

*We love because God first loved us*

1 John 4:19

# Community Links

YOUR LITTLE BOOK OF HELP



Information on Bayside Council's local  
churches and their programs

**FIRST EDITION**

PRINTED BY INTEGRI CARE

# Introduction

At Integricare we understand that life can be tough and it's hard walking alone.

We are here to let you know that it doesn't have to be that way. There is someone who can journey with you!

This booklet is like a key that opens a door. The booklet itself is not the answer, but just the start in your journey for meaning, significance and help.

The people who run the programs in this booklet are doing it because they recognise that God loved them and saved them.

To this end they have used their God given gifts to help you. Whether it be through Playgroups, counselling or emergency food supplies. They want you to know that the same God who has rescued them, can also rescue you!

God bless you.

**Yvette Wynne**

Mission Development Manager, Integricare  
[ywynne@integricare.org.au](mailto:ywynne@integricare.org.au)





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## Playgroups

**Title:** Hurstville Presbyterian Church Playgroup  
**Time:** Tuesdays from 10am-11:30am, school terms  
**Cost:** \$2 per child when attending  
**Contact:** Eva on 0433 678 800  
**Address:** Cnr of Park Rd and MacMahon St, Hurstville NSW 2220

**Description:** This group is for mums and bubs. The group will run on and caters for children between the ages of 0-6. Please be aware that numbers are limited and ring beforehand. Morning tea provided for adults and children.

**Title:** Hurstville Grove Church Fun Time  
**Time:** Fridays from 10-12 pm, school terms  
**Cost:** \$2 per week per family  
**Contact:** Katie at [k\\_t\\_jay@hotmail.com](mailto:k_t_jay@hotmail.com)  
Julia at [julia.e.doran@gmail.com](mailto:julia.e.doran@gmail.com)  
**Address:** Cnr of Hillcrest Ave & Lansdowne St, Hurstville Grove

**Description:** This is our Friday morning play group for children (0-5 years) and their carers.

**Title:** Padstow Community Baptist Church Playgroup  
**Time:** Mondays from 10am-12pm, school terms  
**Cost:** Free  
**Contact:** Church office (02) 9774 2033  
**Address:** 23 Cahors Rd, Padstow NSW 2211

**Description:** If you have children 0-5 years and are looking for a place to have fun and socialise, Kidsplay is the place for you. Kidsplay is a play group designed to give parents and carers and their children a safe and fun environment where they can have a play, learn and interact with others.



## Playgroups

**Title:** Georges River Life Church Playgroup

**Time:** Tuesdays from 10-12pm, school terms

**Cost:** \$5 per week

**Contact:** Church office (02) 9153 6300  
Sophie at [sophie@grlc.org.au](mailto:sophie@grlc.org.au)

**Address:** Georges River Life Centre  
23 Stanley St, Peakhurst NSW 2210

**Description:** Story time, craft, music and singing, free play and morning tea make this program a hit with the kids. Just as significant is the welcoming, friendly environment that parents or carers experience. Please bring a drink and morning tea for your child(ren) – NO NUTS PLEASE.

Morning tea is provided for the adults.

**Title:** Mortdale Oatley Baptist Church Playgroup

**Time:** Thursdays from 10:00am-11:30am, school terms

**Cost:** \$5 per week

**Contact:** Office (02) 9570 5722

**Address:** 1-5 Woronora Parade, Oatley NSW 2223

**Description:** Playtime is a fun morning of free play for children and their parents or carers. Activities are organised and toys are provided, along with morning tea.

**Title:** Kogarah Storehouse Tiny Toes Playgroup

**Time:** Tuesdays from 10:00am-12pm, school terms

**Cost:** \$2.50 per family per day

**Contact:** Office (02) 9587 5761

**Address:** Kogarah Uniting Church  
Cnr Kensington & Gray St, Kogarah NSW 2217

**Description:** The main aim of our Tiny Toes Playgroup is to provide a happy, safe and relaxed environment for children to learn and develop their skills through play and structured activities. We encourage the children to participate in experiences and activities which allow the children to make choices and decisions and give them a curiosity for learning. We support the children in the three prime area of development in line with the Early Years curriculum: Communication and language, Physical development of personal, social and emotional development.

Parents also benefit from meeting other like parents and forming new friendships. They are able to share their own experiences and situations. Morning tea is provided for both the children and parents.



## Playgroups

**Title:** Narwee Baptist Playgroups  
**Time:** Mondays and Wednesday from 10am-12pm  
**Cost:** \$10 yearly registration fee, \$2 per week  
**Contact:** Katherine or Liz at church office (02) 9534 2699  
**Address:** Narwee Baptist church  
33-39 Baumans Rd, Peakhurst NSW 2210

**Description:** Quality program, lots of time to play, new facilities, yummy morning tea provided for grownups. Open to all kids, parents and carers.



**Title:** Hurstville Church of Christ, Toddler Time  
**Time:** Wednesdays from 10am-12pm, school terms  
**Cost:** \$4 per week  
**Contact:** Lynne Toomey on (02) 9580 3329  
**Address:** Hurstville Church of Christ  
31 MacMahon St, Hurstville NSW 2200

**Description:** Toddler Time is an informal playtime for children aged 0-5 years and their carers. It provides an opportunity for parents and carers of 0-5s to meet together. It also enables the children to interact and develop their social and gross motor skills through play!

**Title:** Hurstville Church of Christ, Toddler Time  
**Time:** Wednesdays from 10am-12pm, school terms  
**Cost:** \$4 per week  
**Contact:** Lynne Toomey on (02) 9580 3329  
**Address:** Hurstville Church of Christ  
31 MacMahon St, Hurstville NSW 2200

**Description:** Toddler Time is an informal playtime for children aged 0-5 years and their carers. It provides an opportunity for parents and carers of 0-5s to meet together. It also enables the children to interact and develop their social and gross motor skills through play!

## Playgroups

**Title:** St George Supported Playgroups

**Contact:** Renee at (02) 9567 4977  
spsgmanager@integricare.org.au

**Description:** Supported Playgroups Programs are designed to create opportunities to build and strengthen children's development, support families and promote community connections, health and well being.

The supported playgroups are facilitated by trained facilitators, a family support worker and a child support worker. The groups run for 1.5 hours once a week and are located in different sites across St George. We can support families with referrals and pathways. We focus on a strength based way of working with families for communities.



## Music Groups

**Title:** Sans Souci Baptist Mainly Music

**Time:** Wednesdays from 10am-12pm, school terms

**Cost:** \$50 per term

**Contact:** Kellie at church office (02) 9529 7306  
office@ssbc.org.au

**Address:** San Souci Baptist Church  
2 Hillview St, Sans Souci NSW 2219

**Description:** Our Mainly Music program is for pre-schoolers and has been designed for enjoyment. We run weekly sessions, during the school year that are full of fun, educational music and musical activity to grow and develop your child, followed by something to eat and something to play with, plus time for parents to eat and chat. Bring your own morning tea.

**Title:** Mortdale Oatley Baptist Church Mainly Music Group

**Time:** Wednesdays from 9:30am-11am, school terms

**Cost:** \$5 per week

**Contact:** Office (02) 9570 5722

**Address:** 1-5 Woronora Parade, Oatley NSW 2223

**Description:** Mainly Music runs on and provides an environment where preschool children develop skills through the use of music, rhythm, rhyme, and other music-related activities, with the participation of a parent or primary caregiver.

**Title:** Hurstville Salvation Army KidsMusic

**Time:** Wednesdays 10am, 11am or 12pm session, school terms

**Cost:** \$5 per child - \$7 family concession

**Contact:** Office (02) 9570 2617

**Address:** Corps (Church) / Centre facility Hurstville Corps  
Cnr Bond & Dora Streets, Hurstville NSW 2220

**Description:** The kids come to learn and understand the fun of music. Morning tea/coffee is provided. Pre-registration is essential. Under school age.





## Early Learning Centres by Integricare

**Title:** Integricare Turrella Early Learning Centre

**Time:** Monday-Friday, 7:30am-6pm

**Cost:** 0-2 years \$117, 2-5 years \$112

**Contact:** (02) 8746 5960 | 0475 894 731  
turrella@integricare.org.au

**Address:** 49 Walker Street, Turrella NSW 2205

**Description:** Turrella Early Learning Centre champions Integricare's purpose to enable children, families and communities to experience the love of Jesus, as well as Integricare's core mission objectives. Firstly, the pursuit of excellence in early learning to ensure that these most crucial developmental years for the children are full of learning opportunities. Secondly, Turrella staff endeavour to equip and care for families holistically – going the extra mile to engage and support children and their families. Thirdly, Turrella prioritises community engagement, regularly partnering with local initiatives. Progressive hot lunches and healthy snacks are provided – with dietary needs catered for.



**Title:** Integricare Preschool Brighton Le Sands

**Time:** Monday-Friday, 8:30am-4pm

**Cost:** Equity: \$12, 3 yr old: \$57, 4 yr old: \$27

**Contact:** (02) 9597 2626  
brightonlesands@integricare.org.au

**Address:** 1-3 Trafalgar St, Brighton Le Sands NSW 2216

**Description:** Our children are valued, respected and their voices are heard. We believe play is how children learn about the world and the people within it. Our role as the educator is to develop children's knowledge and skills through experiences initiated by the children and facilitated by thoughtful and intentional teaching. We scaffold children to construct meaning through collaboration with peers and interaction with the learning environment. Our indoor/outdoor program means children are free to choose whether they want to play inside or outside. This creates a calm, peaceful environment as children make their own choices and are actively engaged in their play. We are always reflecting on improving our program, our surroundings and our relationships with children and families. We are inclusive. We welcome all families, from all cultures and religions.



## Early Learning Centres by Integricare

**Title:** Integricare Rockdale Early Learning Centre

**Time:** Monday-Friday, 7:30am-6pm

**Cost:** \$112

**Contact:** (02) 8746 5977

**Address:** 85-87 Cameron Street, Rockdale NSW 2216

**Description:** (Ages 2-6 years) Rockdale Early Learning Centre champions Integricare's purpose to enable children, families and communities to experience the love of Jesus, as well as Integricare's core mission objectives. Firstly, the pursuit of excellence in early learning to ensure that these most crucial developmental years for the children are full of learning opportunities. Secondly, Rockdale staff endeavour to equip and care for families holistically – going the extra mile to engage and support children and their families. Thirdly, Rockdale Early Learning Centre prioritises community engagement, regularly partnering with local initiatives. Hot lunches and healthy snacks are provided – with dietary needs catered for.



**Title:** Rockdale Plaza Christian Early Learning Centre

**Time:** Monday-Friday, 7:30am-6pm

**Cost:** 0-2 years \$109, 2-5 years \$105

**Contact:** (02) 9588 9822  
rockdaleplaza@integricare.org.au

**Address:** Rockdale Plaza Shopping Centre

**Description:** Our Christian early learning centre at Rockdale Plaza provides a long day care perfect for busy families. We operate from 7:30am-6:00pm, accommodating for before and after work drop-off and pick-up.

Rockdale Plaza Early Learning Centre is conveniently located adjacent to the car park of Rockdale Plaza shops. Our passionate educators provide children with holistic care and dynamic learning opportunities. The extensive outdoor environment compliments the internal educational spaces offering children an excellent balance of learning environments.



## Parenting Courses

**Title:** Georges River Life Church Parenting Programs

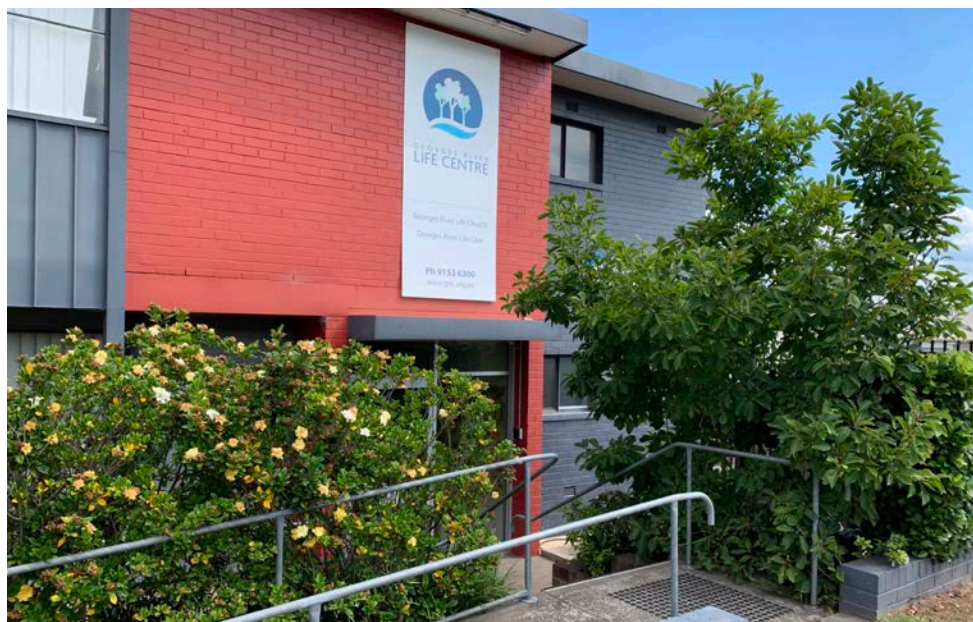
**Time:** Various times and duration of courses

**Cost:** \$45-\$60 per course

**Contact:** (02) 9153 6300  
parenting@grlc.org.au

**Address:** Georges River Life Centre  
23 Stanley St, Peakhurst NSW 2210

**Description:** "Emotional Coaching", "Circle of Security", "No Scaredy Cats" and "Engaging Adolescents" are just 4 course programs offered. For a full list of times and dates please see their website, [www.grlc.org.au/parenting](http://www.grlc.org.au/parenting)



## Primary Age Kids Groups

**Title:** Narwee Baptist Church Kids Club  
S.P.L.A.T and B.L.A.S.T

**Time:** Fridays, 4pm-6pm

**Cost:** \$3

**Contact:** Robyn Garlick (02) 9534 2699  
churchoffice@narweebaptist.org.au

**Address:** Narwee Baptist Church  
33-39 Baumans Rd, Peakhurst NSW 2210

**Description:** S.P.L.A.T is for children in Years K-2 and includes games, craft, bible stories and afternoon tea. B.L.A.S.T is for Years 3-6 at school.

**Title:** Narwee Baptist Church Holiday Club

**Time:** First week of the July school holidays

**Cost:** \$50 for the week

**Contact:** Robyn Garlick (02) 9534 2699  
churchoffice@narweebaptist.org.au

**Address:** Narwee Baptist Church  
33-39 Baumans Rd, Peakhurst NSW 2210

**Description:** For Years K-6 holiday club activities, games, craft, bible story, morning tea and music!

## Primary Age Kids Groups

**Title:** Hurstville Grove Kids Club (Infants Class)  
**Time:** Fridays, 3:30pm-5pm, school terms (except the first and last weeks of term)  
**Cost:** \$3 per week  
**Contact:** Mat Yeo on (02) 9580 4094  
**Address:** Cnr Hillcrest Ave & Lansdowne St, Hurstville Grove

**Description:** Kids Club is for children in Kindergarten to Year 2 at school. The program includes games, craft, afternoon tea, Bible teaching and friends.

**Title:** Hurstville Grove Kids Club (Primary Class)  
**Time:** Fridays, 5pm-6:30pm, school terms (except the first and last weeks of term)  
**Cost:** \$3 per week  
**Contact:** Greg on 0420 956 066  
**Address:** Cnr Hillcrest Ave & Lansdowne St, Hurstville Grove

**Description:** KiC is for children in Years 3-6 at school. The program includes games, craft, afternoon tea, Bible teaching and friends.

**Title:** Hurstville Presbyterian SWAG Adventure Group  
**Time:** Tuesdays, 6:30pm-8:30pm, school terms  
**Cost:** Free  
**Contact:** Church office (02) 9580 1425  
church@hurstvillepresbyterian.org  
**Address:** Ministry Centre of Hurstville Presbyterian Church  
43 Park Rd Hurstville (cnr of MacMahon St and Park Rd)

**Description:** "SWAG" is the St Giles Wilderness Adventure Group – an adventure group for boys school year 3 and up. Through a range of outdoor activities as well as our weekly program, SWAG encourages the boys to grow in maturity and in their relationship with God. They do activities like Abseiling, bushwalking, camping, bike riding, challenging games and Bible Studies.



## Primary Age Kids Groups

**Title:** Hurstville Salvation Army SAGALA  
**Time:** Wednesdays, 4:30pm-6pm  
**Cost:** \$2 per person  
**Contact:** Alison on (02) 9570 2617  
**Address:** Cnr Bond & Dora Streets, Hurstville NSW 2220

**Description:** Sagala is an activity for Primary School aged children along the lines of Scouting. SAGALA meets in the upper youth hall. Parents are encouraged to stay and observe. Bi-lingual (Mandarin/English) support is available.

**Title:** Hurstville Salvation Army Just Brass (8+)  
**Time:** Wednesdays, 6pm-7pm, school terms  
**Cost:** Free lesson, textbook at own expense  
**Contact:** (02) 9570 2617  
**Address:** Corps (Church) / Centre facility Hurstville Corps  
Cnr Bond & Dora Streets, Hurstville NSW 2220

**Description:** A community Music teaching program with primary aged children. They learn how to play a Brass Instrument, read music, play in a band and play alone. Just Brass meets in the lower hall. There are three levels of activity, Beginner (Learning how to make a sound), Learner (Learning how to play), Player (Part of the Band Group). Bi-Lingual (Mandarin/English) tutors are available.

**Title:** Sans Souci Baptist Church Girls Brigade  
**Time:** Tuesday evenings, 6-8pm, school terms  
**Cost:** \$75 per term  
Vouchers accepted from Creative Kids and Active Kids  
**Contact:** Karen 0408 416 361  
**Address:** San Souci Baptist Church  
2 Hillview St, Sans Souci NSW 2219

**Description:** Girls' Brigade is an international, uniformed, achievement based organisation operating around the globe through local churches. Girls and Leaders are challenged weekly in building relationships with God and others, learning new things and in service to their community.



## Youth Groups (High School Age)

**Title:** Narwee Baptist Youth Groups  
FUSION is Years 7-9, SALT is Years 10-12

**Time:** Fridays, 7:30-10pm

**Cost:** \$3

**Contact:** Glen on (02) 9534 2699  
youth@narweebaptist.org.au

**Address:** Narwee Baptist Church  
33-39 Baumans Rd, Peakhurst NSW 2210

**Description:** On a Friday night we meet together to hang out and get to know each other. A Bible passage is creatively presented for us to dive into in Pod groups and play some games. Each week has a different theme and corresponding games. We follow a series during the term and each week look at a different passage fitting into a larger picture for the term. We hope that all the things we do create an environment where the youth feel safe and loved. Enter and pick up through the carpark.

**Title:** Georges River Life Church Youth Groups

**Time:** Fridays, 7pm-9pm, school terms

**Cost:** Free

**Contact:** jasmine@grlc.org.au

**Address:** Georges River Life Church  
23 Stanley St, Peakhurst NSW 2210

**Description:** For years 6- 12. Christian program mostly in house activities.

**Title:** Hurstville Grove CREST Youth

**Time:** Fridays, 7pm-9pm, school terms (except the first and last weeks of term)

**Cost:** \$3, free for first-timers

**Contact:** brian.grovechurch@gmail.com

**Address:** Cnr Hillcrest Ave & Lansdowne St, Hurstville Grove

**Description:** CREST YOUTH is our united ministry with All Saints Oatley West that sees all high schoolers come together for good times and great Bible talks.

**Title:** Padstow Community Church Youth Group

**Time:** Fridays, 7:45pm-9:30pm, school terms

**Cost:** \$5

**Contact:** Ann at church office (02) 9774 2033

**Address:** 23 Cahors Rd, Padstow NSW 2211

**Description:** Xchange Youth – for young people in Years 6 - 12. Anyone in years 6-12 at school is more than welcome to come along. We run a diverse program each term that includes: fun social outings, big group activities with table tennis, pool and foosball tables, games and discussions, and connect groups.

Each Friday night young people hang out, build friendships, have fun, eat great food and have the opportunity to grow skills for life.

## Youth Groups (High School Age)

**Title:** Hurstville Presbyterian Youth Group

**Time:** Fridays, 7pm-9:30pm, school terms

**Cost:** Free

**Contact:** Church office (02) 9580 1425  
church@hurstvillepresbyterian.org

**Address:** Ministry Centre of Hurstville Presbyterian Church  
43 Park Rd Hurstville (cnr of MacMahon St and Park Rd)

**Description:** HYPE means Hurstville Young People Evangelising. We are a youth group ministry for High School aged youth from Year 7-12. Where we play Games, sing, do Bible talks, small groups and have supper.

**Title:** Sans Souci Baptist Youth Group

**Time:** Fridays, 7pm-9pm, school terms

**Cost:** \$2

**Contact:** Dan at church office (02) 9529 7306  
office@ssbc.org.au

**Address:** San Souci Baptist Church  
2 Hillview St, Sans Souci NSW 2219

**Description:** Relentless Youth runs on Friday Nights during school term from 7-9pm. It is for youth in years 6-12. Our aim with our youth is to build a thriving youth ministry that is fun, safe, relationally focused and most importantly, alive in Christ.

**Title:** Bay City Youth Service

**Time:** Fridays, 7pm, school terms

**Cost:** Free

**Contact:** (02) 9597 1477  
info@baycitychurch.com

**Address:** 7 Hattersley Rd, Arncliffe NSW 2205

**Description:** For year 5 to year 12 school grades.



## ESL Classes

**Title:** Narwee Baptist Church English Classes

**Time:** Fridays, 9:30am-11:45am

**Cost:** \$2 per week

**Contact:** Church office (02) 9534 2699  
churchoffice@narweebaptist.org.au

**Address:** Narwee Baptist Church  
33-39 Baumans Rd, Peakhurst NSW 2210

**Description:** For those who wish to learn to read, write and pronounce English correctly. Ideal for anyone who would like to learn English as a second language. All are welcome!

**Title:** Rockdale Uniting Church ESL Class

**Time:** Fridays, 10am-12pm, school terms

**Cost:** \$2 per week

**Contact:** John on 0459 150 098

**Address:** Rockdale Uniting Church  
5 Bay St, Rockdale NSW 2216

**Description:** For men and women. For permanent and temporary residents. For all ethnic groups. Beginners, Intermediate, and Advanced.

**Title:** Hurstville Church of Christ English Conversation Classes

**Time:** Saturdays, 10am-12pm, school terms

**Cost:** Free

**Contact:** Church office (02) 9580 3329

**Address:** Hurstville Church of Christ  
31 MacMahon St, Hurstville NSW 2220

**Description:** We hold weekly English Conversation classes where you can learn, and practice speaking, English. Come and make some friends while having lots of fun. Suitable for all levels (beginners, intermediate and advanced). Bilingual (Mandarin, Cantonese, Japanese) native speaker teachers.





## ESL Classes

**Title:** Hurstville Grove English Class

**Time:** Thursdays, 10am-12:30pm, school terms

**Cost:** \$2 per class

**Contact:** Church office (02) 9580 4094  
office@grovechurch.org.au

**Address:** Grove Church  
Cnr Hillcrest Ave and Lansdowne St, Hurstville Grove

**Description:** We offer English classes at Grove Church on Thursday mornings during school terms. People with all levels of English, from all different language backgrounds are welcome to attend. Native English speakers from our church run the classes. This is for basic, intermediate or advanced English speakers.

**Title:** Hurstville Salvation Army English Conversation Class

**Time:** Fridays, 10am-12pm, school terms

**Cost:** \$2.50 per class

**Contact:** Church office (02) 9570 2617

**Address:** The Salvation Army - Hurstville Corps  
Cnr Bond & Dora St, Hurstville NSW 2220

**Description:** We offer English classes at Grove Church on Thursday mornings during school terms. People with all levels of English, from all different language backgrounds are welcome to attend. Native English speakers from our church run the classes. This is for basic, intermediate or advanced English speakers.



## Seniors Groups

**Title:** Rockdale Salvos 250 Day Out  
**Time:** All day, fourth Tuesday of the month  
**Cost:** \$2.50 for train  
**Contact:** Office (02) 9597 3866  
**Address:** Call the office for details on where to meet

**Description:** Open to anyone who would like a day out! Designed to take advantage of the \$2.50 public transport ticket for seniors, our trips take us to the boundaries of Sydney and the surrounding areas. Non-seniors, families and friends are also most welcome to join us. The more the merrier! With a different destination each month - you never know where a 250 Day Out may take you!



**Title:** The Salvation Army Hurstville Seniors' Fellowship  
**Time:** Second and fourth Tuesdays monthly  
Morning tea - 10am, meeting - 10:30am  
**Cost:** Suggested donation \$5  
**Contact:** Lt Colonel John Hodge (02) 9570 2617 or 0410 304 121  
**Address:** The Salvation Army - Hurstville Corps  
Cnr Bond & Dora St, Hurstville NSW 2220

**Description:** Activities are for senior citizens to share fellowship, education, service and worship. All are welcome.

**Title:** Kogarah Storehouse Chinese Seniors Group  
**Time:** Mondays, 10am-12pm  
**Cost:** Free  
**Contact:** Tiffany on (02) 9587 5761  
**Address:** Cnr Gray St and Kensington Rd, Kogarah NSW 2217

**Description:** Social group for elderly Chinese to have fun, make friends, learn English and learn about Australian culture. This is an informal gathering of women and men aged 55-85 who interact and support each other. This project arose from The Storehouse welfare plan to help people facing hardship and isolation in our community.

## Seniors Groups

**Title:** Narwee Baptist Church Computer Course

**Time:** Mondays, 9:30-11:30am

**Cost:** \$2

**Contact:** Stewart at church office (02) 9534 2699

**Address:** Narwee Baptist Church  
33-39 Baumans Rd, Peakhurst NSW 2210

**Description:** Learn together with your friends, fix simple computer problems, setup and use email, learn how to search the internet, write letters in Microsoft Word and much more. Every second week a pastor will come and give a Christian message for 5-10 mins. Morning tea is provided.



## Craft Groups

**Title:** Narwee Baptist Creative Craft

**Time:** Thursdays, 10am-12pm, school terms

**Cost:** \$5

**Contact:** Christine at church office (02) 9534 2699

**Address:** Narwee Baptist Church  
33-39 Baumans Rd, Peakhurst NSW 2210

**Description:** There are many different crafts all operating at the same time. You choose 1 craft to enrol in for the term and can re-enrol in that same craft, or change classes if you want for the next term.

It is an opportunity for people of all ages to meet, make friends and learn skills in a friendly environment. Many strong friendships have begun at craft. New people are always welcome.

**Title:** Kogarah Storehouse Seniors Craft Group

**Time:** Friday's, 1pm-2:30pm, school terms

**Cost:** Free

**Contact:** Storehouse (02) 9587 5761

**Address:** Cnr Gray St and Kensington Rd, Kogarah NSW 2217

**Description:** Paper craft and or art and painting. Materials and instructors are provided.

## Craft Groups

**Title:** Hurstville Salvation Army Scrapbooking Group

**Time:** 10am-2pm, last Saturday of the month  
(Excludes December and January)

**Cost:** \$5

**Contact:** Alison 0412 601 040

**Address:** Upper Youth Hall  
Cnr Bond & Dora St, Hurstville NSW 2220

**Description:** Members of the congregation / community meet as a group to enjoy fellowship.

**Title:** Rockdale Salvos Creative Crafts & Scrapbooking

**Time:** 7:30 pm, first Friday of the month

**Cost:** Free

**Contact:** (02) 95973866  
rockdale.corps@aue.salvationarmy.org

**Address:** Rockdale Salvos Community Church  
432 West Botany St, Rockdale 2216

**Description:** Come and join us on the 1st Friday of every month for scrapbooking, sewing, knitting, crochet or any other creative pursuit you love, supper is provided. Bring your own craft project, anything goes!

## Women's Groups

**Title:** Storehouse Women's Health & Wellbeing Group

**Time:** Tuesdays, 10am-12pm

**Cost:** Free (childminding available)

**Contact:** Office (02) 9587 5761

**Address:** Kogarah Storehouse  
Cnr of Kensington & Gray Streets, Kogarah NSW 2217

**Description:** Aimed at disadvantaged women, particularly mothers with young children. The program covers a range of key areas in which women are seeking help. These include health, parenting skills, behavioural issues, stress, grief, self-care and domestic harmony.

**Title:** Life Care Women

**Time:** 10am-12pm, fourth Wednesday of the month

**Cost:** Free

**Contact:** (02) 9153 6300  
lifecare@grlc.org.au

**Address:** Georges River Life Centre  
23 Stanley St, Peakhurst NSW 2210

**Description:** Includes free childcare, register by phone or email. Life Care Women is monthly event bringing women together to share, connect and receive. It is an opportunity for women who have been doing it tough to be pampered, enjoy some time out and relax with a great coffee and morning tea, to be inspired and experience a nurturing community.

## Men's Groups

**Title:** Georges River Life Care Men's Connect Group  
**Time:** Second and fourth Fridays of the month, 11am-1pm  
**Cost:** Free  
**Contact:** Glenn on (02) 9153 6300  
**Address:** Georges River Life Centre  
23 Stanley St, Peakhurst NSW 2210

**Description:** The Men's connect group is an opportunity for men to get together on a regular basis to enjoy some activities, discussion and healthy lunch. Targeted area of need includes unemployment, health related concerns and financial challenges. The discussion time uses Narrative Therapy Style to help develop a strength based approach to solving problems.



**Title:** Rockdale Salvos Men, Mexican and Life Night  
**Time:** First Friday of the month, 7pm-9pm  
**Cost:** \$5  
**Contact:** (02) 95973866  
rockdale.corps@aue.salvationarmy.org  
**Address:** Rockdale Salvos Community Church  
432 West Botany St, Rockdale 2216

**Description:** Our Men, Mexican & Life nights are a relaxed, laid back opportunity to connect with other guys, make new friends and enjoy some good conversation and fun.



## Alpha and Beginner Christian Courses

**Title:** 'Christianity Explained' Short Course  
Rockdale Salvation

**Time:** Seasonal

**Cost:** Free

**Contact:** Office (02) 9597 3866

**Address:** Rockdale Salvos Community Church  
432 West Botany St, Rockdale NSW 2216

**Description:** Ever wondered what Christians believe?

Who is Jesus and what do we know about him?

Christianity Explained is a short course designed for people with little or no Bible background.

Topics include:

- Jesus, Son of God
- Jesus his death on the cross
- Jesus his resurrection
- Salvation by grace, not good works
- What is a Christian?

**Title:** Baycity Church Alpha Group

**Time:** Seasonal

**Cost:** Free

**Contact:** Elizabeth on 0492 999 586  
alpha@baycitychurch.com

**Address:** 7 Hattersley St, Arncliffe NSW 2205

**Description:** Alpha is a place where you can freely explore the big questions of life like 'why am I here? what is my purpose? what is the meaning of my life?' Alpha is for anyone who's curious. The talks are designed to encourage conversation and explore the big questions around life, meaning and faith in a friendly, open and informal environment. No question is out of bounds and you are free to discuss as much or as little as you wish.

**Title:** Healing and Prayer Rooms

**Time:** Fridays, 6pm-9pm by appointment

**Cost:** Free

**Contact:** Christine on 0416 114 142

**Address:** 858 King George's Rd, South Hurstville NSW 2221

**Description:** Prayer for emotional, physical and spiritual healing.

## Disability Support Groups

**Title:** Georges River Life Centre Artslife Access

**Time:** Fridays, fortnightly

**Cost:** Free

**Contact:** Karen on (02) 9153 6300  
artslife@grlc.org.au

**Address:** Georges River Life Church  
23 Stanley St, Peakhurst NSW 2210

**Description:** Artslife aims to normalise disability and focus on the ability of each participant using theatre, dance art and music to spark imaginations and build confidence by creating a space to explore, touch, move and laugh. We work in partnership with disability service providers and schools and welcome enquiries. For adults with disabilities – run through partnership Sylvanvale.

**Title:** Kogarah Uniting Storehouse Social Group

**Time:** Tuesdays, 12:30pm-3:30pm

**Cost:** Free

**Contact:** Noreen on 0499 008 600

**Address:** Cnr of Kensington & Gray Streets, Kogarah NSW 2217

**Description:** Mental health recovery goes to this group. All age. Aims to be a safe space for people with intellectual, social and health issues to establish and develop friendships with others. The group enjoys craft activities, picnics and occasional special days out.

**Title:** Georges River Life Centre Autism Support Group

**Time:** 9:30am-11:30am, every third Wednesday, school terms

**Cost:** Free

**Contact:** (02) 9153 6300  
lifecare@grlc.org.au

**Address:** Georges River Life Church  
23 Stanley St, Peakhurst NSW 2210

**Description:** Georges River Life Care provides a range of services for families experiencing autism. Our services include support groups for parents that meet regularly to help parents cope with managing with autism and navigating the system to get the best outcomes for the children. Two specific groups are conducted: the first group caters for parents with children in preschool/primary school and the second group caters for parents high school age children.

## Case Worker and Counselling Services

**Title:** Hurstville Salvation Army Case Worker

**Cost:** Free

**Contact:** Office (02) 9570 2617

**Address:** Cnr Bond & Dora St, Hurstville NSW 2220

**Description:** Doorways provides emergency relief and holistic case management with referral to internal and external support services.

**Title:** Rockdale Salvos Doorways Caseworker Support

**Time:** Thursdays and Fridays, 9:30am-4:30pm

**Cost:** Free

**Contact:** (02) 95973866  
rockdale.corps@aue.salvationarmy.org

**Address:** Rockdale Salvos Community Church  
432 West Botany St, Rockdale 2216

**Description:** Our case worker is available on-site, to assist you with accessing support services for financial, employment, housing, domestic violence, health & fitness, addiction, mental health, relationship, spiritual and legal situations.

**Title:** Kogarah Storehouse Domestic Violence Support

**Cost:** Free (childminding available)

**Contact:** Office (02) 9587 5761

**Address:** Kogarah Uniting Church  
Cnr Kensington & Gray St, Kogarah NSW 2217

**Description:** This is a specialist service provided by highly qualified, experienced D.V. case workers who offer help in three ways:

1. Individual case management which is strength based and client centred.
2. A six week therapeutic, educational, structured workshop where women can gain knowledge and understanding in a friendly, safe environment and begin to heal and be empowered to move forward.
3. A monthly support group meeting for those who have completed the workshop and where women can feel supported and empowered.



## Case Worker and Counselling Services

**Title:** Rockdale Salvos Oasis Case Worker for Youth

**Time:** 9am-5pm by appointment

**Cost:** Free for people ages 16-25

**Contact:** Bec or Alex on 0401 091 473

**Address:** Rockdale Salvos Community Church  
432 West Botany St, Rockdale 2216

**Description:** Case Management supports young people who may be experiencing mental health, alcohol and drug concerns, homelessness or those who are at risk of becoming homeless.

We offer the following case management services:

- Crisis Case Management
- SOS Case Management
- Transitional Case Management



**Title:** Integricare Parenting and Family Service

**Contact:** Binita at (02) 9599 7821  
fwsgmanager@integricare.org.au

**Description:** Our Parenting and Family Service provide a variety of support to families with children between the ages of 0 and 8 years.

We deliver integrated family services to ensure families and children receive early intervention and support services through additional support, case management, home visiting and parenting programs.

We also support parents/carers with information and referrals, education, skills to support strategies to address any challenges they and their family are facing.

Our parenting and family service team seek to strengthen family's links to community through warm referrals where emerging issues can be identified such as domestic and family violence, child developmental diagnosis, mental health and homelessness, etc.

We provide assistance to identify and manage the change you want to make. You can speak to us by phone, visit our offices or we can meet in your home. Pathways can be made by contacting the services through the listed number.

## Case Worker and Counselling Services

**Title:** Bay City Care Counselling and Psychotherapy

**Time:** By appointment

**Cost:** Free for domestic violence support  
Low cost for everything else

**Contact:** Mona on (02) 8094 1354

**Address:** Bay City Community Support Centre  
4/39-45 George St, Rockdale NSW 2216



**Description:** Our counsellors and psychotherapist offer a safe and private environment for people to share their concerns. They can help clarify your goals and consider options for change and equip you to resolve conflict and emotional issues, manage communication difficulties, and develop strong, healthy relationships.

Specialised help is available in the following areas: Individual Counselling, Couples Counselling, Family Therapy, Pre-marriage Prepare/Enrich, Professional Supervision, Anxiety, Depression, Eating Disorders, Trauma, Mental Health issues, Relationship issues, Grief and Loss, Abuse, Self-harm and Stress Management.

**Title:** Hurstville Grove Church DivorceCare Support Groups

**Time:** Thursday evenings, 7:30pm-9pm at the church  
Runs only twice per year

**Cost:** \$50 to cover the workbook

**Contact:** (02) 9580 4094  
office@grovechurch.org.au

**Address:** Cnr Hillcrest Ave & Lansdowne St  
Hurstville Grove NSW 2220

**Description:** We run two 13-week DivorceCare support groups each year, starting in February and August.

Most people will tell you that separation and divorce are the most painful and stressful experiences they've ever faced. Our DivorceCare course will help you deal with the pain of the past and look forward to rebuilding your life.

You'll learn practical strategies and information that will help you recover from your separation or divorce. DivorceCare groups meet weekly to help you face the challenges of divorce or separation and move towards rebuilding your life. Each session has two distinct elements: 1. A seminar with experts. 2. A support group with focus.

## Case Worker and Counselling Services

**Title:** Padstow Community Care Counselling Service

**Time:** By appointment

**Cost:** Means tested

**Contact:** Office (02) 9772 2299

**Address:** 23 Cahors Rd, Padstow NSW 2211

**Description:** The counselling service can be accessed on a means tested basis making it affordable to all and has staff in specialised areas such as Child and Family and Drug and Alcohol. Counselling Private counsellors work with people suffering from a wide range of issues including depression, anxiety, grief, loss, abuse, trauma or addictions. We use evidence based psychological interventions to develop a treatment plan that best suits the individual clients need.

This is a warm, safe, non-judgemental environment where people can receive support to work through life's challenges. They are conducted in complete privacy with confidentiality agreements in place.



**Title:** Kogarah Storehouse  
Alcoholics Anonymous Meetings

**Time:** Thursdays, 6:15pm-7:15pm  
Saturdays, 2pm-4pm (women only)  
Saturdays, 5pm-6:30pm

**Cost:** Free

**Contact:** Church office (02) 9587 5761  
Alcoholics Anonymous Helpline 1300 222 222

**Address:** Cnr Gray St and Kensington Rd, Kogarah NSW 2217

**Description:** Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

## Case Worker and Counselling Services

**Title:** Kogarah Storehouse  
Narcotics Anonymous Meetings

**Time:** Fridays, 8pm-9pm

**Cost:** Free

**Contact:** Church office (02) 9587 5761  
Narcotics Helpline 1300 652 820 or 0488 811 247

**Address:** Cnr Gray St and Kensington Rd, Kogarah NSW 2217

**Description:** Narcotics Anonymous is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean.

We have found through our group experience that the therapeutic value of one addict helping another is without parallel.

**Title:** Mortdale Oatley Baptist Church Ezra  
Counselling Service

**Time:** By appointment

**Cost:** Medicare rebates, NDIS funded services, work injury payments and Veteran Affairs payments are available when the clinician and client are eligible to access the funding. Special arrangements can be made for clients experiencing financial hardship and Ezra will endeavor not to turn a client away due to financial constraints and you can choose from a number of therapists/fees.

**Contact:** (02) 8197 1746  
admin@ezra.org.au

**Address:** 1-5 Woronora Pde, Oatley NSW 2223

**Description:** Ezra means 'helper' and this is one of the core aims of Ezra; to be able to come alongside you, or your family in the role of a professional 'helper'. The Ezra Clinic has rooms at MOBC where it offers a range of services including: Mental Health, Anxiety, Depression, Addiction, Child and Adolescent assessment and treatment, Family Therapy, Group Therapy, Relationships, Life transitions, Individuals, Couples, Gender Identity, Sexual Issues, Grief & Loss, Pastoral Care.



## Emergency Help

**Title:** Salvo's Connect Emergency Relief

**Time:** Monday to Friday, 9am-5pm

**Cost:** Free

**Contact:** 1300 371 288

**Description:** The Salvation Army provides "emergency relief" to those in need. To request emergency assistance, please call the Salvos Assessment Line (SAL) on 1300 371 288. Your needs will be assessed, and you'll be connected to the nearest Salvation Army Connect site.

**Title:** Bay City Care Emergency Food Relief

**Time:** Tuesdays and Thursdays, 10am-1pm & 5:30pm-6:30 pm

**Cost:** Free with assessment

**Contact:** Office (02) 8094 1354

**Address:** Coronation Hall  
23 Barden St, Arncliffe NSW 2205

**Description:** Perishable and non-perishables food available. Electricity, Gas and water vouchers available by appointment.

## Second Hand Shops

**Title:** Rockdale Salvos Store

**Time:** Monday-Friday 9am-5pm, Saturdays 9am-4pm

**Contact:** (02) 9599 9379

**Address:** Rockdale Salvos  
432 West Botany St, Rockdale NSW 2216

**Description:** Available in the store are: Clothing, homewares, bric-a-brac, books, toys, CD's, electrical goods, furniture and new mattresses.



**Title:** St Vincent's De Paul Hurstville

**Time:** 9am-5pm Monday to Saturday, Sundays 10am-4pm

**Cost:** Assessed people will get assistance  
Affordable prices for all others

**Contact:** (02) 9580 2459  
retail.sac09250@vinnies.org.au

**Address:** 183C Forest Rd, Hurstville NSW 2220

**Title:** St Vincent's De Paul Rockdale

**Time:** 9am-5pm Monday to Saturday, Sundays 10am-4pm

**Contact:** (02) 9597 6762  
retail.sac09252@vinnies.org.au

**Address:** 445 Princes Hwy, Rockdale NSW 2216

**Title:** St Vincent's De Paul Mortdale

**Time:** 9am-5pm Monday to Saturday, Sundays 10am-4pm

**Contact:** (02) 9580 4430  
retail.sac09251@vinnies.org.au

**Address:** 15 Cook St, Mortdale NSW 2223

**Description:** Vinnies Centres provide furniture, clothing and household goods to people who have been interviewed by Conference Members or the Society's welfare staff and have been assessed as being in need of assistance. Vinnies Centres are also a valuable resource for people on low incomes, enabling them to buy quality clothing, furniture and other household items at an affordable price. Profits go directly towards providing resources and support to people in need.

## Second Hand Shops

**Title:** Salvation Army Family Store  
**Time:** Call for business hours  
**Cost:** Low cost items  
**Contact:** (02) 9570 2617  
**Address:** 6/3 Hurst Place, Narwee NSW 2209

**Description:** The shop exists to offer affordable second hand clothing and household goods. The money raised from the store goes directly to fund the work of The Salvation Army in the Georges River area in supporting people in community.

**Title:** Padstow Community Care Second-hand Store  
**Time:** Monday, Tuesday, Thursday and Friday, 9:30am-4pm  
**Cost:** Low cost food and life products  
**Contact:** (02) 9772 2299  
**Address:** Shop 4, 23 Cahors Rd Padstow

**Description:** The Renew community store provides pre-loved and new goods at very affordable prices. This is primarily run by volunteers and is a self sufficient facility allowing people to meet their clothing needs easily. Many people benefit from the Renew store though, "Once considered the domain of grannies searching for a crocheted hankie, op shops have become a haven for hipsters, fashionistas, avid recyclers and bargain hunters." S.M.H.

## Shower and Washing Facilities

**Title:** Shower, washing machine and dryer  
**Time:** 9:30am-4:30pm  
**Cost:** Free  
**Contact:** Office (02) 95973866  
**Address:** Rockdale Salvos  
3-4/432 W Botany St, Rockdale NSW 2216

**Description:** The shop exists to offer affordable second hand clothing and household goods. The money raised from the store goes directly to fund the work of The Salvation Army in the Georges River area in supporting people in community.

## Meals, Food and Emergency Hampers

**Title:** Georges River Life Church Community Relief

**Time:** First, second and third Wednesday of each month  
10am-12pm

**Cost:** Food hampers are available free to those in need

**Contact:** Suzanne on (02) 9153 6300  
care@grlc.org.au

**Address:** Georges River Life Church  
23 Stanley St, Peakhurst NSW 2210

**Description:** Georges River Life Care provides food parcels and emergency relief to people in need. We conduct a fortnightly bread run which delivers bread and food supplies to a number of families who are struggling financially. We also provide emergency relief to families in crisis with food parcels as required. The food service also supplies food hampers and gifts to a number of families requiring relief at Christmas. Concession card holders and those with a demonstrated need.



**Title:** Padstow Community Care Food Store

**Time:** Monday, Tuesday, Thursday and Friday, 9:30am-4pm

**Cost:** Low cost food and life products

**Contact:** (02) 9772 2299

**Address:** Shop 4, 23 Cahors Rd, Padstow NSW 2211

### Description:

Community Care is a place where people can come and experience genuine support, encouragement and practical assistance, as well as find hope for the many challenges that life brings. Anyone with a government benefit card or Seniors Card can become a member (free membership) and make use of the shop.





## Meals, Food and Emergency Hampers

- Title:** Uniting Church Kogarah Storehouse Food Programs
- Time:** Monday-Friday 10am-2pm  
Wednesday Community Morning Tea 10am-11am and lunch between 12pm-1 pm
- Cost:** Free food parcels. Morning tea and lunch is free, however a gold coin is appreciated
- Contact:** Office (02) 9587 5761  
enquiries@kogarahstorehouse.org.au
- Address:** Kogarah Storehouse  
Cnr Kensington & Gray St, Kogarah NSW 2217

**Description:** The Kogarah Storehouse provides free parcels of food for families and individuals who are struggling to make ends meet. Without this help these people and their families would most likely go hungry. The food parcels contain staple groceries plus fresh food. A Centrelink card is required to be eligible and there is a limit normally of one parcel per client per month. Exceptional circumstances, however, are accommodated. Visa holders are eligible for free parcel.

There is also a charity gift market on site, selling new and quality items at affordable prices.



- Title:** Arncliffe Community Food Care
- Time:** Tuesdays and Thursdays, 10am-1pm & 5:30pm-6:30pm
- Cost:** Low cost food
- Contact:** (02) 8094 1354  
info@communityfoodcare.com.au
- Address:** Coronation Hall  
23 Barden St, Arncliffe NSW 2205

**Description:** The Community FoodCare program provides grocery hampers for a nominal service and handling fee along with free fruit, vegetables and bread weekly to every family and individual with a concession benefit card who are facing a crisis or financial hardship. An initiative of Bay city Church.



## Meals, Food and Emergency Hampers

**Title:** Rockdale Salvos Food Market

**Time:** Wednesdays, 10am-1pm

**Cost:** Low cost groceries for those who are going through financial hardship

**Contact:** (02) 9597 3866  
rockdale.corps@aue.salvationarmy.org

**Address:** Rockdale Salvos  
3/432 West Botany Street, Rockdale NSW 2216

**Description:** Low-cost food market to cater for the increase of people experiencing financial hardship. Eligibility assessed on arrival. Concession card.



**Title:** St Vincent de Paul Society Community Support Centre

**Time:** Monday-Friday 9am-4pm

**Cost:** Free emergency relief

**Contact:** (02) 9580 2459 - press 1 for Welfare

**Address:** 183c Forest Rd., Hurstville NSW 2220  
(Above the Vinnies Shop)

**Description:** Community Support Centres provide a welcoming, safe space where people experiencing hardship and/or social isolation can access a range of supports including:

- Financial and material assistance, including emergency relief
- Social support
- Advice and referrals

In general an initial assessment is conducted by appointment at the Centre and follow up support is then provided by members of the St Vincent de Paul Society through home visitation.

## Meals, Food and Emergency Hampers

**Title:** Brighton Rockdale Anglican Churches Food Relief

**Time:** Mondays, 10:30am-11:30am

**Cost:** \$10 for a bag of groceries

**Contact:** Steve on (02) 9567 4102  
steve@brac.org.au

**Address:** 1-3 Trafalgar Street, Brighton Le Sands NSW 2216

**Description:** We offer fresh food, preceded by a Bible Study at 10am. All welcome, but clients must be referred by another agency or bring a concession card.



**Title:** Greek Orthodox Community of Kogarah Food Drive

**Time:** Mondays, 5pm-6pm

**Cost:** Free

**Contact:** Ria on 0425 349 231  
Father Kyriakos on (02) 9587 9113  
Father Dimitrios on (02) 9587 5945

**Address:** 2 Railway Parade, Kogarah NSW 2217 (near Harrow Rd)

**Description:** St Elesa Food Drive is a new initiative from the Greek Orthodox Parish and Community of Kogarah with the hope to help in a small way all who may need a hot meal and a chat. All are welcome.

**Title:** Hurstville Salvation Army Body 'n' Soul

**Time:** First Friday of the month, 12pm-1pm

**Cost:** Free

**Address:** Cnr Bond & Dora St, Hurstville NSW 2220

**Description:** A program where you can enjoy a two-course community meal and a guest speech. During the pandemic, it is continuing in the form of a take-away meal and a devotional reader.

## Housing Assistance

**Title:** St George Sutherland Community Support Services

**Cost:** Available for no income clients

**Contact:** (02) 9560 2656  
intakeofficer@sydneyvinnies.org

**Description:** Up to 3 months stay with a case worker to help you access other options. A family has their own bedroom and shares the kitchen and bathroom.

**Title:** Link2home

**Contact:** 1800 152 152  
<http://www.facs.nsw.gov.au/housing>  
link2home@facs.NSW.gov.au

**Description:** A assessment and referral to specialist homelessness services, temporary accommodation and other appropriate services for people who are homeless or at risk of homelessness. Link2home also provides information about homelessness services across New South Wales for specialist homelessness service providers and homelessness advocates acting on behalf of clients.

## Financial Assistance

**Title:** Georges River Life Care

**Cost:** Free

**Contact:** Church office (02) 9153 6300  
lifecare@grlc.org.au

**Address:** Georges River Life Church  
23 Stanley St, Peakhurst NSW 2210

**Description:** No Interest Loans Scheme (NILs) allows people on low incomes to borrow up to \$1200 interest and cost free (\$500 for Newstart recipients). Loans can be used for significant household items including bedding, furniture, whitegoods, medical and dental costs and some car expenses.

Who is eligible for NILs?

- People on low incomes
- People receiving income support from Centrelink
- People who hold Centrelink concession cards
- People who have lived at their current address for six months
- People who have a willingness and capacity to repay a loan
- People over the age of 18 years

**Title:** The Kogarah Storehouse Financial Assistance NILs Scheme and Payment Assistance

**Time:** By appointment

**Contact:** (02) 9587 5761  
enquiries@kogarahstorehouse.org.au

**Address:** Cnr Kensington & Gray St, Kogarah NSW 2217

**Description:** Can provide no interest loans up to \$1500 for essential goods and services, such as household items & appliances (beds, table and chairs, refrigerators, freezers, washing machines, etc.) Also, for medical or dental expenses, vehicle repairs & registration, education fees, uniforms, textbooks, laptops, plus other essential needs. Repayments are tailored to everyone's situation and income.

Also, payment assistance vouchers for power, gas, water and Telstra accounts are available.

Help is available once in six months.

**Title:** Padstow Community Care Emergency Relief

**Cost:** Support given as needs required

**Contact:** By appointment (02) 9772 2299

**Address:** 23 Cahors Rd, Padstow NSW 2211

**Title:** Padstow Community Care Financial Counselling

**Cost:** Free service

**Contact:** By appointment (02) 9772 2299

**Address:** 23 Cahors Rd, Padstow NSW 2211

**Description:** Supporting people in financial difficulty and advocating on their behalf of their debts to the creditor.

**Title:** Hurstville Salvation Army Money Care

**Contact:** Nerida, Financial Counsellor on 0437 058 223  
Cathy, Financial Counsellor on 0417 159 440

**Address:** 23 Dalcassia Street, Hurstville NSW 2220

**Description:** The Salvation Army's Moneycare is a free and confidential financial counselling service for people facing financial difficulties or wanting to avoid financial difficulties in the future. Staff are able to help with a range of issues including budgeting, credit, debt and repossession. Assisting people with debts and provision of wrap around services. Financial Counsellors can assist with budgeting, utilities, and referrals regarding Emergency Relief supports.

## Financial Assistance

**Title:** Rockdale Salvos Financial Assistance, Money Care

**Time:** By appointment

**Contact:** Phil on 0419 737 138

**Address:** Rockdale Salvos  
432 West Botany St, Rockdale NSW 2216

**Description:** If you're in financial difficulty, a financial crisis or are just looking to tighten up your budget, our financial counsellor is available to help assess your financial situation, provide you with practical information that's relevant to you, and work with you to develop a plan to gain control over your finances and debt repayments.

## Legal Assistance

**Title:** Horizons Family Law Centre

**Cost:** Tuesdays and Thursdays, 9am-12pm

**Cost:** Free initial discussion by telephone

**Contact:** Advice (02) 9890 1203  
Administration (02) 9890 1208  
office@horizonsfamilylaw.org.au

**Address:** Georges River Life Church  
23 Stanley St, Peakhurst NSW 2210

**Description:** All people should be able to access legal help regardless of their background or financial situation. We target our help towards disadvantaged people experiencing family breakdown who can't otherwise access a lawyer.

Our work is an expression of Christian faith, following the example of Jesus. We believe in expressing compassion freely to all people through the help we provide. We seek to use our knowledge to empower people by providing the advice and representation they need to solve the problems they are facing.

We pray that as you meet the people in these organisations –  
that you would also meet your living Creator.

There is no greater reward for them.  
This is their purpose and meaning in life.

**Yvette Wynne**

Mission Development Manager, Integricare

[ywynne@integricare.org.au](mailto:ywynne@integricare.org.au)

**Connecting Communities Together**