPTION	CONTACT NUMBER	WEBSITE
<b>Christ Mission Possible</b>	All meal services are operating. Tuesday's Free Grocery Shop is available to the community – pre-packaged hampers will be provided	1300 435 728	
<b>Mama Lana's Community Foundation</b>	Evening meal service will continue to be provided: Monday to Saturday 7:00 - 8:30pm. Takeaway meals only. No drop in or breakfast on Tue & Thu. No access to shower and laundry facilities. No available food hampers.	0407 909 447	
<b>Paying It Forward Homelessness Services</b>	Service continues to provide pre-packaged meals to the community.	0459 262 637	
<b>Vinnies Community Hub Penrith</b>	The service continues to provide assistance. Some restrictions apply, to manage the high demand.	8861 9770	
<b>Barnardos Centre, Cranebrook</b>	Assistance with groceries and food parcels is available	4729 1211	
<b>Wesley Mission Emergency Relief Team</b>	Assistance with groceries and bills – brokerage, material aid, EAPA and care packages available. Phone assessment only.	1300 827 638	
<b>RSPCA Community Outreach Programs</b>	LIVING RUFF: we offer discounted pet care, veterinary services and emergency care for people experiencing homelessness if the owner needs hospitalisation or care. POOPS: Assistance for clients 65yrs+, people of any age in palliative care with pets, general health care and emergency accommodation if owners need medical care or respite. We also offer monthly home visits for grooming, flea control, bathing and worming · SAFE BEDS FOR PETS: For victims fleeing domestic violence who are going in to a refuge or have no accommodation, but don't want to leave their pets behind. We offer emergency accommodation for pets	9782 4408 / 9782 4409	
<b>Nepean Volunteer Service</b>	Referral and assistance - Food and financial assistance, food hampers	4732 6523	
<b>Mt Druitt DCJ Housing</b>	Depending on circumstances, help is available if you are having housing difficulties because of domestic violence or low-income earners	9675 8998	<a href="https://www.facs.nsw.gov.au/">https://www.facs.nsw.gov.au/</a>
<b>Christ Mission Possible - Housing Solutions</b>	Housing Solutions offer best practice Crisis accommodation to individuals and families experiencing homelessness.	4704 8809 or 1300 HELP 2U	<a href="http://www.cmp.org.au/">http://www.cmp.org.au/</a>
<b>Westcare Community Services - Emergency Relief</b>	The Emergency Relief team supports people in crisis situations five days per week, including accommodation, care packs	<b>4731 3275</b>	<a href="https://westcare.org.au/services">https://westcare.org.au/services</a>

<b>Penrith Community Kitchen</b>	Provide a meal, without cost, to those in need. PCYC Carpark 100 Station Street Penrith NSW The kitchen is open Tuesdays & Thursdays 11:30am - 1.00pm.	4721 1444	<a href="https://www.penrithcommunitykitchen.com.au/">https://www.penrithcommunitykitchen.com.au/</a>
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## INDIGENOUS SERVICES

ORGANISATION	DESCRIPTION	CONTACT NUMBER	WEBSITE
<b>Building Strong Foundations Mudang Mudjin</b>	Free health Services and support to Aboriginal children	4730 5100	<a href="mailto:noeleen.horswell@health.nsw.gov.au">noeleen.horswell@health.nsw.gov.au</a>
<b>Nepean Blue Mountains Local Health District Drug and Alcohol Service</b>	Can self-refer or be referred by other services, family and friends, GP, medical and nursing staff · Inpatient withdrawal unit (detoxification) · Consultation and liaison · Opioid treatment programs · Drugs in pregnancy · Youth · Counselling and psychology · Forensic services · Hepatitis B and C · Social work and health promotion · Aboriginal liaison services	4734 2129	<a href="mailto:NBMLHD-DrugAlcoholIntake@health.nsw.gov.au">NBMLHD-DrugAlcoholIntake@health.nsw.gov.au</a>
<b>Nepean Community and neighbourhood Services</b>	Facilitating Aboriginal Supported Playgroups at St Marys and Cranebrook, supporting families in their interactions with children while giving them the opportunity to create their own networks	4729 0442	<a href="http://www.nepeancommunity.org.au">www.nepeancommunity.org.au</a>
<b>PCC Aboriginal Services</b>	Supporting Aboriginal access for children and families within Penrith City Council's Children's Services	4732 8243	
<b>NSW Health, Nepean Blue Mountains LHD, Primary Care and Community Health, Child and Family Team</b>	Aboriginal Maternal Child and Family Service (antenatal – 5yrs)	9833 6800	
<b>West Connect</b>	Refuge accommodation for families and single and Aboriginal women	4732 2318	<a href="http://www.scdvs.org.au">www.scdvs.org.au</a>
<b>Victims Services</b>	For any on, male or female, who has been a victim of crime within NSW	1800 633 063	<a href="http://www.victimsservices.justice.nsw.gov.au">www.victimsservices.justice.nsw.gov.au</a>
<b>Wirrawee Gunya</b>	Accommodation and support for aboriginal women and children	4732 2318	<a href="http://www.wcdvs.org.au/specialised-support/aboriginal-services">www.wcdvs.org.au/specialised-support/aboriginal-services</a>
<b>Victims Services</b>	Aboriginal specific support and information how to access financial assistance and, counselling and other services	1800 019 123	<a href="http://www.victimsservices.nsw.gov.au">www.victimsservices.nsw.gov.au</a>
<b>Koolyangarra</b>	Aboriginal Child and Family Service	4729 3907	
<b>Wirringa Baiya Aboriginal Women's Legal Centre</b>	Telephone advice for Aboriginal women, children and youth with a focus on violence against them	1800 686 587	<a href="http://www.wirringabaiya.org.au">www.wirringabaiya.org.au</a>
<b>Indigenous Women's Legal Contact Line</b>	Legal information, advice and referrals	1800 639 784	<a href="http://www.wlsnsw.org.au">www.wlsnsw.org.au</a>
<b>Kari Penrith</b>	Assist families with friendship and sharing information	8782 0333	<a href="https://www.kari.org.au/">https://www.kari.org.au/</a>
<b>Link Up</b>	Working with aboriginal adults who were removed from their families.	9421 4700	<a href="https://www.linkupnsw.org.au/">https://www.linkupnsw.org.au/</a>
<b>West Connect</b>	Refuge accommodation for families and single and Aboriginal women	4732 2318	<a href="http://www.scdvs.org.au">www.scdvs.org.au</a>
<b>Wirringa Baiya Aboriginal Women's Legal Centre</b>	Telephone advice for Aboriginal women, children and youth with a focus on violence against them	1800 686 587	<a href="http://www.wirringabaiya.org.au">www.wirringabaiya.org.au</a>

## SERVICES FOR MEN

ORGANISATION	DESCRIPTION	CONTACT NUMBER	WEBSITE
Men's Line Australia	24hr counselling support for men experiencing emotional, health, relationship issue	1300 789 978	
BaptistCare Counselling & Family Services	DFV counselling including men, women and children · Men's behaviour change program: Facing Up" - for men who use or have used violence and abuse in intimate partner relationships ·	4761 3600	<a href="http://www.baptistcare.org.au">www.baptistcare.org.au</a>
Victims Services	for any person male/female who has been a victim of crime within NSW	1800 633 063	<a href="http://www.victimsservices.justice.nsw.gov.au">www.victimsservices.justice.nsw.gov.au</a>
Men's Referral Service	telephone counselling, information and referrals for men to help them stop using violence and controlling behaviour	1300 766 491	<a href="https://ntv.org.au/">https://ntv.org.au/</a>
Relationships Australia Penrith	Provides Men's Behaviour Change Workshops	4720 4999	<a href="http://www.relationshipsnsw.org.au">www.relationshipsnsw.org.au</a>
Brother to Brother	Assisting aboriginal men, including elders throughout COVID 19	1800 435 799	
Men's Health and Wellbeing	Men supporting Men. We offer an open-hearted welcome without judgement and the opportunity to self-explore how to become a better man in a safe and confidential environment with other men who share similar challenges and aspirations.	1300 789 978	<a href="https://nswmen.org.au/">https://nswmen.org.au/</a>
Mt Druitt DCJ Housing	depending on circumstances help is available if you are having housing difficulties because of domestic violence or low-income earners	9675 8998	<a href="https://www.facs.nsw.gov.au/">https://www.facs.nsw.gov.au/</a>

## ONLINE RESOURCES

## RECREATION / MISCELLANEOUS SERVICES

ORGANISATION	DESCRIPTION	CONTACT NUMBER	WEBSITE
U3A Penrith	Provides educational / recreational courses seniors. Class groups are sociable, friendly and supportive.	4722 3405 / u3a@u3apenrith.org.au	<a href="https://www.u3apenrith.org.au/about-u3a/">https://www.u3apenrith.org.au/about-u3a/</a>
Rotary international - St Marys Branch	Rotary clubs address critical issues at home and abroad by providing health care and medical supplies, clean water, food, job training, youth development, and education to millions of people in need.	1300 4 768 279 secretary@rotarystmarys.org.au	<a href="https://www.rotarystmarys.org.au/">https://www.rotarystmarys.org.au/</a>
PCYC	PCYC NSW is a not-for-profit organisation delivering a broad range of youth and community activities and support.	Penrith 4732 1755 Mt Druitt 9628 2628	<a href="https://www.pycnsw.org.au/penrith/">https://www.pycnsw.org.au/penrith/</a> <a href="https://www.pycnsw.org.au/mount-druitt/">https://www.pycnsw.org.au/mount-druitt/</a>
Animal Adoption Agency	We give you the time you deserve to ensure you are matched with the most suitable pet for your lifestyle.	4777 4746	<a href="https://www.animaladoption.com.au/">https://www.animaladoption.com.au/</a>
Crime Stoppers	We collect information which may help police stop, solve or prevent a crime. Some people prefer not to become involved in a police investigation and therefore may not share what they know about a crime directly with police. Crime Stoppers welcomes that information without the person needing to give their name.	1800 333 000	<a href="https://nsw.crimestoppers.com.au/">https://nsw.crimestoppers.com.au/</a>
Wires NSW	Rescue and rehabilitate sick, injured or orphaned native animals	1300 094 737	<a href="https://www.wires.org.au/contact/contact-us">https://www.wires.org.au/contact/contact-us</a>
Don Boscoe Youth Recreation Centre	Supervised recreational activities afternoon, weekends and Friday nights	9623 0450	



## SENIORS

ORGANISATION	DESCRIPTION	CONTACT NUMBER	WEBSITE
Nepean Multicultural Access	Multicultural Mobile Aged Day Care Program	9833 2416	<a href="mailto:nma@nma.org.au">nma@nma.org.au</a>
Victims Services	For any person male/female who has been a victim of crime within NSW	1800 633 063	<a href="http://www.victimsservices.justice.nsw.gov.au">www.victimsservices.justice.nsw.gov.au</a>
Elder Abuse Helpline	information, support relating to the abuse of older people in our community	1800 628 221	<a href="http://www.elderabusehelpline.com.au">www.elderabusehelpline.com.au</a>
Carers NSW	Information support and counselling service	1800 242 636	<a href="http://www.carersnsw.org.au">www.carersnsw.org.au</a>
Ageing, Disability and Homecare	Help at Home, advocacy for aged people and financial support and concessions	4734 9499 / 1800 881 901	<a href="http://www.adhc.nsw.gov.au">www.adhc.nsw.gov.au</a>
My Aged Care	Information and referral to aged care services	1800 200 422	<a href="http://www.myagedcare.gov.au">www.myagedcare.gov.au</a>
Our Lady of Consolation Aged care	Services include Residential Care, Home Care, Get yourself Moving programs, support at home	9832 5400	
Active Care Network (Great Community Transport)	Providing transport to the frail and elderly as well as programs and activities	4722 3083	<a href="http://greatcommunitytransport.org.au">http://greatcommunitytransport.org.au</a>
Nepean Neighbourhood Aid	Free social home visiting service	4721 7572	<a href="https://www.nepeanvolunteerservices.com.au/nepean-neighbour-aid-service/">https://www.nepeanvolunteerservices.com.au/nepean-neighbour-aid-service/</a>
Veteran Services	Assisting veterans with information on health and community services	13 10 95	<a href="https://www.dva.gov.au/">https://www.dva.gov.au/</a>
Penrith Older Women Network	An organisation committed to promoting the rights, dignity and wellbeing of older women		<a href="https://ownnsw.org.au/get-involved/join-group/penrith/">https://ownnsw.org.au/get-involved/join-group/penrith/</a>
Home Care Service NSW	Aims to help older people with a disability to live independently in their own homes	1300 160 170	

## SUPPORT AND COUNSELLING SERVICES

ORGANISATION	DESCRIPTION	CONTACT NUMBER	WEBSITE
Wesley Counselling Services	No cost, specialised counselling to help people with a gambling problem and their families	1300 827 638	<a href="http://www.wesleymission.org.au">www.wesleymission.org.au</a>
Nepean Blue Mountains Local Health District Drug and Alcohol Service	Can self-refer or be referred by other services, family and friends, GP, medical and nursing staff · Inpatient withdrawal unit (detoxification) · Consultation and liaison · Opioid treatment programs · Drugs in pregnancy · Youth · Counselling and psychology · Forensic services · Hepatitis B and C · Social work and health promotion · Aboriginal liaison services	4734 2129	<a href="mailto:NBMLHD-DrugAlcoholIntake@health.nsw.gov.au">NBMLHD-DrugAlcoholIntake@health.nsw.gov.au</a>
NSW Health, Nepean Blue Mountains LHD, Primary Care and Community Health, Child and Family Team	Free counselling and parenting groups	9833 6800	
CatholicCare Western Sydney and Blue Mountains	Individual, couple, child and family counselling · Cool kids program · Keeping Kids in Mind Post Separation Groups · Bringing up Great Kids · My Kids and Me · Cool Little Kids Parent Presentations	8843 2580	<a href="http://www.ccss.org.au">www.ccss.org.au</a>

<b>BaptistCare Counselling &amp; Family Services</b>	Generalist individual, couple and family counselling · DFV counselling including men, women and children · Men's behaviour change program : Facing Up"- for men who use or have used violence and abuse in intimate partner relationships · Women's DV group "Living Beyond Abuse" program to support and empower women experiencing past or present intimate partner violence and abuse	4761 3600	<a href="http://www.baptistcare.org.au">www.baptistcare.org.au</a>
<b>Penrith Womens Health Centre</b>	Domestic violence court assistance scheme, counselling and group activities	4721 8749	<a href="http://www.penrithwomenshealthcentre.com.au">www.penrithwomenshealthcentre.com.au</a>
<b>National Sexual Assault, Domestic and Family Violence Counselling Service</b>	Telephone and online counselling	1800 737 732	<a href="http://www.1800respect.org.au">www.1800respect.org.au</a>
<b>Nepean Blue Mountains Local Health District Drug and Alcohol Service</b>	Can self-refer or be referred by other services, family and friends, GP, medical and nursing staff · Inpatient withdrawal unit (detoxification) · Consultation and liaison · Opioid treatment programs · Drugs in pregnancy · Youth · Counselling and psychology · Forensic services · Hepatitis B and C · Social work and health promotion · Aboriginal liaison services	4734 2129	<a href="mailto:NBMLHD-DrugAlcoholIntake@health.nsw.gov.au">NBMLHD-DrugAlcoholIntake@health.nsw.gov.au</a>
<b>St Vincent De Pauls</b>	Continuing Coordinated Care Program - support for people with drug and alcohol dependence and other complex needs	0468 521 974	<a href="mailto:cccp.nbm@vinnies.org.au">cccp.nbm@vinnies.org.au</a>
<b>Alcohol and Drug Information Service</b>	Support, information and counselling services	1800 422 599	<a href="http://www.yourroom.com.au/helplines">www.yourroom.com.au/helplines</a>
<b>Nepean Multiple Birth Association</b>	Provides a means for sharing information on the care of raising families containing multiple births		<a href="https://www.nepeanmba.org.au/">https://www.nepeanmba.org.au/</a>
<b>PFLAG Western Sydney</b>	Supports family and friends of lesbian and gay people.	search website for up to date contact	<a href="https://pflagastralia.org.au/about">https://pflagastralia.org.au/about</a>
<b>Rape Crisis Centres NSW</b>	24 hour hotline	1800 424 017	<a href="https://www.dvrcv.org.au/nsw-rape-crisis-centre">https://www.dvrcv.org.au/nsw-rape-crisis-centre</a>
<b>Grief after Pregnancy Support</b>	Offering support to families	4734 2000	
<b>Distress Call</b>	A 24 hour service	1800 011 511	
<b>Rosies Place</b>	Rosie's Place is a place for children, young people and their families who have been impacted by violence including sexual assault, domestic and family violence and other traumas.	9625 2599	<a href="http://www.rosiesplace.com.au/">http://www.rosiesplace.com.au/</a>
<b>Tresillian Family Care Centre Nepean</b>	Tresillian is an early parenting service offering families guidance in the early years of their child's life. We support new parents around breastfeeding and settling baby, as well as dealing with post-natal depression and nutrition.	9123 8990 or 1300 272 736	<a href="https://www.tresillian.org.au/">https://www.tresillian.org.au/</a>
<b>Department of Fair Trading</b>	Provides information on shopping, rent, credit, home building, telco and internet providers	13 32 20	<a href="https://www.fairtrading.nsw.gov.au/">https://www.fairtrading.nsw.gov.au/</a>
<b>Western Sydney Tenants Service</b>	Advice and advocacy for renters	8833 0933	<a href="https://www.tenants.org.au/taas/wests">https://www.tenants.org.au/taas/wests</a>
<b>Energy and Water Ombudsman (EWON)</b>	Issues relating to supply, connection, quality of energy gas and water supplies	1800 246 545	<a href="https://www.ewon.com.au/">https://www.ewon.com.au/</a>
<b>No Interest Loans Scheme</b>	No Interest Loans (NILS) provide individuals and families on low incomes with access to safe, fair and affordable credit.	visit website to find local provider	<a href="https://nils.com.au/">https://nils.com.au/</a>
<b>Legal Aid NSW</b>	Free <a href="#">confidential face to face legal advice on most legal issues.</a>	Find a local Service by clicking the link	<a href="https://www.legalaid.nsw.gov.au/get-legal-help/find-a-service">https://www.legalaid.nsw.gov.au/get-legal-help/find-a-service</a>
<b>Western Sydney Grandparents Group</b>	Support group Grandparents who are carers	0403 151 414	<a href="https://www.nepeancommunity.org.au">https://www.nepeancommunity.org.au</a>
<b>Victims Services</b>	For any person male/female who has been a victim of crime within NSW	1800 633 063	<a href="http://www.victimsservices.justice.nsw.gov.au">www.victimsservices.justice.nsw.gov.au</a>
<b>Services Australia Mt Druitt / St Marys</b>	We assist but not limited to those experiencing Domestic & Family Violence, Homelessness and/or at risk of Homelessness, people with Mental Health issues, <b>people suffering from Addictions</b> and Young People at risk. We connect vulnerable customers and community groups to the Agency's Services, payments and programmes and assist with accessing mainstream channels where appropriate. We also assist with ensuring our customers are receiving the right entitlements to decrease the risk of debts.	9208 6634	

## SERVICES FOR WOMEN

ORGANISATION	DESCRIPTION	CONTACT NUMBER	WEBSITE
Penrith Women's Health Centre	Women's health: · Naturopath, Doctor and nurse · Counselling – Grief and CALD · Various recovery groups · Staying Home Leaving Violence Service · Bridges Program	4721 8749	<a href="mailto:pwhcentre@pwhc.org.au">pwhcentre@pwhc.org.au</a>
Victims Services	For any person who has been a victim of crime within NSW	1800 633 063	<a href="http://www.victimsservices.justice.nsw.gov.au">www.victimsservices.justice.nsw.gov.au</a>
Women's Domestic Violence Court Advocacy Services	Court Support	1300 888 529	<a href="http://www.legalaid.nsw.gov.au/domestic-violence">www.legalaid.nsw.gov.au/domestic-violence</a>
Rosie's Place	Rosie's Place is a place for children, young people and their families who have been impacted by violence including sexual assault, domestic and family violence and other traumas.	9625 2599	<a href="http://www.rosiesplace.com.au/">http://www.rosiesplace.com.au/</a>
The Haven - Nepean Women's Shelter	Shared crisis accommodation for women and their children who are fleeing domestic violence or homelessness	4701 5411	<a href="mailto:referral@thehaven.org.au">referral@thehaven.org.au</a>

## YOUTH SERVICES

ORGANISATION	DESCRIPTION	CONTACT NUMBER	WEBSITE
Platform Youth Services	Crisis accommodation and respite · Early intervention outreach case management · Early intervention child and family support · Post crisis family support · Brokerage available	0481 391 474	<a href="http://www.platformys.or.au">www.platformys.or.au</a>
Break Thru People Solutions	Early intervention for children and young people 0-18yrs at risk of poor mental health outcomes, who will receive high priority case management and crisis intervention with whole family involvement.	4761 1600	<a href="http://www.breakthru.org.au">www.breakthru.org.au</a>
Headspace	Support, information and services for young people aged 12- 25	4720 8888	<a href="http://www.headspace.org.au">www.headspace.org.au</a>
Victims Services	For any person who has been a victim of crime within NSW	1800 633 063	<a href="http://www.victimsservices.justice.nsw.gov.au">www.victimsservices.justice.nsw.gov.au</a>
Wirringa Baiya Aboriginal Women's Legal Centre	Telephone advice for Aboriginal women, children and youth with a focus on violence against them	1800 686 587	<a href="http://www.wirringabaiya.org.au">www.wirringabaiya.org.au</a>
Family Planning NSW	Family Planning NSW provides a non-judgmental, confidential safe space for young people to find all the reproductive and sexual health information and services they need without feeling uncomfortable.	1300 658 886	<a href="https://www.fpnsw.org.au/health-information/individuals/under-25s">https://www.fpnsw.org.au/health-information/individuals/under-25s</a>
Bridging the Gap	Adolescent counselling activities and workshops	9673 1211	<a href="https://www.btg.org.au/">https://www.btg.org.au/</a>
Don Boscoe Youth Recreation Centre	Supervised recreational activities afternoon, weekends and Friday nights	9623 0450	
Platform Youth Services	Crisis accommodation and respite for Young People 12 - 15 years	0481 391 474	
Break Thru People Solutions	Early intervention for children and young people 0-18yrs at risk of poor mental health outcomes, who will receive high priority case management and crisis intervention with whole family involvement.	4761 1600	<a href="http://www.breakthru.org.au">www.breakthru.org.au</a>
Services Australia Mt Druitt / St Marys	We assist but are not limited to assisting those experiencing Domestic & Family Violence, Homelessness and/or at risk of Homelessness, people with Mental Health issues, people suffering from Addictions and <b>Young People at risk</b> . We connect vulnerable customers and community groups to the Agency's Services, payments and programmes and assist with accessing mainstream channels where appropriate. We also assist with ensuring our customers are receiving the right entitlements to decrease the risk of debts.	9208 6634	

## ONLINE RESOURCES

Penrith Australia.com.au	<a href="https://www.penrithaustralia.com.au/community/community-services/">https://www.penrithaustralia.com.au/community/community-services/</a>
Printable Resource Card	<a href="https://www.mentalhealthhelp.com.au/wp-content/uploads/2017/10/Oct-2017-ResourceCard.pdf">https://www.mentalhealthhelp.com.au/wp-content/uploads/2017/10/Oct-2017-ResourceCard.pdf</a>
Penrith Disability Resource Centre	<a href="http://www.pdrc.org.au">www.pdrc.org.au</a>
Mission Australia	<a href="https://www.missionaustralia.com.au/servicedirectory">https://www.missionaustralia.com.au/servicedirectory</a>
Way Ahead	<a href="https://directory.wayahead.org.au/">https://directory.wayahead.org.au/</a>
Anglicare General Service Directry	<a href="https://www.anglicare.org.au/what-we-offer/">https://www.anglicare.org.au/what-we-offer/</a>
Veteran Services	<a href="https://www.dva.gov.au/">https://www.dva.gov.au/</a>
Vinnies	<a href="https://www.vinnies.org.au/findhelp#!nsw">https://www.vinnies.org.au/findhelp#!nsw</a>
Salvation Army	<a href="https://www.salvationarmy.org.au/need-help/">https://www.salvationarmy.org.au/need-help/</a>
Mental Health Services	<a href="https://www.nbmlhd.health.nsw.gov.au/mental-health">https://www.nbmlhd.health.nsw.gov.au/mental-health</a>
Uniting	<a href="https://www.uniting.org/home">https://www.uniting.org/home</a>
Wesley Mission	<a href="https://www.wesleymission.org.au/">https://www.wesleymission.org.au/</a>
Community Resource Network DV Guide	<a href="http://nepeandv.org">nepeandv.org</a>
NSW Government Problem Gambling	<a href="https://www.responsiblegambling.nsw.gov.au/">https://www.responsiblegambling.nsw.gov.au/</a>