

THE HANDY GUIDE

of Women's Support Services



2024
2026

AN INFORMATION AND SERVICE DIRECTORY
FOR QUEENSLAND WOMEN IN NEED



THE
LADY MUSGRAVE
TRUST

ABOUT THIS PUBLICATION

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The Handy Guide of Women's Support Services Brisbane, Ipswich, Logan and the Redlands Coast (12th edition, 2024-2026) is a free information and service directory for Queensland women in need, produced by The Lady Musgrave Trust. This service directory is a one-stop-shop for Queensland organisations and services that support Queensland women, with a focus on homelessness and services to assist women and their children who have been affected by domestic and family violence.

Please also check out the online version of The Handy Guide at www.thehandyguide.com.au which can be accessed anywhere and anytime with a mobile device and connection to the internet and can be easily searched by postcode or topic. The Infoxchange database powering the online Handy Guide is regularly checked to make sure it is up-to-date.

If you are an organisation that uses The Handy Guide, please help to keep the online version current by updating your organisation's information at any time online (just visit www.thehandyguide.com.au, scroll to the bottom of the page and click on "Update your listing"). This information will be used to provide vital current information to women at risk and will help us prepare for our next hard copy edition.

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This essential guide to assist Queensland women in need is printed on recycled paper and distributed in a manner designed to reduce The Lady Musgrave Trust's footprint. It is current as at the date of publication. The Lady Musgrave Trust does not warrant the accuracy of information contained in The Handy Guide and users should make their own separate enquiries regarding the providers of services as appropriate.

About The Lady Musgrave Trust

The Lady Musgrave Trust's vision is to alleviate homelessness for young Queensland women and their children so they can live safe and meaningful lives.

Since 1885, The Lady Musgrave Trust has provided practical solutions that transform lives and transition young Queensland women who are experiencing or at risk of homelessness to a life of opportunity and prosperity. We do this by providing them with a safe place to live and access to education and employment opportunities.

The Lady Musgrave Trust is a small charity that delivers on its mission by working in partnership with organisations and individuals who share our commitment to all Queensland women living in safety.

The Lady Musgrave Trust is grateful for the assistance of our supporters who funded consultation with users to ensure the guide is as effective and easy to navigate as possible, and printing and distribution so the Guide is widely available for women in need, and as a ready reference for the support workers who assist them.

We're pleased to once again provide The Handy Guide free of charge so that women can quickly identify the support they need, when they need it.

For more information about
The Lady Musgrave Trust visit:
www.ladymusgravetrust.org.au

To order hard copies of The Handy Guide
please visit www.ladymusgravetrust.org.au.
To visit the online Handy Guide, please
go to: www.thehandyguide.com.au



Our Handy Guide partners and supporters

The Lady Musgrave Trust is only able to deliver the lifesaving services we do because of the partnerships we enjoy with generous organisations and individuals who share our commitment to working towards a Queensland where all women can live in safety.

We are proud of our track record of nurturing long standing partnerships that are mutually beneficial with philanthropists, corporates, government agencies and community groups.

If you'd like to find out how your organisation can partner with us to provide life changing and practical services to young women and children when they need it most, please get in touch by emailing office@ladymusgravetrust.org.au.

The following organisations have generously supported user testing, designing, printing or distribution costs for both of the 2024-2026 editions of The Handy Guide, (Brisbane, Ipswich, Logan and the Redlands Coast and Regional Queensland).



The
CORY CHARITABLE
Foundation



HOMELESSNESS

HOMELESS HOTLINE
1800 474 753

This is your first contact if you are experiencing homelessness and require emergency housing assistance.

CONFIDENTIAL SERVICE **24 HRS A DAY, 7 DAYS A WEEK**

The Homeless Hotline is run by the Queensland Government and provides information about where you can find support, accommodation, meals or other assistance.

EMERGENCY CONTACTS

Immediate Danger / Emergency	Police, Fire, Ambulance	000
Policelink	Non urgent matters where you are not in immediate danger	131 444
Crimestoppers	Free 24 hours service to report information that may assist in solving or preventing crimes. Callers may remain anonymous	1800 333 000
Disability Services	Disability Gateway – connecting you to information and services	1800 643 787
Domestic and Family Violence	DVConnect – domestic violence hotline	1800 811 811
	1800 Respect-24 hours – confidential information, counselling and support for people affected by domestic, family or sexual violence	1800 737 732
Financial Assistance	Centrelink	136 240
Health and Mental Health	13 Health – 24 hour general health advice	13 43 25 84
	Poisons Helpline	13 11 26
	Qld Mental Health Access Line	1300 642 255
	Lifeline – crisis support, suicide prevention	13 11 14
	Kids Helpline	1800 551 800
	BeyondBlue	1300 224 636
	Gambling Helpline	1800 858 858
	Alcohol and Drug Information Service	1800 177 833
Help	Women’s Infolink – Queensland Government guide to resources, information and links to services	1800 177 577
	St Vincent de Paul Helpline	1800 846 643
	Salvation Army Emergency Relief assessment team	1300 371 288
Qld Sexual Assault Helpline	Support for people affected by sexual violence	1800 010 120

Contents

Acknowledgements.....	1
About The Lady Musgrave Trust.....	2
Emergency Contacts.....	4
Contents.....	5
Housing and Homelessness.....	10
Queensland Homelessness Information Platform	10
Department of Housing.....	10
Social Housing Register	11
Housing types of assistance	11
Social and community housing	12
Private rental and tenancy assistance	12
Not-for-profit Housing Companies	13
Aboriginal and Torres Strait Islander peoples.....	14
CALD, refugees and migrants.....	15
Emergency and crisis accomodation.....	15
Homelessness.....	17
Housing support	18
Social / Community housing providers.....	20
Tenancy information and referral.....	21
Youth services	22
Domestic and Family Violence	24
Aboriginal and Torres Strait Islander peoples	24
Counselling and support	25
Crisis, emergency assistance and counselling.....	27
Financial assistance.....	29
Pet owners – assistance and advice.....	30
Sexual health services.....	30

Health Services	31
Mental health helplines.....	32
Hospitals.....	32
Aboriginal and Torres Strait Islander peoples	33
Addiction recovery and support	34
Public dental services	36
Specialised support groups.....	36
Mental Health	37
Community based support	37
Children, Family and Relationships	39
Aboriginal and Torres Strait Islander peoples.....	39
Childcare finder.....	39
Counselling, referral and support.....	40
Community Development, Care and Support	43
CALD, refugee and migrant peoples	43
Emergency assistance after a disaster.....	43
Drop in, neighbourhood and community centres.....	44
Seniors	47
Money Help	48
Centrelink	48
Child support.....	49
Information, referral and support.....	49
Superannuation information referral and support.....	51
Legal Assistance	52
Statewide services	52
Aboriginal and Torres Strait Islander peoples	53
Advice and representation.....	55

Contents CONTINUED

CALD, refugee, and immigration issues.....	56
Information, referral and support.....	57
Identity papers.....	60
Voting: Have your say.....	61
Advocacy and your rights.....	61
Youth services.....	63
Food, Welfare and Emergency Relief.....	64
Information from your local council.....	64
Statewide support services.....	66
Food finder services.....	67
Food welfare and emergency relief by council area.....	68
How to find a service near you.....	68
Brisbane.....	69
Ipswich.....	89
Logan.....	93
Redlands Coast.....	100
Other Services.....	102
Local Government contact details.....	102
Libraries.....	102
Brisbane City Council libraries.....	103
City of Ipswich libraries.....	105
City of Logan libraries.....	105
Redland City Council libraries.....	106

State Library of Queensland.....	106
Public transport.....	107
Public transport concessions.....	108
The National Public Toilet Map.....	108
Disability services.....	108
Jobs, employment and training.....	109
Telecommunication services.....	109
Provider Index.....	110



QUEENSLAND HOMELESSNESS INFORMATION PLATFORM

The Queensland Homelessness Information Platform (QHIP) is a secure online database that holds personal information that you have shared.

Many housing providers access the Homeless Hotline Queensland Homelessness Information Platform. They will use this database to assess your needs and match them with the most appropriate accommodation and support services. It means you only have to tell your story and share your details once.

The QHIP database is administered by the Queensland Government's Department of Housing and cannot be accessed by any other government department, but may be accessed online by other Queensland homelessness service providers in order for them to fulfil their duties to assist you. For more information go to housing.qld.gov.au or call the **Homeless Hotline on 1800 474 753**

It is completely up to you how much information you share with QHIP. The information you share may influence how your housing need is seen as a priority. Your personal information will not be shared unless you say it is ok to do so.

DEPARTMENT OF HOUSING

For information about homes and housing, **call 137 468, refer to qld.gov.au/housing** or contact a Queensland Department of Housing Service Centre (HSC) on the details below for help to:

- **Apply for housing assistance including social and community housing**
- **Seek emergency housing support**
- **Request cost of living support**
- **Find housing support**
- **Get help with private renting including RentConnect**
- **Bond loans**

NAME	ADDRESS	HOURS / PHONE	EMAIL
Bayside Housing Service Centre	Shop 3, 8-12 Dollery Road Capalaba 4157	Ph: 07 3034 9800	baysidehsc@chde.qld.gov.au
Buranda Housing Service Centre	Level 1, 221 Logan Road Buranda 4102	Ph: 07 3873 7700	burandahsc@chde.qld.gov.au
Chermside Housing Service Centre	Level 3, 18 Banfield Street Chermside 4032	Ph: 07 3917 4600	chermsidehsc@chde.qld.gov.au
Fortitude Valley Housing Service Centre	Level 7, 515 St Pauls Terrace Fortitude Valley 4006	Ph: 07 3034 6500	hscfortitudevalley@chde.qld.gov.au
Gold Coast Housing Service Centre	Shop 80 Bazaar Street Robina Town Centre Robina 4230	Ph: 07 5645 8100	goldcoasthsc@chde.qld.gov.au



Inala Housing Service Centre	Level 1, 14 Wirraway Parade Inala 4077	Ph: 07 3723 2000	inalahsc@ chde.qld.gov.au
Ipswich Housing Service Centre	ICON Towers Level 1 117 Brisbane Street Ipswich 4305	Ph: 07 3437 6000	ipswichhsc@ chde.qld.gov.au
Logan Housing Service Centre	11-13 Station Road Logan Central 4114	Ph: 07 3086 3700	loganhsc@ chde.qld.gov. au
Maroochydore Housing Service Centre	Mike Ahern Centre Ground floor, 12 First Avenue Maroochydore 4558	Ph: 07 5352 7333	maroochydore hsc@chde.qld. gov.au
Moreton Bay Housing Service Centre	Level 5, Caboolture Square Shopping Centre 60-78 King Street Caboolture 4510	Ph: 07 5432 0700	moretonbay hsc@chde.qld. gov.au

SOCIAL HOUSING REGISTER

The Social Housing Register is a record of applications for public or community housing. Contact your nearest Department of Housing HSC to enquire about your eligibility to be considered for social or community housing or to discuss other housing options which may be available to you.

HOUSING TYPES OF ASSISTANCE

It is important to remember that as people's needs change over time, so might the housing assistance for which they are eligible. The length of time for which a person requires housing assistance is the "duration of need"

The types of housing assistance available are listed below.

EMERGENCY AND SHORT-TERM HOUSING

Emergency and short-term housing offers temporary short-term accommodation for up to three months while a more permanent housing solution is sought. Accommodation types vary by provider, as do eligibility criteria, costs, and availability.

TRANSITIONAL HOUSING

Transitional housing is a form of social housing offered by community housing providers which allows people to stabilise their circumstances before moving in to longer term housing.



SOCIAL AND COMMUNITY HOUSING

The Queensland Government through the Department of Housing and not-for-profit organisations provide access to affordable housing for people on lower incomes. Eligibility may include a mix of some or all of the following:

- **Social housing (including Indigenous Housing and Homelessness programs) – rental for low to moderate income families and individuals**
- **Community housing – those with low incomes providing income based rental accommodation**
- **Affordable housing – those with a moderate income who are in housing stress**

RESIDENTIAL SERVICES: Including Rooming Accommodation, Boarding Houses, Rentals For Seniors, Supported Accommodation.

If you pay rent for a room and share facilities, such as a kitchen, bathroom, dining room or common room, this is called rooming or residential accommodation. There are several types of residential services you can consider when looking for a place to live. These include:

- **Boarding housing – usually accommodation only**
- **Rentals for seniors (known as aged rentals) these usually include meals**
- **Supported accommodation – includes food and personal care services for people with particular needs.**

The Public Register of Residential Services can be accessed through the Department of Housing at www.housing.qld.gov.au and lists the locations of residential services, boarding houses, aged rentals and supported accommodation that are registered with the Department.

TEMPORARY ACCOMMODATION / HOLIDAY LETTING

Some accommodation such as hotel/motels are considered holiday letting (even if you're not on holiday) and you will have different rights to a tenancy if you are staying there. Long term stays in a caravan park may be covered under the Residential Tenancies and Rooming Accommodation Act.

Accommodation may be charged on a nightly basis and some accommodation (such as hostels) may require identity papers such as a passport. Enquire before arrival to ensure you will be able to stay.

PRIVATE RENTING AND TENANCY ASSISTANCE

The Department of Housing provides a number of ways to assist people in the private rental market, including the RentConnect service, financial assistance with renting, bond loans and rental grants, rental security subsidy and No Interest Loans Scheme (NILS) housing loans. Housing Service Centres may also be able to provide advice regarding securing private rental properties. Contact your nearest Housing Service Centre for more information (refer page 10)

The Residential Tenancies Authority ph: 1300 366 311 or www.rta.qld.gov.au is a Queensland Government authority that helps make renting work for everyone. The RTA provides tenancy information and support, bond management dispute resolution investigations and prosecution and education services.

QSTARS is a free independent advice and referral service for all Queensland renters managed by Tenants Queensland ph: 1300 744 263 or visit www.qstars.com.au.



NOT-FOR-PROFIT HOUSING COMPANIES

Not-for-profit organisations providing access to a range of housing support including social, community and affordable housing for individuals or families with low or below average incomes.

NAME	LOCATION	CONTACT
Brisbane Housing Company	Brisbane	Ph: 3307 3000 www.bhcl.com.au
Bric Housing Company	Spring Hill	Ph: 3230 5555 www.bric.org.au
Churches of Christ Housing Services	Brisbane	Ph: 3327 1674 www.cofc.com.au/social-housing
Common Ground Queensland	South Brisbane	Ph: 3370 8320 www.commongroundqld.org.au
Home in Place (formerly Compass Housing)	East Brisbane	Ph: 1300 333 733 www.homeinplace.org
Community Housing Ltd (formerly Horizon Housing Company)	Robina	Ph: 07 5655 1160 www.chl.org.au
INCH Housing	Mitchelton	Ph: 1300 004 624 www.inchhousing.org.au
Jacaranda Housing	Rocklea	Ph: 3392 8848 www.jacarandahousing.com.au
Mangrove Housing	Wynnum	Ph: 3893 3299 www.mangrovehousing.com.au



ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLES

BAHLOO WOMEN'S YOUTH SHELTER

Woolloongabba 4102

Emergency supported accommodation for Indigenous and non-Indigenous adolescent girls and young women 16 to 21 years old. After-hours access is available.

🕒 Mon-Fri: 8.00am-4.00pm
☎ 07 3391 2815

BEENLEIGH HOUSING DEVELOPMENT COMPANY (BHDC)

9 Main Street Beenleigh 4207

BHDC strives to support, enhance and transform the lives of its members in culturally supportive and regenerative ways. BHDC services have changed in recent years, but housing and community development is at the heart of BHDC's focus on supporting community members through the Jindii Mibunn hub and in facilitating housing support where possible.

🕒 Mon-Fri: 9.00am-4.00pm
☎ 07 3807 0901
🌐 www.bhdc.org.au

BOWMAN JOHNSON HOSTEL MURRIWATCH

5 Oxford Street South Brisbane 4101

Supported short-term accommodation for Aboriginal and Torres Strait Islander men and women over 18 years old who are homeless or at risk of homelessness. Case management services and worker assistance in developing independent living skills are also provided. Meals are provided.

🕒 Mon-Fri: 8.00am-4.00pm
☎ 07 3844 2115
☎ 07 3844 6165
🌐 www.murriwatch.org.au

ELLEY BENNETT HOSTEL ABORIGINAL HOSTELS LTD

501 Brunswick Fortitude Valley 4006

Short-term and long-term hostel accommodation for Aboriginal and Torres Strait Islander men and women 18 years old and over.

🕒 7 Days 7.00am-7.00pm
☎ 07 3151 8750
🌐 www.ahl.gov.au

MURRI WATCH ABORIGINAL AND TORRES STRAIT ISLANDER CORP.

15 Hubert Street Woolloongabba 4102

Accommodation for Aboriginal and Torres Strait Islander people taken into police custody for public intoxication offences. Provides a place for clients to sober up as an alternative to remaining in police custody.

🕒 Mon-Fri: 8.00am-4.00pm
☎ 1300 692 824
☎ 07 3891 6031
M: 0411 862 325
🌐 www.murriwatch.org.au

NORTH STRADBROKE ISLAND ABORIGINAL AND ISLANDER HOUSING

18 Welsby Street Dunwich 4183

Affordable long-term housing for Quandamooka traditional people.

🕒 Mon-Fri: 8.30am-4.00pm
☎ 07 3409 9340
🌐 www.nsihousing.org



UMPI KORUMBA ABORIGINAL AND TORRES STRAIT ISLANDER CORPORATION FOR HOUSING

74 Handford Road Zillmere 4034

Emergency rental accommodation for Aboriginal and Torres Strait Islander families experiencing homelessness or at risk of homelessness.

🕒 Mon-Fri: 9.00am-4.00pm
 📞 07 3865 7955
 📠 07 3865 7662
 🌐 www.umpikorumba.com.au

WINNAM ABORIGINAL AND TORRES STRAIT ISLANDERS CORPORATION

Shops 2 and 3, 124 Florence Street Wynnum 4178

A range of housing programs for Aboriginal and Torres Strait Islander families and individuals on low to middle incomes or who are at risk of homelessness.

🕒 Mon-Fri: 8.00am-4.00pm
 📞 07 3396 3431
 🌐 www.ahl.gov.au

CALD, REFUGEES AND MIGRANTS

COMMUNIFY QLD, NORTH WEST COMMUNITY HUB

180 Jubilee Terrace Bardon 4065

Support for individuals and families from culturally and linguistically diverse backgrounds. Support and assistance includes financial assistance, emergency relief, individual and family support, health, legal, employment, mental health and well-being and housing support.

🕒 Mon-Fri: 9.00am-5.00pm
 📞 07 3510 2700
 🌐 www.communify.org.au

EMERGENCY AND CRISIS ACCOMODATION

CARINITY ORANA

Bald Hills 4036

Emergency supported accommodation for young people 16 to 21 years old who have become, or who are at risk of becoming homeless. Worker assistance in developing independent living skills is provided.

🕒 Mon-Fri: 8.00am-5.00pm
 📞 07 3261 3969
 📠 07 3261 4518
 🌐 www.carinity.org.au

CHURCHES OF CHRIST HOUSING SERVICES

Accommodation for families who are unable to access private or public housing and who require a level of individualised support to redevelop self-reliance and independence.

• 41 Brookfield Road Kenmore 4069

(Mon-Fri: 9.00am-4.00pm, Ph: 07 3327 1674)

• 200 Brisbane Road Booval 4304

(Mon-Fri: 9.00am-4.00pm, Ph: 07 3436 8900, Ph: 07 3547 8475)

🌐 www.cofc.com.au/social-housing

**FAMILY AND KIDS CARE FOUNDATION****Unit 1, 26 Nestor Drive Meadowbrook 4131**

Crisis accommodation for adults 18 years old and over. Emergency accommodation in self-contained units is available for twelve weeks. Crisis support, information, referral, advocacy and assistance to develop independent living and budgeting skills are provided.

🕒 **Mon-Fri: 8.30am-4.00pm**
☎ **07 3808 5288**
🌐 **www.familyandkidscare.com.au**

INALA FAMILY ACCOMMODATION AND SUPPORT SERVICE**56 Poinsettia Street Inala 4077**

Temporary crisis supported accommodation for families who are homeless or at risk of becoming homeless.

🕒 **Mon-Fri: 9.00am-4.00pm**
☎ **07 3372 7188**
🌐 **www.inalafamilyandsupportservices.org**

MAYBANKE ASSOCIATION**Redland Bay 4165**

Crisis accommodation for women and children who have experienced or are experiencing domestic or family violence. The service also assists Indigenous women and women from non-English-speaking backgrounds.

🕒 **7 Days (24 Hour)**
☎ **1800 811 811 Freecall**

PEGGY'S PLACE**Paddington 4064**

Peggy's Place has been created to support the need to provide additional safe spaces for women and children. This is so they can transition without fear of being homeless and returning to violence. Peggy's Place acts as an interim for vulnerable families who have transitioned through a refuge however are not quite ready for independent living. In consultation with DFV service providers, specialist service supports have been strategically designed to meet the needs of women of various ages and demographics.

🌐 **www.peggysplace.org.au**

SAFE HAVEN COMMUNITY**Statewide**

Offers supported community-based temporary accommodation for women at risk of domestic abuse.

☎ **1800 042 836**
🌐 **www.safehavencommunity.org.au**

SILKY OAKS CHILDREN'S HAVEN**218 Manly Road Manly West 4179**

Short-term supported accommodation and case management for families who are homeless or at imminent risk of homelessness. Provides information and referral, advocacy, practical and emotional support.

🕒 **Mon-Fri: 9.00am-5.00pm**
☎ **07 3906 8888**
🌐 **www.silkyoaks.org.au**



WOMEN'S CRISIS SUPPORT SERVICE INC

Ipswich 4305

Crisis accommodation for women and their children escaping domestic and family violence. Referral through external organisations only.

🕒 7 Days

📞 1800 811 811 Freecall

🌐 www.wcssi.org.au

HOMELESSNESS

FOOTPRINTS COMMUNITY

24 Light Street Fortitude Valley 4006

Support for adults aged 50 years old and over who are homeless or at risk of homelessness, to access appropriate and sustainable housing as well as community care and other support services, specifically targeted at avoiding homelessness or reducing the impact of homelessness.

🕒 Mon-Fri: 7.30am-4.30pm

📞 07 3252 3488

🌐 www.footprintscommunity.org.au

FULL CIRCLE PROJECTS

Brisbane

Housing assistance advice, information and referral for people who are experiencing homelessness or are at risk of homelessness.

🕒 Mon-Sat: 9.00am-5.00pm

📞 0411 329 035

🌐 www.fcipinc.org

HART 4000, HOMELESSNESS ASSESSMENT AND REFERRAL TEAM

LI, 5 Green Square Close Fortitude Valley 4006

Case-coordination, assessment and referral for individuals and families. The assessment and referral team work closely with anyone who may be homeless or at risk of becoming homeless in Brisbane.

🕒 Mon-Fri: 9.00am-4.30pm

📞 07 3004 0100

📠 07 3004 0100

🌐 www.communityfy.org.au/hart-4000-housing-and-homelessness

HOME FOR GOOD MICAH PROJECTS

162 Boundary Street West End 4101

Information and support to gain access to crisis, short-term and long-term housing for families and singles who might become homeless without support.

🕒 Mon-Fri: 9.00am-5.00pm

📞 07 3036 4444

📠 07 3036 4400

🌐 www.homeforgood.org.au

**HOMELESS HOTLINE****Statewide**

Homeless Hotline is a twenty-four hours, seven days a week telephone information and referral service for people experiencing homelessness or at risk of homelessness. Information can be provided on where to find safe accommodation, meals, showers, advice and support. Homeless Hotline helps single people over 16 years old, couples and families with children.

7 Days
1800 474 753
www.qld.gov.au/housing

MISSION AUSTRALIA, ROMA HOUSE**535 Wickham Terrace Spring Hill 4000**

Outreach support services for adults 18 years old and over experiencing homelessness.

Mon-Fri: 9.00am-3.30pm
07 3434 7100
07 3831 6250
www.missionaustralia.com.au

RICHMOND FELLOWSHIP QUEENSLAND (RFQ)**26 Roderick Street Ipswich 4305**

Support for people recovering from mental health problems who are at risk of homelessness.

Mon-Fri: 8.30am-4.30pm
07 3363 2555
www.rfq.com.au

THE SALVATION ARMY, VETERANS SUPPORT TEAM**97 School Street Spring Hill 4000 Support Team**

A partnership between The Salvation Army and RSL Queensland. Dedicated caseworkers provide flexible and responsive support for veterans and their family members experiencing homelessness or at risk of homelessness.

Mon-Sat: 9.00am-5.00pm
07 3832 1491

HOUSING SUPPORT**CHURCHES OF CHRIST CARE, RESIDENTIAL CARE****Logan 4114**

Shared accommodation for 3 to 6 months in flats leased in the local community for young people from alternative placement care. Worker assistance is provided to assist clients in developing independent living skills.

Mon-Fri: 9.00am-5.00pm
07 3716 7350
www.cofcql.com.au



COMMUNIFY QLD, NORTH WEST COMMUNITY HUB

180 Jubilee Terrace Bardon 4065

Case-management support for families with children up to 18 years old who are at risk of entering the statutory child protection system. The service works with vulnerable families with multiple and complex needs.

🕒 Mon-Fri: 9.00am-5.00pm
 📞 07 3510 2700
 🌐 www.communify.org.au

ENCIRCLE HOMESTAY PROGRAM, BRISBANE NORTH

54 Handford Road Zillmere 4034

An early intervention service providing individual case management support to assist people with maintaining independent housing.

🕒 Mon-Fri: 8.00am-5.00pm
 📞 07 3152 8246
 🌐 www.encircle.org.au/brisbane-housing-assistance

KYABRA

37 Kyabra Street Runcorn 4113

An early intervention service providing individual case-management support to assist people with maintaining their current housing. Homestay works to prevent people from becoming homeless by addressing the risks and barriers to securing independent housing.

🕒 Mon-Fri: 9.00am-4.30pm
 📞 07 3373 9499
 🌐 www.kyabra.org

OZCARE COMMUNITY CARE, BRISBANE NORTH

113 Kittyhawk Drive Chermside 4032

Housing support for financially disadvantaged people aged 65 years or over, or 50 years or over for Aboriginal and Torres Strait Islander people, with housing problems or who are at risk of homelessness.

🕒 Mon-Fri: 8.00am-5.00pm
 📞 07 3624 0500
 📞 1800 692 273
 📞 07 3028 9610
 🌐 www.ozcare.org.au

SHELTERED BY GRACE

157 Old Logan Village Road Waterford 4133

Supported accommodation for men and women over 25 years old who are experiencing homelessness.

🕒 Mon-Fri: 9.00am-3.00pm
 📞 07 3200 7145
 🌐 www.sbg.org.au

SUPPORTING THOSE AT RISK OF HOMELESSNESS (STARH)

Ipswich 4305

Wesley Mission's Homestay program provides support for individuals over 18 years old and families to stabilise and keep their housing in the Ipswich and Logan regions.

🕒 Mon-Fri: 8.30am-4.30pm
 📞 1300 865 306
 🌐 www.wmq.org.au

**SISTERS INSIDE****326 Montague Road West End 4101**

Works with criminalised women to stabilise and keep their housing and develop a safe, secure and violence free life and stay out of prison.

🕒 Mon-Fri: 8.30am-4.30pm
 📞 07 3844 5066
 📠 07 3844 2788
 🌐 www.sistersinside.com.au

SOUTHSIDE COMMUNITY CARE**1708 Logan Road Upper Mount Gravatt 4122**

Supported short-term accommodation for disadvantaged families with a child under 16 years.

🕒 Mon-Fri: 8.30am-4.00pm
 📞 07 3343 1441
 🌐 www.southsidecommunitycare.org.au

UNITINGCARE COMMUNITY, CLARE HOMES**71 Hows Road Nundah 4012**

Supported short-term accommodation for homeless families and single parents with children and pregnant women in their third trimester.

🕒 Mon-Fri: 8.30am-4.30pm
 📞 07 3624 2480
 🌐 www.unitingcareqld.com.au

YUMBA HOSTEL**55 Gray Road West End 4101**

Temporary low-cost hostel accommodation for Aboriginal and Torres Strait Islander families and singles.

🕒 7 Days: 7.00am-7.00pm
 📞 07 3151 8730
 📠 07 3844 1867
 🌐 www.ahl.gov.au

ZILLMERE FAMILY ACCOMMODATION PROGRAM**54 Handford Road Zillmere 4034**

Short-term supported accommodation for families with infants, children and young people under 17 years old who are homeless or at risk of homelessness due to overcrowding, domestic violence, family breakdown or an inability to access private rental housing.

🕒 Mon-Thurs: 9.00am-3.00pm
 📞 07 3865 2880
 🌐 www.necsg.org.au

SOCIAL / COMMUNITY HOUSING**BRISBANE HOUSING COMPANY****Level 17, 333 Anne Street Brisbane City 4000**

Affordable rental housing for families and individuals on low to moderate incomes.

🕒 Mon-Fri: 9.00am-5.00pm
 📞 07 3307 3000
 📠 07 3839 2000
 🌐 www.bhcl.com.au



HOME IN PLACE

Suite 1, 905 Stanley Street East Brisbane 4169

Provides social, community and affordable housing for people on low to moderate incomes.

🕒 Mon-Fri: 9.00am-5.00pm
 📞 1300 333 733
 📠 07 3891 6211
 🌐 www.homeinplace.org

INCH HOUSING

Unit 1, 525 Samford Road Mitchelton 4053

Community and social housing services in partnership with Department of Housing and Brisbane City Council.

🕒 Mon-Fri: 10.00am-12.30pm
 📞 1300 004 624
 🌐 www.inchhousing.org.au

JACARANDA HOUSING

Level 5, 490 Upper Edward Street Spring Hill 4000

Long-term affordable community housing for families and individuals on low to moderate incomes, who are registered with the Department of Housing.

🕒 Mon-Fri: 8.30am-4.30pm
 📞 07 3392 8848
 🌐 www.jacarandahousing.com.au

LOGAN AREA COMMITTEE ON AGEING (LACOTA)

9-11 Upper Jacaranda Avenue Logan Central 4114

Low cost housing for seniors.

🕒 Mon-Fri: 9.00am-4.00pm
 📞 07 3290 0088
 📠 M: 0409 901 148
 🌐 www.lacota.org.au

ST MARK'S CATHOLIC CHURCH, COMMUNITY HOUSING PROJECT

25 Lobelia Street Inala 4077

Manages a community housing project for low-income elderly tenants capable of independent living.

🕒 Mon-Fri: 9.00am-3.00pm
 📞 07 3372 5658
 🌐 www.bne.catholic.net.au

TENANCY INFORMATION AND REFERRAL

FOOTPRINTS COMMUNITY - HOUSING OLDER WOMEN'S SUPPORT SERVICE

24 Light Street Fortitude Valley 4006

Support for adults aged 50 years old and over who are homeless or at risk of homelessness, to access appropriate and sustainable housing as well as community care and other support services, specifically targeted at avoiding homelessness or reducing the impact of homelessness.

🕒 Mon-Fri: 7.30am-4.30pm
 📞 07 3252 3488
 🌐 www.footprintscommunity.org.au

**INDEPENDANT REGIONAL ADVOCACY SERVICES****Shop 8, 42 South Station Road Booval 4304**

Advice, advocacy and referral on tenancy issues including legal rights and responsibilities. Free interpreter assistance can be provided if needed.

🕒 **Mon-Fri: 8.30am-4.30pm**
 📞 **07 3816 0235**
 🌐 **www.irati.com.au**

QUEENSLAND RESIDENTIAL TENANCIES AUTHORITY (RTA)**Level 11, 150 Mary Street Brisbane 4000**

Information is available for tenants and property managers including tenancy rules; what to do if the property is unliveable; fixing repairs; and bond refunds. Referral to other information and support services is also available.

🕒 **Mon-Fri: 8.30am-5.00pm**
 📞 **07 3224 1600**
 🌐 **www.rta.qld.gov.au**

QLD STATEWIDE TENANT ADVICE AND REFERRAL SERVICE (QSTARS)**Level 1, 87 Wickham Terrace Spring Hill 4000**

A free and independent telephone service providing advice, advocacy and referral on tenancy issues including legal rights and responsibilities managed by Tenants Qld. Free interpreter assistance can be provided if needed.

🕒 **Mon-Sat: 9.00am-5.00pm**
 📞 **07 3832 9447**
 🌐 **www.tenantsqld.org.au**

TENANCY SKILLS INSTITUTE**Level 6, 16 East Street Ipswich 4305**

The Tenancy Skills Institute is a free competency-based training program that enhances the skills of young people and adults who are wanting to enter the private rental market. The program is designed to help tenants successfully secure and maintain a rental tenancy.

🕒 **Mon-Fri: 8.30am-4.30pm**
 📞 **07 3413 6997**
 🌐 **www.tenancyskills.com.au**

YFS**376 Kingston Road Slacks Creek 4127**

Support and assistance for people who are homeless in Logan or at risk of homelessness to find and maintain suitable housing.

🕒 **Mon-Fri: 8.30am-5.00pm**
 📞 **07 3826 1500**
 🌐 **www.yfs.org.au**

YOUTH SERVICES**BABI****34 Bay Terrace Wynnum 4178**

BABI is the leading youth and family service in the Wynnum/Redlands Coast region, responding to the needs of young people who are homeless or at risk of homelessness.

🕒 **Mon-Fri: 9.00am-5.00pm**
 📞 **07 3393 4176**
 🌐 **www.babi.org.au**



BRISBANE YOUTH SERVICE (BYS)

42 McLachlan Street Fortitude Valley 4006

BYS supports homeless and vulnerable young people and their children to secure and maintain housing, address physical and mental health issues, establish successful relationships and access pathways to education and employment

🕒 **Mon-Fri: 9.00am-5.00pm**
 📞 **07 3620 2400**
 🌐 **www.brisyouth.org**

CHAMELEON HOUSING

13 Dorrall Street Kipparing 4021

Providing a safe home, care and support for young people and young families who are homeless and to enable them to access the services and support they require.

🕒 **Mon-Fri: 9.00am-4.00pm**
 📞 **07 3284 4805**
 🌐 **www.chameleonyouthhousing.org.au**

INCOMMUNITY

Ipswich

Addressing the needs of young people in Ipswich including those experiencing homelessness.

🕒 **Mon-Fri: 9.00am-5.00pm**
 📞 **07 3812 1199**
 🌐 **www.incommunity.com.au**

YOUTH HOUSING PROJECT

Services to assist young people to transition to an independent, self-managed lifestyle.

🕒 **Mon-Fri: 9.00am-5.00pm**
 📞 **07 3256 0241**
 🌐 **www.yhp.org.au**

INSPIRE YOUTH AND FAMILY SERVICES (IYS)

79 Poinsettia Street Inala 4077

Creating opportunities which enhance the lives of vulnerable and disadvantaged children, young people and families.

🕒 **Mon-Fri: 9.00am-5.00pm**
 📞 **07 3372 2655**
 🌐 **www.iys.org.au**

THE LADY MUSGRAVE TRUST

Statewide

Provides safe and supportive housing to young Queensland women and their children who are at risk of homelessness.

📞 **07 3077 6760**
 🌐 **www.theladymusgravetrust.org.au**

**YFS****376 Kingston Rd Slacks Creek**

Working with people in disadvantaged situations to achieve their potential, achieve or sustain housing and deal with financial hardship.

🕒 **Mon-Fri: 8.30am-5.00pm**

📞 **07 3826 1500**

🌐 **www.yfs.org.au**

DOMESTIC AND FAMILY VIOLENCE ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLES

GALLANG PLACE**57 Southgate Avenue Cannon Hill 4170**

Counselling support and referral for Aboriginal and Torres Strait Islander families and individuals.

🕒 **Mon-Fri: 8.30am-4.30pm**

📞 **07 3899 5041**

🌐 **www.gallangplace.org.au**

KURBINGUI YOUTH DEVELOPMENT ZILLMERE**425 Zillmere Road Zillmere 4034**

Culturally appropriate support for Aboriginal and Torres Strait Islander families impacted by domestic and family violence.

🕒 **Mon-Fri: 8.30am-5.00pm**

📞 **07 3156 4800**

🌐 **www.kurbingui.org.au**

MURRI SISTERS**Logan**

Culturally appropriate case management practices and crisis intervention support services for Aboriginal and Torres Strait Islander women and children who have experienced or are experiencing domestic or family violence. Services include court support, Centrelink support, school or early childcare support, and information about and referral to health and housing services.

🕒 **Mon-Fri: 9.00am-5.00pm**

📞 **07 3290 3769**

🌐 **www.murrisisters.org.au**

MURRIGUNYAH FAMILY AND CULTURAL HEALING CENTRE**2 Burrigan Street Woodridge 4114**

Information and referral services for young and adult Indigenous women affected by sexual violence.

🕒 **Mon-Fri: 9.00am-5.00pm**

📞 **07 3290 4254**

🌐 **www.murrigunyah.org.au**

STRONG WOMEN TALKING**C/- 930 Gympie Road Chermside 4032**

Culturally appropriate prevention focused workshops for Aboriginal and Torres Strait Islander women and children to break the multi-generational cycle of domestic and family violence. Workshops are run by experienced facilitators and Elders.

🕒 **Mon-Fri: 9.00am-4.00pm**

📞 **07 3621 4302**

🌐 **www.strongwomentalking.org.au**



COUNSELLING AND SUPPORT

BRAVEHEARTS

Brisbane 4000, Springwood 4127 and Strathpine 4500

Counselling and advocacy are available for adult survivors of child sexual assault and for children and young people who have experienced or who are at risk of sexual assault.

🕒 **Mon-Fri: 8.30am-4.30pm**
 📞 **1800 272 831**
 🌐 **www.bravehearts.org.au**

BRISBANE RAPE AND INCEST SURVIVORS SUPPORT CENTRE (BRISSC)

15 Morrisey Street Woolloongabba 4102

Information, support, referral support groups and telephone or face-to-face counselling for young and adult women 15 years old or over who have experienced or been affected by sexual violence including services also provided at Richlands and Nundah.

🕒 **Mon-Fri: 9.00am-5.00pm**
 📞 **07 3391 2573**
 🌐 **www.brissc.org.au**

CARINITY COMMUNITIES

Satewide

Therapeutic services for children and young people residing in the Brisbane South area who have experienced domestic and family violence. Services are also available for protective caregivers and relevant stakeholders.

🕒 **Mon-Sat: 8.00am-8.00pm**
 📞 **07 3550 3737**
 🌐 **www.carinity.org.au**

CENTACARE FAMILY AND RELATIONSHIP SERVICES

58 Morgan Street Fortitude Valley 4006

A counselling service specifically for women who are experiencing or have experienced domestic and family violence. Practitioners provide support by connecting people with the services they need to help them feel safe.

🕒 **Mon-Fri: 8.30am-5.00pm**
 📞 **07 3251 5000**
 🌐 **www.centacare.com**

CENTRE AGAINST SEXUAL VIOLENCE (CASV)

Suite 5, 13-21 Mayes Avenue Logan Central 4114

Information and referral to legal services and health and medical services for adolescent girls and women 12 years old and over who have been sexually assaulted. Information and referral are also available for their families and friends.

🕒 **Mon-Fri: 9.00am-5.00pm**
 📞 **07 3808 3299**
 🌐 **www.casv.org.au**

FAMILY RELATIONSHIP CENTRE

14 Brisbane Street Ipswich 4305

Free legal advice, information and referral are provided for low-income or disadvantaged people living in the Ipswich area. Services are available in family law including domestic violence matters.

🕒 **Mon-Fri: 8.00am-4.00pm**
 📞 **07 3423 6958**
 🌐 **www.raq.org.au**



IMMIGRANT WOMEN'S SUPPORT SERVICE (IWSS)	
Confidential Access A culturally sensitive support service for women and children from culturally and linguistically diverse backgrounds who have experienced domestic violence and/or sexual assault.	🕒 Mon-Fri: 9.00am-4.00pm ☎ 07 3846 3490 🌐 www.iwss.org.au
OPEN HAVEN HUB	
Balmoral 4171, Logan 4114 and Bridgeman Downs 4035 Practical and emotional support for women survivors of domestic violence and abuse. Long-term coordinated support is provided to assist women rebuild their lives.	🕒 Tue-Thurs: 9.30am-3.00pm ☎ 0451 533 237 🌐 www.openhaven.org.au
RELATIONSHIPS AUSTRALIA	
159 St Pauls Terrace Spring Hill 4000 A range of domestic and family violence services at various locations providing counselling, support and prevention services. Refer to website for locations.	🕒 Mon-Sat: 8.00am-8.00pm ☎ 1300 364 277 🌐 www.raq.org.au
SANDBAG COMMUNITY CENTRES AND SERVICES	
77 Bracken Street Bracken Ridge 4017 A counselling service for women, children and young people who have experienced domestic and family violence. Information and referral to external agencies for other matters can also be provided. Therapeutic groups are also available for women to enhance their physical and emotional well-being.	🕒 Tue-Thur: 9.30am-3.00pm ☎ 07 386 93244 🌐 www.sandbag.org.au
WWILD SEXUAL VIOLENCE PREVENTION ASSOCIATION	
211 Hudson Road Woolloowin 4030 Case management, information, advice, support and referral for young and adult women, men and trans and nonbinary people with intellectual or learning disabilities and who have been victims of crime or exploitation and for their families and carers. Community education training and resources are also available for people with disabilities, professionals, families and carers.	🕒 Mon-Fri: 9.00am-5.00pm ☎ 07 3262 9877 🌐 www.wwild.org.au
YFS	
133-145 Brisbane Street Jimboomba 4280 Counselling, court support and home safety upgrades for people experiencing domestic and family violence. Specialised counselling for children and young people affected by domestic violence is also available. This service is run in partnership with Beaucare.	🕒 Mon-Fri: 8.30am-5.00pm ☎ 07 3826 1500 🌐 www.yfs.org.au



ZIG ZAG YOUNG WOMEN'S RESOURCE CENTRE

575 Old Cleveland Road Camp Hill 4152

A range of specialist support services as well as information and referral regarding housing provision and sexual assault for adolescent girls and young women 12 to 25 years old who have experienced sexual violence at any time in their lives and/or are experiencing homelessness or are at risk of homelessness.

🕒 **Mon-Fri: 9.00am-5.00pm**
 📞 **07 3843 1823**
 🌐 **www.zigzag.org.au**

CRISIS, EMERGENCY ASSISTANCE AND COUNSELLING

BRISBANE DOMESTIC VIOLENCE SERVICE (BDVS)

Brisbane

A free and confidential service for people who are experiencing or at risk of experiencing domestic & family violence. BDVS provides information and referral, crisis and emotional support.

🕒 **Mon-Fri: 9.00am-5.00pm**
 📞 **07 3217 2544**
 🌐 **www.bdvs.org.au**

CENTRE AGAINST SEXUAL VIOLENCE (CASV)

Shop 8 165 Bloomfield Street Cleveland 4163

Information and referral to legal, health and medical services for adolescent girls and women 12 years old and over who have been sexually assaulted. Information and referral are also available for their families and friends.

🕒 **Mon-Fri: 9.00am-5.00pm**
 📞 **07 3808 3299**
 🌐 **www.casv.org.au**

DVCONNECT

Statewide

DVConnect helps Queenslanders find pathways to safety, away from domestic, family and sexual violence. DVConnect provide emergency transport and accommodation for your entire family including pets. Other services include safety planning, crisis counselling, intervention, information and referrals. DVConnect also operate accommodation residence Bella's Sanctuary, a safe haven for survivors to heal and rebuild their lives.

Crisis helpline providing twenty-four-hour telephone assistance, information, risk assessment and safety planning referral and support for women, children and young people who have experienced or who are experiencing domestic and family violence.

🕒 **7 Days: 24 hours**
 📞 **1800 811 811**
 🌐 **www.dvconnect.org**



MICAH PROJECTS	
162 Boundary Street West End 4101 Information and referral, crisis support, practical assistance, advocacy, counselling and emotional support for women and children who are experiencing or who are at risk of experiencing domestic and family violence.	🕒 Mon-Fri: 9.00am-5.00pm ☎ 07 3029 7000 🌐 www.micahprojects.org.au
PREGNANCY CRISIS	
Brisbane Emotional and practical support for abused pregnant women including refugees who are facing an unplanned pregnancy or who are subject to domestic violence. In-home visits are made by trained volunteer support workers.	🕒 7 Days: 9.00am-5.00pm ☎ 1300 777 777 🌐 www.pregnancycrisis.com.au
ROYAL BRISBANE AND WOMEN'S HOSPITAL SEXUAL ASSAULT SERVICE ACUTE RESPONSE	
RBWH Butterfield Street Herston 4029 Twenty-four-hour support via the emergency department directly following sexual assault for young and adult males and females 14 years and over.	🕒 7 Days: 24 hours ☎ 07 3646 5207
RED ROSE FOUNDATION	
Brisbane Long-term support, advocacy, counselling and therapy sessions for women who have experienced domestic violence.	🕒 Mon-Wed: 9.30am-3.30pm 🌐 www.redrosefoundation.com.au
RELATIONSHIPS AUSTRALIA	
Bld 13, 107 Miles Platting Rd Eight Mile Plains 4112 Support for people impacted by institutional child sexual abuse.	🕒 Mon-Sat: 8.00am-8.00pm ☎ 1300 364 277 🌐 www.raq.org.au
SEXUAL ASSAULT HELPLINE	
575 Old Cleveland Road Camp Hill 4152 A free extended-hours helpline providing information telephone counselling, emotional support and referral pathways for women, men and young people who are victims or survivors of sexual assault or abuse and for anyone who is concerned or suspects someone they care about might have been assaulted or abused.	🕒 7 Days: 7.30am-11.30pm ☎ 07 3156 2323 🌐 www.dvconnect.org/sexual-assault-helpline



THE CENTRE FOR WOMEN AND CO

Redlands 4165 and Logan 4114

Free individual and family counselling for children and young people 3 to 17 years old who have witnessed or lived with domestic and family violence. Counselling can help children and young people feel less sad and anxious about what has happened in their family and explore their emotions in a safe and supportive setting.

Support for women experiencing domestic or family violence situations. The Assessment and Response Team (ART) provide safety planning information and referral to safe housing and other services.

🕒 **Mon-Fri: 9.00am-4.00pm**
 📞 **07 3050 3060**
 🌐 **www.centreforwomen.org.au**

THE TWIN RIVERS CENTRE

104 River Hills Road Eagleby 4207

A general counselling service is available for individuals, children, young people, couples and families. Counselling can include topics such as depression and anxiety, trauma, addictions, domestic violence, grief and loss, parenting stress, relationship difficulties, self-esteem and identity, life transitions, attention deficit hyperactivity disorder (ADHD) and behavioural problems.

🕒 **Mon-Fri: 9.00am-4.00pm**
 📞 **07 3382 4000**
 🌐 **www.twinrivers.org.au**

WOMEN'S HOUSE

15 Morissey Street Woolloongabba 4102

A range of support services for women and children who are experiencing domestic and family violence. Services include information and referral, crisis support, practical assistance, advocacy, safety planning and emotional support. Group activities and material aid in the form of second-hand clothing are also available.

🕒 **Mon-Fri: 9.30am-4.30pm**
 📞 **07 3391 0005**
 🌐 **www.womenshouseshelta.org.au/services**

FINANCIAL ASSISTANCE

BEYOND DV

Statewide

Opportunity for women who have experienced domestic violence to build financial independence. The program provides life coaching and goal-setting sessions, financial counselling, and employment and training services.

🕒 **Mon-Fri: 9.00am-4.00pm**
 🌐 **www.beyonddv.org.au**



PET OWNERS ASSISTANCE AND ADVICE

DVCONNECT / RSPCA PETS IN CRISIS

Confidential Access

A foster care program for the pets of individuals and families at serious risk of domestic violence. The program helps facilitate safe refuge for animals at risk until they can be reunited with their families. After-hours contact is available.

🕒 **7 Days: 9.00am-till late**
 📞 **1800 600 636**
 🌐 **www.dvconnect.org**

SEXUAL HEALTH SERVICES

BRISBANE METRO SOUTH SEXUAL HEALTH SERVICE

**Princess Alexandra Hospital 199 Ipswich Rd
Woolloongabba 4102**

Free and confidential advice testing diagnosis and treatment for sexually transmissible infections (STIs) and consultation on other sexual health issues for young people and adults 16 years old and over. Outreach clinics are also conducted at various times and locations. An interpreter service is available.

🕒 **Mon-Fri: 8.00am-4.00pm**
 📞 **07 3176 5881**
 🌐 **www.metrosouth.health.qld.gov.au/sexual-health**

BRISBANE NORTH SEXUAL ASSAULT RESPONSE (BNSAR)

**The Loft Cnr Chapel Street and Sandgate Road
Nundah 4012**

Information support, referral, support groups and telephone or face-to-face counselling for young and adult women 15 years old or over who have experienced or been affected by sexual violence. Referral is also provided for those experiencing family or domestic violence.

🕒 **Mon-Fri: 9.00am-5.00pm**
 📞 **07 3391 2573**
 🌐 **www.brissc.org.au**

SEXUAL HEALTH AND HIV SERVICE BRISBANE

Biala Level 1, 270 Roma Street Brisbane 4000

Free confidential advice testing diagnosis and treatment for sexually transmitted infections (STIs) and HIV. The service also provides HIV post exposure prophylaxis (PEP) management and care of HIV.

🕒 **Mon-Fri: 8.00am-12.00pm**
 📞 **07 3837 5611**
 🌐 **www.metronorth.health.qld.gov.au**



HEALTH SERVICES

Accident and emergency, on call emergency and some localised health services including some mental health and youth services are listed in this Guide. For other services and support, contacts have been provided who can provide assistance for the referral pathways for the service you require.

If you are not experiencing an emergency call 13 Health (13 43 25 84)

FOR EMERGENCIES

If it is an emergency call Triple Zero 000 or dial 106 if you are using TTY

📞 000

📞 106

QUEENSLAND HEALTH

To contact Queensland Health, or search for a health service or information about a specific condition

📞 13 74 68

🌐 www.health.qld.gov.au

13 HEALTH

A confidential phone service that provides health advice to Queenslanders. You can phone and talk to a registered nurse 24 hours a day, 7 days a week for the cost of a local call (free from Telstra payphones).

📞 13 43 25 84

1300 MH CALL

This is a confidential mental health telephone triage service that provides the first point of contact to public mental health services to Queenslanders. 1300 MH Call is available 24 hours a day, 7 days a week and will link to the caller's nearest Queensland Public Mental Health Service.

📞 1300 642 255

WOMEN'S HEALTH & EQUALITY INFORMATION HUB

Connecting women, our health, our lives and our communities. Women's health is much more than body parts and diseases. Our well-being is influenced by many factors in our lives and our worlds. The Women's Health & Equality Information Hub provides reliable and easily accessible health information with a gendered lens.

🌐 www.womenshealth.org.au



MENTAL HEALTH HELPLINES

The organisations below can provide information regarding assistance and support, including referral where appropriate in your local area:

ORGANISATION	PHONE	WEBSITE
Beyond Blue	1300 224 636	www.beyondblue.org.au
Headspace	1800 650 890	www.headspace.org.au
Kids Helpline	1800 551 800	www.kidshelpline.com.au
Lifeline	13 11 14	www.lifeline.org.au
Openminds	1300 673 664	www.sane.org
Open Arms – Veterans and Families	1800 011 046	www.openarms.gov.au
SANE Australia	1800 187 263	www.sane.org

Services providing local mental health support to people experiencing or at risk of homelessness have been included where possible in the relevant sections of this Guide.

HOSPITALS

All Queensland Health hospitals are open 24 hours a day and have Emergency Departments. Emergency Departments are busy places and patients are treated in order of priority according to how serious their condition is. Emergencies and severe illnesses will take priority over minor complaints.

NAME	ADDRESS	PHONE	WEBSITE
Ipswich Hospital	Chelmsford Avenue Ipswich 4305	07 3810 1111	www.metrosouth.health.qld.gov.au
Logan Hospital	Cnr Armstrong Rd and Loganlea Road Meadowbrook 4131	07 3299 8899	www.metrosouth.health.qld.gov.au
Marie Rose Centre	36 Petrie Street Dunwich 4183	07 3488 4911	www.metrosouth.health.qld.gov.au
Mater Mother's Hospital	Mater Mother's Hospital Raymond Terrace South Brisbane 4101	07 3163 8330	www.matermothers.org.au
Princess Alexandra Hospital	199 Ipswich Road Woolloongabba 4102	07 3176 2111	www.metrosouth.health.qld.gov.au/princess-alexandra-hospital
Queensland Children's Hospital	501 Stanley Street South Brisbane 4101	1300 762 831	www.childrens.health.qld.gov.au



NAME	ADDRESS	PHONE	WEBSITE
Queen Elizabeth II Jubilee Hospital	Cnr Kessels and Troughton Roads Coopers Plains 4108	07 3182 6111	www.metrosouth.health.qld.gov.au
Redland Hospital	Weippin Street Cleveland 4163	07 3488 3111	www.metrosouth.health.qld.gov.au
Royal Brisbane and Women's Hospital	Cnr Butterfield Street and Bowen Bridge Road Herston 4006	07 3646 8111	www.metronorth.health.qld.gov.au/rbwh
The Prince Charles Hospital	627 Rode Road Chermside 4032	07 3139 4000	www.metronorth.health.qld.gov.au

ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLES

ABORIGINAL AND TORRES STRAIT ISLANDER COMMUNITY HEALTH SERVICE (ATSICHS)	
<p>55 Annerley Road Woolloongabba 4102</p> <p>A wide range of health services for Aboriginal and Torres Strait Islander families and singles. Outreach services are provided to Acacia Ridge, Inala and Woodridge.</p>	<p>🕒 Mon-Fri: 8.30am-4.30pm</p> <p>☎ 07 3240 8900</p> <p>🌐 www.atsichsbrisbane.org.au</p>
BRIGHTON INDIGENOUS HEALTH SERVICES	
<p>449 Hornibrook Highway Brighton 4017</p> <p>A broad range of community-based care and support services for Aboriginal and Torres Strait Islander people in order to improve and maintain their well-being and independence.</p>	<p>🕒 Mon-Fri: 8.00am-5.00pm</p> <p>☎ 07 3631 7400</p> <p>🌐 www.metronorth.health.qld.gov.au</p>
BROWNS PLAINS MEDICAL CLINIC	
<p>37 Wirraway Parade Inala 4077</p> <p>Aboriginal health workers provide health advice, assistance, treatment and outreach for children, young people, families and elders in the Aboriginal community.</p>	<p>🕒 Mon-Fri: 8.30am-4.30pm</p> <p>☎ 07 3240 8900</p> <p>🌐 www.atsichsbrisbane.org.au</p>
INALA INDIGENOUS HEALTH SERVICE	
<p>449 Hornibrook Highway Brighton 4017</p> <p>Standard medical services with general medical practitioners available for consultations with Aboriginal and Torres Strait Islander families and singles.</p>	<p>🕒 Mon-Fri: 8.30am-4.30pm</p> <p>☎ 07 3101 4222</p> <p>🌐 www.health.qld.gov.au/ihs</p>

**INSTITUTE FOR URBAN INDIGENOUS HEALTH****22 Cox Road Windsor 4030**

Culturally appropriate bulk billed primary health care services including GP services, dental and oral health, child youth, family & maternal health, aged care, mental health, alcohol and other drug services, social and emotional well-being and speciality services. Please contact for services in your local area. Please bring your medicare, health care, pension and or DVA card with you.

🕒 Mon-Fri: 8.30am-4.30pm
 📞 07 3828 3600
 🌐 www.iuih.org.au

KAMBU HEALTH, IPSWICH CLINIC**27 Roderick Street Ipswich 4305**

General medical services are provided for Aboriginal and Torres Strait Islander people in Ipswich and the surrounding region.

🕒 Mon-Fri: 8.30am-8.30pm
 📞 07 3810 3000
 🌐 www.kambuhealth.com.au

LOGANLEA MEDICAL CLINIC**Unit 4, 653 Kingston Road Loganlea 4131**

Aboriginal health workers provide health advice, assistance, treatment and outreach for children, young people, families and elders in the Aboriginal community.

🕒 Mon-Sat: 8.30am-4.30pm
 📞 07 3240 8900
 🌐 www.atsichsbrisbane.org.au

NORTHGATE MEDICAL CLINIC**313 Melton Road Northgate 4013**

Aboriginal health workers provide health advice, assistance, treatment and outreach for children, young people, families and elders in the Aboriginal community.

🕒 Mon-Sat: 8.30am-4.30pm
 📞 07 3240 8900
 🌐 www.atsichsbrisbane.org.au

YULU-BURRI-BA ABORIGINAL CORPORATION FOR COMMUNITY HEALTH**Shops 2 and 3, 1 Finucane Road Capalaba 4157**

General medical services are provided for Aboriginal and Torres Strait Islander families and singles. Also provides services in Dunwich and Wynnum.

🕒 Mon-Fri: 8.30am-4.30pm
 📞 07 3900 7800
 🌐 www.ybb.com.au

ADDICTION RECOVERY AND SUPPORT

Addiction occurs when someone compulsively engages in behaviour such as drug taking, gambling, drinking or gaming. Even when bad side effects kick in and people feel like they're losing control, people who have addictions usually can't stop doing the thing they're addicted to without help and support.

The following services can provide counselling, information, advice and referral to a service near you:



ALCOHOLICS ANONYMOUS (AA)

The only requirement for membership is a desire to stop drinking - find one of over 2,000 AA meetings held each week.

☎ **1300 222 222**
 🌐 **www.aa.org.au**

ALCOHOL AND DRUG INFORMATION SERVICE (ADIS)

24 hour 7 days a week confidential support for Queenslanders with alcohol and drug concerns, their families and health professionals.

☎ ADIS: **1800 177 833**
 ☎ 13 HEALTH: **13 43 25 84**
 🌐 **www.adis.health.qld.gov.au**

COUNSELLING ONLINE

Communicate online with a professional counsellor about any alcohol or drug related concern, a free service available 24 hours a day.

🌐 **www.counsellingonline.org.au**

DRUG ARM

Drug arm works in more than 40 locations to transform lives of people impacted by alcohol and other drugs. Refer to website for current locations.

🕒 **Mon-Fri: 9.00am-5.00pm**
 ☎ **07 3620 8880**
 🌐 **www.drugarm.com.au**

GAMBLING HELPLINE

A free and confidential counselling and referral service for people concerned about their own or someone else's gambling.

🕒 **7 Days: 24 hours**
 ☎ **1800 858 858**
 🌐 **www.gamblinghelpqld.org.au**

GAMBLING HELP ONLINE

A national website that provides live online professional counselling 24 hours a day seven days a week.

🌐 **www.gamblinghelponline.org.au**

QUEENSLAND INJECTORS HEALTH NETWORK (QUIHN)

QUIHN provides support to individuals who wish to address their drug use.

🕒 **Mon-Fri: 9.00am-7.00pm**
 ☎ **1800 172 076**
 🌐 **www.quihn.org**



QUIT SMOKING

Quitline offers support, encouragement and resources to help you quit smoking.

☎ **13 78 48**

🌐 **www.QUIThQ.initiatives.qld.gov.au**

TED NOFFS FOUNDATION

Australia's largest provider of drug treatment for young people aged 12-25 to help with drug, crime and mental health issues.

🕒 **Mon-Fri: 3.00pm-6.00pm**

☎ **1800 753 300**

🌐 **www.noffs.org.au**

PUBLIC DENTAL SERVICES

Public dental services are delivered via a range of facilities including mobile dental and community dental clinics. For adults and their dependents to be eligible for free dental care they must be a Queensland resident and receive benefits from an applicable concession card. To learn more about the public dental services available in your region go to **www.qld.gov.au/services/oral-eye-ear/dental-services**.

SPECIALISED SUPPORT GROUPS

CLINIC 30

30 Helen Street Teneriffe 4005

The clinic provides free, confidential services for women who have sex with women. Services include screening; vaccination; management of sexually transmissible infections (STIs) including HIV, hepatitis B and hepatitis C; health education; breast cancer awareness; and cervical information.

🕒 **Mon-Fri: 9.00am-5.00pm**

☎ **07 3017 1777**

🌐 **www.quac.org.au**

SUPPORT GROUPS QUEENSLAND

121 Lister Street Sunnybank 4109

Promotion, support, training, information and referral for self-help and support groups in Queensland.

🕒 **Tue-Fri: 9.00am-4.30pm**

☎ **07 3344 6919**

🌐 **www.selfhelpqld.org.au**



COMMUNITY BASED SUPPORT

<p>EACH SOCIAL AND COMMUNITY HEALTH</p>	
<p>Assessment including treatment and case management for adults with serious mental illness. Services include consultation and liaison with other service providers, referral to other specialist agencies, social rehabilitation and assistance with living skills. Consultation and support for families, mental health education and resource information are also provided.</p> <ul style="list-style-type: none"> • 24 East Street Ipswich 4305 • 212 Bay Terrace Wynnum 4178 	<ul style="list-style-type: none"> 🕒 Mon-Fri: 8.00am-5.00pm ☎ 1300 003 224 🌐 www.metrosouth.health.qld.gov.au
<p>HARMONY PLACE</p>	
<p>2 Carmody Street Logan Central 4114</p> <p>Mental health assessment, treatment and support services for people with mental health and/or substance abuse problems who are homeless or at risk of homelessness.</p>	<ul style="list-style-type: none"> 🕒 7 Days: 8.00am-9.00pm ☎ 07 3834 1673 🌐 www.harmonyplace.org.au
<p>HOMELESS HEALTH OUTREACH TEAM (HHOT)</p>	
<p>162 Alfred Street Fortitude Valley 4006</p> <p>A community-based outpatient service providing case management, assessment and treatment for homeless people, with complex mental health needs.</p>	<ul style="list-style-type: none"> 🕒 Mon-Fri: 8.30am-5.00pm ☎ 1300 642 255 🌐 www.metronorth.health.qld.gov.au
<p>INALA WANGARRA</p>	
<p>67 Poinsettia Street Inala 4077</p> <p>We walk alongside community during significant moments in life to support pride, dignity and self-determination.</p>	<ul style="list-style-type: none"> 🕒 Mon-Fri: 8.30am-5.00pm ☎ 07 3825 6000 07 3825 6006 🌐 www.inalawangarra.org.au
<p>MI NETWORKS</p>	
<p>Confidential Access</p> <p>Community-based programs with recovery-oriented options that create hope, new skills and opportunities for people with or at risk of developing mental illness. Support is also provided for families and carers.</p>	<ul style="list-style-type: none"> 🕒 Mon-Fri: 8.30am-4.30pm ☎ 1800 985 944 🌐 www.copyi.net.au

**MULTICULTURAL CONNECT LINE****33 Stoneham Street Stones Corner 4120**

Information, emotional support, psycho-education and referral to mental health services and other service providers for people with mental illness. The service is particularly for people from culturally and linguistically diverse backgrounds.

🕒 **Mon-Fri: 8.30am-4.30pm**
☎ **1300 079 020**
🌐 **www.worldwellnessgroup.org.au**

OPEN ARMS-VETERANS AND FAMILIES COUNSELLING**Mezzanine L 59 Albany Creek Rd Aspley 4034**

Mental health support for Navy, Army and Air Force personnel, veterans and their families.

🕒 **Mon-Fri: 9.00am-5.00pm**
☎ **1800 011 046**
🌐 **www.openarms.gov.au**



ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLES

KUMMARA INDIGENOUS FAMILY CARE

22 Stuart Street Goodna 4300

An early intervention and prevention service for Indigenous families with children and young people 0 to 18 years old, who are at risk of entering the statutory child protection system. Provides information, referral, support, counselling, health services and education to Indigenous parents.

🕒 **Mon-Fri: 9.00am-5.00pm**
☎ **07 3198 3030**
🌐 **www.kummara.org.au**

KURBINGUI YOUTH DEVELOPMENT

425 Zillmere Road Zillmere 4034

Therapeutic support for Aboriginal and Torres Strait Islander families seeking assistance in relation to difficulties they are experiencing in their lives, including those working towards reunification with their children who are in care.

🕒 **Mon-Fri: 8.30am-5.00pm**
☎ **07 3156 4800**
🌐 **www.kurbingui.org.au**

CHILD PROTECTION / PLACEMENT

DEPT. OF CHILD SAFETY, SENIORS AND DISABILITY SERVICES

Child Safety Services is responsible for protecting infants, children and young people from abuse and neglect. The Centre works with government and non-government agencies to protect and support vulnerable infants, children and young people by responding to families in crises twenty-four hours a day, seven days a week. To find your closest Child Safety Service go to www.dssds.qld.gov.au or call **1800 177 135**.

CHILDCARE FINDER

IN HOME CARE SUPPORT AGENCY

Support for families who are unable to access suitable child care such as centre-based care, family day care or outside-school-hours care for their children. Eligible families include those who live in rural or remote areas; families who work non-standard hours; and families with challenging or complex needs.

🕒 **Mon-Fri: 9.00-5.00pm**
☎ **1800 993 737**
🌐 **www.ihc.org.au**

STARTINGBLOCKS.GOV.AU

Online child care tool to assist to find quality children's education and care services to give your child the best start, compare services and build a shortlist.

🌐 **www.startingblocks.gov.au**



COUNSELLING, REFERRAL AND SUPPORT

ACCORAS

Unit 4 23 Sanders Street Upper Mount Gravatt 4122

Support for families with infants, children and young people 0 to 18 years old, from culturally and linguistically diverse (CALD) backgrounds, who have multiple and complex needs. The program improves well-being and relationships within families and builds their capacity to care for their children and protect them from harm.

🕒 Mon-Fri: 9.00am-5.00pm
☎ 07 3255 6555
🌐 www.accoras.com.au

ANGLICARE SOUTHERN QUEENSLAND

31 Bent Street Toowong 4066

A program for families that require extra support, with a focus on ensuring the safety of children and increasing parenting skills, attachment and bonding, to develop sound parent/child relationships and minimise neglect and abuse. Provides accommodation and support for single pregnant and/or parenting women 16 and 25 years old with children under four years old, who are homeless or at risk of homelessness.

🕒 Mon-Fri: 8.30am-4.30pm
☎ 07 3377 3110
🌐 www.anglicaresq.org.au

BEAUCARE

44 Tina Street Beaudesert 4285

Provides assistance to people who require relief from disadvantage.

🕒 Mon-Fri: 9.00am-5.00pm
☎ 07 5541 4216
🌐 www.beucare.org.au

BRISBANE NORTH INTENSIVE FAMILY SUPPORT

100 Sixth Avenue Kedron 4031

A program for families that require extra support, with a focus on ensuring the safety of children and increasing parenting skills, attachment and bonding, to develop sound parent/child relationships and minimise neglect and abuse. Provides accommodation and support for single pregnant and/or parenting women 16 and 25 years old with children under four years old, who are homeless or at risk of homelessness.

🕒 Mon-Fri: 9.00am-5.00pm
☎ 07 3084 6600
🌐 www.actforkids.com.au

INTENSIVE FAMILY SUPPORT SERVICE-FAMILIES TOGETHER

15-17 Intrepid Street Jamboree Heights 4074

A consent-based intensive family support service that works closely with families with infants, children and young people 0 to 18 years old who have multiple and complex needs. In-home support is provided over a period of six to nine months.

🕒 Mon-Fri: 8.00am-5.00pm
☎ 07 3716 7300
🌐 www.cofcql.com.au



MERCY COMMUNITY SERVICES

30 Thorn Street Ipswich 4305

An intensive family support service for families with infants, children and young people with multiple and/or complex needs. Support is provided in-home. Families are also linked to specialist services.

🕒 Mon-Fri: 9.00am-5.00pm
 📞 07 3280 8000
 🌐 www.mercycs.org.au

LIFE WITHOUT BARRIERS

34 Douglas Street Milton 4064

Support for young people 15 to 21 years old who have been in foster care or other out-of-home care arrangements.

🕒 Mon-Fri: 9.00am-5.00pm
 📞 07 3633 1500
 🌐 www.lwb.org.au

MISSION AUSTRALIA, INTENSIVE FAMILY SUPPORT

Level 1, 225 Brisbane Street Ipswich 4305

Intensive early intervention and prevention assistance for families with infants, children and young people 0 to 18 years old. Support includes proactive engagement, outreach, group work and case management.

🕒 Mon-Fri: 9.00am-5.00pm
 📞 07 3437 0900
 🌐 www.missionaustralia.com.au

NATIONAL ASSOCIATION FOR PREVENTION OF CHILD ABUSE AND NEGLECT

Level 2, Unit 2.09, 105 Florence Street Wynnum 4178

A family support service that encourages child-friendly communities in order to help prevent child abuse and neglect and assist in the welfare of children. The service provides community education, information, advocacy, support and referral.

🕒 Mon-Fri: 9.00am-4.30pm
 📞 (02) 8073 3300
 🌐 www.napcan.org.au

YFS - PARENTS NEXT

133-145 Brisbane Street Jimboomba 4280

Intensive case management and support for parents to help them improve the safety and care of their children and to help families work well. Provides assistance to help parents strengthen practical skills and parenting skills; connect with culture, friends, family and community; communicate effectively; and manage stress.

🕒 Mon-Fri: 8.30am-5.00pm
 📞 07 3826 1500
 🌐 www.yfs.org.au

ST VINCENT DE PAUL, CHILD AND FAMILY PROGRAM

108 George Street Beenleigh 4207

Support for parents in their own homes to address the issues which have led to child protection concerns, this may be either through a preservation or reunification framework.

🕒 Mon-Fri: 8.30am-4.30pm
 📞 07 3807 6623
 🌐 www.qld.vinnies.org.au

**THE CENTRE FOR WOMEN AND CO****29 City Road Beenleigh 4207**

Free individual and family counselling for children and young people 5 to 17 years old who have witnessed or lived with domestic and family violence.

🕒 **Mon-Fri: 9.00am-4.00pm**
☎ **07 3050 3060**
🌐 **www.centreforwomen.org.au**

UNITING CARE QUEENSLAND

Provides intensive family support services for families with children under 18 years old in a wide range of areas including financial pressures and limited household resources; parenting support.

- **Ipswich, Level 1, 38 Limestone Street, Ipswich 4305**
(Ph: 07 3816 9600)
- **Logan, 2994 Logan Road, Underwood 4119**
(Ph: 07 3270 6400)
- **Beenleigh, 58 Manila Street, Beenleigh 4207**
(Ph: 07 3442 5900)

🕒 **Mon-Fri: 8.30am-4.30pm**
🌐 **www.unitingcareqld.com.au**

13FAMILY

13FAMILY connects families to their nearest Family and Child Connect office. Family and Child Connect is a free local community-based referral service that provides information and advice for families as well as putting families in touch with the right services that can help with issues such as managing children's behaviour, building better family relationships, stopping any violence at home.

🕒 **Mon-Fri: 8.30am-5.30pm**
☎ **13 32 64**
🌐 **www.familychild.connect.org.au**

54 REASONS**28 Beesley Street West End 4101**

Case management support for families with infants, children and young people 0 to 18 years old who are at risk of entering the statutory child protection system. The service works with vulnerable families with complex needs.

🕒 **Mon-Fri: 9.00am-4.00pm**
☎ **07 3199 0500**
🌐 **www.savethechildren.org.au/54-reasons**



CALD, REFUGEE AND MIGRANT PEOPLES

ACCESS COMMUNITY SERVICES, SETTLEMENT AND EMPLOYMENT SERVICES	
<p>Various settlement support services for migrants and humanitarian entrant refugees are provided.</p> <ul style="list-style-type: none"> • 9 William Street Goodna 4300 • 92 Wembley Rd Logan Central 4114 • 558 Kingston Rd Kingston 4114 	<p>🕒 Mon-Fri: 8.30am-4.30pm</p> <p>☎ 07 3412 9955</p> <p>🌐 www.accesscommunity.org.au</p>
ARMIA (ACTIVE REFUGEE AND MIGRANT INTEGRATION IN AUSTRALIA) SERVICES	
<p>ARMIA House 140 Mains Road Sunnybank 4109</p> <p>A range of support services for refugees and migrants who have been in Australia for more than five years and are struggling to integrate into Australian society and are at risk of social isolation. ARMIA also assists people with disabilities and other disadvantaged mainstream and Indigenous persons. ARMIA helps with affordable housing, community empowerment and employment and entrepreneurship.</p>	<p>🕒 Mon-Fri: 9.00am-5.00pm</p> <p>☎ 07 3344 1149</p> <p>🌐 www.armia.com.au</p>
QLD PROGRAM OF ASSISTANCE TO SURVIVORS OF TORTURE AND TRAUMA (QPASTT)	
<p>Unit 19, 390 Kingston Street Slacks Creek 4127</p> <p>QPASTT is the first point of contact to assess and respond to the needs of people seeking asylum who require mental health and well-being-focused support.</p>	<p>🕒 Mon-Fri: 9.00am-5.00pm</p> <p>☎ 07 3089 4310</p> <p>🌐 www.qpastt.org.a</p>
SOMALI COMMUNITY ASSOCIATION OF QUEENSLAND (SCAQ)	
<p>44 Skylark Street Inala 4077</p> <p>A not-for-profit organisation which works to promote social cohesion between the Somali ethnic community and the wider Australian society. The Somali Community Association of Queensland (SCAQ) advocates on matters and needs of its community members.</p>	<p>🕒 Mon-Fri: 9.00am-5.00pm</p> <p>☎ 07 3879 8325</p> <p>🌐 www.somalicommunityofqueensland.com</p>
VIETNAMESE COMMUNITY IN AUSTRALIA, QUEENSLAND CHAPTER	
<p>2709 Ipswich Road Darra 4076</p> <p>Support for members of the Vietnamese community and other communities. Services include financial advice and assistance for victims of domestic violence.</p>	<p>🕒 Mon-Fri: 9.00am-3.00pm</p> <p>☎ 07 3375 6036</p> <p>🌐 www.vcaqld.org.au</p>

EMERGENCY ASSISTANCE AFTER A DISASTER

In the event of a disaster and you have had to leave your home and need urgent housing assistance please call **13 74 68**. Alternatively you can visit a recovery centre if it has been established in your area or visit qld.gov.au/community/disasters-emergencies/recovery-after-disaster



DROP IN, NEIGHBOURHOOD AND COMMUNITY CENTRES

BRISBANE STREET LEVEL MISSION - SALVATION ARMY	
<p>97 School Street Spring Hill 4000</p> <p>The Centre provides material aid in the form of meals, showers, toiletries, laundry facilities and office facilities, for people in the local community, including those who are homeless or experiencing financial difficulties.</p>	<p>🕒 Mon-Thurs: 9.00am-2.00pm</p> <p>☎ 07 3001 6288</p> <p>🌐 www.salvationarmy.org.aubrisbane streetlevel</p>
EMMANUEL CITY MISSION	
<p>19 Merivale Street South Brisbane 4101</p> <p>A daytime sanctuary for vulnerable people and people experiencing homelessness in the Brisbane region. Material aid is provided in the form of hot meals, tea and coffee, showers, laundry facilities, clothing and toiletry packs.</p>	<p>🕒 7 Days: 9.00am-3.00pm</p> <p>☎ 07 3217 5199</p> <p>🌐 www.emmanuelcitymission.com</p>
GOODNA NEIGHBOURHOOD HOUSE	
<p>33 Queen Street Goodna 4300</p> <p>Goodna Neighbourhood House hosts and has partnerships with agencies and provides services including: family and individual support; information, advocacy and referral; free fresh bread on Mondays and Fridays. A telephone interpreter can be arranged.</p>	<p>🕒 Mon-Fri: 8.30am-3.00pm</p> <p>☎ 07 3818 1648</p>
INALA COMMUNITY HOUSE	
<p>Information, referral, support, advocacy and small group work for families and individuals including referral to housing.</p> <ul style="list-style-type: none"> • 38 Sittella Street Inala 4077 (Mon-Fri: 8.30am-4.30pm, Ph: 07 3372 1711) • 79 Poinsettia Street Inala 4077 (Mon-Fri: 9.00am-4.00pm, Ph: 07 3372 7677) 	<p>🌐 www.ich.org.au</p>
INSPIRE YOUTH AND FAMILY SERVICES	
<p>79 Poinsettia Street Inala 4077</p> <p>A drop-in centre for young people 15 to 25 years old. Provides support staff and opportunities for positive connections and social engagement. Material aid in the form of showers and laundry facilities is also available. Provides information, advocacy, referral, support, case management and medium-term transitional accommodation for young people who are homeless or at risk of homelessness.</p>	<p>🕒 Mon-Fri: 9.00am-5.00pm</p> <p>☎ 07 3372 2655</p> <p>🌐 www.iys.org.au</p>



KINGSTON EAST NEIGHBOURHOOD GROUP ASSOCIATION	
<p>177 Meakin Road Slacks Creek 4127</p> <p>Emergency relief is available for individuals and families experiencing disadvantage. Provides temporary supported accommodation for families at risk of homelessness. Crisis support, information, referral, advocacy and assistance in developing independent-living and budgeting skills are provided.</p>	<p>🕒 Mon-Fri: 9.00am-4.30pm</p> <p>☎ 07 3808 1684</p> <p>🌐 www.keng.org.au</p>
LOGAN EAST COMMUNITY NEIGHBOURHOOD ASSOCIATION (LECNA)	
<p>Cnr Cinderella Drive and Vanessa Boulevard Springwood 4127</p> <p>Financial advice for all financial matters for low-income earners. Emergency relief is available for individuals and families experiencing disadvantage. Aid includes food parcels.</p>	<p>🕒 Mon-Fri: 9.00am-5.00pm</p> <p>☎ 07 3808 4529</p> <p>🌐 www.lecna.org.au</p>
NORTHSIDE CONNECT, NUNDAH	
<p>Nundah Neighbourhood Centre 14 Station St. Nundah 4012</p> <p>Emergency relief is available for individuals and families experiencing disadvantage. Aid includes food parcels.</p>	<p>🕒 Mon-Thu: 9.00am-4.30pm</p> <p>☎ 07 3260 6820</p> <p>🌐 www.northsideconnect.org.au</p>
PICABEEN COMMUNITY CENTRE	
<p>22 Hoben Street Mitchelton 4053</p> <p>Food parcels for individuals and families experiencing disadvantage. Interest-free loans of up to \$2,000 are available for families and singles on low incomes.</p>	<p>🕒 Mon-Thu: 9.00am-4.00pm</p> <p>☎ 07 3354 2555</p> <p>🌐 www.picabeen.org.au</p>
REDLAND COMMUNITY CENTRE	
<p>29 Loraine Street Capalaba 4157</p> <p>Free general and crisis counselling for adults 18 years old and over experiencing distress, including distress caused by grief, abuse or domestic violence. Referral to specialist services for long-term counselling is available where appropriate. Support services for people experiencing homelessness on their journey towards stability to reconnect with community, family and friends as well as to secure a home.</p>	<p>🕒 Mon-Thu: 9.00am-5.00pm</p> <p>☎ 07 3245 2117</p> <p>🌐 www.redlandcommunitycentre.org</p>

REDBANK PLAINS COMMUNITY CENTRE**180 School Road Redbank Plains 4301**

Information and support for consumers who are experiencing debt problems or are in financial distress. Food parcels for individuals and families experiencing disadvantage.

🕒 Mon-Fri: 9.00am-5.00pm
☎ 0432 273 486
🌐 www.multiculturalaustralia.org.au/redbank_plains_community_centre

SANDBAG COMMUNITY CENTRES AND SERVICES**Shop 8, 153 Rainbow Street Sandgate 4017**

A range of community support services for individuals and families who are marginalised and vulnerable including: free laundry and shower facilities for people who are experiencing homelessness, community support, information and referral services, Fortnightly community meals, and crisis and personal support for individuals experiencing problems relating to housing, family violence, homelessness, mental health and health.

🕒 Mon-Fri: 9.00am-5.00pm
☎ 07 3869 3244
🌐 www.sandbag.org.au

SHERWOOD NEIGHBOURHOOD CENTRE**38 Thallon Street Sherwood 4075**

Emergency relief is available for individuals and families experiencing disadvantage. Aid including food parcels, Telstra vouchers and thrift shop vouchers. Provides a specialist service for individuals and families who are homeless or at risk of homelessness.

🕒 Mon-Fri: 9.00am-4.00pm
☎ 07 3379 6963
🌐 www.sherwoodnc.org

SOUNDPOINT YOUTH AND COMMUNITY CENTRE**27 Smiths Road Goodna 4300**

A drop-in centre providing social support for community members including coffee, tea and meals.

🕒 Mon-Fri: 9.00am-4.00pm
☎ 07 2892 9510
🌐 www.salvationarmy.org.au/soundpoint

ST DAVID'S NEIGHBOURHOOD CENTRE**68 Orange Grove Road Coopers Plains 4108**

Information, advice and referral for all services in the local community. Support to access counselling and financial resilience programs is also provided. Emergency relief is available for individuals and families experiencing disadvantage. Aid includes vouchers for clothing and household goods from the Thrift Shop and ready-made meals.

🕒 Mon-Fri: 9.00am-3.00pm
☎ 07 3274 3240
🌐 www.stdavidsnc.org.au



3RD SPACE

505 Brunswick Street Fortitude Valley 4006

Provides a range of support services for people who are homeless or at risk of homelessness. Support includes health care services, showers, meals and snacks, a laundromat, a mail collection service; phone chargers; day storage facilities; and an internet kiosk. Provides assistance to obtain crisis, short-term and long-term housing.

7 Days: 8.30am-4.00pm

07 3254 1144

www.3rdspace.org.au

SENIORS

QUEENSLAND SENIORS CARD

Statewide

A Seniors Card for people aged over 60 who are living in Queensland. Cards available include Seniors Card, Seniors Card +go and Seniors Business Discount Card.

Mon-Fri: 8.30am-5.30pm

13 74 68

www.qld.gov.au/seniors

SENIORS ENQUIRY LINE

Level 1, 766 Gympie Road Chermside 4032

A statewide information and referral service providing access to information on topics of interest to seniors. Information about housing, concessions, social activities, household assistance, transport, community groups,

Mon-Fri: 9.00am-5.00pm

1300 135 500

www.seniorenquiryline.com.au

ELDER ABUSE PREVENTION UNIT

Statewide

A helpline providing an information support and referral service for older people who are experiencing abuse or for anyone who suspects or has witnessed the abuse of an older person. Abuse may be in any form including financial emotional or physical abuse or neglect of elderly people.

Mon-Fri: 9.00am-5.00pm

07 3867 2525

www.eapu.com.au



CENTRELINK FINANCIAL AND MONEY HELP

Centrelink provides social security payments for eligible people. Financial support is available for families; the elderly; the sick or injured; people with disabilities; young and adult job seekers; Indigenous people; recent immigrants; carers; people undertaking or planning to undertake study or training; the self-employed; retired people and those planning retirement; the bereaved; people recently separated or divorced; and people in crisis. **All centres operate Monday-Friday 8.30am-4.30pm or visit www.servicesaustralia.gov.au/centrelink or call 13 24 68.**

NAME	ADDRESS
Beenleigh Service Centre	Stockyard Lane Beenleigh 4207
Browns Plains Service Centre	75-87 Grand Plaza Drive Browns Plains 4118
Capalaba Service Centre	42 Redland Bay Road Capalaba 4157
Chermside Service Centre	18 Banfield Street Chermside 4032
Cleveland Service Centre	159 Bloomfield Street Cleveland 4163
Fortitude Valley Service Centre	435 St Pauls Terrace Fortitude Valley 4006
Goodna Service Centre	1 William Street Goodna 4300
Inala Service Centre	14 Wirraway Parade Inala 4077
Ipswich Service Centre	78 East Street Ipswich 4305
Mitchelton Service Centre	55 Osborne Road Mitchelton 4053
Mount Gravatt Service Centre	57 Sanders Street Upper Mount Gravatt 4122
Nundah Service Centre	1283 Sandgate Road Nundah 4012
South Brisbane Service Centre	36 Annerley Road Woolloongabba 4102
Stones Corner Service Centre	Cnr Logan Road & Cornwall Street Stones Corner 4120
Toowong Service Centre	17-19 Lissner Street Toowong 4066
Woodridge Service Centre	21 Station Road Woodridge 4114
Wynnum Service Centre	89 Tingal Road Wynnum 4178



CHILD SUPPORT

CHILD SUPPORT AGENCY, BRISBANE

435 St Paul's Terrace Fortitude Valley 4006

The Child Support Agency assists people with queries regarding the legal requirements for collection and payment of child maintenance. Separated parents can make a private agreement or an assessment will be made by the agency.

🕒 **Mon-Fri: 8.00am-4.45pm**
 📞 **13 12 72**
 🌐 **www.servicesaustralia.gov.au**

INFORMATION, REFERRAL AND SUPPORT

SAVER PLUS

Statewide

A ten-month financial literacy and matched savings program for young people and adults on low incomes to assist them to build savings for their own or their children's education. The program encourages people to start a savings habit by matching their savings dollar for dollar up to \$500. Participants can then use the matched funds on education-related items such as books, stationery, computers, uniforms and extra-curricular activities for themselves or for their children. Once in the program, participants attend ten hours of financial education workshops at no cost. Call for your nearest service.

🕒 **Mon-Fri: 9.00am-4.00pm**
 📞 **1300 610 355**
 🌐 **www.smithfamily.com.au**

THE SALVATION ARMY MONEYCARE




Statewide

Assists families and individuals in financial difficulty or crisis, including those experiencing difficulty paying debts or credit cards, who have overdue gas or electricity bills, are being harassed by creditors or debt collectors, facing legal action regarding debts, dealing with motor vehicle repossession, facing eviction and/or budgeting problems. Financial counsellors provide a free and confidential service to help people manage their money problems. Call to find the closest service to you.

🕒 **Mon-Fri: 8.30am-4.30pm**
 📞 **1800 722 363**
 🌐 **www.salvationarmy.org.au/financialcounselling**




**UNITINGCARE QUEENSLAND****Statewide**

Information and support for individuals, families and groups of consumers who are experiencing debt problems. Advice on debt management, negotiating with creditors and budgeting is provided. Information on bankruptcy, credit laws and government assistance is also available. Counsellors may liaise and consult with creditors when required.

-  **7 Days: 8.30am-4.30pm**
-  **1800 007 007**
-  **www.unitingcare.qld.com.au**

NATIONAL DEBT HELPLINE

Talk to a highly trained consultant to help you navigate your situation.

-  **Mon-Fri: 9.30am-4.30pm**
-  **1800 007 007**
-  **www.ndh.org.au**




GOOD SHEPHERD

Financial independent advice for women, girls and families including No Interest Loans (NILS).

-  **136 457**
-  **www.goodshep.org.au**




STATE PENALTIES ENFORCEMENT REGISTRY (SPER) DEBT

The hardship partner program gives people in genuine hardship realistic options to resolve their SPER debt. Some organisations or financial or health professionals may be able to help you to deal with your SPER debt by enabling you to complete a work and development order.

-  **Mon-Fri: 8.00am-5.00pm**
-  **1300 365 635**
-  **www.qro.qld.gov.au/aboutqro/sper/contact-us**



PUBLIC TRUSTEE OF QUEENSLAND**Statewide**

Management of financial and legal affairs for people with disabilities, including income collection, payment of accounts, property management, investment and taxation advice, the provision of legal services and referrals and submissions to government agencies. Check the website for office locations.

-  **Mon-Fri: 8.30am-4.00pm**
-  **1300 360 044**
-  **www.pt.qld.gov.au**

MULTILINK COMMUNITY SERVICES**38 Blackwood Road Logan Central 4114**

Interest-free loans of up to \$2,000 are available for families and singles on low incomes and who are from a migrant or refugee background. Most loans are for essential household items, but may be for other needs.

-  **Mon-Fri: 8.30am-4.30pm**
-  **07 3808 4463**
-  **www.multilink.org.au**

**ST VINCENT DE PAUL SOCIETY QUEENSLAND****10 Merivale Street South Brisbane 4101**

Interest-free loans of up to \$2,000 are available for families and singles on low incomes. Most loans are for essential household items, but may be for other needs.

🕒 **Mon-Fri: 8.30am-4.00pm**
☎ **07 3010 1000**
🌐 **www.qld.vinnies.org.au**

SUPERANNUATION INFORMATION REFERRAL AND SUPPORT**AUSTRALIAN TAXATION OFFICE (ATO) SUPERANNUATION HOTLINE****Statewide**

The Australian Taxation Office provides free information and referral on matters relating to superannuation.

🕒 **Mon-Fri: 8.00am-5.00pm**
☎ **13 10 20**
🌐 **www.ato.gov.au/super**



LEGAL ASSISTANCE (STATEWIDE)

These organisations provide legal assistance or information in a number of locations across Queensland, please contact them for location information.

ABORIGINAL AND TORRES STRAIT ISLANDER LEGAL SERVICE (ATSILS)	
A community-based legal assistance organisation which advances and protects the legal and human rights of Aboriginal and Torres Strait Islander people. ATSILS delivers a broad range of civil, family and criminal law services, and a 24 hour legal assistance hotline.	<p>🕒 7 Days: 24 hours</p> <p>☎ 1800 012 255</p> <p>🌐 www.atsils.org.au</p>
KNOWMORE	
<p>Level 20, 144 Edward St, Brisbane 4000</p> <p>knowmore is a team of lawyers, counsellor/social workers, financial counsellors and Aboriginal and Torres Strait Islander engagement advisors – all experienced and trained in working with survivors of child sexual abuse and people who have experienced trauma. knowmore helps survivors of child sexual abuse navigate their legal options with free advice and a range of support services.</p>	<p>☎ 1800 605 762</p> <p>🌐 www.knowmore.org.au</p>
LAWRIGHT	
Provides free legal help for Court and Tribunal Services and connection to pro bono services through community partners.	<p>🕒 Mon-Fri: 9.00am-5.00pm</p> <p>☎ 07 3187 4379</p> <p>🌐 www.lawright.org.au</p>
LEGAL AID QUEENSLAND	
Provides legal help to financially disadvantaged people about criminal, family and civil law matters.	<p>🕒 Mon-Fri: 8.30am-4.30pm</p> <p>☎ 1300 65 11 88</p> <p>🌐 www.legalaidqld.gov.au</p>
REFUGEE AND IMMIGRATION LEGAL SERVICE	
Provides free independent legal advice, assistance and community education to disadvantaged people and free immigration legal assistance for people in need.	<p>🕒 Mon-Fri: 9.00am-5.00pm</p> <p>☎ 07 3846 9300</p> <p>🌐 www.rails.org.au</p>
SISTERS INSIDE	
Advocates and provides services for women and girls in prison.	<p>🕒 Mon-Fri: 9.00am-5.00pm</p> <p>☎ 1800 003 242</p> <p>🌐 www.sistersinside.com.au</p>



TASC NATIONAL LIMITED

Unit 3, 265 Brisbane Street Ipswich 4305

Community Legal Centre and advocacy service provides free services for people who are low income or financially disadvantaged.

🕒 **Mon-Fri: 9.00am-4.30pm**
 📞 **07 4616 9700**
 🌐 **www.tascnational.org.au**

VICTIM ASSIST QLD

Information and advice for victims of crime including information about support services, victims' rights and financial assistance .

🕒 **Mon-Fri: 9.00am-5.00pm**
 📞 **1300 546 587**
 🌐 **www.qld.gov.au/victims**

WOMEN'S LEGAL SERVICE QLD

Statewide legal advice helpline for women in Queensland experiencing domestic and family violence, complex family law or sexual assault.

🕒 **Mon-Fri: 9.00am-4.30pm**
 📞 **1800 957 957**
 🌐 **www.wlsq.org.au**

ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLES

ABORIGINAL AND TORRES STRAIT ISLANDER LEGAL SERVICE (ATSILS) QLD

Legal advice, information and referral for Aboriginal and Torres Strait Islander people throughout Queensland. An after-hours legal assistance telephone service is available.

- **Level 5 183 North Quay Brisbane 4000**

(Ph: 07 3025 3888)

- **Post Office Plaza Suite 10d, 20 Main St Beenleigh 4207**

(Ph: 07 3804 5033)

- **69 Haggup Street Cleveland 4163**

(Ph: 07 3025 3888)

- **45 Ellenborough Street Ipswich 4305**

(Ph: 07 3812 2772)

🕒 **Mon-Fri: 8.00am-5.00pm**
 🌐 **www.atsils.org.au**

**BAYSIDE COMMUNITY JUSTICE GROUP****Cooee Indigenous Family and Com 69 Haggup St
Cleveland 4163**

The Community Justice Group (CJG) provides support for Aboriginal and Torres Strait Islander people within the criminal justice system.

🕒 **Mon-Fri: 9.00am-5.00pm**
☎ **0403 612 354**

BRISBANE MURRI ELDERS COMMUNITY JUSTICE GROUP**363 George Street Brisbane City 4000**

The Community Justice Group (CJG) provides support for Aboriginal and Torres Strait Islander people within the criminal justice system.

🕒 **Mon-Fri: 9.00am-5.00pm**
☎ **0418 371 718**
🌐 **www.fivebridges.org.au**

INALA WANGARRA**67 Poinsettia Street Inala 4077**

Works in collaboration with other local agencies to address issues of law and order from a community perspective. The group provides community members with advice and support to help them navigate the justice system.

🕒 **Mon-Fri: 8.30am-4.30pm**
☎ **07 3372 2333**
🌐 **www.inalawangarra.org.au**

INALA ELDERS ABORIGINAL AND TORRES STRAIT ISLANDERS CORPORATION**76 Corsair Avenue Inala 4077**

A program for Indigenous children and young people at high risk of offending to divert them away from the youth justice system. Elders, or respected community members, conduct cautions based on police referrals and work closely with mental health practitioners to provide support for the young person and their families. This program is delivered in partnership with Griffith University.

🕒 **Mon-Fri: 9.00am-2.30pm**
☎ **07 3075 6157**
🌐 **www.inalaelders.wixsite.com**

MURRIWATCH ABORIGINAL AND TORRES STRAIT ISLANDER CORPORATION**15 Hubert Street Woolloongabba 4102**

Liaison officers visit Aboriginal and Torres Strait Islander young people and adults 17 years old and over held in police custody. Information, referral, liaison and support are provided for detainees and their families. Access is available via on-call arrangements. After-hours access is available.

🕒 **Mon-Fri: 8.00am-4.00pm**
☎ **1300 692 824**
🌐 **www.murriwatch.org.au**

**QUEENSLAND INDIGENOUS FAMILY VIOLENCE LEGAL SERVICE (QIFVLS)****Level 4 33 Queen Street Spring Hill 4000**

A free legal service for Aboriginal and Torres Strait Islander people affected by family or domestic violence and/or sexual assault.

🕒 **Mon-Fri: 8.30am-5.00pm**

☎ **07 3839 6857**

🌐 **www.qifvls.com.au**

ADVICE AND REPRESENTATION**AFFORDING JUSTICE****Level 27 32 Turbot Street Brisbane 4000**

Low-cost legal advice and assistance for people who are unable to gain access to free services and unable to afford private legal services. The service can assist with most legal areas including family law, consumer law, Centrelink issues and bankruptcy problems.

🕒 **Mon-Fri: 8.30am-5.00pm**

☎ **07 3236 3233**

🌐 **www.affordingjustice.com.au**

CAXTON LEGAL CENTRE**1 Manning Street South Brisbane 4101**

Caxton Legal Centre is an independent, not-for-profit community organisation providing free legal and social work advice, assistance and referral for low-income earners and people who are disadvantaged. The services are provided for people who are unable to afford a solicitor, for those who only require initial advice and for people who require a referral to a private solicitor.

🕒 **Mon-Fri: 9.00am-5.00pm**

☎ **07 3214 6333**

🌐 **www.caxton.org.au**

LAWRIGHT**Brisbane City**

An independent, not-for-profit community legal centre. LawRight is committed to improving access to justice for vulnerable people. Provides legal information and referral and a range of civil law clinics.

🕒 **Mon-Fri: 10.00am-4.00pm**

☎ **07 3846 6317**

🌐 **www.lawright.org.au**

SOUTHWEST BRISBANE COMMUNITY LEGAL CENTRE**33 Queen Street Goodna 4300**

Free legal advice and referral for a range of matters. Telephone advice is available on call-back basis. Services for people experiencing family or domestic violence include legal advice, referral and assistance with obtaining domestic violence orders (DVO). Interpreters are available on request.

🕒 **7 Days: 9.00am-1.00pm**

☎ **07 3372 7677**

🌐 **www.communitylegal.org.au**

**TASC NATIONAL LIMITED****Unit 3 265 Brisbane Street Ipswich 4305**

Free legal advice and information in many areas of civil and family law. Services include initial advice, referral, and assistance with preparation of court documents or access to other legal or advocacy support in separation, divorce, parenting or domestic violence matters.

🕒 **Mon-Fri: 8.00am-4.30pm**
☎ **07 3812 7000**
🌐 **www.tascnational.org.au**

WOMEN'S LEGAL SERVICE QUEENSLAND**43 Ellenborough Street Ipswich 4305**

Free legal help for women in Queensland experiencing domestic and family violence, complex family law and sexual assault.

🕒 **Mon-Fri: 9.00am-4.30pm**
☎ **1800 957 957**
🌐 **www.wlsq.org.au**

YFS, SLACKS CREEK**376 Kingston Road Slacks Creek 4127**

Legal advice, information and representation for children, young people and adults in the Logan region. Assistance is available for family, civil, tenancy and criminal law matters.

🕒 **Mon-Fri: 8.30am-5.00pm**
☎ **07 3826 1500**
🌐 **www.yfs.org.au**

CALD, REFUGEE AND IMMIGRATION ISSUES

REFUGEE AND IMMIGRATION LEGAL SERVICE (RAILS)**Level 1 170 Boundary Street West End 4101**

Legal assistance for people on refugee or humanitarian visas living in Queensland whose visas have been cancelled or are at risk of being cancelled.

🕒 **Mon-Fri: 9.00am-5.00pm**
☎ **07 3846 9300**
🌐 **www.rails.org.au**

ROMERO CENTRE**8 Dutton Street Dutton Park 4102**

A visiting service provides legal information and advice for refugees and people seeking asylum. Assistance for a range of legal matters is available.

🕒 **Mon-Fri: 9.00am-4.30pm**
☎ **07 3013 0100**
🌐 **www.romero.mercycommunity.org.au**



INFORMATION, REFERRAL AND SUPPORT

BAYSIDE COMMUNITY LEGAL CENTRE

Level 1, 105 Florence Street Wynnum 4178

After-hours legal advice and information for people who need assistance with a range of legal matters including low-level civil law, criminal law, domestic violence and family law.

🕒 **Tue-Thur: 8.30am-4.30pm**
 📞 **07 3162 3282**
 🌐 **www.bcls.org.au**

BASIC RIGHTS QUEENSLAND

Brisbane City

Free telephone information, assistance and legal advice for Centrelink claimants. The centre also provides advice for, and in some instances represents, claimants at tribunal hearings.

🕒 **Mon-Fri: 9.30am-4.30pm**
 📞 **07 3847 5532**
 🌐 **www.brq.org.au**

COURT NETWORK TELEPHONE SERVICE, QUEENSLAND

Brisbane City

Assists vulnerable court users with accessing and navigating the justice system by providing free, confidential telephone support, information and referral for all court users.

🕒 **Mon-Fri: 9.00am-4.00pm**
 📞 **1800 571 239**
 🌐 **www.courtnetwork.com.au**

COMMUNITY LEGAL CENTRES QUEENSLAND

Brisbane

Information, support and advocacy services for Queensland community legal centres. Referral to appropriate community legal centres is available.

🕒 **Mon-Fri: 9.00am-5.00pm**
 📞 **07 3392 0092**
 🌐 **www.communitylegalqld.org.au**

CENTACARE PRISONERS SERVICES

20 Merivale Street South Brisbane 4101

A range of services for people involved with the criminal justice system. Services include support for people in prison, family support and advocacy and post-release information, counselling and referral for prisoners.

🕒 **Mon-Fri: 9.00am-4.00pm**
 📞 **07 3846 7577**
 🌐 **www.centacarebrisbane.net.au**

**DOMESTIC VIOLENCE AND FAMILY LAW SUPPORT NETWORK****Brisbane Square Library 266 George St Brisbane City 4000**

A community-based organisation providing support networks for people who are dealing with applications relating to Domestic Violence Orders (DVO) and Parenting Orders.

🕒 **7 Days: 9.00am-1.00pm**
☎ **07 3372 7677**
🌐 **www.dvflsupportnetwork.com**

HUB NEIGHBOURHOOD CENTRE**79 Poinsettia Street Inala 4077**

Free information and advice for a range of legal matters including family law, divorce, property, consumer, power of attorney, crime and neighbour disputes.

🕒 **Mon-Fri: 9.00am-4.00pm**
☎ **07 3372 3770**
🌐 **www.hubcommunity.org.au**

LEGAL AID QUEENSLAND**44 Herschel Street Brisbane 4000**

Face-to-face and telephone legal information, advice and referral. Advice and referral are available for people experiencing domestic violence. Legal representation may be available where a grant of legal aid is approved.

🕒 **7 Days: 8.45am-1.00pm**
☎ **1300 651 188**
🌐 **www.legalaid.qld.gov.au**

LGBTI LEGAL SERVICE**Level 1 20 Hockings Street West End 4101**

Free and confidential legal advice and information for clients who have legal problems arising from their identification as lesbian, gay male, bisexual, transgender and intersex (LGBTI) and / or where clients feel more comfortable dealing with a solicitor who has specific skills, interest and understanding of issues and barriers faced by the LGBTI community.

🕒 **Mon-Fri: 9.00am-4.00pm**
☎ **07 3124 7160**
🌐 **www.lgbtilegalservice.org.au**

NORTHSIDE CONNECT**Nundah Neighbourhood Centre 14 Station St Nundah 4012**

Brisbane North Community Legal Service is a community legal service which provides free legal advice, information and referral for individuals on a range of legal matters.

🕒 **Mon-Thur: 9.00am-4.30pm**
☎ **07 3260 6820**
🌐 **www.northsideconnect.org.au**



QUEENSLAND LAW SOCIETY

Law Society House 179 Ann Street Brisbane 4000

An online search facility for people to find solicitors. The Community Referral Service includes organisations that may provide pro bono support or legal service assistance. Referral to legal dispute resolution services, mediation services and arbitrators can also be provided.

🕒 **Mon-Fri: 8.30am-5.00pm**
 ☎ **07 3842 5888**
 🌐 **www.qls.com.au**

SOUTHWEST BRISBANE COMMUNITY LEGAL CENTRE

14 South Station Road Booval 4304

Free legal advice and referral for a range of matters. Telephone advice is available on call-back basis. Services for people experiencing family or domestic violence include legal advice, referral and assistance with obtaining domestic violence orders (DVO).

🕒 **7 Days: 9.00am-1.00pm**
 ☎ **07 3372 7677**
 🌐 **www.communitylegal.org.au**

VICTIM SUPPORT

• PACT PO Box 12672 George Street Brisbane 4003

Supports all victims and witnesses in Queensland through the stressful process of giving evidence and empowers them during their justice journey. PACT helps by: providing education and information on the legal process, supports victims and witnesses to give their best evidence, builds confidence and self-belief empowering victims. Support can be provided for child victims and witnesses (under 18) and adult victims and witnesses through the Queensland Criminal Justice System.

☎ **07 3738 7827 or
1800 449 632**
 🌐 **www.pact.org.au**

• Queensland Homicide Victims Support Group (QHVSG)

Level 4, 80 Ann Street Brisbane 4000

QHVSG is an experienced team of counsellors and peer supports who offer education, advocacy and support through the aftermath of homicide. QHVSG offers a case management approach tailored for each person's specific needs and situation and works closely with the Department of Justice and Attorney-General, Department of Public Prosecutors, Victim Assist Qld, Qld Police Service and numerous other services to ensure families access the help they need.

☎ **07 3857 4744 (office)
1800 774 744 (freecall
24 hours) or 07 3738
7795 (court support
service)**
 🌐 **www.qhvsg.org.au**

**VICTIM ASSIST, QUEENSLAND****Level 6, 154 Melbourne Street South Brisbane 4101**

Access to specialist support services and financial assistance for victims of violent, personal crime to help them in their recovery. Victim Assist may be able to assist those injured in an act of personal violence to receive a refund or may pay for out-of-pocket medical expenses, counselling, safety and security needs, loss of earnings and other recovery costs relating to physical and psychological injuries.

🕒 **Mon-Fri: 8.30am-5.00pm**
☎ **1300 546 587**
🌐 **www.qld.gov.au/victims**

VICTIMCONNECT**Statewide**

Free and confidential twenty-four-hour support for victims of violent crime including assault, kidnapping, threats with a weapon, domestic violence (including coercive control) and sexual abuse. VictimConnect provides information, referral, specialist counselling and case management to assist with the practical impacts of violent crime.

🕒 **7 Days: 24 hours**
☎ **1300 318 940**
🌐 **www.victimconnect.org.au**

WOMEN'S LEGAL SERVICE, QLD**8 Ponsonby St (Cnr Ipswich) Road Annerley 4103**

Women's Legal Service Health Justice Partnerships link women experiencing domestic violence with legal help through hospitals. The service is for female patients, or female carers of children who are patients at Logan Hospital, Redlands Hospital, QEII Jubilee Hospital, Princess Alexandra Hospital, Gold Coast Hospital, The Royal Brisbane and Women's Hospital, Caboolture Hospital, Redcliffe Hospital or Mater Hospital who are affected by domestic violence and require legal advice about a family law, domestic violence or child protection matter.

🕒 **Mon-Fri: 9.00am-5.00pm**
☎ **07 3392 0644**
🌐 **www.wlsq.org.au**

IDENTITY PAPERS

In order to access many services you will require proof of identity.

This may include:

- Australian photo driver licence
- Australian passport
- Overseas passport
- Australian proof of age card (formerly 18+ card)



- Australian birth certificate
- Current Medicare card
- Electoral enrolments
- Utility or rates accounts less than 12 months old.

If you have no current ID you may be able to get help and advice from Centrelink (see page 51 for contact details or contact the Queensland Government helpline on 13 74 68 or refer to www.qld.gov.au/replacedocuments for links regarding replacing documents.

VOTING: HAVE YOUR SAY

Voting is your opportunity to make your voice heard. If you are experiencing homelessness, you can enrol under the No Fixed Address category. Call 1300 881 665 to organise your enrolment. Voting is compulsory for all Queenslanders over 18 and if you don't vote you may receive a fine.

ADVOCACY AND YOUR RIGHTS

COMMONWEALTH OMBUDSMAN

Level 22 215 Adelaide Street Brisbane 4000

The Commonwealth Ombudsman receives and investigates complaints against the administrative action or decision of an Australian Government agency or department, statutory authorities or public servants including the Australian Federal Police and the Australian Defence Force. The Ombudsman is impartial and makes recommendations only. The Ombudsman's office also deals with issues relating to the postal industry. An interpreting service is available for telephone complaints.

🕒 **Mon-Fri: 10.00am-4.00pm**
 📞 **1300 362 072**
 🌐 **www.ombudsman.gov.au**

QUEENSLAND OMBUDSMAN

Level 18 53 Albert Street Brisbane 4000

The Queensland Ombudsman has the power to investigate the decisions and actions of Queensland State Government departments and agencies (including state schools and TAFEs), local councils and public universities. This investigative service is free, independent and confidential for all members of the community. The Queensland Ombudsman can make recommendations to rectify unlawful, unfair or unreasonable decisions and improve administrative practices. Complainants should contact the agency concerned in the first instance and use its complaints process.

🕒 **Mon-Fri: 9.30am-4.00pm**
 📞 **07 3005 7000**
 🌐 **www.ombudsman.qld.gov.au**

**MENTAL HEALTH REVIEW TRIBUNAL****Level 16 53 Albert Street Brisbane 4000**

An independent statutory authority established under the Mental Health Act 2016 (Qld), whose primary purpose is to review the involuntary status of persons with a mental illness and/or intellectual disabilities. The Tribunal must balance the rights of the patient with the rights of others, including victims of unlawful acts, and the need to protect the community.

🕒 **Mon-Thur: 8.30am-4.30pm**
☎ **07 3235 9059**
🌐 **www.mhrt.qld.gov.au**

OFFICE OF THE PUBLIC GUARDIAN**State Law Building Level 16 50 Ann Street Brisbane 4000**

The Office of the Public Guardian (OPG) is an independent statutory office established to protect the rights, interests and well-being of adults with impaired decision-making capacity.

🕒 **Mon-Fri: 9.00am-4.00pm**
☎ **1300 653 187**
🌐 **www.publicguardian.qld.gov.au**

QUEENSLAND HUMAN RIGHTS COMMISSION**Level 20 53 Albert Street Brisbane 4000**

The Commission investigates and conciliates following complaints of sexual harassment and discrimination or unfair treatment on the basis of age, disability, industrial activity, lawful sexual activity or sexual orientation, marital, parental or carer status, physical features, political belief or activity, pregnancy, race, religion, sex or personal association. Assistance with making a formal complaint is available.

🕒 **Mon-Fri: 9.00am-4.30pm**
☎ **1300 130 670**

QUEENSLAND ADVOCACY FOR INCLUSION (QAI)**South Central Commercial Level 2 43 Peel St South Brisbane 4101**

Human Rights Advocacy Practice (HRAP) provides specialist legal advice, representation and referral for vulnerable people with disabilities in Queensland whose human rights have been engaged by a public entity.

🕒 **Mon-Fri: 9.00am-4.30pm**
☎ **07 3844 4200**
🌐 **www.qai.org.au**



YOUTH SERVICES

IPSWICH COMMUNITY YOUTH SERVICE (ICYS)	
<p>17 Thorn Street Ipswich 4305</p> <p>Support for children and young people under 18 years old who are involved with the youth justice system. The program provides intensive case management support to reduce the risk of young people re-offending.</p>	<p>🕒 Mon-Fri: 9.00am-5.00pm</p> <p>☎ 07 3812 1050</p> <p>🌐 www.icys.org.au</p>
KURBINGUI YOUTH DEVELOPMENT	
<p>425 Zillmere Road Zillmere 4034</p> <p>Support and family-led decision making for Aboriginal and Torres Strait Islander children and young people 10 to 17 years old who are at risk of offending or reoffending.</p>	<p>🕒 Mon-Fri: 8.30am-4.00pm</p> <p>☎ 07 3156 4800</p> <p>🌐 www.kurbingui.org.au</p>
VILLAGE CONNECT	
<p>Unit 13 390 Kingston Road Slacks Creek 4127</p> <p>A culturally safe integrated service response for Pasifika young people who are offending and their families. Support is provided for young people to navigate a range of support services such as health, education, employment, career, housing, mental health, counselling and budgeting in order to achieve a positive and productive future away from offending.</p>	<p>🕒 Mon-Fri: 9.00am-4.00pm</p> <p>☎ 07 3208 8412</p> <p>🌐 www.villageconnect.site</p>
YOUTH ADVOCACY CENTRE	
<p>TLC Building Level 4 16 Peel Street South Brisbane 4101</p> <p>Increases young people's access to legal and social justice by actively supporting and speaking with and for young people. YAC provides free legal services and free social and family support.</p>	<p>🕒 Mon-Fri: 9.00am-5.00pm</p> <p>☎ 07 3356 1002</p> <p>🌐 www.yac.net.au</p>



FOOD WELFARE AND EMERGENCY RELIEF

Community organisations are active in providing support and assistance to people who require help because they are homeless, at risk of homelessness, or are going through hard times.

Many generous local community groups such as community centres, churches, charities and other not-for profit organisations lend a hand to help people in their community who are disadvantaged or need some short-term, limited practical help by providing free or low-cost food items, clothing, vouchers or limited financial assistance.

To check locations and details of services in your area visit the online Handy Guide, at:
www.thehandyguide.com.au



INFORMATION FROM YOUR LOCAL COUNCIL

Local council websites provide information regarding services available in local areas which provide food, welfare or emergency relief services. Information concerning services information provided by Brisbane City Council, City of Ipswich, City of Logan and Redland City Councils are on pages 65-66, with specific providers listed by council areas on pages 69-101. Providers are listed alphabetically by suburb.



BRISBANE CITY COUNCIL

Provides a range of services, project and supports to assist people experiencing homelessness including Homeless Connect (see below) and an “Essential Contacts” guide detailing food, welfare and emergency relief services in the BCC area.

Brisbane City Council organises the Homeless Connect event which brings together businesses and community groups at a one-day event generally held twice a year. Free services are provided for people experiencing homelessness or at risk of homelessness including:

- volunteer medical and allied health care professionals
- housing and community support
- haircuts
- immunisation
- food and meals
- entertainment
- clothing including shoes.

Essential Contacts Guide: www.brisbane.qld.gov.au/sites/housing-and-homelessness-essential-contacts-guide-june-2022.pdf.

Refer to www.brisbane.qld.gov.au/homelessconnect for information regarding the next scheduled Homeless Connect event.

🕒 **7 Days: 24 hours**
 ☎️ **07 3403 8888**
 🌐 www.brisbane.qld.gov.au

CITY OF IPSWICH

Provides a range of services, projects and support to people experiencing homelessness including a brochure detailing community support services available in the region.

🕒 **Mon-Fri: 8.00am-4.30pm**
 ☎️ **07 3810 4666**
 🌐 www.ipswich.qld.gov.au/services/support-services

CITY OF LOGAN

Provides a range of service to assist people experiencing homelessness, including a schedule of meals and services available at various times and locations provided free of charge for people who are homeless or going through hard times.

🕒 **Mon-Fri: 8.00am-5.00pm**
 ☎️ **07 3412 3412**
 🌐 www.logan.qld.gov.au/pop-meals-services-calendar



REDLAND CITY COUNCIL

Provides links to help residents to connect with community organisations to find local help and support.

 **Mon-Fri: 8.30am-4.30pm**
 **07 3829 8999**
 **www.redland.qld.gov.au/info/20072/connect-with-community-organisations**

STATEWIDE SUPPORT SERVICES

The following organisations have a range of support services at different locations throughout Queensland. Support provided depends upon the location and can include support to identify and obtain suitable housing, assistance with domestic and family violence, legal issues, financial counselling and advice, material aid including food parcels, showers and laundry services and No Interest Loans (NILs).

Many organisations have “assistance finders” located on their website, which are helpful to check to confirm the operating hours for the closest location to you.

AUSTRALIAN RED CROSS

Services and programs helping people experiencing or at risk of homelessness.

 **07 3367 7222**
 **www.redcross.org.au/places/offices/brisbane**



GIVIT

Works with charities to match donated items to recipients. To access donated support through GIVIT, you must first connect with a support organisation able to assess your needs. You can find a registered support organisation on the GIVIT website.

 **www.givit.org.au**



MISSION AUSTRALIA

For emergency housing and referral to services.

 **1800 474 753**
 **www.missionaustralia.org.au**

ORANGE SKY

Orange Sky Australia positively connects people experiencing homelessness through free laundry, showers and conversations.

 **07 3067 5800**
 **www.orangesky.org.au**



SALVATION ARMY	
For emergency relief assistance.	1300 371 288 www.salvationarmy.org.au
ST VINCENT DE PAUL SOCIETY	
Vinnies helps all people in need, giving them a hand up in a number of different ways.	1800 846 643 www.qld.vinnies.org.au
SHARE THE DIGNITY	
Works with partner organisations to ensure menstrual equity by providing a safe and supportive environment for those who menstruate, including providing Dignity Vending machines to provide access to free period products.	www.sharethedignity.org.au
WESLEY MISSION QUEENSLAND	
Provides a wide range of community services to help disadvantage people including crisis relief.	1300 865 307 www.wmq.org.au/crisis-relief

FOOD FINDER SERVICES

The organisations below provide a search function to search for the locations or partner charities near you that can provide food to prepare or ready meals:

NAME	PHONE	WEBSITE
Fareshare	07 3899 3248	www.fareshare.net.au/brisbane
Foodbank Qld	07 3395 8422	www.foodbank.qld.org
Meals on wheels	1300 90 97 90	www.qmow.org
OzHarvest	07 3708 1380	www.ozharvest.org
Secondbite.org	1800 263 283	www.secondbite.org



FOOD WELFARE AND EMERGENCY RELIEF BY COUNCIL AREA

This section contains information about local organisation in your council area who support their communities by providing a range of services, including community and drop-in centres, non-judgemental support and services such as meals, food parcels, small amounts of emergency financial assistance or showers, laundry services and free haircuts.

For current local information for services in your region please check out **www.thehandyguide.com.au**

Some support groups may require you to reside in the catchment area they operate in for financial assistance, clothing or food parcels. You may be required to contact them to make an enquiry/ request and remember to bring shopping bags if collecting food parcels. Other requirements may include ID with current address or concession card. All opening hours and services are subject to change. Many organisations have “assistance finders” located on their website, which are helpful to check to confirm the operating hours for the closest location to you.

The types of services provided and opening hours may change, particularly for mobile services as many organisations are reliant on volunteer availability. We have included as many organisations and contacts points for referral as possible, and encourage you to contact the organisations (many of whom have “assistance finders” located on their websites), or refer to www.thehandyguide.com.au for the current services available before attending.

HOW TO FIND A SERVICE NEAR YOU

Information in this section is grouped according to city council location and then alphabetically by suburb to enable you to identify the services closest to you which may be able to assist you.

Details for mobile services with multiple popup locations which are subject to change are noted. Please check with the organisation to confirm current details.



BRISBANE

BELONG, ACACIA RIDGE & DISTRICTS COMMUNITY CENTRE

21 Hanify Street ACACIA RIDGE 4110

Emergency relief is available for individuals and families experiencing disadvantage including food vouchers, petrol vouchers and financial assistance.

🕒 **Tues-Thurs: 9.00am-12.00pm**

☎ **07 3277 4893**

📞 **07 3275 3656**

🌐 **www.belong.org.au**

ORANGE SKY

17 Dover Street ALBION 4010

Orange Sky positively connects people in need through free laundry, showers and conversations.

🕒 **Sat: 3.00pm-5.00pm**

☎ **07 3067 5800**

🌐 **orangesky.org.au**

ANNERLEY CHURCH OF CHRIST

459 Annerley Road ANNERLEY 4103

Low-cost food parcels for individuals and families experiencing disadvantage.

🕒 **Tues: 10.00am-12.00pm**

☎ **07 3892 2568**

🌐 **www.annerleycofc.org.au**

ST VINCENT DE PAUL SOCIETY

Emergency relief is available for individuals and families experiencing disadvantage including food parcels, vouchers and clothing. Home visits can be conducted by conference members. Referral to appropriate local services can also be provided.

🕒 **Mon-Fri: 8.00am-4.00pm**

☎ **1800 846 643** Freecall

🌐 **www.vinnies.org.au**

ROSIES YOUTH MISSION, STREET OUTREACH SERVICES

Church Of Christ 459 Annerley Road ANNERLEY 4103

A mobile van provides street outreach services for young people and adults who are homeless, abandoned, marginalised or socially isolated within the community. The service includes free tea & coffee, regular barbecues, information & referral and friendship.

🕒 **Tues: 9.00am-11.00am**

☎ **07 3396 4267**

🌐 **www.rosies.org.au**

**ASPLEY CARE EMERGENCY RELIEF****479 Robyns Road ASPLEY 4034**

Emergency relief is available for individuals and families experiencing disadvantage including food parcels, food vouchers, fuel vouchers and financial assistance for PBS prescriptions and overdue utility bills.

🕒 Mon-Fri: 10.00am-13.30pm

📞 07 3862 7145

🌐 www.aspleycare.org.au

ROSIES YOUTH MISSION, STREET OUTREACH SERVICES

A mobile van provides street outreach services for young people and adults who are homeless, abandoned, marginalised or socially isolated within the community. The service includes free tea & coffee, regular barbecues, information & referral and friendship.

• **Aspley Rotary Park Cnr Graham & Gympie Roads ASPLEY 4034**

• **1526 Carseldine Road CARSELDINE**

🕒 First Sunday of the month: 12.00pm-1.00pm

📞 07 3396 4267

🌐 www.rosies.org.au

DRUG ARM, MOSHPIT VAN**Brisbane North Rental Village 1420 Gympie Road ASPLEY 4034**

Provides a mobile outreach support and health service for people who are homeless or at risk of homelessness. The MOSHPIT van offers a fully equipped on-board health centre providing health checks, dressings for minor wounds, referrals to other agencies and support in gaining housing.

🕒 Thurs: 11.00am-12.30pm

📞 1300 656 800

🌐 www.drugarm.com.au/how-we-help/adults/street-outreach-services

HARVEST FOOD ASSIST**Unit 2 18 Bald Hills Road BALD HILLS 4036**

Emergency relief is available for individuals and families experiencing disadvantage including food parcels consisting of non-perishable items.

📞 07 3261 4555

JEAYS STREET COMMUNITY CENTRE**12 Jeays Street BOWEN HILLS 4006**

A community market offering free fruit & vegetables.

🕒 Tues: 10:30-11:30

📞 07 3367 7257

VALLEY HEARTS**Jeays Street Park Jeays Street BOWEN HILLS 4006**

A free community meals for people experiencing homelessness and/or disadvantage and limited emergency relief is also available.

🕒 Mon, Thurs: 10.00am-12.30pm

📞 0405 872 963

🌐 www.valleyhearts.com.au



ROSIES YOUTH MISSION, STREET OUTREACH SERVICES

Holy Trinity Church (Church st entry) FORTITUDE VALLEY 4006

A mobile van provides street outreach services for young people and adults who are homeless, abandoned, marginalised or socially isolated within the community. The service includes free tea & coffee, regular barbecues, information & referral and friendship.

🕒 **Mon: 3.30pm-5.00pm**
Thurs: 10.00am-12.00pm

☎ **07 3396 4267**

🌐 **www.rosies.org.au**

DRUG ARM, MOSHPIT VAN

Jeays Street Community Centre 12 Jeays Street BOWEN HILLS 4006

The mobile street outreach service (SOS) provides support for people experiencing homelessness or at risk of homelessness. Services include non-judgmental & confidential support, information and referrals to access services and hot & cold drinks, snacks, clothing and toiletries.

🕒 **Fri: 10.30am-11.00am**

☎ **1300 656 800**

🌐 **www.drugarm.com.au/
how-we-help/adults/
street-outreach-services**

ORANGE SKY

Valley Hearts 12 Jeays Street BOWEN HILLS 4006

Orange Sky positively connects people in need through free laundry, showers and conversations.

🕒 **Mon, Thurs: 9.30am-11.30am**

☎ **07 3067 5800**

🌐 **www.orangesky.org.au**

BROTHERS IN NEED, BRISBANE HOMELESS SERVICES

Emma Miller Place 109 Roma Street BRISBANE 4000

Emergency relief is available for individuals and families experiencing homelessness including non-perishable food parcels, hot food and male & female hygiene packs & sanitary essentials.

🕒 **Tues, Sun: 6.00pm-7.00pm**

☎ **1300 007 433**

🌐 **www.brothersinneed.org.au**

BRAVERY TRUST

BRISBANE CITY 4000

Provides financial support for current & former Australian Defence Force (ADF) members, as well as their immediate families, following a service-related death, injury or illness which has resulted in financial hardship.

🕒 **Mon-Fri: 8.30am-5.00pm**

☎ **1800 272 837**

🌐 **www.braverytrust.org.au**



SAINT ANDREW'S COMMUNITY LUNCH	
Saint Andrew'S Uniting Church 299 Ann Street BRISBANE 4000 Provides a two-course weekly community meal for individuals and families in financial distress. The service offers dine in and take-away meals.	🕒 Sat: 11.30am-1.00pm ☎ 07 3221 2400 🌐 www.saintandrews.org.au/community
SIGNAL FLARE	
BRISBANE 4000 Provides material aid and support for people experiencing homelessness or disadvantage.	🌐 www.signalflare.org.au
ST MARY'S COPTIC ORTHODOX CHURCH OUTREACH	
Cnr Roma Street & Turbot Street BRISBANE 4000 Free weekly hot dinners, sandwiches and drinks for people experiencing homelessness.	🕒 Wed: 7.00pm-8.00pm ☎ 0412 556 271
THE SALVATION ARMY, BRISBANE CITY TEMPLE	
167 Ann Street BRISBANE 4000 Emergency relief is available for individuals and families experiencing disadvantage including food vouchers and limited financial assistance.	🕒 Wed, Fri: 10.00am-12.00pm ☎ 07 3221 3461 🌐 www.salvationarmy.org.au/brisbanecity
VITAL CONNECTION	
Brisbane Central Church 10 Quay Street BRISBANE 4000 Free food parcels for people experiencing homelessness or disadvantage.	🕒 Sat: 5.30pm-7.00pm 🌐 www.adra.org.au/project/vital-connection
NIGHT CAFE	
64 Adelaide Street BRISBANE 4000 A safe space for 12- 25 year olds, providing food and support.	🕒 Tues, Thurs: 6.30pm-8.30pm 🌐 www.redcross.org.au



DRUG ARM, STREET OUTREACH SERVICE (SOS)	
<p>Emma Miller Place Roma Street BRISBANE 4000</p> <p>The mobile street outreach service (SOS) provides support for people experiencing homelessness or at risk of homelessness. Services include non-judgmental & confidential support, information and referrals to access services and hot & cold drinks, snacks, clothing and toiletries.</p>	<p>🕒 Mon, Wed, Fri, Sat: 7.30pm -7.45pm</p> <p>☎️ 1300 656 800</p> <p>🌐 www.drugarm.com.au/how-we-help/adults/street-outreach-services</p>
ROSIES YOUTH MISSION	
<p>Emma Miller Place Roma Street BRISBANE 4000</p> <p>A mobile van provides street outreach services for young people and adults who are homeless, abandoned, marginalised or socially isolated within the community. The service includes free tea & coffee, regular barbecues, information & referral and friendship.</p>	<p>🕒 Mon, Wed, Fri-Sat: 7.30pm-9.30pm Sun: 7.00pm-8.30pm</p> <p>☎️ 07 3396 4267</p> <p>🌐 www.rosies.org.au</p>
ONE VOICE MOBILE SHOWERS, BRISBANE	
<p>BRISBANE 4000</p> <p>Provides a safe mobile service for homeless people to shower, shave and brush their teeth and free hygiene products.</p>	<p>🕒 Mon-Fri: 9.00am-5.00pm</p> <p>☎️ 1300 426 386</p> <p>🌐 onevoice.org.au</p>
BRISBANE CENTRAL FREE FOOD LOCATIONS	
<p>BRISBANE CITY 4001</p> <p>Westender site is updated regularly to provide information on free food, locations and times in inner Brisbane.</p>	<p>🌐 www.westender.com.au/crisis-support-inner-brisbane-free-food-locations-and-times</p>
YMCA	
<p>18 Lang Street CANNON HILL 4170</p> <p>Emergency relief for individuals and families experiencing disadvantage or financial hardship including food parcels and emergency financial assistance.</p>	<p>🕒 Wed: 11.30am-1.30pm</p> <p>☎️ 07 3517 2424</p> <p>🌐 www.ymcabrisbane.org/services/community-centres/cannon-hill</p>



CITIPOINTE COMMUNITY CARE	
322 Wecker Road CARINDALE 4152 Emergency food parcels are available for individuals and families experiencing disadvantage.	Mon-Thurs: 8.30am-5.00pm 07 3347 5835 www.citipointechurch.com/care
CHERMSIDE ANGLICAN WELFARE MINISTRIES	
501 Hamilton Road CHERMSIDE 4032 A free community dinner for individuals & families.	Mon, Wed: 5.30pm-7.00pm 07 3359 2062 07 3359 2012 www.allsaintschermside.org.au
HANDS & FEET, GRACE BIBLE CHURCH	
75 Hassall Street CORINDA 4075 Emergency relief is available for individuals and families experiencing disadvantage including food parcels.	Thurs: 3.00am-4.30pm 02 8814 9061 www.handsandfeet.com.au
VIETNAMESE COMMUNITY IN AUSTRALIA, QUEENSLAND CHAPTER	
2709 Ipswich Road DARRA 4076 Emergency relief is available for individuals and families from a range of cultures experiencing disadvantage including food vouchers.	Mon-Fri: 9.00am-2.00pm 07 3375 6036 07 3375 5700 www.vcaqlld.org.au
SANDGATE UNITING CHURCH	
116 Board Street DEAGON 4017 Emergency relief including food parcels is available for individuals and families experiencing disadvantage.	Mon-Fri: 9.00am-12.00pm 07 3869 0277 www.sandgate.unitingchurch.org.au
CITIPOINTE WEST MARKETPLACE	
152 Freeman Road DURACK 4077 Provides low-cost food parcels consisting of groceries, second-hand clothing and furniture.	Mon-Sat: 9.00am-4.00pm 07 3879 6833 www.citipointechurch.com/marketplace



ELORAC PLACE COMMUNITY CENTRE	
<p>11A Southampton Road ELLEN GROVE 4078</p> <p>Discounted grocery items for members of the community.</p>	<p>🕒 Tues: 9.30am-11.30pm</p> <p>📞 07 3151 6690</p> <p>🌐 www.wmq.org.au</p>
FOREST LAKE UNITING CHURCH	
<p>528 Waterford Road ELLEN GROVE 4078</p> <p>Grocery items and food parcels for individuals and families experiencing disadvantage.</p>	<p>🕒 Mon-Fri: 9.00am-3.00pm</p> <p>📞 07 3372 2299</p> <p>🌐 www.forestlakeuca.org.au</p>
NEXUS CARE	
<p>151 Flockton Street EVERTON PARK 4053</p> <p>Low-cost healthy food parcels are available for members of the community.</p>	<p>🕒 Mon, Tues, Thurs: 10.00am-4.00pm</p> <p>📞 07 3353 7230</p> <p>🌐 www.nexuscare.com.au</p>
REACH OUT COMMUNITY & FAMILY CARE	
<p>36 Baden Powell Street EVERTON PARK 4053</p> <p>Provides material aid in the form of low-cost food parcels for members of the local community including individuals and families experiencing disadvantage.</p>	<p>🕒 Tues-Sat: 9.00am-4.00pm</p> <p>📞 07 3355 7444</p> <p>🌐 www.mychurchbrisbane.com</p>
VALLEY OUTREACH	
<p>Cnr Albert Street & Wickham Terrace FORTITUDE VALLEY 4006</p> <p>A free community dinner for people experiencing homelessness or disadvantage.</p>	<p>🕒 Fri: 5.30pm-6.30pm</p> <p>📞 07 3353 1266</p> <p>🌐 www.northside.qld.edu.au/news/valley-street-ministry</p>
RSL QUEENSLAND	
<p>FORTITUDE VALLEY 4006</p> <p>Provides crisis financial assistance for ex-defence members experiencing financial distress. Support is also provided for veterans who are without safe, stable housing.</p>	<p>🕒 Mon-Fri: 8.00am-4.30pm</p> <p>📞 13 4775</p> <p>🌐 www.rslqld.org</p>

**TRINITY CENTRE PANTRY****9 Church Street FORTITUDE VALLEY 4006**

Emergency relief is available for individuals and families experiencing disadvantage including food parcels and limited financial assistance.

🕒 Tues-Fri: 11.00am-2.00pm
☎ 07 3852 1635
🌐 www.trinityvalley.org.au/pantry

VALLEY OUTREACH**Opposite Fire Station Ivory Street FORTITUDE VALLEY 4006**

A free community dinner for people experiencing homelessness or disadvantage.

🕒 Fri: 5.30pm-6.30pm
☎ 07 3353 1266
🌐 www.northside.qld.edu.au/news/valley-street-ministry

WESLEY MISSION BRISBANE RELIEF HUB**316 St Paul'S Terrace FORTITUDE VALLEY 4006**

Food and emergency relief is available for families and individuals experiencing disadvantage.

🕒 Mon-Fri: 9.30am-3.30pm
☎ 07 3216 1579
☎ 07 3852 4242
🌐 www.wmq.org.au

DIG IN**Kemp Place Park 2 Mclachlan Street FORTITUDE VALLEY 4006**

Provides a free hot dinner for people who are homeless, people at risk of homelessness and for those who are disadvantaged.

🕒 Sat: 4.30pm-5.00pm
🌐 www.digin.org.au

COMMUNITY CANTEEN**316 St Paul'S Terrace FORTITUDE VALLEY 4006**

Volunteers prepare and cook nutritious meals that are provided and delivered in partnership with a range of organisations.

🌐 www.communitycanteen.com.au



3RD SPACE CAFE	
<p>505 Brunswick Street FORTITUDE VALLEY 4006</p> <p>Free porridge until 11am, soup, fruit, drinks plus low-priced snacks and cheap meals. also provides emergency relief assistance (food parcels, vouchers, travel help) wi fi, hot showers, free laundry, day time bag storage, clean day beds, lockers and a range of support services. Visit website for information on services and times they are delivered.</p>	<p>🕒 Mon-Fri: 7.00am-5.00pm</p> <p>☎️ 07 3254 1144</p> <p>🌐 www.3rdspace.org.au</p>
TRINITY CENTRE PANTRY	
<p>9 Church Street FORTITUDE VALLEY 4006</p> <p>Food parcels available at Church Hall. Limited assistance with rent, utilities, pharmaceutical scripts on Thursday only. Please bring Centrelink/ Pension card, and paperwork is required for financial assistance.</p>	<p>🕒 Tues-Fri: 11.00am-2.00pm</p> <p>☎️ 07 3852 1635</p> <p>🌐 www.trinityvalley.org.au</p>
ST JAMES COLLEGE, BREAKFAST VAN	
<p>Kemp Place Park Ivory Street FORTITUDE VALLEY 4006</p> <p>A free cooked breakfast for people experiencing homelessness or disadvantage Mobile service.</p>	<p>🕒 Wed: 6.30am-7.30am</p> <p>☎️ 07 3230 8600</p> <p>🌐 www.stjamescollege.qld.edu.au/giving-and-community/community-and-jimmies-brekkie-van</p>
4 VOICES	
<p>Wesley Mission 316 St Pauls Terrace FORTITUDE VALLEY 4006</p> <p>A mobile connection hub providing social, digital and employment connections for vulnerable people. 4 Voices supports people experiencing disadvantage.</p>	<p>🕒 Wed: 5.30pm-7.30pm</p> <p>☎️ 0427 244 685</p> <p>🌐 www.4voices.org.au</p>
COFFEE BRIGADE - FORTITUDE VALLEY	
<p>Ivory Street FORTITUDE VALLEY 4006</p> <p>An outreach bus provides support for individuals that are sleeping rough and/or at risk of homelessness. with access to showers, laundry facilities, free WiFi and mobile charging.</p>	<p>🕒 7 Days: 6.30am-6.45am</p> <p>☎️ 07 3831 8219</p> <p>🌐 www.coffeebrigade.org.au</p>



ORANGE SKY AUSTRALIA	
Cnr Harrison Lane & Ivory Street FORTITUDE VALLEY 4006 Orange Sky positively connects people in need through free laundry, showers and conversations.	🕒 Fri: 6.30am-8.30am ☎ 07 3067 5800 🌐 orangesky.org.au
INALA ELDERS ABORIGINAL & TORRES STRAIT ISLANDERS CORPORATION	
76 Corsair Avenue INALA 4077 Emergency relief is available to assist individuals and families experiencing disadvantage including food parcels.	🕒 Tues: 11.00am-2.30pm ☎ 07 3075 6157 🌐 www.inalaelders.wixsite.com
ST VINCENT DE PAUL, INALA FAMILY SUPPORT CENTRE	
5 Lupin Street INALA 4077 Emergency relief is available for individuals and families experiencing disadvantage including household items, linen, blankets, food parcels, clothing, pharmaceutical scripts and assistance with rent.	🕒 Mon-Wed,Fri: 9.30am-2.30pm ☎ 07 3714 6300 ☎ 1800 846 643 Freecall 🌐 www.svdpqld.org.au
ST HUGH'S ANGLICAN CHURCH	
105 Poinsettia Street INALA 4077 Emergency relief is available for individuals and families experiencing disadvantage.	🕒 Tues: 9.00am-11.30pm ☎ 07 3372 1216 🌐 www.sthughsparishinala.org
THE SALVATION ARMY	
83 Inala Avenue INALA 4077 Emergency relief is available for individuals and families experiencing disadvantage including food parcels and vouchers.	🕒 Mon, Wed, Thurs: 9.00am-12.00pm ☎ 07 3372 9111 🌐 www.salvationarmy.org.au
4 VOICES	
Centrelink 14 Wirraway Parade INALA 4077 A mobile connection hub providing social, digital and employment connections for vulnerable people. 4 Voices supports people experiencing disadvantage.	🕒 Thurs: 8.30am-12.30pm ☎ 0427 244 685 🌐 www.4voices.org.au



COFFEE BRIGADE - KANGAROO POINT	
<p>1 Annie Street KANGAROO POINT 4169</p> <p>Free coffee, fresh fruit and sandwiches for people experiencing homelessness and disadvantage.</p>	<p>🕒 7 Days: 7.00am-7.15am</p> <p>☎️ 07 3831 8219</p> <p>🌐 www.coffeebrigade.org.au</p>
ENCIRCLE - YOUNG PARENTS PROGRAM	
<p>12 Emerald Road KEDRON 4031</p> <p>Baby clothing and baby goods is available for young mothers up to 23 years old who had their first pregnancy at 19 years old or under.</p>	<p>🕒 Mon-Fri: 9.00am-3.00pm</p> <p>☎️ 07 3357 9944</p> <p>🌐 www.encircle.org.au</p>
NEW HOPE CARE	
<p>New Hope Church 46 Kelvin Grove Road KELVIN GROVE 4059</p> <p>Emergency relief is available for individuals and families experiencing disadvantage including food parcels, clothing, blankets and toiletries.</p>	<p>🕒 Tues-Fri: 10.00am-4.00pm</p> <p>☎️ 07 3839 2312</p> <p>🌐 www.newhopecare.org.au</p>
HANDS & FEET, KURABY CHRISTIAN CHURCH	
<p>173 Compton Road KURABY 4112</p> <p>Emergency relief is available for individuals and families experiencing disadvantage including food parcels.</p>	<p>🕒 Thurs: 2.00pm-3.00pm</p> <p>☎️ 07 3096 0155</p> <p>☎️ 02 8814 9061 Head Office</p> <p>🌐 www.handsandfeet.com.au</p>
PRISON TRANSPORT GROUP	
<p>LUTWYCHE 4030</p> <p>Emergency relief is available in the form of financial aid for families and friends of inmates of correctional centres experiencing crisis.</p>	<p>🕒 Tues-Fri: 10.00am-2.00pm</p> <p>☎️ 1800 334 379</p> <p>🌐 www.prisontransport.com.au</p>
BAYSIDE UNITING CHURCH	
<p>420 Wondall Street MANLY WEST 4179</p> <p>Bread for individuals and families in need is distributed on a weekly basis.</p>	<p>🕒 Tues-Fri: 9.00am-12.00pm</p> <p>☎️ 07 3890 2395</p> <p>🌐 www.bayuca.org.au</p>

**HANDS & FEET, WYNNUM CHRISTIAN COMMUNITY CHURCH****161 Preston Road MANLY WEST 4179**

Emergency relief is available for individuals and families experiencing disadvantage including food parcels.

🕒 **Thurs: 4.00pm-5.30pm**
☎ **07 3396 7444**
☎ **02 8814 9061** Head Office
🌐 **www.handsandfeet.com.au**

ACCESS OUTREACH AUSTRALIA**Shop 6/10 Aminya Street MANSFIELD 4122**

Mobile street vans provide material aid in the form of food parcels and meals for people experiencing homelessness and disadvantage.

🕒 **Mon-Fri: 9.00am-5.00pm**
☎ **0415 467 137**
🌐 **www.accessstreetvans.com.au**

RED CROSS MIGRATION SUPPORT PROGRAM**49 Park Road MILTON 4064**

Emergency relief is available for people seeking asylum who do not have another income.

🕒 **Wed, Thurs: 10.00am-3.00pm**
☎ **07 3367 7222**
🌐 **www.redcross.org.au/migration**

DRUG ARM, MOSHPIT VAN**Big Bird Backpackers 11 Eagle Terrace MILTON 4064**

Provides a mobile outreach support and health service for people who are homeless or at risk of homelessness. The MOSHPIT van offers a fully equipped on-board health centre providing health checks, dressings for minor wounds, referrals to other agencies and support in gaining housing.

🕒 **Tues: 11.00am-1.00pm**
☎ **1300 656 800**
🌐 **www.drugarm.com.au/how-we-help/adults/street-outreach-services**

MOUNT GRAVATT COMMUNITY CENTRE**1693 Logan Road MOUNT GRAVATT 4122**

Emergency relief is available for individuals and families experiencing disadvantage including financial assistance with payment of overdue bills, fuel and some medication costs.

🕒 **Mon-Fri: 9.00am-1.00pm**
☎ **07 3343 9833**
☎ **07 3420 4386**
🌐 **www.mgcci.org.au**



COMMUNIFY QLD, NEW FARM NEIGHBOURHOOD CENTRE

967 Brunswick Street NEW FARM 4005

Provides drop-in opportunities for recreation, social interaction and skills sharing. Breakfast and lunch are also provided. Shower and laundry facilities are available.

🕒 Mon, Tues, Thurs, Fri:
9.00am-1.00pm

☎️ 07 3358 5600

🌐 www.communify.org.au

ROSIES YOUTH MISSION, STREET OUTREACH SERVICES

Nundah Activity Centre 15 Jenner Street NUNDAH 4012

A mobile van provides street outreach services for young people and adults who are homeless, abandoned, marginalised or socially isolated within the community. The service includes free tea & coffee, regular barbecues, information & referral and friendship.

🕒 Mon, Wed: 7.00pm-
9.00pm

☎️ 07 3396 4267

🌐 www.rosies.org.au

A4 COMMUNITY CARE SERVICES

320 Ritchie Road PALLARA 4110

Free one-off food parcels for individuals and families experiencing disadvantage.

🕒 Tues-Fri: 10.00am-2.00pm

☎️ 0406 187 562

🌐 www.a4-community-care-services-inc.myshopify.com

OPEN HANDS COMMUNITY CARE

318 Richie Road PALLARA 4110

Low-cost groceries and food parcels for members of the local community.

🕒 Tues-Sat: 10.00am-1.00pm

☎️ 07 3372 8632

☎️ 0451 170 420

🌐 www.openhandscommunitycare.org.au

LIFE COMMUNITIES

109 Golda Avenue SALISBURY 4107

Emergency relief, including food parcels, is available for individuals and families experiencing disadvantage.

🕒 Mon-Fri: 8.30am-4.30pm

☎️ 07 3719 3177

🌐 www.lifechurch.com.au



NEXUS CARE	
37 Brighton Road SANDGATE 4017 Low-cost healthy food parcels is available for members of the community. Further emergency relief may be provided as one-off assistance.	Thurs: 11.00am-2.00pm 07 3353 7230 www.nexuscare.com.au
MANNA FROM HEAVEN	
Community Centre 153 Rainbow Street SANDGATE 4017 A community dinner is provided as emergency relief for families and singles in need and for people who are homeless.	Fri: 5.30pm-7.30pm 0401 129 837 www.mfh.org.au
PADDY'S VAN	
Sandgate Community Centre 153 Rainbow Street SANDGATE 4017 A free community dinner for people experiencing homelessness or disadvantage Mobile service.	Wed: 3.30pm-4.30pm 07 3631 9000 www.stpatricks.qld.edu.au/faith-in-action/solidarity/paddys-van
COMMUNITY PLUS, WEST END COMMUNITY HOUSE	
4 Norfolk Road SOUTH BRISBANE 4101 Emergency relief is available for individuals and families experiencing disadvantage, homelessness or social isolation and may include food parcels, clothing and toiletries.	Mon-Fri: 9.00am-11.00pm 07 3217 2333 www.communityplus.org.au
WEST END COMMUNITY HOUSE	
4 Norfolk Street SOUTH BRISBANE 4101 Open House 9am - 11am with small donated food packs, clothing and hygiene items. Enquire via webpage or facebook regarding what is available.	Mon-Fri: 7.00am-5.00pm 07 3217 2333 www.communityplus.org.au/west-end-community-house/
4 VOICES	
Musgrave Park 91 Cordelia Street SOUTH BRISBANE 4101 A mobile connection hub providing social, digital and employment connections for vulnerable people. 4 Voices supports people experiencing disadvantage.	Thurs: 7.00pm-9.00pm 0427 244 685 www.4voices.org.au



ROSIES YOUTH MISSION, STREET OUTREACH SERVICES

Musgrave Park 91 Cordelia Street SOUTH BRISBANE 4101

A mobile van provides street outreach services for young people and adults who are homeless, abandoned, marginalised or socially isolated within the community. The service includes free tea & coffee, regular barbecues, information & referral and friendship.

🕒 Tues, Thurs: 7.00pm-9.00pm

☎️ 07 3396 4267

🌐 www.rosies.org.au

HOPE CENTRE SERVICES

Musgrave Park Russell Street SOUTH BRISBANE 4101

Mobile showers for people living on the streets or experiencing homelessness or at risk of homelessness.

🕒 Thurs: 7.00pm-8.30pm

☎️ 07 3253 1300

🌐 www.hopecentre.com

ORANGE SKY AUSTRALIA

Musgrave Park Russell Street SOUTH BRISBANE 4101

Orange Sky positively connects people in need through free laundry, showers and conversations.

🕒 Tues, Thurs, Sun: 7.00pm-9.00pm

☎️ 07 3067 5800

🌐 www.orangesky.org.au

BRISBANE STREETLEVEL MISSION

97 School Street SPRING HILL 4000

The Centre provides meals, showers, toiletries, laundry facilities and office facilities, for people in the local community, including those who are homeless or experiencing financial difficulties.

🕒 Mon, Thurs: 9.00am-2.00pm

☎️ 07 3001 6288

📞 07 3832 9438

🌐 www.salvationarmy.org.au/brisbanestreetlevel

STREETFEED

All Saints Anglican Church Wickham Terrace SPRING HILL 4000

Weekly community meals in the form of a hot meal, freshly made sandwiches, sweets, hot and cold drinks, snacks and fruits are available for individuals and families in financial distress. Clothing, blankets and toiletries are also available.

🕒 Tues: 5.30pm-7.30pm

☎️ 0434 810 579

🌐 www.facebook.com/groups/120075368636902



4 VOICES

Park Hotel 551 Wickham Terrace SPRING HILL 4000

A mobile connection hub providing social, digital and employment connections for vulnerable people.

4 Voices supports people experiencing disadvantage.

🕒 **Fri: 2.00pm-5.00pm**

☎ **0427 244 685**

🌐 **www.4voices.org.au**

DRUG ARM, STREET OUTREACH SERVICE (SOS)

Boarding Houses Cnr Gregory Terrace & Boundary Street SPRING HILL 4000

Provides a mobile outreach support and health service for people who are homeless or at risk of homelessness. The MOSHPIT van offers a fully equipped on-board health centre providing health checks, dressings for minor wounds, referrals to other agencies and support in gaining housing.

🕒 **Mon, Wed, Fri, Sat:
8.45pm-9.15pm**

☎ **1300 656 800**

🌐 **[www.drugarm.com.au/
how-we-help/adults/
street-outreach-services](http://www.drugarm.com.au/how-we-help/adults/street-outreach-services)**

COFFEE BRIGADE - SPRING HILL

Wickham Park Cnr Albert Street & Wickham Terrace SPRING HILL 4000

Free coffee, fresh fruit and sandwiches for people experiencing homelessness and disadvantage.

🕒 **7 Days: 7.30am-7.45am**

☎ **07 3831 8219**

🌐 **[www.coffeebrigade.org.
au](http://www.coffeebrigade.org.au)**

ORANGE SKY AUSTRALIA

Wickham Park 309 Wickham Terrace SPRING HILL 4000

Orange Sky positively connects people in need through free laundry, showers and conversations.

🕒 **Mon, Thurs, Sat, Sun:
6.30am-8.30am**

☎ **07 3067 5800**

🌐 **www.orangesky.org.au**

GURUDWARA SINGH SABHA

Building Entry Point 115 101 Lemke Road TAIGUM 4018

Provides free, nutritious vegetarian meals for all members of the community.

🕒 **7 Days: 9.00am-9.00pm**

☎ **0411 239 307**

☎ **0416 933 339**

☎ **0425 000 264**

🌐 **singhsabha.org**



THE SALVATION ARMY	
<p>Cnr Handford & Roghan Roads TAIGUM 4018</p> <p>Emergency relief is available for individuals and families experiencing disadvantage including vouchers.</p>	<p>🕒 Fri: 10.00am-12.00pm</p> <p>☎ 07 3865 1088</p> <p>🌐 www.salvationarmy.org.au/nbc</p>
IMMIGRANT WOMEN'S SUPPORT SERVICE (IWSS)	
<p>WEST END 4101</p> <p>Emergency relief is available for migrant women and their children experiencing financial hardship including food vouchers and financial assistance with bills.</p>	<p>🕒 Mon, Wed: 9.00am-12.00pm</p> <p>☎ 07 3846 3490</p> <p>☎ 07 3846 5619</p> <p>🌐 www.iwss.org.au</p>
COMMUNITY FRIENDS	
<p>39 Thomas Street WEST END 4101</p> <p>A free community dinner and food parcels are available for people experiencing homelessness or disadvantage.</p>	<p>🕒 Mon-Fri: 9.00am-5.00pm</p> <p>🌐 www.communityfriends.org.au</p>
DIG IN	
<p>Bunyapa Park 39 Thomas Street WEST END 4101</p> <p>A free hot dinner for people who are homeless, people at risk of homelessness and for those who are disadvantaged.</p>	<p>🕒 Sat: 4.30pm-5.00pm</p> <p>🌐 www.digin.org.au</p>
COFFEE BRIGADE	
<p>Riverside Drive WEST END 4101</p> <p>A mobile service providing free coffee, fresh fruit and sandwiches for people experiencing homelessness and disadvantage.</p>	<p>🕒 7 Days: 8.00am-8.15am</p> <p>☎ 07 3831 8219</p> <p>🌐 www.coffeebrigade.org.au</p>



DRUG ARM, STREET OUTREACH SERVICE (SOS)	
Suncorp Bank 108 Boundary Street WEST END 4101 Provides a mobile outreach support and health service for people who are homeless or at risk of homelessness. The MOSHPIT van offers a fully equipped on-board health centre providing health checks, dressings for minor wounds, referrals to other agencies and support in gaining housing.	Mon, Wed, Fri: 8.00pm-8.30pm 1300 656 800 www.drugarm.com.au/how-we-help/adults/street-outreach-services
FEEDING 4101	
WEST END 4101 Pamphlet which is updated regularly detailing food support options in West End and South Brisbane.	www.facebook.com/feeding4101
HOPE ON BOUNDARY CAFE	
170 Boundary Street WEST END 4101 Hot meals and toasties (dependent on supply).	Mon-Fri: 7.00am-5.00pm 0409 905 258 www.hopestreetcafe.com.au
COMMUNITY FRIENDS	
Bunyapa Park Cnr Vulture Sreet And Thomas Street WEST END 4101 Community Friends help by giving food, clothing, shoes and support to people who are in need.	Wed: 2.30pm-3.00pm www.communityfriends.org.au
ST MARY'S COPTIC ORTHODOX CHURCH OUTREACH SERVICE	
Turbot Street Overpass (Near Magistrates Court) WEST END 4101 St Mary's Outreach Service supports disadvantaged people who require food, clothing and friendship.	www.smos.com.au
YMCA WYNNUM COMMUNITY HUB	
63 Edith Street WYNNUM 4178 Emergency relief is available for individuals and families experiencing disadvantage including vouchers.	Mon-Fri: 9.00am-4.00pm 07 3555 6565 www.ymcabrisbane.org/services/community-centres/wynnum



ST PETE'S PANTRY

St Peter'S Anglican Church 77 Charlotte Street WYNNUM 4178

Free food parcels for individuals and families experiencing disadvantage.

🕒 Mon, Wed, Fri: 9.00am-11.00pm

☎ 07 3893 2492

🌐 www.stpeterswynnum.org/st-petes-pantry.html

WYNNUM COMMUNITY PLACE

Churches Of Christ 55 Berrima Street WYNNUM 4178

Free evening meals for members of the local community.

🕒 Tues: 4.00pm-5.30pm

☎ 07 3387 2224

🌐 www.redlandcommunitycentre.org/wynnum-community-place

ROSIES YOUTH MISSION WYNNUM MANLY

A mobile van provides street outreach services for young people and adults who are homeless, abandoned, marginalised or socially isolated within the community. The service includes free tea & coffee, regular barbecues, information & referral and friendship.

☎ 07 3396 4267

🌐 www.rosies.org.au

- **Cnr Tingal & Charlotte street WYNNUM 4178**

(Wed, Fri, Sun: 7.00pm-9.00pm)

- **Wynnum Community Place 55 Berrima Street WYNNUM 4178**

(Tues: 2.00pm-4.00pm currently on hold-call before attending)

STAND UP, STEP OUT (SUSO)

St Peter'S Anglican Church 77 Charlotte Street WYNNUM 4178

An outreach bus provides support for individuals that are sleeping rough and/or at risk of homelessness with access to showers, access to laundry facilities, free WiFi and mobile charging.

🕒 Mon: 9.00am-11.00am

☎ 07 3252 3488

☎ 07 3252 3688

🌐 www.footprintscommunity.org.au/homelessness

COMMUNITY PLUS, YERONGA COMMUNITY CENTRE

26 Shottery Street YERONGA 4104

Free bread is available for members of the local community, particularly homeless and disadvantaged people.

🕒 Mon-Fri: 8.00pm-1.00pm

☎ 07 3848 2285

🌐 www.communityplus.org.au/yeronga-community-centre

**ROSIES YOUTH MISSION, STREET OUTREACH SERVICES****Brigadoon Boarding House 119 Park Road
YERONGA 4104**

A mobile van provides street outreach services for young people and adults who are homeless, abandoned, marginalised or socially isolated within the community. The service includes free tea & coffee, regular barbecues, information & referral and friendship.

🕒 Fri (fortnightly):
12.00pm-1.00pm
4th Sunday of the month:
2.30pm-4.00pm
☎ 07 3396 4267
🌐 www.rosies.org.au

ZILLMERE COMMUNITY CENTRE**54 Handford Road ZILLMERE 4034**

Emergency relief including food parcels is available for individuals and families experiencing disadvantage, including those who are homeless or at risk of homelessness.

🕒 Mon, Thurs: 1.30pm-
3.00pm
☎ 07 3865 2880
🌐 www.necsg.org.au

STAND UP, STEP OUT (SUSO)**Zillmere PCYC 340 Zillmere Road ZILLMERE 4034**

An outreach bus provides support for individuals that are sleeping rough and/or at risk of homelessness. with access to showers, laundry facilities, free WiFi and mobile charging.

🕒 Thurs: 9.00am-11.00am
☎ 07 3252 3488
📠 07 3252 3688
🌐 www.footprintscommunity.org.au/homelessness



IPSWICH

CROSSFIRE COMMUNITY SERVICES	
<p>59 Mary Street BLACKSTONE 4304</p> <p>Support for individuals and families experiencing disadvantage including low-cost food parcels comprising of a ready-made hot meal box.</p>	<p>🕒 Mon-Fri: 9.00am-3.00pm</p> <p>☎️ 07 3485 2660</p> <p>🌐 www.tmotcindigenoucorp.org.au</p>
WOUNDED HEROES AUSTRALIA	
<p>41 Brisbane Road BUNDAMBA 4304</p> <p>An Australian veterans' charity which provides essential emergency support for current and ex-serving defence members and their families financial aid is available to assist with housing, food, utilities and petrol.</p>	<p>🕒 7 Days: 24 hours</p> <p>☎️ 1300 853 080</p> <p>🌐 www.woundedheroes.org.au</p>
BUNDAMBA SALVOS CONNECT CENTRE	
<p>Cnr Brisbane Road & Coal Street BUNDAMBA 4304</p> <p>Emergency relief is available for individuals and families experiencing disadvantage including vouchers.</p>	<p>🕒 Mon-Fri: 9.00am-2.30pm</p> <p>☎️ 07 3001 6288</p> <p>☎️ 07 3282 2714</p> <p>🌐 www.salvationarmy.org.au/bundamba</p>
CAMIRA SPRINGFIELD COMMUNITY CENTRE	
<p>389 Old Logan Road CAMIRA 4300</p> <p>Provides material aid in the form of free bread for families and individuals in the local community including those experiencing disadvantage.</p>	<p>🕒 Mon-Fri: 9.00am-5.00pm</p> <p>☎️ 07 3818 0921</p> <p>🌐 www.wccare.org.au</p>
HARVEST RAIN CHRISTIAN CARE	
<p>50 Coal Road CHUWAR 4306</p> <p>Low cost groceries, frozen cooked meals and budget food hampers are available for members of the local community.</p>	<p>🕒 Tues-Thurs: 10.00am-6.00pm</p> <p>☎️ 07 3812 0207</p>

**ORANGE SKY AUSTRALIA****Deebing Creek Camp Grampian Drive DEEBING HEIGHTS 4306**

Orange Sky positively connects people in need through free laundry, showers and conversations.

🕒 Fri: 12.30pm-3.00pm
📞 07 3067 5800
🌐 www.orangesky.org.au

FOCUSED WELL-BEING SERVICES**18 Wright Crescent FLINDERS VIEW 4305**

Breakfast in the park for people with disabilities and people experiencing homelessness.

🕒 Mon-Sat: 8.00am-5.00pm
📞 0432 171 457
🌐 www.fwbs.net.au

GAILES COMMUNITY HOUSE**30 Karina Street GAILES 4300**

Provides low-cost grocery items for families and singles on low incomes.

🕒 Thurs: 9.30am-12.00pm
📞 07 3879 3004
🌐 www.gailescommunityhouse.com.au

GOODNA ANGLICAN WELFARE & MINISTRY**73 Alice Street GOODNA 4300**

Emergency relief is available for individuals and families experiencing disadvantage including food parcels, pharmaceutical vouchers and limited financial assistance with bills.

🕒 Tues: 9.00am-12.00pm
📞 07 3818 0945

4 VOICES, GOODNA**Outside Centrelink 1 William Street GOODNA 4300**

A mobile connection hub providing social, digital and employment connections for vulnerable and disadvantaged people.

🕒 Wed: 12.00pm-2.30pm
📞 0427 244 685
🌐 www.4voices.org.au

HELPING HANDS QUEENSLAND**Outside Carrington Guest House Murphy Street IPSWICH 4305**

Support including free meals and drinks. Food parcels containing groceries, fresh bread and other produce may also be provided subject to availability.

🕒 Tues: 7.00pm-7.20pm
🌐 www.helpinghandsqld.org/about-the-little-yellow-van



ROSIES YOUTH MISSION	
<ul style="list-style-type: none"> • St Pauls Anglican Church Darcy Doyle Pl 124 Brisbane Street IPSWICH 4305 (Fri: 7.00pm-9.00pm, Sun: 3.30pm-5.30pm) • Queens Park Goleby Ave IPSWICH 4305 (Wed: 4.30pm-6.30pm, Thurs: 5.00-7.00pm) 	<p>☎ 07 3396 4267</p> <p>🌐 www.rosies.org.au</p>
INCOMMUNITY	
<p>59 Limestone st IPSWICH 4305</p> <p>A social support group for women in need. Clothing, toiletries and hygiene products are available.</p>	<p>🕒 Tues, Thurs: 9.30am-1.30pm</p> <p>☎ 07 3812 1199</p> <p>🌐 www.incommunity.com.au</p>
IPSWICH ASSIST	
<p>Central Church 21 South Street IPSWICH 4305</p> <p>Emergency relief is available for individuals and families experiencing disadvantage including food parcels and financial assistance when available.</p>	<p>🕒 Mon, Tues: 9.00am-3.00pm</p> <p>☎ 07 3413 1070</p> <p>🌐 www.ipswichassist.org.au</p>
IPSWICH ASSIST COMMUNITY LUNCH	
<p>6 Gordon Street IPSWICH 4305</p> <p>A free lunch for members of the local community including those experiencing homelessness or disadvantage.</p>	<p>🕒 Wed: 10.00am-2.00pm</p> <p>☎ 07 3413 1070</p> <p>🌐 www.ipswichassist.org.au</p>
THE SALVATION ARMY	
<p>62 South Street IPSWICH 4305</p> <p>Provides material aid in the form of a free community dinner for members of the local community.</p>	<p>🕒 Wed-Fri: 9.30am-12.30pm</p> <p>☎ 07 3812 3117</p> <p>📞 07 3202 3193</p> <p>🌐 www.salvationarmy.org.au</p>
4 VOICES, IPSWICH	
<p>Ipswich Magistrates Court 43 Ellenborough Street IPSWICH 4305</p> <p>A mobile connection hub providing social, digital and employment connections for vulnerable and disadvantaged people.</p>	<p>🕒 Wed: 8.00am-11.30am</p> <p>☎ 0427 244 685</p> <p>🌐 www.4voices.org.au</p>



ORANGE SKY AUSTRALIA	
Queens Park 10 Merle Finimore Avenue IPSWICH 4305 Orange Sky positively connects people in need through free laundry, showers and conversations.	🕒 Wed: 4.30pm-6.30pm ☎ 07 3067 5800 🌐 www.orangesky.org.au
LEICHHARDT ONE MILE COMMUNITY CENTRE	
42736 Denman Street LEICHHARDT 4305 Emergency relief including vouchers is available for individuals and families experiencing disadvantage.	🕒 Mon-Fri: 9.00am-12.00pm ☎ 07 3812 1270 🌐 www.lcginc.org.au
LOAVES & FISHES STREET MEET CARE SERVICE	
106 Hill Street NEWTOWN 4305 Low-cost food items is available for members of the community.	🕒 Mon-Fri: 8.30am-4.00pm ☎ 07 3808 5713 🌐 www.loavesandfishes.org.au
RIVERVIEW COMMUNITY CENTRE	
Shop 1 28 Mitchell Street RIVERVIEW 4303 Emergency relief including food parcels is available for individuals and families experiencing disadvantage.	🕒 Fri: 10.00am-11.00am ☎ 07 3816 2111
ROSEWOOD & DISTRICT SUPPORT CENTRE	
19 School Street ROSEWOOD 4340 Limited emergency relief is available for individuals and families experiencing disadvantage including food parcels. Referral to counselling services is available.	🕒 Tues-Thurs: 9.00am-3.00pm ☎ 07 5464 1544
VEDANTA CENTRE BRISBANE	
96 Vedanta Drive SPRINGFIELD LAKES 4300 Free food parcels, frozen meals and bread for individuals and families experiencing disadvantage.	🕒 Fri: 10.00am-11.00am ☎ 07 3818 9986 🌐 www.vedantabrisbane.org



ST VINCENT DE PAUL SOCIETY	
<p>272 Brisbane Street WEST IPSWICH 4305</p> <p>Emergency relief is available for individuals and families experiencing disadvantage including food parcels, vouchers, travel vouchers, clothing and limited assistance with utility bills.</p>	<p>🕒 Tues, Fri: 9.00am-11.30am</p> <p>☎ 07 3812 2450</p> <p>☎ 1800 846 643 Freecall</p> <p>🌐 www.vinnies.org.au</p>
COMMUNITY COMPASSION	
<p>1 Darling Street WOODEND 4305</p> <p>Low-cost food hampers are available for people who are experiencing financial difficulties.</p>	<p>🕒 Mon, Tues, Thurs, Fri: 9.00am-3.00pm</p> <p>☎ 07 3496 1514</p>

LOGAN

NIGHTLIGHT OUTREACH	
<p>Unit 223 No Street Access BEENLEIGH 4207</p> <p>Support for people experiencing homelessness, affected by domestic violence or experiencing disadvantage including food parcels, showers, food for pets and household items.</p>	<p>☎ 0401 227 494</p> <p>🌐 www.nightlight.org.au</p>
4 VOICES	
<p>Beenleigh Magistrates Court Kent Street BEENLEIGH 4207</p> <p>A mobile connection hub providing social, digital and employment connections for vulnerable and disadvantaged people.</p>	<p>🕒 Mon: 8.00am-11.30am</p> <p>☎ 0427 244 685</p> <p>🌐 www.4voices.org.au</p>
ROSIES YOUTH MISSION	
<p>A mobile van provides street outreach services for young people and adults who are homeless, abandoned, marginalised or socially isolated within the community. The service includes free tea & coffee, regular barbecues, information & referral and friendship.</p> <ul style="list-style-type: none"> • Hugh Muntz Park Reisers Road BEENLEIGH 4207 (Wed: 7.00am-9.00am) • St Georges Anglican Church 10 Tansey Street BEENLEIGH 4207 (Sat: 6.00pm-8.00pm) 	<p>☎ 07 3396 4267</p> <p>🌐 www.rosies.org.au</p>

**ORANGE SKY, HUGH MUNTZ PARK, BEENLEIGH****Hugh Muntz Park Reisers Road BEENLEIGH 4207**

Orange Sky positively connects people in need through free laundry, showers and conversations.

🕒 Wed: 7.00am-9.30am

☎ 07 3067 5800

🌐 www.orangesky.org.au

LOGAN WEST COMMUNITY PANTRY**6 Hamstead Court BROWNS PLAINS 4118**

Food parcels for individuals and families experiencing disadvantage.

🕒 Wed, Fri: 11.00am-2.00pm

☎ 0411 853 747

4 VOICES, BROWN PLAINS**Outside Centrelink Grand Plaza Drive BROWNS PLAINS 4118**

A mobile connection hub providing social, digital and employment connections for vulnerable and disadvantaged people.

🕒 Fri: 9.00am-12.00pm

☎ 0427 244 685

🌐 www.4voices.org.au

ST MARK'S ANGLICAN SOCIAL SERVICES**41A Winnetts Road DAISY HILL 4127**

Baby clothing and toys for babies and families in need.

🕒 Mon, Thurs, Fri: 9.00am-12.00pm

☎ 07 3808 2696

🌐 www.logananglican.com

EAGLEBY COMMUNITY CENTRE**8 Cowper Avenue EAGLEBY 4207**

Emergency relief is available for individuals and families experiencing disadvantage including food vouchers.

🕒 Tues: 9.30am-11.30am

☎ 07 3807 3833

🌐 www.eagleby.org.au

EAGLEBY NEIGHBOURHOOD CENTRE**Unit 94 112 Fryer Street EAGLEBY 4207**

Emergency relief is available for individuals and families experiencing disadvantage including food vouchers and limited financial assistance.

🕒 Mon-Fri: 9.00am-4.00pm

☎ 07 3151 6132

🌐 www.wmq.org.au



THE TWIN RIVERS CENTRE	
<p>104 River Hills Road EAGLEBY 4207</p> <p>Emergency relief is available for individuals and families experiencing disadvantage including food vouchers and food parcels.</p>	<p>🕒 Mon-Fri: 9.00am-4.00pm</p> <p>☎ 07 3382 4000</p> <p>📠 07 3807 3465</p> <p>🌐 www.twinrivers.org.au</p>
LIGHTHOUSE CARE, HILLCREST	
<p>Shop 3 20 Central Court HILLCREST 4118</p> <p>Low-cost food parcels, cleaning products and personal care items for low-income individuals and families.</p>	<p>🕒 Mon-Sat: 9.00am-5.00pm</p> <p>☎ 07 3806 0639</p> <p>🌐 www.lighthousecare.org.au</p>
ABLE AUSTRALIA	
<p>Caddies Community Centre 19-33 South Street JIMBOOMBA 4280</p> <p>Emergency relief is available for individuals and families experiencing disadvantage including food parcels and financial assistance with Telstra bills and prescription medications.</p>	<p>🕒 Mon-Fri: 8.00am-4.00pm</p> <p>☎ 07 5600 0760</p> <p>☎ 07 5600 0750</p> <p>🌐 www.ableaustralia.org.au</p>
THE SALVATION ARMY	
<p>15A Station Road LOGAN 4114</p> <p>Emergency relief is available for individuals and families experiencing disadvantage including food parcels, food vouchers, and limited financial assistance for paying household bills.</p>	<p>🕒 Mon-Fri: 9.00am-5.00pm</p> <p>☎ 07 3208 6445</p> <p>🌐 www.salvationarmy.org.au</p>
ROSIES YOUTH MISSION	
<p>Cnr Station & Wembley & Ewing Roads LOGAN 4114</p> <p>A mobile van provides street outreach services for young people and adults who are homeless, abandoned, marginalised or socially isolated within the community. The service includes free tea & coffee, regular barbecues, information & referral and friendship.</p>	<p>🕒 Wed, Fri: 7.00pm-9.00pm</p> <p>☎ 07 3396 4267</p> <p>🌐 www.rosies.org.au</p>



LIGHTHOUSE CARE	
17-19 Monte-Khoury Drive LOGANHOLME 4129 Provides material aid in the form of low-cost food parcels, groceries and personal care items for low-income individuals and families.	Mon-Sat: 9.00am-5.00pm 07 3806 0639 www.lighthousecare.org.au
LOGAN FREE SUPERMARKET	
71-81 Clarks Road LOGANHOLME 4129 Free food parcels, frozen meals and bread for individuals and families experiencing disadvantage. Availability can vary.	Tues, Thurs: 10.00am-3.00pm 07 3808 1684 www.keng.org.au
LOGANLEA NEIGHBOURHOOD CENTRE	
28-32 Timms Street LOGANLEA 4131 Emergency relief including food parcels is available for individuals and families experiencing disadvantage.	Thurs: 12.30pm-1.00pm 07 3805 8260 07 3805 8203 www.loganleacommunity.org.au
ADRA COMMUNITY CENTRE LOGAN CENTRAL	
31 Station Road LOGAN CENTRAL 4114 Emergency relief is available for individuals and families experiencing disadvantage including food parcels, clothing & furniture referral and assistance with pharmaceutical scripts.	Mon-Fri: 9.00am-3.30pm 07 3290 3011 www.adralogan.org.au
ACCESS COMMUNITY SERVICES, ACCESS GATEWAY	
91 Wembley Road LOGAN CENTRAL 4114 Emergency relief is available for individuals and families experiencing disadvantage or financial distress and for asylum seekers including vouchers, food parcels and financial assistance for part-payment of utility bills.	Mon-Fri: 8.30am-4.30pm 07 3412 8222 www.accesscommunity.org.au



GUNYA META	
<p>22 Mayes Avenue LOGAN CENTRAL 4114</p> <p>Material aid in the form of food parcels is available for Aboriginal and Torres Strait Islander individuals and families experiencing disadvantage.</p>	<p>🕒 Mon-Fri: 9.00am-5.00pm</p> <p>☎ 07 3558 1600</p> <p>🌐 www.gunyameta.org</p>
HANDS & FEET	
<p>Multicultural Uniting Church Logan 119 Bardon Road LOGAN CENTRAL 4114</p> <p>Emergency relief is available for individuals and families experiencing disadvantage including food parcels.</p>	<p>🕒 Thurs: 2.00pm-3.30pm</p> <p>☎ 02 8814 9061</p> <p>🌐 www.handsandfeet.com.au</p>
ACCORD OUTREACH	
<p>Level 2 6 Ewing Road LOGAN CENTRAL 4114</p> <p>Outreach support for people experiencing homelessness. Support includes advocacy, information, referral services and food parcels and clothing.</p>	<p>🕒 Mon-Fri: 9.00am-5.00pm</p> <p>☎ 1800 841 442</p> <p>🌐 www.accordoutreach.org.au</p>
ORANGE SKY AUSTRALIA	
<p>Os Wembley Plaza 2 Ewing Road LOGAN CENTRAL 4114</p> <p>Orange Sky positively connects people in need through free laundry, showers and conversations.</p>	<p>🕒 Fri: 7.00pm-9.00pm</p> <p>☎ 07 3067 5800</p> <p>🌐 www.orangesky.org.au</p>
BABY GIVE BACK	
<p>Baby Give Back helps families in crisis by providing donations via social service agencies and social workers who are qualified to assess a family's needs. Items range from nappies and wipes through to prams, cots and car seats and everything essential for a safe start in life. To access support, contact an organisation in your local area or talk to your midwife.</p>	<p>🌐 www.babygiveback.org</p>
FAMILY & KIDS CARE FOUNDATION	
<p>Unit 1 26 Nestor Drive MEADOWBROOK 4131</p> <p>Low cost food parcels for individuals and families experiencing disadvantage.</p>	<p>🕒 Mon-Fri: 8.30am-3.00pm</p> <p>☎ 07 3808 5288</p> <p>🌐 www.familyandkidscare.com.au</p>

**BEENLEIGH REGION UNITING****32-50 Mount Warren Boulevard MOUNT WARREN PARK 4207**

Emergency relief is available for individuals and families experiencing disadvantage.

Aid includes food parcels, food vouchers, fuel vouchers and financial assistance for prescriptions.

🕒 9.00am-11.30am

☎ 07 3807 5972

🌐 www.bruc.net.au

FISHERS OF MEN**753 Underwood Road ROCHEDALE SOUTH 4123**

Food parcels, hot meals, blankets, clothing and some furniture items for people experiencing homelessness or at risk of homelessness and for families in need.

🕒 Tues-Fri, Sun: 1.00pm-4.00pm

☎ 07 3341 0160

🌐 www.fishersofmen.org.au

HOPE CENTRE SERVICES, LOGAN**440 Kingston Street SLACKS CREEK 4127**

Provides emergency relief for individuals and families experiencing disadvantage. Aid includes fresh food parcels.

🕒 Mon: 11.00am-1.00pm

☎ 07 3253 1300

🌐 www.hopecentre.com

LOAVES & FISHES**Unit 1 26 Monte Street SLACKS CREEK 4127**

Material aid in the form of low-cost food items is available for members of the community.

🕒 Mon-Fri: 8.00am-3.00pm

☎ 07 3808 5713

🌐 www.loavesandfishes.org.au

TRIBE OF JUDAH CARE SERVICES**101 Park Road SLACKS CREEK 4127**

A convenience store which provides material aid in the form of low-cost food and household items for the local community.

🕒 7 Days: 7.30am-5.00pm

☎ 07 3290 3610

📞 07 3290 3566

VILLAGE CONNECT**Unit 13 390 Kingston Road SLACKS CREEK 4127**

Emergency relief is available for individuals and families experiencing disadvantage including food parcels.

🕒 Tues, Fri: 12.00pm-2.00pm

☎ 07 3208 8412

🌐 www.villageconnect.site



KINGSTON EAST NEIGHBOURHOOD CENTRE

177 Meakin Road SLACKS CREEK 4127

Food parcels are available to Logan residents. Assistance may also be available for bill assistance, including phone and some limited rental assistance, depending on circumstances.

🕒 Mon-Fri: 9.00am-4.30pm

☎ 07 3808 1684

🌐 www.keng.org.au

HANDS & FEET

Grace Bible Church 100 Springwood Road SPRINGWOOD 4123

Emergency relief is available for individuals and families experiencing disadvantage including food parcels.

🕒 Thurs: 2.15pm-3.15pm

☎ 07 3102 1347

🌐 www.handsandfeet.com.au

4 VOICES, WOODRIDGE

Outside Centrelink 21 Station Road WOODRIDGE 4114

A mobile connection hub providing social, digital and employment connections for vulnerable people. 4 Voices supports people experiencing disadvantage.

🕒 Tues: 8.30am-11.30am

☎ 0427 244 685

🌐 www.4voices.org.au

FAMILY & COMMUNITY PLACE, YARRABILBA

3 Darnell Street YARRABILBA 4207

A daily breakfast club for children and families in the local community.

🕒 Mon-Fri: 8.00am-9.00am

☎ 07 5518 9400

🌐 www.childrens.health.qld.gov.au/chq/our-services/community-health-services/family-community-place



REDLANDS COAST

THE ROCK FAMILY & COMMUNITY SUPPORT

6 Hook Street CAPALABA 4157

Provides material aid in the form of low-cost large food parcels (including grocery and personal goods and cleaning items) for the local community including families and individuals who are experiencing hardship.

🕒 Tues, Thurs, Fri: 9.00am-2.00pm

☎ 07 3823 3576

🌐 www.facs.org.au

NIGHT NINJAS

CLEVELAND 4163

Emergency relief is available for individuals and families experiencing disadvantage or homelessness including food parcels emergency aid and targeted individual assistance.

🕒 Mon-Fri: 9.00am-4.00pm

☎ 0417 668 926

🌐 www.nightninjas.com.au

REDLANDS CENTRE FOR WOMEN

120 Shore Street CLEVELAND 4163

Provides care packs for women struggling through a difficult time and in need of pampering.

🕒 Mon-Thurs: 9.00am-12.30pm

☎ 07 3461 7097

🌐 www.redlandscentreforwomen.com

BAY ISLANDS COMMUNITY SERVICES, MACLEAY ISLAND

35 Southsea Terrace MACLEAY ISLAND 4184

Emergency relief is available for individuals and families experiencing disadvantage including food parcels and assistance with medication prescriptions.

🕒 Mon-Fri: 9.00am-3.00pm

☎ 07 3409 4990

🌐 www.BICS.org.au

BAY ISLANDS COMMUNITY SERVICES, RUSSELL ISLAND

55 Jackson Road RUSSELL ISLAND 4184

Emergency relief is available for individuals and families experiencing disadvantage including food parcels and assistance with medication prescriptions.

🕒 Mon-Fri: 9.00am-3.00pm


☎ 07 3409 1177


☎ 07 3409 1277

🌐 www.BICS.org.au

**RUSSELL ISLAND EMERGENCY FOOD RELIEF****Russell Island Recreation Hall 1 Alison Crescent
RUSSELL ISLAND 4184**

Emergency relief is available for individuals and families experiencing disadvantage.

 **Wed: 10.00am-1.30pm**

 **07 3245 2117**

 **www.redlandcommunitycentre.org**



LOCAL GOVERNMENT CONTACT DETAILS

The Queensland Local Government Directory www.statedevelopment.qld.gov.au/local-government/for-the-community/local-government-directory provides contact details and locality maps for Queensland's 77 local governments. You can search in the Queensland Local Government Directory to access:

- Contact details for all councils in Queensland
- Details of council officers, including mayors, CEO and councillor officers
- Link to council websites to find further comprehensive information including council services, community organisations providing support employment opportunities and details of events.

LIBRARIES

Public libraries are located throughout Local Government/Council areas (refer to page 75 for help on connecting to your local council) and provide access to information about Council services, a wide range of resources, and useful services including access to television, computer, Wi-Fi and internet. Different operating hours apply for each library. Please confirm operating hours before visiting.

For more information about
The Lady Musgrave Trust visit:
www.ladymusgravetrust.org.au

To order hard copies of The Handy Guide
please visit www.ladymusgravetrust.org.au.
To visit the online Handy Guide, please
go to: www.thehandyguide.com.au





BRISBANE CITY COUNCIL LIBRARIES

Phone: 07 3403 8888 (contact centre open 24 hours a day, 7 days a week)
www.brisbane.qld.gov.au/library. Please contact for library opening hours.

LOCATION	ADDRESS
Annerley	450 Ipswich Rd Annerley 4103
Ascot	36 Racecourse Rd Ascot
Ashgrove	87 Amarina Ave Ashgrove, 4060
Banyo	284 St Vincents Rd Banyo 4014
Bellbowries	Bellbowrie Mobile Library Bellbowries Plaza carpark off Birkin Rd, Bellbowrie 4070
Bracken Ridge	77 Bracken Street Bracken Ridge 4107
Brisbane	266 George St Brisbane 4000
Bulimba	219 Oxford St Bulimba 4171
Carina	Cnr Mayfield and Nyrang St Carina 4152
Carindale	1151 Creek Rd (Westfield Carindale) Carindale 4152
Chermside	375 Hamilton Rd Chermside 4032
Coopers Plains	107 Orange Grove Rd Coopers Plains 4108
Corinda	641 Oxley Rd Corinda 4075
Everton Park	61 South Pin Rd Everton Park 4053
Fairfield	180 Fairfield Rd (Fairfield Gardens Shopping Centre) 4103



LOCATION	ADDRESS
Grange	79 Evelyn Street Grange 4051
Greenslopes	280 Logan Road Greenslopes 4120
Holland Park	81 Seville Road Holland Park 4121
Indooroopilly	Indooroopilly Shopping Centre, L4, 322 Moggill Rd 4068
Kenmore	Kenmore Village Shopping Centre 9 Brookfield Rd 4069
Mitchelton	37 Heliopolis Parade Mitchelton 4053
Mount Gravatt	8 Creek Road Mount Gravatt 4122
Mount Gravatt	Garden City Shopping Centre LR4 Cnr Logan & Kessel Rd 4122
Mount Ommaney,	171 Dandenong Road Mount Ommaney 4074
New Farm	135 Sydney Street New Farm 4005
Nundah	1 Bage St, via Primrose Lane Nundah 4012
Sandgate	1 Seymour Street Sandgate 4017
Sunnybank Hills	661 Compton Road Sunnybank Hills 4109
Toowong	152 Mt Coot-tha Road (Brisbane Botanic Gardens) 4066
West End	178-180 Boundary Street West End 4101
Wynnum	145 Florence Street Wynnum 4178
Zillmere	Cnr Jennings Street & Zillmere Road Zillmere 4034



CITY OF IPSWICH LIBRARIES

Phone: 07 3810 6666. www.ipswichlibraries.com.au. Please contact for opening hours.

LOCATION	ADDRESS
Central	Nicholas Street Central Ipswich 4305
Redbank Plains	Moreton Avenue Redbank Plains 4301
Redbank Plaza	1 Collingwood Drive Redbank Plaza 4301
Rosewood	15 Railway Street Rosewood 4340
Springfield Central	Cnr Main St & Sirius Drive Springfield Central 4300

CITY OF LOGAN LIBRARIES

Phone: 1300 156 426. www.loganlibraries.org. Please contact for opening hours.

LOCATION	ADDRESS
Beenleigh	Crete Street Beenleigh 4207
Greenbank	145 – 167 Teviot Road Greenbanks 4124
Jimboomba	26 Wilbur Street Jimboomba 4280
Logan North	Cnr Sports Drive & Springwood Road Logan North 4207
Logan Village	Wharf Street Logan Village 4207
Logan West	69 Grand plaza Drive Logan West 4207
Marsden	35 Chambers Flat Road Marsden 4132
Shailer Park	66-70 Mandew St (Logan Hyperdome) Shailer Park 4128



REDLAND CITY COUNCIL LIBRARIES

Phone: 3829 8999. www.redland.qld.gov.au/library-services. Please contact for opening hours.

LOCATION	ADDRESS
Capalaba	14 Noeleen Street Capalaba 4157
Cleveland	Cnr Middle & Bloomfield Street Cleveland 4163
Dunwich	Ballow Road Dunwich 4183
Russell Island	22 High Street Russell Island 4184
Victoria Point	42186 Bunker Rd (Victoria Point Lakeside Shopping Centre) Victoria Point 4165

STATE LIBRARY OF QUEENSLAND

Southbank, Cultural Centre Stanley Place

Aside from books, maps, photographs, newspapers and video collections, the library hosts exhibitions and other major free events.

🕒 **Mon-Sun: 10.00am-5.00pm**

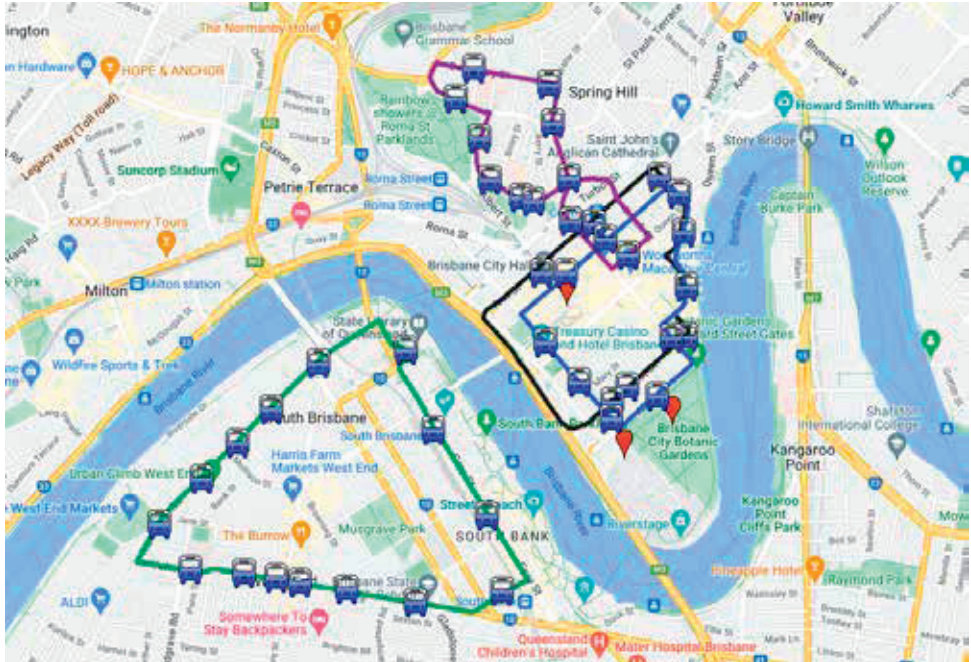
☎ 3840 7666

🌐 www.slq.qld.gov.au



PUBLIC TRANSPORT

Free City bus loop – inner Brisbane



PUBLIC TRANSPORT

The free City Loop, Spring Hill Loop and South Brisbane Loop bus services provides high frequency public transport access within the Brisbane Central Business District. Services also run between CBD and Spring Hill areas and through South Brisbane and West End.

🌐 www.brisbane.qld.gov.au/traffic-and-transport/buses/city-centre-free-loops



PUBLIC TRANSPORT CONCESSIONS

PUBLIC TRANSPORT CONCESSIONS

Translink provides concessions for a number of groups. Details regarding eligibility criteria are at www.translink.com.au/tickets-and-fares/concessions

☎ 131230

🌐 www.translink.com.au

THE NATIONAL PUBLIC TOILET MAP

THE NATIONAL PUBLIC TOILET MAP

The National Public Toilet Map (online or download the app) provides information on over 23,000 publicly available toilets across Australia including facilities like showers, baby change and sharps disposal.

☎ 1800 020 103

🌐 www.toiletmap.gov.au

DISABILITY SERVICES

DISABILITY GATEWAY

The Australian Government's Disability Gateway website at www.disabilitygateway.gov.au has information and services to help people with disability, their family, friends and carers to find the support they need in Australia. Information includes income and finance, employment, aids and equipment, housing transport, health and wellbeing, everyday living, education, leisure and rights and legal issues.

☎ 1800 643 787

🌐 www.disabilitygateway.gov.au

QUEENSLAND GOVERNMENT

Queensland Government information for people with disability.

🌐 www.qld.gov.au/disability



JOBS, EMPLOYMENT AND TRAINING

WORKFORCE AUSTRALIA

Workforce Australia is an Australian Government site where individuals can search and apply for jobs or find more information on their pathway to employment. It includes links to activities to support people into work, or guide them with training options.

☎ 1800 805 260
🌐 www.workforceaustralia.org.au

SUITED TO SUCCESS

Statewide

Provides free styling, clothing and career support services for people in need throughout Queensland. Established in 2008, Suited to Success has supported thousands of people on their journey to thrive in work and in life. Suited to Success manages Dress for Success Brisbane.

🕒 Mon-Fri: 9.00am-3.00pm (Office)
Tues-Fri: 9.30am-12.30pm (Styling boutiques)
☎ 07 3216 1969
🌐 www.suitedtosuccess.org.au

THE BIG ISSUE

Social enterprise dedicated to supporting and creating work opportunities for people experiencing homelessness, marginalisation and disadvantage.

☎ 3221 3513
🌐 www.thebigissue.org.au

TELECOMMUNICATION SERVICES

Telstra payphones now offer free standard national and mobile calls. Telstra also provides free Telstra Wi-fi at all enabled payphones around Australia. To find the closest free payphone to you visit www.telstra.com.au/find-us?search=payphone

Free Wi-fi services can be obtained at most shopping centres, and many council facilities including parks and libraries in your community. Many businesses such as fast-food restaurants provide free Wi-Fi for customers.



- 3rd Space: 47, 77
4 Voices: 77, 78, 82, 84, 90, 91, 93, 94, 99
13FAMILY: 42
13 Health: 31
54 Reasons: 42
1300 MH CALL: 31
A4 Community Care Services: 81
Able Australia: 95
Aboriginal and Torres Strait Islander Health Service: 33
Aboriginal and Torres Strait Islander Legal Service: 52, 53
ACCESS Community Services: 43, 96
Access Outreach Australia: 80
Accoras: 40
Accord Outreach: 97
Active Refugee and Migrant Integration Australia: 43
ADRA Community Centre: 96
Affording Justice: 55
Alcohol and Drug Information Service: 35
Alcoholics Anonymous: 35
Anglicare: 40
Annerley Church of Christ: 69
Aspleycare Emergency Relief: 70
Australian Red Cross: 66
Australian Tax Office: 51
BABI: 22
Baby Give Back: 97
Bahloo Women's Youth Shelter: 14
Basic Rights Queensland: 57
Bay Islands Community Services: 100
Bayside Community Justice Group: 54
Bayside Community Legal Centre: 57
Bayside Uniting Church: 79
BEAUCARE: 40
Beenleigh Housing Development Company: 14
Beenleigh Region Uniting: 98
Belong: 69
Beyond Blue: 32
Beyond DV: 29
Bowman Johnson Hostel: 14
Bravehearts: 25
Bravery Trust: 71
Bric Housing Company: 13
Brighton Indigenous Health Services: 33
Brisbane Central Free Food Locations: 73
Brisbane Domestic Violence Service: 27
Brisbane Housing Company: 13, 20
Brisbane Metro South Sexual Health Service: 30
Brisbane Murri Elders Community Justice Group: 54
Brisbane North Intensive Family Support: 40
Brisbane North Sexual Assault Response: 30
Brisbane Rape and Incest Survivors Support Centre: 25
Brisbane Streetlevel Mission: 83
Brothers In Need: 71
Browns Plains Medical Clinic: 33
Bundamba Salvos Connect Centre: 89
BYS: 23
Camira Springfield Community Centre: 89
Carinity: 15, 25
Caxton Legal Centre: 55
Centacare: 25, 57
Centre Against Sexual Violence: 25, 27
Centrelink: 48
Chameleon Housing: 23
Chermside Anglican Welfare Ministries: 74
Child Support Agency: 49
Churches of Christ Care: 18
Churches of Christ Housing Services: 13, 15
Citipointe: 74
Clinic 30: 36
Coffee Brigade: 77, 79, 84, 85
Common Ground Queensland: 13
Commonwealth Ombudsman: 61
Community: 15, 19, 81
Community Canteen: 76
Community Compassion: 93
Community Friends: 85, 86
Community Housing Ltd: 13
Community Legal Centres Queensland: 57
Community Plus: 82, 87
Counselling online: 35
Court Network Telephone Service: 57
Crossfire Community Services: 89
Department of Housing Service Centres: 10
Dig In: 76, 85
Disability Gateway: 108
Domestic Violence and Family Law Support Network: 58
Drug Arm: 35, 70, 71, 73, 80, 84, 86
DVConnect: 27, 30
EACH Social and Community Health: 37
Eagleby Community Centre: 94
Eagleby Neighbourhood Centre: 94
Elder Abuse Prevention Unit: 47
Elley Bennett Hostel: 14
Elorac Place Community Centre: 75
Emmanuel City Mission: 44
Encircle: 19, 79
Family and Kids Care Foundation: 16
Family & Community Place: 99
Family & Kids Care Foundation: 97
Family Relationship Centre: 25
Fareshare: 67
Feeding 4101: 86
Fishers of Men: 98
Focused Well-Being Services: 90
Foodbank Qld: 67
Footprints Community: 17, 21
Forest Lake Uniting Church: 75
Full circle projects: 17
Gailles Community House: 90
Gallang Place: 24
Gambling Helpline: 35
Gambling Help Online: 35
GIVIT: 66
Goodna Anglican Welfare & Ministry: 90



- Goodna Neighbourhood House: 44
- Good Shepherd: 50
- Gunya Meta: 97
- Gurudwara Singh Sabha: 84
- Hands & Feet: 74, 79, 80, 97, 99
- Harmony Place: 37
- HART 4000: 17
- Harvest Food Assist: 70
- Harvest Rain Christian Care: 89
- Headspace: 32
- Helping Hands Queensland: 30
- Home For Good: 17
- Home in Place: 13, 21
- Homeless Health Outreach Team: 37
- Homeless Hotline: 18
- Hope Centre Services: 83, 98
- Hope on Boundary Cafe: 86
- HUB Neighbourhood Centre: 58
- Immigrant Women's Support Service: 26, 85
- Inala Community House: 44
- Inala Elders Aboriginal & Torres Strait Islanders Corporation: 54, 78
- Inala Family Accommodation and Support Service: 16
- Inala Indigenous Health Service: 33
- Inala Wangarra: 37, 54
- INCH Housing: 13, 21
- inCommunity: 23, 91
- Independent Regional Advocacy Services: 22
- In Home: 39
- Inspire Youth and Family Services: 44
- Institute for Urban Indigenous Health: 34
- Intensive Family Support Service-Families Together: 40
- Ipswich Assist: 91
- Ipswich Assist Community Lunch: 91
- Ipswich Community Youth Service: 63
- Ipswich Hospital: 32
- IYS: 23
- Jacaranda Housing: 13, 21
- Jeays Street Community Centre: 70
- Kambu Health: 34
- Kids Helpline: 32
- Kingston East Neighbourhood Centre: 99
- Kingston East Neighbourhood Group Association: 45
- knowmore: 52
- Kummara Indigenous Family Care: 39
- Kurbingui Youth Development: 24, 39, 63
- Kyabra: 19
- Lawright: 52, 55
- Legal Aid Queensland: 52, 58
- Leichhardt One Mile Community Centre: 92
- LGBTI Legal Service: 58
- Life Communities: 81
- Lifeline: 32
- Life Without Barriers: 41
- Lighthouse Care: 95, 96
- Loaves & Fishes: 98
- Loaves & Fishes Street Meet Care Service: 92
- Logan Area Committee on Ageing: 21
- Logan East Community Neighbourhood Association LECNA: 45
- Logan Free Supermarket: 96
- Logan Hospital: 32
- Loganlea Medical Clinic: 34
- Loganlea Neighbourhood Centre: 96
- Logan West Community Pantry: 94
- Mangrove Housing: 13
- Manna From Heaven: 82
- Marie Rose Centre: 32
- Mater Mother's Hospital: 32
- Maybanke Association: 16
- Meals on Wheels: 67
- Mental Health Review Tribunal: 62
- Mercy Community Services: 41
- Micah Projects: 28
- Mi Networks: 37
- Mission Australia: 18, 41, 66
- Moreton Bay Housing Service Centre: 11
- Mount Gravatt Community Centre: 80
- Multicultural Connect Line: 38
- Multilink Community Services: 50
- Murrigunyah Family and Cultural Healing Centre: 24
- Murri Sisters: 24
- MurriWatch Aboriginal and Torres Strait Islander Corporation: 14, 54
- National Association for Prevention of Child Abuse and Neglect: 41
- National Debt Helpline: 50
- New Hope Care: 79
- Nexus Care: 75, 82
- Night Cafe: 72
- Nightlight Outreach: 93
- Night Ninjas: 100
- Northgate Medical Clinic: 34
- Northside Connect: 45, 58
- North Stradbroke Island Aboriginal and Islander Housing: 14
- Office of the Public Guardian: 62
- One Voice Mobile Showers: 73
- Open Arms: 32, 38
- Open Hands Community Care: 81
- Open Haven Hub: 26
- Openminds: 32
- Orange Sky: 66, 69, 71, 78, 83, 84, 90, 92, 94, 97
- Ozcare: 19
- OzHarvest: 67
- Paddy's Van: 82
- Peggy's Place: 16
- Picabeen Community Centre: 45
- Pregnancy Crisis: 28
- Princess Alexandra Hospital: 32
- Prison Transport Group: 79
- Public Trustee of Queensland: 50
- Queen Elizabeth II Jubilee Hospital: 33
- Queensland Advocacy for Inclusion: 62
- Queensland Children's Hospital: 32
- Queensland Health: 31



- Queensland Human Rights Commission: 62
Queensland Indigenous Family Violence Legal Service: 55
Queensland Injectors Health Network: 35
Queensland Law Society: 59
Queensland Ombudsman: 61
Queensland Program of Assistance to Survivors of Torture and Trauma: 43
Queensland Seniors Card: 47
Queensland Statewide Tenant Advice and Referral Service: 22
Quit Smoking: 36
Reach Out Community & Family Care: 75
Redbank Plains Community Centre: 46
Red Cross Migration Support Program: 80
Redland Community Centre: 45
Redland Hospital: 33
Redlands Centre for Women: 100
Red Rose Foundation: 28
Refugee and Immigration Legal Service: 52, 56
Relationships Australia: 26, 28
Residential Tenancies Authority: 22
Richmond Fellowship: 18
Riverview Community Centre: 92
Romero Centre: 56
Rosewood & District Support Centre: 92
Rosies Youth Mission: 69, 70, 71, 73, 81, 83, 87, 88, 91, 93, 95
Royal Brisbane and Women's Hospital: 28, 33
RSL: 75
Russell Island Emergency Food Relief: 101
Safe Haven Community: 16
Saint Andrew's Community Lunch: 72
Salvation Army: 18, 44, 49, 67, 72, 78, 85, 91, 95
Sandbag: 26, 46
Sandgate: 74
SANE: 32
Saver Plus: 49
Secondbite.org: 67
Seniors Enquiry Line: 47
Sexual Assault Helpline: 28
Sexual Health and HIV Service Brisbane: 30
Share the Dignity: 67
Sheltered by Grace: 19
Sherwood Neighbourhood Centre: 46
Signal Flare: 72
Silky Oaks Children's Haven: 16
Sisters Inside: 20, 52
Somali Community Association of Queensland: 43
Soundpoint Youth and Community Centre: 46
Southside Community Care: 20
Southwest Brisbane Community Legal Centre: 55, 59
Stand Up, Step Out: 87, 88
Starting Blocks: 39
State Penalties Enforcement Registry: 50
St David's Neighbourhood Centre: 46
St Hugh's Anglican Church: 78
St James College: 77
St Mark's Anglican Social Services: 94
St Mark's Catholic Church: 21
St Mary's Coptic Orthodox Church Outreach: 72, 86
St Pete's Pantry: 87
StreetFeed: 83
Strong Women Talking: 24
St Vincent de Paul Society: 41, 51, 67, 69, 78, 93
Suited to Success: 109
Support Groups Queensland: 36
Supporting those at Risk of Homelessness: 19
TASC National: 53, 56
Ted Noffs Foundation: 36
Tenancy Skills Institute: 22
The Big Issue: 109
The Centre for Women and Co: 29, 42
The Lady Musgrave Trust: 23
The National Public Toilet Map: 108
The Prince Charles Hospital: 33
The Rock Family & Community Support: 100
The Twin Rivers Centre: 29, 95
Tribe of Judah Care Services: 98
Trinity Centre Pantry: 76, 77
Umpi Korumba Aboriginal and Torres Strait Islander Corporation for Housing: 15
Uniting Care: 20, 42, 50
Valley Hearts: 70
Valley Outreach: 75, 76
Vedanta Centre Brisbane: 92
Victim Assist QLD: 53, 60
VictimConnect: 60
Victim Support: 59
Vietnamese Community in Australia: 43, 74
Village Connect: 63, 98
Vital Connection: 72
Wesley Mission Brisbane Relief Hub: 76
Wesley Mission Queensland: 67
West End Community House: 82
Winnam Aboriginal and Torres Strait Islanders Corporation: 15
Women's Crisis Support Service Inc: 17
Women's Health & Equality Information Hub: 31
Women's House: 29
Women's Legal Service Queensland: 53, 56, 60
Workforce Australia: 109
Wounded Heroes Australia: 89
WWILD Sexual Violence Prevention: 26
Wynnum Community Place: 87
YFS: 22, 24, 26, 56
YMCA: 73, 86
Youth Advocacy Centre: 63
Youth Housing Project: 23
Yulu-Burri-Ba: 34
Yumba Hostel: 20
Zig Zag Young Women's Resource Centre: 27
Zillmere Community Centre: 88
Zillmere Family Accommodation Program: 20

WHEN THEY CLOSELY CONTROL YOUR SOCIAL MEDIA BEHAVIOUR



When you can spot the red flags,
you can help stop domestic violence.

TheHandyGuide.com.au



THE
LADY MUSGRAVE
TRUST



FROM 
NOWHERE
TO GO. 

**IT TO KNOW
 WHERE
 TO GO.**

TheHandyGuide.com.au

From Nowhere To Go to Know Where To Go

Check out the Handy Guide online - www.thehandyguide.com.au

Access the most up-to-date information online,
with emergency contacts and other vital information
to help women in need throughout Queensland.



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The Lady Musgrave Trust acknowledges and pays respect to the past, present and future Traditional Custodians and Elders of Queensland and the continuation of cultural, spiritual and educational practices of Aboriginal and Torres Strait Islander peoples.