

Our service

The Gambling Treatment and Research Clinic (GTRC) offers free and confidential counselling to anyone who feels they would like greater control over their gambling or knows someone who does.

Referrals	<p>You can contact us directly by phone or email without needing a referral from a doctor.</p> <p>One of our team will discuss your needs over the phone and organise an appointment as soon as possible.</p> <p>Not everyone who contacts the service is looking for an appointment. Some simply want to call to get information or discuss their concerns and that's fine too.</p>
Hours	<p>We try to be as flexible as possible, by offering appointments during the week as well as Saturdays. For help outside our service hours, please contact the 24 hour Gambling Help Line (NSW) on 1800 858 858.</p>
Fees	<p>The GTRC is a free service funded by the NSW Government.</p>
Staff	<p>Our team consists of both registered and clinical psychologists who are highly trained in offering support to people who want greater control over their gambling.</p>
Treatment	<p>Our gambling-specific treatment focuses on identifying and modifying unhelpful beliefs about gambling to increase control over your gambling behaviours.</p>
Beginning treatment	<p>Starting treatment may feel overwhelming, but our clinicians are here to support you through this process. Treatment typically begins with an assessment session where we review the impact gambling has had in your life and agree on treatment goals. These goals may include stopping gambling, returning to social gambling or gaining advice on how to support a family member.</p>
Treatment length	<p>Treatment sessions typically last one hour, once a week, for 8–10 sessions or more, if required.</p>
Treatment success	<p>The GTRC has been operating since 1999 and in that time we have been continually searching for ways to improve our treatments. After we've completed treatment, we evaluate its effectiveness following the final session and again after 6 months. Most who complete treatment benefit to some degree, but of course outcomes can vary for each individual.</p>
Other problems	<p>Our counsellors can address other concerns such as anxiety, depression and relationship problems caused by excessive gambling. We can also refer you to other services including financial counselling and liaise with other treating professionals on your behalf.</p>



1800 858 858

www.gamblinghelp.nsw.gov.au

Financial assistance for this project was provided by the New South Wales Government from the Responsible Gambling Fund.

For more information

Gambling Treatment and Research Clinic

Telephone: 1800 482 482

Email: psychology.gtc@sydney.edu.au

Website: <https://sydney.edu.au/brain-mind/patient-services/gambling-treatment-clinic.html>

Locations

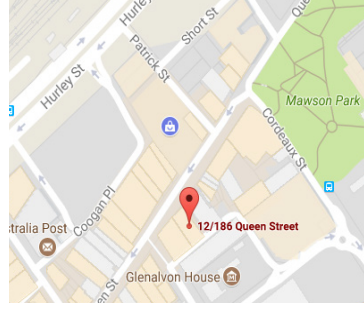
CALL: 1800 GTC GTC (1800 482 482)



Camperdown Clinic

Level 2, 94 Mallett St,
Camperdown
1800 482 482
Monday – Friday
8:00am – 5:00pm
Saturday 8.00am– 5.00pm

Bus: Parramatta Road or City Road (near Carillon Ave)
Train: 15 min walk to Newtown station.
Parking: 1 and 2 hour street parking available.



Parramatta Clinic

Suite 3, Level 4, 20–22
Macquarie St,
Parramatta
1800 482 482
Monday – Friday
8:00am – 5:00pm
Saturday
8.00am– 12.00pm

Train: 5 minute walk from Parramatta station
Parking: 3 hour free parking at Westfield



Lidcombe Clinic

75 East Street,
Lidcombe
(Visitors Enter through Gate 2,
University of Sydney Cumberland
Campus)
1800 482 482
Monday and Wednesday
9:00am – 5:00pm

Bus: 2 minute walk from East St opposite University of Sydney
Cumberland Campus.



Campbelltown Clinic

Suite 12, 186 Queen St,
Campbelltown
1800 482 482
Wednesday – Friday
8:00am – 5:00pm
Saturday
8.00am– 12.00pm

Train: 5 minute walk from Campbelltown station
Parking: Free 2 hour parking nearby

**Gambling Treatment
and Research Clinic**

THE UNIVERSITY OF
SYDNEY





CESPHN funded Mental Health, Suicide Prevention, Drug and Alcohol and After Hours Services and Programs Updated August 2020

MENTAL HEALTH AND SUICIDE PREVENTION



New Access Coaching

Coaching service providing practical support to people aged 16+ experiencing mild to moderate anxiety and depression, via phone, video conference or face to face. This service is available without a referral and is free of charge. **Ph: 9477 8700** **W: www.beyondblue.org.au/get-support/newaccess**



Mindfulness Program for Arabic and Bengali speakers

A 5-week in-language group program for adults aged 18+ promoting emotional balance, resilience, wellbeing and stress reduction. To find out about accessing the program please call Hend Saab, Bilingual Senior Psychologist, St. George Community Mental Health Service.

Ph: 9382 8670 **E: hend.saab@health.nsw.gov.au**

W: www.cesphn.org.au/general-practice/help-my-patients-with/mentalhealth/mindfulness?highlight=WyJtaW5kZnVsbnVzcyJd



headspace

General health and mental health services, alcohol and other drugs, work, school and study support to people aged between 12 and 25, their families and their carers. The CESPHN region centres are [Ashfield](#),



Psychological Support Services (PSS)

Access to psychological support for people with mild-moderate mental health issues that would benefit from short term therapy and are unable to access the Better Access Initiative for financial reasons. PSS services are available to specific groups and demographics. See website for further detail and eligibility. Referrals can be made online at www.phncesws.redicase.com.au/#!/referral/create

Ph: 1300 170 554 **W: www.cesphn.org.au/pss**



Information Line for Psychosocial Services

An information and referral service available for providers or people with severe mental health issues who wish to access psychosocial supports, including the National Disability Insurance Scheme (NDIS).

Ph: 1800 317 526 **W: www.cesphn.org.au/general-practice/help-my-patients-with/mentalhealth/**



Psychiatry Line for GPs

The GP Psychiatry Support Line is a free service for GPs to help manage the care of mental health consumers, providing advice on diagnosis, investigation, medication and safety plan. The service is not about triaging or referring consumers to a psychiatrist, but rather keeping consumers whose conditions are able to be treated within primary care under the care of their GP. This service is exclusive to GPs who practice within the Central and Eastern Sydney PHN region and is available Monday to Friday, 9am - 5pm.

Ph: 1800 16 17 18 **W: gpsupport.org.au**



Youth Severe Services

Based in headspace centres, Youth Severe services consist of multidisciplinary mental health teams who see young people with more complex needs requiring care coordination and psychiatry input. Referral via headspace centres.



Connect and Thrive

Psychosocial support services for adults with severe, persistent mental health issues who are not eligible for the NDIS. Capacity building supports provided one on one and/or in a group.

Anyone can make a referral online at <https://phncesws.redicase.com.au/#!/referral/create> or over the phone. **Ph: 1300 779 270** **W: www.cesphn.org.au/connectandthrive**



CESPHN funded Mental Health, Suicide Prevention, Drug and Alcohol and After Hours Services and Programs

MENTAL HEALTH AND SUICIDE PREVENTION



Mental Health Shared Care Program

The Mental Health Shared Care Program provides support to the path of recovery and physical health of a consumer whose care is shared by a GP and the Local Health Networks. Shared Care clearly specifies which service will be responsible for identified aspects of their physical health care.

To be eligible to access, clients need to be care coordinated by either SLHD, SESLHD or St Vincent's Health Australia Mental Health Services.

W: www.cesphn.org.au/general-practice/help-my-patients-with/mentalhealth/mental-health-shared-care-program



Primary Integrated Care Supports (PICS) Program

Clinical care coordination and peer support provided by mental health nurses and peer workers. For adults experiencing severe mental health issues.

Referrals may be made online only at: <https://phncesws.redicase.com.au/#!/referral/create>.

Ph: 1300 170 554 **W:** www.cesphn.org.au/programs/primary-integrated-care-supports-program-pics



Psychosocial NDIS Access Project

This project will assist individuals with a psychosocial disability to navigate the NDIS access and planning process and to test their eligibility for supports under the NDIS.

Delivered by Mission Australia. Referrals by phone or internet.

Ph: 1800 317 526 **W:** www.cesphn.org.au/general-practice/help-my-patients-with/mentalhealth/information-line-for-psychosocial-services-3



SP Connect

Short-term support service for people aged over 16 who have presented to hospital in the context of suicide attempt or suicidal crisis. Referral by hospital staff upon discharge from Prince of Wales, St Vincent's, or Royal Prince Alfred Hospitals.

Ph: 9570 5933 **W:** <https://www.neaminational.org.au/find-services/spconnect/> or <https://www.cesphn.org.au/community/services-in-your-region/mental-health/spconnect>



Norfolk Island Health and Wellbeing

Improving health literacy and help-seeking behaviours. Health-promotion activities in the region to address physical health, mental health and drug and alcohol.



Norfolk Island Child, Youth and Family Counsellor

Psychological therapies and/or counselling services for children, young people, and their families. Referrals available through the GP clinic on Norfolk Island. **W:** norfolkislandhealth.gov.nf/



Psychosocial Support Transition and Continuity of Support

Programs for consumers who were previously supported under the now-defunded programs, PHaMs, Partners in Recovery, and Day2Day Living. **PST:** 1300 986 991 **CoS:** 9570 5933



PSS – RACFs

Provision of individual and group psychological therapy to residents of residential aged care facilities. Online referrals can be made here <https://phncesws.redicase.com.au/#!/referral/create>

Ph: 1300 170 554 **W:** <https://www.cesphn.org.au/general-practice/help-my-patients-with/mentalhealth/psychological-support-services-pss>



CESPHN funded Mental Health, Suicide Prevention, Drug and Alcohol and After Hours Services and Programs

ALCOHOL AND OTHER DRUGS



Aboriginal Medical Service (AMS) Redfern

Culturally appropriate drug and alcohol counselling, pharmacotherapy, referral and aftercare support.

Ph: 9319 5823 Drop in: 36 Turner St, Redfern NSW 2016

W: www.amsredfern.org.au



ACON: Substance Support Program

Psychosocial counselling, aftercare and care coordination to people of diverse gender and sexuality, partners, family and friends. Available face to face, via telephone or Skype.

Ph: 9206 2000 or 1800 063 060

W: www.acon.org.au



Community Restorative Centre (CRC)

Provides holistic outreach-based rehabilitation to support people with community reintegration on release from custody. Accessible via a Service and Programs Officer (SAPO), parole officer or case-manager.

Ph: 9288 8700 W: www.crcnsw.org.au



Odyssey House

Individual psychosocial counselling, group drug and alcohol counselling, care coordination and aftercare. Group drug and alcohol counselling program delivered in a range of locations.

Ph: 1800 397 739 or E: referral@odysseyhouse.com.au

W: www.odysseyhouse.com.au/



The Haymarket Foundation

Drug and alcohol counselling, care coordination, referrals and waiting list support for people experiencing disadvantage and homelessness and are seeking drug and alcohol treatment. Monday-Friday for apt or drop in.

Ph: 1800 029 202; Drug and Alcohol support: 9197 9740;

Waiting List Support Service: 9197 9731

www.haymarket.org.au/home



The Salvation Army: Pathways Maroubra

Provides individual support, care coordination, referrals and therapeutic group work.

Self-referrals may be made.

Ph: 9314 2166, 0408 798 172 or 0427 394 155

W: www.salvos.org.au/need-help/addiction-rehabilitation



The Salvation Army: Oasis Youth Support Network

A drop in centre providing counselling, drug and alcohol support, recreation and group work for homeless and disadvantaged young people aged 16-25 years.

Ph: 9331 2266

W: www.salvos.org.au/oasis



The Station

Drug and alcohol counselling, case management, advocacy and referral service for people experiencing homelessness.

82 Erskine Street Sydney Ph: 9299 2252 or drop in W: www.thestationltd.org



CESPHN funded Mental Health, Suicide Prevention, Drug and Alcohol and After Hours Services and Programs

ALCOHOL AND OTHER DRUGS



Uniting: Sydney Medically Supervised Injecting Centre

An experienced mental health nurse is available on weekdays to support and coordinate care and services for people with mental health needs who attend the Medically Supervised Injecting Centre.

Ph: 9360 1191 W: <https://www.uniting.org/community-impact/uniting-medically-supervised-injecting-centre--msic.html>



We Help Ourselves (WHOs)

Residential therapeutic community programs with a focus on abstinence, opioid substitution treatment reduction or stabilisation. A low to moderate withdrawal service is available to assist with withdrawal management once in the WHOS programs.

T 8572 7471 | www.whos.com.au



Weave Youth and Community Services: 'Speak Out' Dual Diagnosis Program

Care coordination, counselling, information and referral support and group activities for young people with mental health and drug and alcohol support needs. Drop-in centre.

Ph: 9318 0539 W: www.weave.org.au



WHOs Hub - Lilyfield Day Program The WHOs Hub®

Lilyfield Day Program offers brief and/or psychosocial interventions delivered through structured one-on-one or group work. It supports clients seeking admission to the residential program, assists in maintaining motivation to seek help while waiting to be admitted and provides a drop-in point and program for those who have left a WHOS residential program.

T 02 8572 7444 or visit <https://whos.com.au/>

AFTER HOURS CARE



Homelessness Outreach Service – Kirketon Road Centre

Client management, referrals to primary care providers, communication and coordination of care to vulnerable populations including people who may be experiencing or at-risk of homelessness from a fully operational mobile outreach vehicle.

Ph: 9360 2766 W: www.seslhd.health.nsw.gov.au/services-clinics/directory/kirketon-road-centre



St George GP After Hours Service

After-hours GP clinic that operates weeknights, weekends and public holidays.

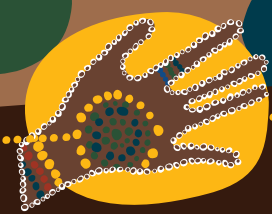
Ph: 9553 0795 W: www.stgeorgeafterhoursgp.com.au/



St Vincent's Hospital Network - Provision Primary Health Care to Vulnerable Individuals

After-hours primary care including face to face clinics, telehealth clinics, consultations, mobile outreach, health coaching, care navigation and case management to complement existing services by the Homeless Health Service.

Ph: 1800 602 417 W: www.svhs.org.au/our-services/list-of-services/homeless-health-service



ABORIGINAL HEALTH

SUPPORT FOR ABORIGINAL AND/OR TORRES STRAIT ISLANDER PEOPLES



Aboriginal Medical Service (AMS) Redfern

Culturally appropriate drug and alcohol counselling, pharmacotherapy, referral and aftercare support.

Ph: 9319 5823 Drop in: 36 Turner St, Redfern NSW 2016

W: www.amsredfern.org.au



Drug and Alcohol Program – Community Restorative Centre

Provides holistic outreach-based rehabilitation to support community reintegration on release from custody. Accessible via a Service and Programs Officer (SAPO), parole officer or case-manager.

Ph: 9288 8700 W: www.crcnsw.org.au



Integrated Team Care

South Eastern Sydney Local Health District (SESLHD), Sydney Local Health District (SLHD) and the Sydney Children's Hospitals Network have been funded to provide care coordination and outreach services to support Aboriginal and/ or Torres Strait Islander peoples to better access coordinated team care, as well as improving access to culturally appropriate primary care services.

South East Sydney Local Health District Ph: 9540 8181 E: seslhd-seahc@health.nsw.gov.au

Sydney Local Health District Ph: 1300 722 276 E: SLHD - ACTCallCentre@health.nsw.gov.au

Sydney Children's Hospital Network Ph: 9382 105 E: SCHN-SCH-CARPAHeads@health.nsw.gov.au



Men's Groups and Yarning Circles - Babana Aboriginal

Babana Aboriginal runs monthly Yarning Circles for Aboriginal men in the region. Yarning circles are a culturally safe and appropriate method to improve social and emotional wellbeing. Topics include suicide prevention, social and emotional wellbeing, housing and employment, addictions such as alcohol and drugs, challenging relationships and issues related to feelings of disempowerment.

Ph: (02) 9660 5012 W: babana.org.au



Mental Health – Psychological Support Services and Early Intervention Groups

A number of organisations and service providers deliver culturally appropriate free short-term face-to-face psychological therapy for people experiencing mild to moderate mental health concerns. Referrals can be made by a GP, psychiatrist or paediatrician on the website below. <https://phncesws.redicase.com.au#!/referral/create>

Ph: 1300 170 554 F: 1300 112 489 W: www.cesphn.org.au/pss



Weave Youth and Community Services: 'Speak Out' Dual Diagnosis Program

Care coordination, counselling, information and referral support and group activities for young people with mental health and drug and alcohol support needs. Drop-in centre.

Ph: 9318 0539 W: www.weave.org.au



Youth Health and Wellbeing Program - La Perouse

La Perouse Local Aboriginal Land Council has two Health and Wellbeing Coordinators to engage and support young people aged 12-25 years. Coordinators help young people access culturally appropriate mainstream services to address their health and wellbeing needs.

Ph: 9311 4282 E: admin@laperouse.org.au W: www.laperouse.org.au/



Youth Health and Wellbeing Program - Inner City

Tribal Warrior Aboriginal Corporation has two Health and Wellbeing Coordinators to engage and support young people aged 12-25 years. Coordinators help young people access culturally appropriate mainstream services to address their health and wellbeing needs.

Ph: 9699 3491 E: info@tribalwarrior.org W: www.tribalwarrior.org



Youth Outreach Program

headspace Ashfield provides outreach support and link Aboriginal and/or Torres Strait Islander young peoples to local and culturally appropriate services and programs.

Ph: 9193 8000 W: www.headspace.org.au/headspace-centres/ashfield/



**Is it worth
the gamble?**

Gambling Help

Problem gambling can have devastating financial and emotional consequences. Co.As.It. offers free and confidential counselling support for individuals and family members who have been impacted by gambling issues. Call us today to learn more about how we can help.

**Call Today
(02) 9564 0744**



Sydney Women's Counselling Centre (SWCC) is a specialist counselling service that works within a Social Determinants of Health and Trauma Informed Care framework providing counselling to women, primarily to those who are marginalised and socio-economically disadvantaged.

All programs can address presenting and complex co-occurring issues in the context of an individual's life experiences.

SWCC Programs

- General Mental Health/Domestic & Family Violence/Sexual Assault
- Drug and Alcohol
- Problem Gambling
- Bilingual Counselling(Mandarin/Cantonese/Shanghai dialect)
- Referrals
- Therapeutic and Educational Groups

Where possible and as is appropriate, counselling seeks to:

- establish safety and trust in the therapeutic relationship
- identify any connections to past/current trauma
- stabilise/reduce or eradicate problematic symptoms
- build on the Client's strengths and capacity
- process underlying trauma safely
- consolidate and maintain long term recovery.
- avoid re-traumatization for clients who have current and past experience of trauma

All SWCC counselling programs offer:

- Comprehensive psychosocial assessment
- Brief interventions (1-3 sessions)
- Short term counselling(up to 10 sessions)
- Medium term counselling (up to 20 sessions)
- Longer term counselling (weekly sessions up to 2 years)

Counselling for Women by Women

We offer client-centred holistic counselling on a wide range of issues in all our programs. All programs can address presenting and complex co-occurring issues in the context of an individual's life experiences.

The most common presenting and co-occurring issues affecting women's health and well-being include:

- depression
- anxiety
- domestic and family violence
- childhood sexual or other abuse
- alcohol and other drugs
- problem gambling
- grief and bereavement



Counselling is provided free of charge
SWCC has Public Benevolent Institution status
Donations are welcomed and are tax deductible

Trauma Informed Care

Counselling is underlined by a focus on

- Physical and Emotional Safety
- Trustworthiness
- Empowerment
- Collaboration
- Choice

and a practice ethic to avoid re-traumatization for clients who have current and past experience of trauma



Trauma Counselling

Where possible and as is appropriate, counselling seeks to:

- establish safety and trust in the therapeutic relationship
- identify any connections to past/current trauma
- stabilise/reduce or eradicate problematic symptoms
- build on the Client's strengths and capacity
- process underlying trauma safely
- consolidate and maintain long term recovery.

SWCC has held continuous Accreditation since 1998

Comprehensive Assessment

When you contact us we will arrange a mutually convenient time for a telephone assessment which helps us to determine the best program or referral to meet your individual needs.

Counselling Programs

All SWCC counselling programs offer:

- Brief interventions
- Short term counselling (up to 10 sessions)
- Medium term counselling (up to 20 sessions)
- Longer term counselling (weekly sessions up to 2 years)

SWCC Programs and other Services

- General Mental Health/Domestic & Family Violence/Sexual Assault
- Drug and Alcohol
- Problem Gambling
- Bilingual Counselling (Mandarin/Cantonese/Shanghai dialect)
- Adolescent/Youth counselling (14-20 years)
- Medicare/ATAPS Service (Bulk Billing)
- Domestic & Family Violence Case Management (Linking Hearts)
- Referrals
- Therapeutic and Educational Groups
- Legal Services

SWCC employs professional, qualified Counsellors/Psychologists/Social Workers who are registered with professional bodies.

Sydney Women's Counselling Centre (SWCC) is a specialist counselling service that works within a Social Determinants of Health and Trauma Informed Care framework providing counselling to women, primarily to those who are marginalised and socio-economically disadvantaged.

The services provided support the psychological and emotional wellbeing of women while recognising the social, environmental, economic, physical and cultural factors which affect women's health.

Client-focused confidential counselling is conducted in a supportive, trustworthy and respectful environment.

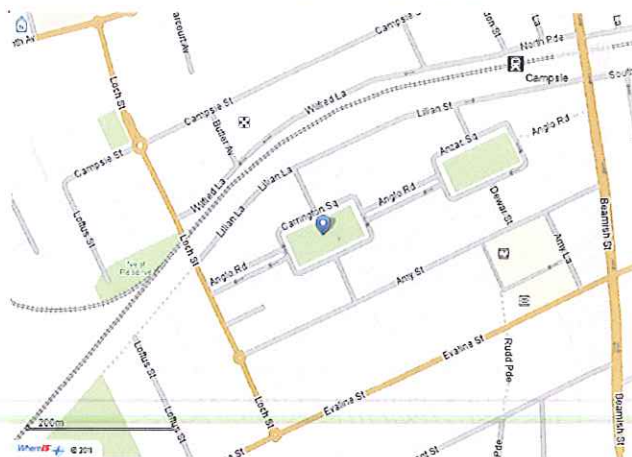


Please contact the Centre for an appointment.
Self and organisational referrals accepted.

4/2 Carrington Square Campsie NSW 2194
P: 02 9718 1955
E: help@womenscounselling.com.au
W: www.womenscounselling.com.au

**Opening hours: Monday to Friday
9am to 4.30pm**

HOW TO FIND US



**We are located 5 minutes walk from
Campsie Railway Station (Bankstown Line)**

**Bus Services: 400 (accessible for people
with disabilities), 412, 413, 487, 492, 494**

**On street parking:
no meters surrounding the centre**

**Wheelchair accessible and occasional
childcare available adjacent to the Centre**



SYDNEY Women's Counselling CENTRE

4/2 Carrington Square Campsie NSW 2194
P: 02 9718 1955
E: help@womenscounselling.com.au
W: www.womenscounselling.com.au

Funded by
NSW Ministry of Health
Justice Department Office of Liquor,
Gaming & Racing (RGF)
Family and Community Services (FACS)



CRISIS HELP

Do you need emergency relief?

EMERGENCY FOOD PARCELS | BY APPOINTMENT

Get a food parcel with basics like tinned fish, baked beans and soups.

UTILITY ASSISTANCE | BY APPOINTMENT

We may be able to help you pay electricity, gas and water bills.

PERSONAL MATTERS | BY APPOINTMENT

Come to us for case management and counselling.



SUPPORT

LEGAL ADVICE | WEDNESDAYS

Our free lawyers can guide you in the right direction.

HOUSING NSW | 11:00AM THURSDAY (FORTNIGHTLY)

Get advice on Housing NSW.

AA | 1:00PM SUNDAY

You're welcome at our Alcoholics Anonymous meeting.

GA | 1:00PM SATURDAY

If you're struggling with gambling come to our Gamblers Anonymous meeting each Saturday.

SYDNEY RECOVERY GROUP | 10:00AM SATURDAY

Find helpful peer support if you're in recovery.

ABILITY LINKS | MONDAYS

Connecting people with disability, their families and carers in the community.



OPENING HOURS

WEEKDAYS



WEEKENDS

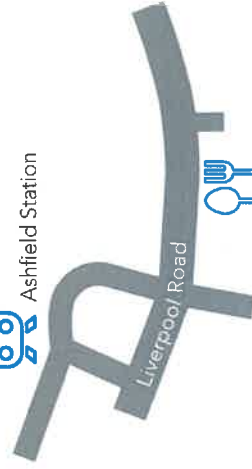


CONTACT US

The Exodus Foundation
180 Liverpool Road
Ashfield NSW 2131



Ashfield Station



The Exodus Foundation

PHONE

(02) 8752 4602

EMAIL

clinic@exodusfoundation.org.au

WEBSITE

exodusfoundation.org.au



facebook.com/ExodusFoundation



exodus.foundation

SOCIAL HEALTH AND WELLBEING

"WE'RE TO HERE TO HELP"



WELCOME WE ARE HERE FOR YOU

The Exodus Foundation provides food, basic healthcare and support services to people who need it.



MEALS

Would you like a hot, tasty meal?

BREAKFAST | AT ASHFIELD
9:00AM - 9:45AM

LUNCH | AT ASHFIELD
11:30AM - 12:45PM

DINNER | AT WOOLLOOMOOLOO
7:30PM - 8:30PM



PERSONAL CARE

SHOWERS | EVERY DAY

Get a hot shower in the morning or afternoon.

TAI CHI AND FITNESS | FRIDAY MORNINGS

You can get fit and healthy with us too.

HAIRCUTS | FIRST WEDNESDAY OF THE MONTH

If you need a haircut ask us to make a free appointment for you with our hairdresser.

LAUNDRY | 7:30AM-12:00PM TUESDAY

Got dirty clothes? Get them cleaned with Orange Sky Laundry at The Exodus Foundation.



HEALTHCARE

Your health is important to us. Whether you are feeling sick, have a tooth ache, or are suffering other discomfort we are here to help.

COMMUNITY NURSE | 8:00AM-3:00PM WEEKDAYS

Our free community nurse can help with common health complaints and medication.

DOCTOR | 9:00AM-3:00PM TUESDAY
10:00AM-1:00PM THURSDAY

DENTIST | WEDNESDAY BY APPOINTMENT
FRIDAY BY APPOINTMENT (DENTURES)

EYE CLINIC | 2ND FRIDAY OF MONTH

CHIROPRACTOR | 3RD MONDAY OF MONTH

PODIATRIST | MONTHLY

HOMEOPATHY | EVERY 2ND THURSDAY
BY APPOINTMENT

Homeopathy may stimulate the body's ability to heal itself.

A range of other health services are available each month. Please see our Guest Services Calendar for more information.



COUNSELLING

We are here to make you feel supported.

WOMEN'S SUPPORT GROUP | TUESDAY MORNING

MEN'S SUPPORT GROUP | TUESDAY MORNING

INDIVIDUAL COUNSELLING | BY APPOINTMENT

GAMBLING COUNSELLING | TUESDAY BY APPOINTMENT

FINANCIAL COUNSELLING | FRIDAY
BY APPOINTMENT

If you are interested in art, music or sports then ask us about the other community based support programs available. See our full range of social activities especially designed for you in our Guest Services Calendar.



Founded in 1951, the Community Restorative Centre (CRC) is the leading community provider of support services to people affected by the criminal justice system in NSW.

All CRC programs aim to reduce crime and break entrenched cycles of disadvantage, offending and imprisonment.



CRC is an incorporated association and a registered charity.

Our Mission

CRC aims to change lives positively by supporting people affected by the criminal justice system.

We aim to improve our clients' quality of life by providing a range of practical and emotional support, as well as assisting people to build sustainable pathways out of the criminal justice system and into the community.

We aim to reduce crime and the impact of incarceration on individuals and the community through a range of services and targeted projects.

 facebook.com/CommunityRestorativeCentre
 twitter.com/CRCNSW

TRANSITIONAL ALCOHOL &
OTHER DRUGS SUPPORT

An outreach based
Alcohol and Other Drugs
counselling service for men
and women with a history
of involvement in the
criminal justice system.



 **CHANGING LIVES
REDUCING CRIME**
COMMUNITY RESTORATIVE CENTRE

 **CHANGING LIVES
REDUCING CRIME**
COMMUNITY RESTORATIVE CENTRE

TRANSITIONAL ALCOHOL & OTHER DRUGS SUPPORT

The Transitional Alcohol and Other Drugs (AOD) Project provides outreach drug and alcohol support to people exiting NSW Correctional Centres who have complex needs.

To be eligible for the project, clients must have:

- A history of alcohol and/or drug misuse, and
 - A history of offending behaviour that is related to alcohol and/or drug misuse.
- The following groups of people will be given priority of access to the project:
- People who have a cognitive impairment (including Acquired Brain Injury, Foetal Alcohol Spectrum Disorder, Intellectual Disability and Borderline Intellectual Disability)
 - People who have a mental illness
 - Aboriginal people
 - Women with dependent children.

Counselling

We provide regular individual counselling appointments for up to twelve months, focusing on drug and/or alcohol issues for people who have a history of involvement with the criminal justice system. The Transitional AOD Project is a confidential service.

Funding

The Transitional AOD Project is funded by Central and Eastern Sydney PHN, WentWest PHN and NSW Health.

Outreach

We recognise that many people with a history of involvement in the criminal justice system find it difficult to access mainstream counselling services, so we work on an outreach basis. We can visit clients in Correctional Centres, in their own homes, at another service, or in the community.

How We Work

The Transitional AOD Project works in a respectful, client-centred manner. We listen to what our clients want to achieve and assist them in reaching those goals. We work with clients at varying stages – some may be abstinent from drugs and/or alcohol, others may be actively using. As long as a client is interested in talking about how their drug and/or alcohol use has impacted upon their life we can usually offer them a service.

To make a referral, please contact CRC directly to obtain an AOD Transition Program Referral Form. This form should then be emailed to aod.transition@crcnsw.org.au to be considered for assessment.

If you are currently in prison and would like more information about the project, please talk to a SAPO, Parole Officer or Case-Manager to organise making contact with CRC directly.

COMMUNITY RESTORATIVE CENTRE

BROADWAY

174 Broadway (cnr. Shepherd St)
Chippendale NSW 2008

PO Box 54, Broadway NSW 2007

PHONE (02) 9288 8700 **FAX** (02) 9211 6518

EMAIL info@crcnsw.org.au

WEB www.crcnsw.org.au

Miranda Project General Information December 2018

Miranda Project is a support program for anyone who identifies as female who have involvement with the criminal justice system who also have histories of or at risk of exposure to family and/or domestic violence. The aim of the project is to support women to live lives free from violence and free from the criminal justice system. This includes supporting women through diversionary options and reducing reoffending through holistic trauma informed case management. In addition to this we provide engagement in social and recreational activities and safe social space. Which is where the workshops and art programs come in. We also currently co-case manager with other CRC services such as women's transition teams and AOD team.

We have recently moved to Penrith and co-located with Penrith Women's Health Centre.

Miranda's has quite broad parameters which gives us a lot of flexibility in working with women. For example we can support women who are:

- On remand awaiting sentencing
- On bail awaiting sentencing
- Serving custodial sentence
- Serving community sentence of some form
- On an AVO
- In community with no current charges or orders but have one of the above in their history
- At risk of becoming involved in criminal justice system (this could be women who's lives place them as risk of being charged with an offence)

Sadly as we are all very well aware that most (if not all) of CRC clients (male and female) have had exposure to family and or domestic violence either first hand or as witness at some point in their life. Family and/or domestic violence can often be normalised and people either don't identify with it or able to recognise it. We don't ask women to detail their experience of violence. It is a tick box yes on the initial referral and does not get raised again unless it comes from the client to minimise re-traumatisation.

We can offer the following types of supports:

- Case management support: this can be short term support over a particular issue or short period of time, transition back into community from being in custody, pre-sentencing supports, long term case work and support. Again very broad and flexible dependent on client need and current capacity. Case Management can be on an outreach basis or in the Penrith Women's Health Centre.

- Social/recreational support: As we are co-located with Penrith Women’s Health Centre we have access to their programs such as Yoga, Zumba, pre and post natal groups for young women, older women groups. In addition to this we have funding to run art related groups. Our first group is this Friday 14th December 2018 (see flyer attached) and we will have more frequent groups next year. We currently have 6 gardening workshops booked in for 2019. More programs will be coming in 2019 once we get settled in.
- We previously were able to offer Victims Services Counselling: we currently have access to the Penrith Women’s Health Centre counsellors and are currently working with Victims Services to try to set up another Victims Services counsellor out at Penrith.

Miranda is also looking at family and/or domestic violence resources and information and looking how to increase understanding about family and/or domestic particularly with women who are involved in criminal justice system.

Referral Process

To make a referral, please e-mail miranda.project@crcnsw.org.au for a referral form, or contact CRC directly on (02) 9288 8700.

The service is able to take referrals from individuals, the community sector, and relevant government organisations.

Women in prison who would like to be referred to the service should contact relevant staff in their facility (this might be a SAPO, a Parole Officer or a case manager). Women can also self-refer by writing to CRC directly – address details are on our [contact us](#) page.

The Miranda Project is based at the Penrith Women’s Health Centre:

Penrith Women’s Health Centre
Henry St &, Station St, Penrith NSW 2750
Phone: 02 4721 8749

Hours:

Tuesday 9:30am–1pm, 2–4pm
Wednesday 9:30am–1pm, 2–4pm
Thursday 9:30am–1pm, 2–4pm
Friday 9:30am–1pm, 2–4pm
Saturday Closed
Sunday Closed
Monday 9:30am–1pm, 2–4pm

Founded in 1951, the Community Restorative Centre (CRC) is the leading community provider of support services to people affected by the criminal justice system in NSW.

All CRC programs aim to reduce crime and break entrenched cycles of disadvantage, offending and imprisonment.



CRC is an incorporated association and a registered charity.

Our Mission

CRC aims to change lives positively by supporting people affected by the criminal justice system.

We aim to improve our clients' quality of life by providing a range of practical and emotional support, as well as assisting people to build sustainable pathways out of the criminal justice system and into the community.

We aim to reduce crime and the impact of incarceration on individuals and the community through a range of services and targeted projects.

 facebook.com/CommunityRestorativeCentre
 twitter.com/CRCNSW

ABORIGINAL ALCOHOL & OTHER DRUGS SUPPORT

An outreach based Alcohol and Other Drugs counselling service for Aboriginal men and women with a history of involvement in the criminal justice system.

 **CHANGING LIVES
REDUCING CRIME**
COMMUNITY RESTORATIVE CENTRE

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ABORIGINAL ALCOHOL & OTHER DRUGS SUPPORT



The Transitional Alcohol and Other Drugs (AOD) Project provides outreach drug and alcohol support to Aboriginal people exiting NSW Correctional Centres who have complex needs.

To be eligible for the project, clients must have:

- A history of alcohol and/or drug misuse, and
- A history of offending behaviour that is related to alcohol and/or drug misuse.

Counselling

We provide regular individual counselling appointments for up to twelve months, focusing on drug and/or alcohol issues for people who have a history of involvement with the criminal justice system. The Transitional AOD Project is a confidential service.

Outreach

We recognise that many people with a history of involvement in the criminal justice system find it difficult to access mainstream counselling services, so we work on an outreach basis. We can visit clients in Correctional Centres, in their own homes, at another service, or in the community.

How We Work

The Transitional AOD Project works in a respectful, client-centred manner. We listen to what our clients want to achieve and assist them in reaching those goals. We work with clients at varying stages – some may be abstinent from drugs and/or alcohol, others may be actively using. As long as a client is interested in talking about how their drug and/or alcohol use has impacted upon their life we can usually offer them a service.

To make a referral, please contact CRC directly to obtain an AOD Transition Program Referral Form. This form should then be emailed to aod.transition@crcnsw.org.au to be considered for assessment.

If you are currently in prison and would like more information about the project, please talk to a SAPO, Parole Officer or Case-Manager to organise making contact with CRC directly.

Funding

The Transitional AOD Project is funded by Central and Eastern Sydney PHN, WestWest PHN and NSW Health.

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Referral made from Community

Surname _____ Given Name _____
 Date of Birth _____ Gender _____ MIN _____
 Country of Birth _____ Cultural Identity _____
 Contact Address _____
 Phone Number _____ Date of Referral _____

Referrer's Contact Details

Name _____ Position _____
 Email _____
 Phone _____ Mobile _____

Current Sentence & Offending History

Release Date _____ Length of Sentence _____
 Most Recent Conviction _____ Longest Period Out of Custody _____
 LSI-R Score _____ Low Medium Medium-High High Very High
 Past Offences _____
 Any Outstanding Charges (please provide details) _____
 Parole? Yes No Duration of Parole : _____
 History of Violence in Custody or Community: Yes No
 If yes please provide details _____

Eligibility Criteria	Yes	No
MUST have a history of problematic AOD use	<input type="checkbox"/>	<input type="checkbox"/>
MUST be voluntarily seeking support	<input type="checkbox"/>	<input type="checkbox"/>
MUST have a history of offending behaviour linked directly or indirectly to AOD use	<input type="checkbox"/>	<input type="checkbox"/>
MUST belong to one of the following groups which impacts upon their ability to access mainstream AOD services:		
Cognitive Impairment If yes please provide diagnosis _____	<input type="checkbox"/>	<input type="checkbox"/>
Mental Health If yes please provide diagnosis _____	<input type="checkbox"/>	<input type="checkbox"/>
Women with dependent children	<input type="checkbox"/>	<input type="checkbox"/>
Aboriginal	<input type="checkbox"/>	<input type="checkbox"/>

Risk (Please attach any assessment relevant to risk)

Does the person have a record of risk?
 A) To themselves: _____

B) To others: _____

Please outline any challenging behaviours or violent history _____

Offending History *Please describe link between AOD use and offending behaviour*

Treatment History *Please describe the person's difficulties accessing mainstream AOD services*

Drugs & Alcohol

Please describe the person's AOD history _____

Please describe the person's current AOD use _____

Please outline the specific assistance required _____

Note to referrer: With client consent you can provide any additional documents to support the referral. Additional documents may also assist in assessing client support needs.

I _____ (print name) am voluntarily seeking support.
I hereby give permission for my personal information to be accessed by Community Restorative Centre (CRC), in order to assist with my case management and AOD support. I agree that my details be placed on the CRC database and NADAbase where my details will be de-identified (name not associated with information) when used for data collection.

Client Signature

Worker / Referrer Signature

Date

Date

NOTE: CLIENT MUST SIGN CONSENT BOX ABOVE IN ORDER FOR REFERRAL TO BE CONSIDERED

Co.As.It is internationally recognised as the leading Italian community organisation in Australia. Serving the community since 1968, Co.As.It maintains a strong link to its Italians heritage and also provides services to the wider NSW community in the areas of Aged Care, Counselling & Community Support, Youth Services, Education and Cultural services. Specifically Co.As.It has Mental Health, Drug and Alcohol, Gambling Help, Social Workers and Youth and Family Programs.

I am the bilingual Gambling counsellor and I offer free and confidential support for individuals, family and friends via phone/online at the moment because of Covid.

One of the objectives of my program is to increase awareness of Gambling through events, such as talks at the Italian Radio, which Co.As.It organises during the year.

If someone wishes to refer a client to the Gambling Service, they need to call the reception and talk with our receptionist. She will direct them to our Community Liaison Officer who will obtain all the information and refer to me. They can also write an email to: referrals@coasit.org.au.

Thank you.

Kind regards,

Antonella Marsili
Gambling Help Project Officer

HealthPathways is an online clinical information and decision support tool designed to support primary care providers (usually GPs) at the point of care. The platform serves as a “one stop shop” providing both evidence based guidelines in an easily accessible step-by-step format and local referral information so practitioners can provide their patients with the right care and refer to appropriate local services as required.

In summary, HealthPathways supports:

- Service navigation
- Condition management
- Referral to other services when required
- Access to reference materials
- Access to patient educational resources

The HealthPathways platform is available across over 30 regions nationally, each aligned with their respective LHDs and PHNs. HealthPathways Sydney is operated as a partnership between Sydney LHD and the Central and Eastern Sydney PHN. We have the following content in the area of gambling:

- Problem Gambling – “clinical” page which guides users through step-by-step assessment and management of an individual with suspected/confirmed problem gambling habits.
- Problem Gambling Support – a “referral” page which lists various local services that patients can access support/treatment from (including counselling, financial support, and services for specific populations e.g. CALD groups)

Community Restorative Centre doesn't really have an overall service flyer, as programs change so rapidly, due to the short funding cycles. Our website is the best place to look at information about our services. I have attached information about the two programs that community organisations can refer clients to:

- the Miranda Program for women in Penrith, which can support women at any stage of criminal justice system involvement
- the AOD counselling team, for people recently released from custody

All other services begin working with people three months prior to release and referrals mainly come from the prison welfare staff or parole officers. CRC provides several post-release transitional services for people being released from prison, as per our website: <https://www.crcnsw.org.au/services/housing-support/>. Details of our other programs and services can be found here: <https://www.crcnsw.org.au/services/>

Community Restorative Centre - Canterbury Office

[1/251-253 Canterbury Rd Canterbury NSW 2193](https://www.crcnsw.org.au/services/)

PO Box 258 Canterbury NSW 2193

- phone: [02 9288 8700](tel:0292888700) fax: 02 9211 6518

Asylum Seekers Centre at Newtown is an NGO for any person who identifies as a person seeking asylum.

So if they have applied for a protection Visa they can sign up as a client of the Centre.

We have a nurse led Primary Care Health Clinic which operates 5 days a week, Monday to Friday.

We have 2 pro-bono GP Clinics, each held weekly.

We provide medical care, advocacy and referrals, mostly to clients that are unable to access medicare.

Address: 43 Bedford St, Newtown NSW 2042

Phone: (02) 9078 1900