Yerrabi

BLAK BOOK

A Service Directory for Aboriginal People in the ACT

SCAN ME
Digital Version

Produced by Yerrabi Yurwang Child and Family Aboriginal Corporation

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What is the Blak Book?

Yerrabi Yurwang created the Blak Book to help Aboriginal people in the ACT find the services they need in one place.

Why do we need a Blak Book?

Yerrabi Yurwang's community said there is too much, or too little, information on ACT services. It's confusing to navigate online and in person. Communication about services is inconsistent. We built the Blak Book to share info about services you or your family may need, based on their purpose.

These include:

- Food, Money & Transport
- Housing
- Domestic & Family Violence
- Health and Wellbeing
- Education, Employment & Learning
- Legal Assistance

We aimed to provide easy to understand information about the services to help families choose which ones to use. This will help you self-determine what is important to you.

What services are included?

Not all services available in the ACT are included. Yerrabi Yurwang prioritised including services specifically for Aboriginal people. However, the community said there are not enough services to meet all their needs. So, we included services from both government and non-government organisations that Yerrabi staff or the community have used before.

The services listed are:

- mostly free
- or need a Centrelink/Health Care Card to get it for free

However, a few need NDIS, Aged Care, or Private Health plans to access.

Blak Book Feedback Form

If you know of a missing, important service or program, please fill out the below table.

Service/Program Name	
Description	
Website Link	
Contact Details	

If you know of a service or program that should not be listed in this book, please fill out the below table.

Service/Program Name	
Why you think it shouldn't be included	

If you find any information in this directory is incorrect, please fill out the below tabl

Service/Program Name			
Incorrect Information (Tick applicable)	☐ Description	☐ Location	☐ Website Link
	☐ Contact Number	☐ Email	☐ Categorisation
Correction if known			

We welcome any feedback. It will help us improve this resource for the community.

Please email this page and any other feedback to admin@yerrabi.org.au

Yerrabi

CATEGORIES

- Food, Money, & Transport
- Housing
- Domestic & Family Violence
- Health & Wellbeing:
  - Cultural Wellbeing
  - Physical Health
  - Drugs and Alcohol
  - Mental Health & Social Wellbeing
- Education, Employment, & Learning
- Legal Assistance

Yerrabi

Key

Aboriginal and Torres Strait Islander

Elders

Children & Youth

Women

Men

LGBTQIA+

Disability

Look for these symbols in the program tables to find out who the program caters fo .

If there is no symbol, the program is available to anyone.

YERRABI SERVICES

Organisation	*Program or Service*	*What's involved*	*Get in contact*	*Symbol*
Yerrabi	Aunty Agnes Shea Scholarhsips	The Aunty Agnes Shea Early Childhood Education (ECE) Scholarships offer opportunities for Aboriginal people living in Canberra to gain qualifications in ECE, or enhance their existing ECE qualifications. The Scholarship program will provide both financial, study and wrap-around support for scholarship recipients looking to gain a Certificate III, Diploma, or Bachelor's Degree.	**Location:** Yarramundi Cultural Centre 245 Lady Denman Drive, Acton ACT **Website:** https://yerrabi.org.au/index.php/aunty-agnes-shea-scholarships/ **Email**: elena@yerrabi.org.au	
Yerrabi	Connected Beginnings	We assist Aboriginal children to achieve the learning and developmental outcomes necessary for a positive transition to school. Over time, this will contribute to achieving equity in school readiness and educational outcomes between Indigenous and non-Indigenous children. We also create community development initiatives through the facilitation of wholistic and community driven groups and services.	**Location:** Yarramundi Cultural Centre 245 Lady Denman Drive, Acton ACT **Website**: www.yerrabi.org.au/index.php/connected-beginnings/ **Email**: earlychildhood@yerrabi.org.au	
Yerrabi	Deadly Brains Playgroup	Learn about how you and your Boori's brain develops! Build strong, healthy brains that are ready for learning, emotional control, sharing and supporting neurodiversity. We will also have child development specialists visit each week. Tuesdays 10:30-12:00	**Location:** Yarramundi Cultural Centre 245 Lady Denman Drive, Acton ACT **Email:** admin@yerrabi.org.au	
Yerrabi	Enhancing Services – Yerrabi Corporate	We work collaboratively with stakeholders, through our Framework for Action, to transform systems and improve wholistic responses for Aboriginal Families and to reduce the high numbers of Aboriginal Children in OoHC.	**Website:** www.yerrabi.org.au/index.php/enhancing-services/ **General Enquiries:** admin@yerrabi.org.au	

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Organisation	***Program or Service***	***Whatôs involved***	***Get in contact***	***Symbol***
Yerrabi	Empowering Families	The Empowering Families Program is a free, voluntary service supporting Aboriginal children, young people, and families across the ACT. It aims to reduce families' involvement with statutory systems. Support is delivered across three stages: • Prevention ï early support before crisis • Preservation ï intensive support to help families stay safely together • Restoration ï targeted support to safely reunite families Empowering Families provide advocacy and wraparound support to help families navigate child protection, youth justice, housing, health, and legal systems ,including case management, home visits, parenting programs, safety planning, and connection to Yerrabi's Health Hub and cultural programs. Referrals can be made via the website, by emailing referrals@yerrabi.org.au, or in person at 245 Lady Denman Drive, Acton	**Location:** Yarramundi Cultural Centre 245 Lady Denman Drive, Acton ACT **Website**: www.yerrabi.org.au/index.php/empowering-families/ **Email**: referrals@yerrabi.org.au admin@yerrabi.org.au	
Yerrabi	Functional Family Therapy ï Child Welfare	FFT-CW is an evidence-based, in-home program that takes a respectful, non-blaming, and non-judgmental approach to supporting families. The program focuses on strengthening family relationships by repairing family bonds, improving communication and interactions, and enhancing overall family functioning.	**Location:** Yerrabi Yurwang Health Hub, 9-11 Lawry Place, Macquarie ACT 2614 **Email**: referrals@yerrabi.org.au admin@yerrabi.org.au	

YERRABI SERVICES

Organisation	*Program or Service*	*What's involved*	*Get in contact*	*Symbol*
Yerrabi	NarraGunnaWali - FDSV	NaraGanaWali supports people experiencing family, domestic, or sexual violence. Clients receive: • Individual and Family Advocacy • In-home connection, engagement, and support • Clinical interventions • Cultural engagement and support • Life-Skills education • Connection and referrals to other services and programs. You must provide proof of Aboriginality to access the service.	**Website:** www.yerrabi.org.au/index.php/narragunnawali/ **Location:** Yarramundi Cultural Centre 245 Lady Denman Drive, Acton ACT **Email:** referrals@yerrabi.org.au admin@yerrabi.org.au	 
Yerrabi	Women's Circle	Connect with deadly women, learn new skills and yarn in a culturally safe and supportive environment. We do different activities each week based on what women would like to do or learn about. Children are welcome to attend and will be supervised by Yerrabi staff. Wednesday's 10:30-12pm	**Location:** Yarramundi Cultural Centre 245 Lady Denman Drive, Acton ACT **Email:** admin@yerrabi.org.au	 
Yerrabi	Yerrabi Health	*(Health Hub will be Returning Soon)* Our team includes dedicated General Practitioners, Registered Nurses, Aboriginal Health Practitioners and Workers, along with visiting specialists, all committed to delivering excellent health and wellbeing care. But we're not just about treating illnesses. We understand the importance of family in the healthcare journey. That's why our services and programs are designed to engage not just individuals, but entire the family and their overall social, emotional, physical, and spiritual well-being.	**Website:** www.yerrabi.org.au/index.php/yerrabi-yurwang-health-hub/ **Location:** Yerrabi Yurwang Health Hub, 9-11 Lawry Place, Macquarie ACT 2614 **Phone:** (02) 6252 4914 **Email**: clinic@yerrabi.org.au admin@yerrabi.org.au	  

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Organisation	*Program or Service*	*Whatôs involved*	*Get in contact*	*Symbol*
Yerrabi	Yerrabi Housing	Yerrabi Housing delivers a Housing Program that includes Tenancy, Property Management and Social Support Services for Aboriginal people living in the ACT. Our Housing Program, which includes 18 properties, is currently supported through a partnership between Yerrabi Yurwang and Marymead CatholicCare Canberra & Goulburn (MCCG). We are committed to delivering Culturally Supportive Property & Housing Services for Aboriginal families in the ACT. All housing applications are processed through the Yerrabi Referral process, forms are accessible on the Yerrabi website: www.yerrabi.org.au. Community members or their service provider are asked to complete the Yerrabi Referral Form. Once completed community are asked to submit referrals to referrals@yerrabi.org.au	**Location:** Yarramundi Cultural Centre, 245 Lady Denman Drive, Acton, ACT **General Enquiries:** admin@yerrabi.org.au **Call:** 0437 111 304 **Website:** www.yerrabi.org.au/index.php/yerrabi-yurwang-housing/	 
Yerrabi	Youth Services - Boys Group	Yerrabiôs Boys Group is for First Nations boys aged 10-17. It aims to empower and support young boys through various activities: - sports - connecting with Mob, cultural appreciation and cultural mentoring, - life-skills development, and health & well-being support, - connection to other services. When: Every Monday during the school term, 3:30pm-5pm.	**Location:** Yarramundi Cultural Centre, 245 Lady Denman Drive, Acton, ACT **General Enquiries:** admin@yerrabi.org.au **Website:** https://yerrabi.org.au/index.php/yawarj-mara-youth-servcices/	 
Yerrabi	Youth Services - Girls Group	Yerrabi's Girls Group is for First Nations girls aged 10-17. It aims to empower and support young girls through various activities: - arts and crafts, - connecting with Mob, cultural appreciation and cultural mentoring, - life-skills development, and health & well-being support, - connection to other services. When: Every Thursday during the school term, 3:30pm-5pm.	**Location:** Yarramundi Cultural Centre, 245 Lady Denman Drive, Acton, ACT **General Enquiries:** admin@yerrabi.org.au **Website:** https://yerrabi.org.au/index.php/yawarj-mara-youth-servcices/	 

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Organisation	*Program or Service*	*Whatôs involved*	*Get in contact*	*Symbol*
Transport Canberra	Aboriginal and Torres Strait Islander Community Bus	The Aboriginal and Torres Strait Islander Transport Program helps First Nations people in the ACT and nearby access transport. It runs Monday to Friday from 8:30am-4:30pm and gives rides to those who don't have regular bus access. Access to the bus depends on availability. The program lets members borrow a minibus to drive themselves to events, depending on availability.	**Call:** (02) 6205 3555 **Email:** communitybus@act.gov.au **Website:** www.transport.act.gov.au/travel-options/bus/accessible-travel/aboriginal-and-torres-strait-islander-bus	
Aboriginal Legal Service (ALS)	Fines Clinic	The ALS Fines Clinic helps Aboriginal and Torres Strait Islander people in New South Wales with fines. They advise on how to: challenge fines, apply for reviews, manage payment plans, and request write-offs. They can help with fines from the police, councils, transport officers, and others. The clinic helps with Work and Development Orders (WDOs) and contesting COVID fines. To get legal help, there are tests to make sure that those who need it the most can receive support.	**Location:** 17-21 University Ave Canberra, ACT 2601 **Call:** 1800 765 767 **Email:** fines@alsnswact.org.au **Website:** https://www.alsnswact.org.au/fines	
National Indigenous Australians Agency (NIAA)	Territories Stolen Generations Redress Scheme	The Territories Stolen Generations Redress Scheme helps survivors of the Stolen Generations. It provides them with financial and wellbeing support. This applies to people removed from the Northern Territory before July 1, 1978, the Australian Capital Territory before May 11, 1989, and the Jervis Bay Territory. Qualifying people can receive: • $75,000 for the harm of being taken away, • $7,000 to help with healing, and • a chance to share their story with a senior official. The National Indigenous Australians Agency runs this program. You can apply until February 28, 2026.	**Call**: 1800 566 111 **Website**: https://territoriesredress.gov.au/	

Food, Money, & Transport

Organisation	Program or Service	What's involved	Get in contact	Symbol
ACT Office for Women	Audrey Fagan Enrichment Grant Program	This grant gives girls, young women, non-binary, and gender-diverse people aged 12 to 18 the chance to get money to create a project that helps them reach their goals. You can apply anytime during the open dates. Aboriginal and Torres Strait Islander people are especially encouraged to apply. If you're chosen, you could get up to $2,000 to support your project.	**Email**: CSDGrants@act.gov.au **Website**: https://www.act.gov.au/money-and-tax/grants-funding-and-incentives/funding-for-girls,-non-binary-and-gender-diverse-young-people-to-achieve-their-goals	
Communities at Work	Clothing Support – Job Interviews, Court, Funeral, and More	This free clothing program provides clothes for job interviews, funerals, and court appearances. You can use the clothes for important events as well. We offer professional and formal outfits, including shoes and accessories.	**Location**: 1 Franklin Street, Giffith **Call:** 02 6293 6500 **Website:** https://www.commsatwork.org/services/community/clothing-support/	
Communities at Work	Crisis Support – Food, Medical Scripts, and Essential Supports	If you're in a tough situation or feeling stressed, Crisis Support services can help you with urgent needs. Here's what they offer: - Access to food and hygiene items - Help with energy bills (like ActewAGL and Origin) - Support for paying medical prescriptions - Bus tickets - Shower facilities and packs - Formal clothing for interviews, funerals, and special events - Information and referrals to other services	**Locations:** **Gungahlin Community Centre** 47 Ernest Cavanagh St Gungahlin, 2912 **Tuggeranong Community Centre** 245 Cowlishaw St Greenway, 2900 **Operating Hours:** Monday: 12:30pm - 3pm Tue-Fri: 9:00 am-11:30am 12:30pm-3pm **Call:** 02 6293 6500 **Website:** https://www.commsatwork.org/services/community/crisis-support-and-emergency-relief/	

Organisation	Program or Service	What's involved	Get in contact	Symbol
ACTEW AGL	Family Violence Support	ActewAGL has tools available to support our ACT and NSW residential customers who need assistance managing their energy and water accounts due to domestic or family violence. In a confidential and secure environment, we'll do our best to help you get the assistance you need. If you're managing debt with a counsellor or advocate, we'll need your permission to talk to your support person and then can work directly with them. What kind of financial support is available? We'll work with you and/or your advocate to check your eligibility for our financial support options. These could include things like: - flexible payment arrangements, fee waivers and discounted plans - energy efficiency support - eligibility for the Staying Connected program	**Location:** ActewAGL Energy Bar 40 Bunda St, Canberra City Monday-Friday, 9am-5p **Call:** 1300 138 574 **Email:** stayingconnected@actewagl.com.au **Website:** https://www.actewagl.com.au/help-and-support/hardship-programs	
Community Info Hub	Food Relief Guide	This guide, updated in 2024, shows places in the ACT where you can get food right away. It includes: • Drop-in centers • Food and essential goods pantries You can find these in Central Canberra, Southside, Northside, and Queanbeyan	**Call:** (02) 6248 7988 **Email:** info@volunteeringact.org.au **Website:** https://volunteeringact.org.au/wp-content/uploads/2024/04/Food-Relief-Guide-5_4_24.pdf	

Organisation	*Program or Service*	*What's involved*	*Get in contact*	*Symbol*
Communities at Work	Food Support – Community Pantry	The Community Pantry helps those in need in the Capital Region. It provides affordable food and personal care items. It gets its supplies from donations and partners like SecondBite, OzHarvest, and Foodbank. The pantry is a safe, friendly place. You can find food, hygiene products, and toiletries there.	**Locations:** **Gungahlin Community Centre** 47 Ernest Cavanagh Street, Gungahlin **Tuggeranong Community Centre** 245 Cowlishaw Street, Greenway **Operating Hours:** Monday, 12:30 pm - 3 pm Tue-Fri, 9:00 am - 11:30 am 12:30 pm - 3 pm	
Relationships Australia	Gambling Support	The ACT Gambling Support Service helps people affected by gambling for free and keeps everything private. They have a helpline you can call 24/7, and you can also get help online or in person. They offer money advice and support from people who have experienced gambling problems. They can guide you with how to talk about gambling and its impact on relationships and families.	**Location:** 15 Napier Close, Deakin ACT 2600 Monday-Friday, 9am-5pm **Call:** 1800 858 858 **Website:** https://actgamblingsupport.org.au/	
ACTEW AGL	Staying Connected	Our Staying Connected program helps if you can't pay your gas or electric bill. We'll find ways to keep your energy connected. We'll also create a flexible payment plan that works for you. When you call Staying Connected, you'll speak with a local energy expert. They understand financial hardship and are here to help.	**Location:** ActewAGL Energy Bar 40 Bunda St, Canberra City Monday-Friday, 9am-5pm **Call:** 1300 138 574 **Email:** stayingconnected@actewagl.com.au **Website:** https://www.actewagl.com.au/help-and-support/hardship-programs	

HOUSING

Organisation	*Program or Service*	*What's involved*	*Get in contact*	*Symbol*
Yerrabi Yurwang	Yerrabi Aboriginal Housing Program	Yerrabi Yurwang Aboriginal Housing Program, delivered in partnership with Marymead CatholicCare Canberra 7 Goulburn (MCCG), provides culturally secure, person and family-centred Property Management and Tenancy Supports to First Nations People, Families and Communities. Our joint First Nations team, including Cultural Specialists, Tenancy Case Managers, Property Managers, work collaboratively to transform opportunities for the people and families we work with. **Aims of the Service:** - Support to resolve the immediate housing crisis, with Property Management provided by MCCG. - Specialist culturally support offered by Yerrabi to develop individualized and child/family case management plans for up to 12 families at any given time, through wholistic and wrap around supports. - Information and referrals, as relevant to need. - Empowerment of self-determination of First Nations People and Families as they secure their future and build stronger connections with their Community and transition to long-term accommodation. - Supporting First Nations People (18 years +) and Families at risk of or experiencing homelessness. - Specialist case management supports (culturally appropriate, trauma informed). - Help to resolve immediate Housing crises for First Nations People and Families to transition to long-term accommodation and sustained exit pathways - Advocacy and support to our community if they are experiencing issues or challenges relating to their housing needs. - Provide wholistic and wrap-around supports and information /referral pathways to services, as needed.	**Location:** Yarramundi Cultural Centre 245 Lady Denman Drive, Acton, ACT **Email:** admin@yerrabi.org.au **For Referrals:** One Link - 1800 176 468 **Website:** https://www.yerrabi.org.au	

Housing

Organisation	*Program or Service*	*What's involved*	*Get in contact*	*Symbol*
Gugan Gulwan – Youth Aboriginal Corporation	Reconnect Program Team	The Reconnect program helps Aboriginal and Torres Strait Islander youth, aged 12 to 18, who are homeless or at risk of it. The program helps them find stable housing and engage more with their family, work, school, training, and community.	**Location:** Buildings B, C &D 2 Lansell Cct, Wanniassa ACT 2903 **Call:** 02 6296 8900 **Website:** https://gugan-gulwan.com.au/services/reconnect-program-team/	
Marymead Catholicare	Home Care Pacakge	Marymead CatholicCare Canberra & Goulburn is an Approved Aged Care provider. They can help manage your home care package. This will let you live safely and comfortably at home.	**Call:** 02 6162 6100 **Website:** https://mccg.org.au/services/home-care-package/	
Capital Region Community Services (CRCS)	Home Care Package (HCP) and Commonwealth Home Support Program (CHSP)	The Home Care Package (HCP) and Commonwealth Home Support Program (CHSP) help people over 65 live independently at home. CHSP gives basic help with daily tasks like cleaning, personal care, social support, home repairs, and transport. It is for people with lower care needs and requires a My Aged Care assessment. HCP gives more care for people with higher needs and covers the same services but at a higher level. The cost depends on the level of care you need.	**Call:** 02 6278 8101 **Email:** communitycare@crcs.com.au **Website:** https://crcs.com.au/programs-and-services/senior-services/commonwealth-home-support-program/	

Housing

Organisation	Program or Service	What's involved	Get in contact	Symbol
Marymead Catholic Care	Seniors in Networked Communities	Our SINC workers give personal support to people in the ACT and NSW Southern Highlands who are: • 65 years or older, or • 50 years or older if they are Aboriginal or Torres Strait Islander, or • 50 years or older with a low income, homeless, or at risk of becoming homeless. Support is for people still living at home who need help to stay independent. This help may include: • House cleaning • Social support • Gardening and home maintenance • Personal care • Transport We also hold community education talks for seniors in the ACT, with guest speakers sharing information on topics of interest.	**Call:** 02 6162 6100 **Website:** https://mccg.org.au/services/seniors-in-networked-communities-sinc/	
Marymead Catholic Care	Youth Housing Support Service	Finding affordable housing in Canberra can be difficult, especially for young people. The Youth Housing Support Service (YHSS) helps 15-25 year-olds in the ACT who are homeless or at risk of it. Our Youth Housing Specialists can help you find and keep safe, affordable housing.	**Call:** 1800 176 468 **Website:** https://mccg.org.au/services/youth-housing-support-service/	

Housing

Organisation	Program or Service	What's involved	Get in contact	Symbol
Mary Mead Catholic Care	Coral's Cottage	Coral's Cottage in Narrabundah offer short-term accommodation for teenagers and young adults. Our goal is to provide a fun, supportive experience while helping them become more independent. At Coral's Cottage, we help teenagers and young adults to: • Join community activities and social outings • Take part in activities that improve health and wellbeing Build independence in daily life skills, personal care, school, and skill development	**Call:** 1800 427 920 **Email:** STAbookings@mccg.org.au **Website:** https://mccg.org.au/services/corals-cottage/	
Mary Mead Catholic Care	Ricky Stuart House	Ricky Stuart House in Chifley offers short-term accommodation for children aged 5-12. It is designed to support children and their families. It works with their support networks to meet each child's needs. • Our staff help children to: • Join community activities and social outings • Take part in activities to improve health and wellbeing Build independence in daily skills, personal care, school, and skill development	**Call:** 1800 427 920 **Email:** STAbookings@mccg.org.au **Website:** https://mccg.org.au/services/ricky-stuart-house/	

Housing

Organisation	Program or Service	What's involved	Get in contact	Symbol
Marymead Catholic Care	MINOSA House – Men In Need of Support Accomodation	Having a safe place to live is something we often take for granted, but homelessness can happen to anyone. MINOSA (Men In Need Of Support Accommodation) provides housing for men over 18 who are homeless. You can stay for up to 3 months while our Support Workers help you get back on your feet and find stable, long-term housing. Our Support Workers can also help you with living skills like cooking, cleaning, hygiene, budgeting, and connecting with community services.	**Call:** 1800 176 468 or 02 6162 6100 **Website:** https://mccg.org.au/services/1159/	
Karralika	Nexus Group Housing for Men	Nexus gives men with drug and alcohol problems a place to stay in a group house while they go through treatment and recovery. We help clients find community opportunities, like social connections, treatment, and jobs. There are also Aboriginal and Torres Strait Islander Cultural Support and Liaison Officers. They ensure the program is safe and respectful for mob.	**Call:** 02 6185 1300 **Website**: https://karralika.org.au/avada_portfolio/nexus-program-for-men/	

Housing

Organisation	Program or Service	What's involved	Get in contact	Symbol
Mary Mead catholic Care	Mental Health Supported Accommodation for Men – ARAMAC House	At ARAMAC House, men with severe, long-term mental health issues and disabilities get support to live in shared housing. They build life skills and work on personal recovery. ARAMAC House is a new unit complex with 8 two-bedroom, fully furnished units. Each unit has a large kitchen, dining, living area, an outdoor area, carport, and storage. One unit is used as a community space for group activities, meals, and social time. This unit has a staff room for overnight stays. It is for when extra support is needed during mental health crises. Residents pay a fee to cover rent, utilities, and groceries. Marymead CatholicCare Canberra & Goulburn's CHOICES team provides support. It's funded through each resident's NDIS Plan. Residents must have enough NDIS funding to live independently. Staff are on-site from 8 am to 7 pm each day. They help residents with meal prep, including grocery shopping. They also assist with medication, home care, hygiene, and community connections.	**Call:** 02 6162 6100. **Website:** https://mccg.org.au/services/mental-health-supported-accommodation-for-men-the-lodge-2/	

Housing

Organisation	Program or Service	What's involved	Get in contact	Symbol
Mary Mead Catholic Care	Dorothy Sales Cottages	Dorothy Sales Cottages offers a home-like place. It provides 24-hour care for people with severe Acquired Brain Injury. Residents can join community activities and get therapy. This includes mobility and exercise programs. They have access to a hydrotherapy pool on-site. Our skilled care team provides personalized therapy and medical support. We regularly review it to meet each resident's needs. A respite bed is available for people with Acquired Brain Injury or high support needs who live in the ACT.	**Call:** 02 6162 6100 **Website:** https://mccg.org.au/services/dorothy-sales-cottages/	
Mary Mead Catholic Care	Supported Independent Living Homes	Supported Independent Living is part of the CHOICES program by Marymead CatholicCare Canberra & Goulburn. It helps people with physical or intellectual disabilities and complex health needs. We offer up to 24/7 support based on each person's care plan. Supported Independent Living Homes are in 9 places in Canberra. They allow people to live in shared houses with others who have similar needs. This program helps people with disabilities. It gives them more freedom and independence. They can live in a supportive community while getting the help they need.	**Call:** 02 6162 6100. **Website:** https://mccg.org.au/services/supported-independent-living-homes/	
Canberra Community Law	Domestic Violence – Housing and Social Security Legal Help	This service offers free, private legal help to ACT residents. It is for issues with Public Housing and Centrelink. It helps victims of domestic violence, including those seeking public housing, to move or to deal with housing repair debts caused by a partner. The service offers legal advice, help with applications, and representation at Tribunal hearings. They also help you talk to Housing ACT or Centrelink.	**Location:** Level 5, 10 Rudd Street Canberra City **Call:** 02 6218 7900 **Email:** info@canberracommunitylaw.org.au **Website**: https://canberracommunitylaw.org.au/our-legal-services/domestic-violence-housing-and-social-security-legal-help/	

Housing

Organisation	*Program or Service*	*What's involved*	*Get in contact*	*Symbol*
Canberra Community Law	Housing Law	This service gives free and private legal help to tenants with problems in Housing ACT or community housing in the ACT. They help with things like getting public housing, evictions, rent debt, transfers, repairs, and other issues. The service gives advice, helps challenge decisions, and represents you in tribunals or court. They also help people living in caravan parks, hostels, or boarding houses.	**Location:** Level 5, 10 Rudd Street Canberra City **Call:** 02 6218 7900 **Email:** info@canberracommunitylaw.org.au **Website**: https://canberracommunitylaw.org.au/our-legal-services/housing-law/	
Marymead CatholicCare	Outreach Service for Adults – ASSIST program	Are you homeless or at risk of losing your home? Are you over 18? ASSIST (Aiding in Secure, Safe, Independent, and Stable Tenancies) is an outreach program that can help. ASSIST Case Managers offer support, information, referrals, and advocacy to help people keep their housing or find safe, stable, and independent accommodation.	**Call:** 02 6162 6100. Or 1800 176 468 **Website:** https://mccg.org.au/services/outreach-service-for-adults-assist-program/	

Housing

Organisation	Program or Service	What's involved	Get in contact	Symbol
Capital Region Community Services (CRCS)	Supportive Tenancy Service (STS)	The free Supportive Tenancy Service (STS) helps people in public or private housing, and homeowners in Canberra. It helps them keep safe and stable homes. If you are having trouble with housing or might lose your home, STS gives practical help. They speak up for you, refer you to other services, and help you talk to landlords or lenders. They also provide information, go with you to ACT Civil and Administrative Tribunal hearings, and teach you skills to handle housing problems.	**Eligibility**: Available to individuals with an existing tenancy. Those experiencing homelessness should **Call OneLink:** 1800 176 468 or info@onelink.org.au **Call:** 02 6264 0200 **Email:** families@crcs.com.au **Website:** https://crcs.com.au/programs-and-services/families/supportive-tenancy-service/	
Legal Aid ACT	Tenancy Advice Service ACT	Our tenancy advice line is a free and private phone service. It connects you with a paralegal who can give you legal advice and help with different issues related to renting.	**Location:** 2 Allsop Street Canberra City ACT 2601 **Call:** 1300 402 512 **Email:** TAS@legalaidact.org.au **Chat**: https://tawk.to/tasact **Website**: https://www.legalaidact.org.au/tasact	

Domestic & Family Violence

Organisation	*Program or Service*	*What's involved*	*Get in contact*	*Symbol*
Yeddung Mara **(Good Pathways)**	Diversion for Offenders	The Diversion for Offenders program gives people a safe place to stay when they are angry or in a domestic violence situation. This program helps people avoid violence by giving them a place to cool off. They can also talk to caseworkers, mentors, or counsellors to help stop the cycle of violence. The program helps keep people out of jail by offering a safe space and support when it's needed most.	**Call:** 1800 86 4663 **Email:** info@goodpathways.org.au **Website:** https://goodpathways.org.au/domestic-violence-program/	
Yeddung Mura **(Good Pathways)**	Domestic Sexual Violence Support	The Yeddung Mura Family Domestic Sexual Violence (FSDV) program aims to reduce and prevent family violence. The program uses ideas from the "Do Not Shoot the Wounded" report. It aims to strengthen the community by offering support. It aims to create real changes in the community to prevent family and domestic violence.	**Location:** 56 Coyne St, Fadden ACT **Call:** 1800 86 4663 **Email:** info@goodpathways.org.au **Website:** https://goodpathways.org.au/domestic-violence-program/	
Yerrabi Yurwang	NaraGanaWali	NaraGanaWali supports people experiencing family, domestic, or sexual violence. Clients receive: • Individual and Family Advocacy • In-home connection, engagement, and support • Clinical interventions • Cultural engagement and support • Life-Skills education • Connection and referrals to other services and programs. You must provide proof of Aboriginality to access the service.	**Location:** Yarramundi Cultural Centre 245 Lady Denman Drive, Acton **Email:** Admin@yerrabi.org.au	

Organisation	Program or Service	What's involved	Get in contact	Symbol
ACT Human Rights Commission	Aboriginal and Torres Strait Islander Unit	We are First Nations staff supporting First Nations people harmed by crime in the ACT. This can include violence and other crimes in the family or in the community. We know that everyone is different and may need different types of help. We are part of the ACT Human Rights Commission. How we help: • We can work with you to help you get better after a crime • We can help to make sure you and your family are safe. • Outreach service — this means we will meet you wherever you feel comfortable. • We can organise services that you feel will help, like counselling. • We can help you apply for our financial assistance scheme – this can pay for things to help people recover from the crime • We can help you report to police. We can also help you if you don't want to report to police. • If you are a victim, we can support you in court • We speak up on your behalf with other services.	**Email:** VictimSupportIntake@act.gov.au **Call:** 6205 2222 **Freecall:** 1800 8222 72 **Website:** https://hrc.act.gov.au/victim-support **Location:** 56 Allara St, Canberra City, ACT 2601 We can come to you or drop by to our office.	

Organisation	*Program or Service*	*What's involved*	*Get in contact*	*Symbol*
Domestic Violence Crisis Service ACT	Programs for Young People	The Young Peoples Outreach Program helps kids, aged 5-13, who have seen or experienced domestic violence. The program focuses on: • Healthy relationships • Building confidence and self-esteem • Learning to trust • Using non-violent ways to solve problems • Standing up to bullying • Learning how to cope with difficult feelings • Respecting others Exploring new skills and hobbies	**Call**: 02 6280 0900 (available 24/7) **Email**: crisis@dvcs.org.au (monitored during business hours, Monday-Friday 9-5) **Website**: https://dvcs.org.au/our-services/programs-for-young-people/	
Police Community Youth Club	Solid Ground	Solid Ground is a short program for young people who have a lot of conflict at home. Participants discuss what makes a relationship healthy or unhealthy. They also learn how to manage their emotions. The program includes fun, adventure-based activities each week in a safe and supportive space.	**Location:** 17 Grattan Court Wanniassa **Call:** (02) 6296 1292 **Email:** admin@pcyc.net.au **Website:** Canberra PCYC – Project Solid Ground	

Organisation	*Program or Service*	*What's involved*	*Get in contact*	*Symbol*
Toora Women Inc	Heira, residential Support Program for Women and Children	The Heira and Women and Children Programs help women, 16 years or older, who are escaping family or domestic violence. This help is for all women, including those from different cultures or without permanent residency. Services include: • Emergency housing • Help finding safe long-term housing • Budgeting advice • Access to welfare benefits • Counselling for trauma Women also get help with: • Learning how to live independently • Training and finding jobs Legal advice, including help with immigration issues.	Referrals for our accommodation services are accepted from: **OneLink:** 1800 176 468 **Domestic Violence Crisis Service:** (02) 6280 0900 **Website:** https://www.toora.org.au/our-services/domestic-violence-services/residential-support-programs/	
Domestic Violence Crisis Service ACT	Support Groups: Moving On	The Moving On program is for women ready to move forward after domestic and family violence. In eight sessions, women will learn new skills, build confidence, and improve their self-esteem. The time and place of the group change each term.	**Call**: 02 6280 0900 (available 24/7) **Email**: crisis@dvcs.org.au (monitored during business hours, Monday-Friday 9-5) **Website**: https://dvcs.org.au/our-services/support-groups/ **Register Your interest** in *Moving On:* https://dvcs.org.au/support-groups-registration-form/	

Organisation	*Program or Service*	*What's involved*	*Get in contact*	*Symbol*
Relationships Australia	Women: Choice & Change	The Women: Choice & Change program is for women who have survived violent relationships. Over eight weekly sessions, women will talk about: • family violence • grief • solving conflicts • handling stress • building self-esteem • making safety plans. The group supports women in a safe space. It aims to boost their confidence and helps them make good choices for their future.	**Location and Opening Hours:** 15 Napier Close, Deakin ACT Monday – Friday, 9am – 5pm **Call:** 1300 364 277 **Website:** https://racr.org.au/services/women-choice-change/	
Karralika	Women: Choice and Change	This six-session course helps women cope with the effects of domestic violence. Experts from Karralika Programs and Relationships Australia lead the group. They create a safe and supportive environment. Women can share their experiences, learn more about themselves, and build confidence. The program helps women build healthy relationships. It supports them to move forward their lives with a positive outlook.	**Location:** 2 Napier Close, Deakin. **Group Session Timings:** 5.30 – 7.30pm, Tuesdays (During School Term) **Call:** 02 6185 1300 **Website:** https://karralika.org.au/avada_portfolio/womenchoicechange/	

Organisation	*Program or Service*	*What's involved*	*Get in contact*	*Symbol*
Domestic Violence Crisis Service ACT	Women/Families – Staying @ Home Program	The Staying@Home program helps women and their families stay safe at home after leaving an abusive relationship. Our case managers offer: • Risk assessments to check for danger • Safety planning to keep you safe • Help with upgrading home security • Information and referrals to other helpful services Support and communicate with courts, legal aid, police, real estate agents, and Winnunga Nimmityjah Aboriginal Health Service.	**Call:** 02 6280 0900 (available 24/7) **Email:** crisis@dvcs.org.au (monitored during business hours, Monday-Friday 9-5) **Website:** https://dvcs.org.au/our-services/women-families-staying-home-program/	
Domestic Violence Crisis Service ACT	Men – Room4Change	The Room4Change program helps men who want to stop using violence and control in their relationships. It aims to build healthy, respectful relationships. It includes a 30-week group and one-on-one sessions to help men change their behavior. After this group, men can join Caring Dads. It's a 17-week program. It helps fathers focus on their children's needs and learn healthy parenting skills.	**Call:** 02 6280 0900 (available 24/7) **Email:** room4change@dvcs.org.au (monitored during business hours, Monday-Friday 9-5) **Website:** https://dvcs.org.au/our-services/programs-for-men/	

Organisation	*Program or Service*	*What's involved*	*Get in contact*	*Symbol*
Domestic Violence Crisis Service ACT	Support Groups: BEYOND!	DVCS are working with A Gender Agenda to create a new support group for Trans, Intersex, and Gender Diverse people. This group is for those who want to learn new ways to move forward after domestic and family violence. You will learn from and support each other in a safe space.	**Call**: 02 6280 0900 (available 24/7) **Email**: crisis@dvcs.org.au (monitored during business hours, Monday-Friday 9-5) **Website:** https://dvcs.org.au/our-services/support-groups/ Register your interest in BEYOND!: https://dvcs.org.au/support-groups-registration-form/	
Legal Aid ACT	Domestic and Family Violence	Legal Aid ACT helps all members of the ACT community who have concerns about their safety. We have specialist domestic and family violence lawyers. They provide free legal help every day at the ACT Magistrates Court. This is regardless of your income or property. Our services include: • Help applying for Family Violence Orders. • Help with understanding and responding to Family Violence Orders. • Referrals to non-legal support services. • Help access non-legal solutions. This is a walk-in service only.	**Location:** 2 Allsop Street Canberra City **Call:** 02 6207 1874 or 1300 654 314 **Email:** DV@legalaidact.org.au **Website:** Domestic and Family Violence | Legal Aid ACT	

Organisation	Program or Service	What's involved	Get in contact	Symbol
Canberra Community Law	Domestic Violence – Housing and Social Security Legal Help	This special legal service helps people in the ACT affected by domestic violence. It offers free, private help with Public Housing and Centrelink issues. They help with issues like public housing, housing debts, and Centrelink problems. The service provides legal advice. It talks to Housing ACT or Centrelink for you, helps with forms, and can appeal decisions.	**Location:** Level 5, 10 Rudd Street Canberra City **Call:** 02 6218 7900 **Email:** info@canberracommunitylaw.org.au **Website**: https://canberracommunitylaw.org.au/our-legal-services/domestic-violence-housing-and-social-security-legal-help/	
Relationships Australia	Institutional Child Sexual Abuse Support	This program helps survivors of childhood sexual abuse in places like schools and churches. It provides support and information about the National Redress Scheme. It compensates victims without going to court. This scheme was created after the Royal Commission into Child Sexual Abuse. The program helps with the scheme, applications, and finding legal and financial advice. Counsellors are there to support you through the whole process.	**Location:** 15 Napier Close, Deakin ACT Monday – Friday, 9am – 5pm **Call:** 1300 364 277 **Website:** https://racr.org.au/services/institutional-child-sexual-abuse-support/	
Domestic Violence CrisisService ACT	Resources: Advice & Information	At DVCS, we offer emergency and long-term help to stop domestic violence in the ACT community. We support, inform, and help those affected by domestic violence, in and after a crisis. We offer: a 24/7 phone crisis counselling service, emergency housing, help with legal and court matters, support programs, and training. We also provide resources and links to more information and help.	**Call:** 02 6280 0900 (available 24/7) **Email:** crisis@dvcs.org.au (monitored during business hours, Monday-Friday 9-5) **Website:** https://dvcs.org.au/our-services/advice-information/	

Domestic & Family Violence

Organisation	*Program or Service*	*What's involved*	*Get in contact*	*Symbol*
Domestic Violence Crisis Service ACT	Resources: Safety Planning, Supporting Someone and Advice & Information	Safety planning resources include: • How to stay safe with technology • Protection orders to keep you safe • Preparing to leave the relationship • Staying safe at home after the relationship ends • What to do during an incident at home A checklist for your safety plan	**Call:** 02 6280 0900 (available 24/7) **Email:** crisis@dvcs.org.au (monitored during business hours, Monday-Friday 9-5) **Website:** https://dvcs.org.au/our-services/safety-planning/	
Domestic Violence Crisis Service ACT	24/7 Crisis Intervention	• The Domestic Violence Crisis Service (DVCS) helps people 24/7 who are going through or have gone through domestic and family violence. We are here every day of the year to offer: • Phone support for immediate help • Our team can go with you when the police respond to domestic incidents • Safe, emergency accommodation • Personal safety planning Referrals to other support services	**Call**: 02 6280 0900 (available 24/7) **Email**: crisis@dvcs.org.au (monitored during business hours, Monday-Friday 9-5) **Website:** https://dvcs.org.au/our-services/crisis-intervention/	

HEALTH & WELLBEING

Cultural Wellbeing

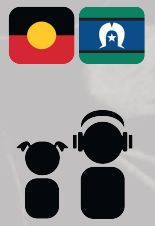
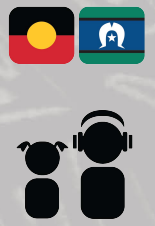
Organisation	*Program or Service*	*What's involved*	*Get in contact*	*Symbol*
Yeddung Mura (Good Pathways)	Community Mentoring Program	The Community Mentoring Program helps people adjust to life after prison. Aboriginal Elders, who are respected in the community and have special training, offer one-on-one support. Mentors help participants build support networks and make healthy choices. They improve social skills and teach independent living after prison.	**Location:** 56 Coyne Street, Fadden ACT 2904 **Call:** 1800 86 4663 **Email:** info@goodpathways.org.au **Website:** goodpathways.org.au/mentoring/	
ACT Aboriginal and Torres Strait Islander Elected Body (ATSIEB)	Community Representatives	The Elected Body has 7 members who represent First Nations people in the ACT. Their job is to be a strong voice for the community to the ACT Government. They listen to the ideas and concerns of Aboriginal and Torres Strait Islander people in Canberra and share them with the government. Their advice helps make the community safer, improves life for people, and supports reconciliation in Canberra and nearby areas.	**Location:** 169 Goyder Street, Narrabundah, PO Box 158 Canberra City **Website:** https://atsieb.com.au/ **Email**: atsieb@act.gov.au	
Yeddung Mura (Good Pathways)	Empowerment Yarning Circles	Yeddung Mura's Empowering Yarning Circles help Aboriginal men and women leaving jail, along with their families. Aboriginal elders or leaders lead these circles. They discuss important topics. These include managing emotions, understanding relationships, and changing bad habits. They also include finding support for a better life.	**Location:** 56 Coyne Street, Fadden ACT 2904 **Phone:** 1800 86 4663 **Email:** info@goodpathways.org.au **Website:** https://goodpathways.org.au/empowerment-yarning-circles/	

Cultural Wellbeing

Organisation	*Program or Service*	*What's involved*	*Get in contact*	*Symbol*
The Australian Institute of Aboriginal and Torres Strait Islander Studies (AIATSIS)	Family History Unit	Learn about your Aboriginal or Torres Strait Islander family history with help from AIATSIS. We help Stolen Generation survivors and their families. We provide research help and information about their family history. The Family History Unit does not provide proof of Aboriginality.	**Location:** 51 Lawson Crescent Acton **Phone:** 1800 352 553 **Digital enquiry form:** Family history enquiry | AIATSIS corporate website	
ACT Health Directorate	Ngunnawal Bush Healing Farm (Miowera)	This program helps Canberra's First Nations community heal and grow. It provides traditional healing, cultural activities, and life skills training. Participants learn to live healthier and discuss the effects of drugs and alcohol. They build strength and improve their social, spiritual, emotional, and physical health.	**Miowera**, **located**: HX5P+JF, Australian Capital Territory 2620 **For more information or to participate**: fill in a referral form and email it to NBHF_Referrals@act.gov.au	
Office for Aboriginal and Torres Strait Islander Affairs	United Ngunnawal Elders Council	The United Ngunnawal Elders Council gives advice to the ACT Government about Ngunnawal heritage and land. The Council has members chosen from each Ngunnawal family group. They meet up to four times a year in Canberra.	To reach the Elders Council, contact the Office for Aboriginal and Torres Strait Islander Affairs: **Call:** 02 6207 9784 **Email:** oatsia@act.gov.au **Post:** Office for Aboriginal and Torres Strait Islander Affairs GPO Box 158 Canberra ACT 2601	

Cultural Wellbeing

Organisation	*Program or Service*	*What's involved*	*Get in contact*	*Symbol*
Yerrabi Yurwang	Boys Group	Yerrabi Yurwang's Boys Group is for First Nations boys aged 10 and over. It aims to empower and support young boys through various activities. This includes: - sports, - connecting with Mob, cultural appreciation and cultural mentoring, - life-skills development, and health & well-being support, - connection to other services. The group meets every Monday during the school term from 3:30pm to 5:00pm.	**Location:** **Yarramundi Cultural Centre,** 245 Lady Denman Drive, Acton, 2600 **Email:** Admin@yerrabi.org.au	
Project Dust	First Nations Dance Group for Youth	Project Dust is a First Nations dance group. It unites people from different Tribes to dance, share, and perform. The group helps young people feel strong in their culture. It builds their confidence in a safe, supportive place.	**Website**: www.emmalaverty.com/project-dust	
Yerrabi Yurwang	Girls Group	Yerrabi's Yurwang's Girls Group is for First Nations girls aged 10 and over. It aims to empower and support young girls through various activities. This includes: - arts and crafts, - connecting with Mob, cultural appreciation and cultural mentoring, - life-skills development, and health & well-being support, - connection to other services. The group meets every Thursday during the school term from 3:30 to 5:00.	**Location:** Yarramundi Cultural Centre, 245 Lady Denman Drive, Acton, 2600 **Email:** Admin@yerrabi.org.au	

Organisation	Program or Service	What's involved	Get in contact	Symbol
Community Services Directorate	Koori Boys Group	This group is for Aboriginal and Torres Strait Islander boys aged 8 and up. It helps them become leaders and feel proud of their culture. It gives young men a place to build strong identities and connect with their community and family.	**Locations and Session Times:** **West Belconnen Child and Family Centre,** 6 Luke Street, Holt: Thursdays 3:30 – 4:30pm **Gungahlin Child and Family Centre,** 51 Ernest Cavanagh St, Gungahlin: Tuesdays 3:30 – 4:30pm (during school term) **Call:** 02 6205 2904 **Email:** childandfamilycentres@act.gov.au	
Community Services Directorate	Koori Girls Group	This group is for Aboriginal and Torres Strait Islander girls aged 8 to 16. It helps them connect with their culture in a safe and friendly place. The group focuses on being healthy in mind, body, and spirit while learning about their culture and land. It also helps girls become leaders. It builds strong ties with schools, families, and the community. Activities can include trips, arts and crafts, and talks from special guests.	**Locations:** **West Belconnen Child and Family Centre,** 6 Luke Street, Holt: Monday 3:30 - 4:30pm **Gungahlin Child and Family Centre,** 51 Ernest Cavanagh St, Gungahlin Thursdays 3:30 - 4:30pm (during school term) **Call:** 02 6205 2904 **Email:** Families@crcs.com.au **Website:** https://crcs.com.au/programs-and-services/families/yurwang-gulwan-koori-girls-group/	

Cultural Wellbeing

Organisation	*Program or Service*	*What's involved*	*Get in contact*	*Symbol*
Sisters In Spirit Aboriginal Corporation	Sisters Drop In	Sisters in Spirit Aboriginal Corporation has set up a drop-in center just for Aboriginal and Torres Strait Islander women. This center helps women come together and feel connected to their community.	**Location and Opening Hours:** 4/146 Scollay St Greenway (Entrance, Reed St) Tuesday & Wednesday, 9.30am - 12.30pm **Call:** 02 6257 0794 **Facebook page:** https://www.facebook.com/SistersinspiritACT/	
Yerrabi Yurwang	Women's Circle	Connect with deadly women, learn new skills and yarn in a culturally safe and supportive environment. We do different activities each week based on what women would like to do or learn about. Children are welcome to attend and will be supervised by Yerrabi staff. Wednesdays 10:30-12:00	**Location:** **Yarramundi Cultural Centre,** 245 Lady Denman Drive, Acton, 2600 **Email:** Admin@yerrabi.org.au	
Community Services Directorate	Yarwang Bullarn – Strong Women's Group	The Yurwang Bullarn Strong Women's group is for Aboriginal and Torres Strait Islander women of all ages. This includes mothers, aunties, grandmothers, cousins, and carers. It is a safe, welcoming place for women. They can share experiences, learn, make friends, and join activities that support their well-being. The group offers many activities focused on art, culture, self-care, and health. It helps women connect with each other, their culture, and their heritage in meaningful ways.	**Location:** **West Belconnen Child and Family Centre**, 6 Luke Street, Holt Friday 12:30-2:30 **Call:** 02 6205 2904 **Email:** families@crcs.org.au **Website:** https://crcs.com.au/programs-and-services/families/yurwang-bullarn-strong-womens-group/	

HEALTH & WELLBEING

Physical Health

Organisation	Program or Service	What's involved	Get in contact	Symbol
Australian Government, Department of Health and Aged Care	715 Health Check	Aboriginal and Torres Strait Islander people can get a free health check once a year. They can also get free follow-up care if needed. It helps keep people healthy by spotting health risks early. This can prevent chronic conditions from developing.	**Website:** https://www.health.gov.au/topics/aboriginal-and-torres-strait-islander-health/primary-care/annual-health-checks To find out more watch this Video: https://www.health.gov.au/topics/aboriginal-and-torres-strait-islander-health/primary-care/annual-health-checks	
ACT Health Directorate	Aboriginal and Torres Strait Islander Liaison Service	Aboriginal Liaison Officers (ALO's) support Aboriginal and Torres Strait Islander people in hospitals in ACT and regional NSW. ALO's help patients and families understand their healthcare, get information, and talk to doctors and nurses during and after their time in the hospital.	**Call:** (02) 5124 2055 Or notify hospital staff that you identify as Aboriginal and/or Torres Strait Islander and they will arrange for an ALO to speak to you and your family.	
Winnunga Nitmmityjah Aboriginal Health Community Service	Clinical Medical Services	Winnunga offers many medical services, including GPs and health specialists. All services are free for Aboriginal and Torres Strait Islander clients. Winnunga can transport clients who cannot arrange their own way to appointments.	**Location:** 63 Boolimba Crescent, Narrabundah **Call:** (02) 6284 6222 **Website:** https://www.winnunga.org.au/#	

Organisation	Program or Service	What's involved	Get in contact	Symbol
Yeddung Mura (Good Pathways)	Community Mentoring Program	The Community Mentoring Program helps people adjust to life after prison. Aboriginal Elders, who are respected in the community and have special training, offer one-on-one support. Mentors help participants build support networks and make healthy choices. They improve social skills and teach independent living after prison.	**Location:** 56 Coyne Street, Fadden ACT 2904 **Call:** 1800 86 4663 **Email:** info@goodpathways.org.au **Website:** goodpathways.org.au/mentoring/	
Yerrabi Yurwang	Health Hub	Yerrabi Yurwang is an Aboriginal Community Controlled Health Service. It provides wholistic, comprehensive care to all ages. Our team includes General Practitioners, Registered Nurses, and Aboriginal Health Practitioners and Workers. We also have visiting specialists. We don't just treat illnesses. We care for the whole family's health, including their social, emotional, physical, and spiritual wellbeing. Our range of wholistic services include: - 715 Aboriginal Health Assessments - Chronic Disease Management Plans - Mental Health Care Plans - Acute illness and injury management - Women's health including cancer checks, contraception and menopause - Men's health including cardiac risk monitoring - Paediatric medicine and immunisations - Adult vaccinations and travel advice - Chronic disorders e.g. asthma, diabetes, heart disease - Antenatal care - Geriatric support - Palliative Care - Preventative medicine and lifestyle counselling for smoking cessation, weight control and cholesterol - Referrals to Allied Health Services e.g. Physiotherapy, Psychology, Counselling and Podiatry	**Location and Opening Hours:** **Yerrabi Yurwang Health Hub,** 9 Lawry Place Macquarie, ACT 2614 Monday – Friday, 9am-5pm **Call:** 02 6252 4900 **Website:** yerrabi.org.au	

Physical Health

Organisation	Program or Service	What's involved	Get in contact	Symbol
Communities at Work	Seniors Social Groups: Healthy Living	Start with exercises like chair yoga, strength and balance activities, and weight training. Enjoy morning tea with friends before joining activities about health and nutrition. The program also offers cooking classes, market visits, health talks, and tasty lunches. They are in a fun, friendly environment.	**Locations:** **Ngunnawal Community Centre,** Jabanungga Avenue, NGUNNAWAL ACT **John Turner Building,** 172 Dixon Drive, Holder ACT **Call:** (02) 6293 6254 **Email:** seniors@commsatwork.org **Website:** https://www.commsatwork.org/services/community/senior-programs/	
Community Services Directorate	Drop-in Allied Health Clinics	The drop-in clinics offer free, fast access to speech pathologists, physiotherapists, and occupational therapists. They are for children aged 6 or younger, who live in the ACT and are not on the NDIS. In these sessions, the therapists will discuss your child's development. They will answer your concerns and advise you on helping your child grow and learn. If needed, they may suggest more tests or other services for your child.	**Locations:** (Note: Monthly Sessions available) West **Belconnen** Child and Family Centre, 6 Luke Street, Holt: (Note: not staffed from 1:00 pm to 1:45 pm) **Tuggeranong** Child and Family Centre, 159 Anketell Street, Greenway **Gungahlin** Child and Family Centre, 51 Ernest Cavanagh St, Gungahlin **Child Development Service**, 26 Weingarth Street, Holder ACT **Call:** 02 6207 8884 **Website:** https://www.act.gov.au/community/families/child-development - service/get-your-childs-development-checked	

Physical Health

Organisation	Program or Service	What's involved	Get in contact	Symbol
Capital Region Community Services (CRCS)	INFANT Program	The INFANT program helps new parents with healthy eating and active play for their babies. There are four sessions when your baby is 3, 6, 9, and 12 months old. Topics include starting solid foods, what to do if your baby refuses food, tummy time, and active play. Parents also learn how their own health affects their baby's growth. You also get free access to the My Baby Now app for advice. Experts created this program, and it is available in Canberra. Cost: Free (you need to register).	**Location:** **ACT Public Libraries** in Belconnen, Gungahlin, Molonglo Valley, and Tuggeranong **Call:** 02 6264 0200 **Email:** families@crcs.com.au **Website:** https://crcs.com.au/programs-and-services/families/infant/	
Police Community Youth Club	Next Level	Next Level is an all-inclusive youth drop-in service, offering an hour of fitness and fun for free. Join us for a fun, inclusive hour of sports and recreation. Activities include boxing, gym circuits, and strength and conditioning.	**Location:** 17 Grattan Court Wanniassa **Call:** (02) 6296 1292 **Email:** admin@pcyc.net.au **Website:** https://www.pcyc.net.au/	
Capital Region Community Services	Tiny Tumblers	Tiny Tumblers is a fun gym play program for children aged two to five years. It helps kids develop their big movement skills. In each session, children can safely explore new activities. This helps them build confidence and coordination. Younger siblings are welcome to join too! Tiny Tumblers uses soft gym equipment that changes every week, so there's always something new. Kids will have lots of active fun and also improve their social skills. Parents and caregivers can meet and connect with others too.	**Location:** **Sports Hall, Belconnen Community Centre,** 23 Swanson Ct, Belconnen **Call:** 02 6264 0200 **Email:** contact@crcs.com.au **Website:** https://crcs.com.au/events/event/tinytumblers/ ?gad_source=1&gclid=Cj0KCQjwmt24BhDPARIsAJFYKk0PNlx_K9X5k6m_tAO3LxAFtCFVD9tilr66eAkJGkHqljN86mfolpYaAvMoEALwwcB	

Physical Health

Organisation	*Program or Service*	*What's involved*	*Get in contact*	*Symbol*
Capital Region Community Services (CRCS)	Early Autism Education (EAE)	The Early Autism Education (EAE) program helps children with Autism Spectrum Disorder (ASD), similar conditions, and learning delays. It focuses on what the children are good at to teach them important life skills. The program has sessions at home or in a clinic. They help children improve their speaking, thinking, playing, and social skills. This helps them take part in everyday life and be around other people. Cost: NDIS funding may be available.	(Note: This program may be covered under your child's NDIS plan.) **Call:** 02 6264 0200 **Email:** eae@crcs.com.au **Website:** https://crcs.com.au/programs-and-services/therapeutic-services/wellbeings/early-autism-education/	
Each	Early Childhood Approach	Each is the NDIS Partner in the ACT for young children. They support families with children 0 - 8 who have a disability, or children 0 – 6 who need extra support with their development. They will: • talk with you about your child • listen to what matters to your family • help you understand your child's development • help you find the right support for your child • help you understand the NDIS, and if it is right for you If you are worried about how your child is talking, moving, learning or playing, you can reach out for support. This is a free service.	**Location:** 1/57 Eyre Street Kingston. **Call:** 1300 003 224 **Email:** Info@each.com.au **Website:** www.each.com.au/services/early-childhood-approach	

Physical Health

Organisation	Program or Service	What's involved	Get in contact	Symbol
Community Services Directorate	Yarwang Bullarn – Strong Women's Group	The Yurwang Bullarn Strong Women's group is for Aboriginal and Torres Strait Islander women of all ages. This includes mothers, aunties, grandmothers, cousins, and carers. It is a safe, welcoming place for women. They can share experiences, learn, make friends, and join activities that support their well-being. The group offers many activities focused on art, culture, self-care, and health. It helps women connect with each other, their culture, and their heritage in meaningful ways.	**Location:** **West Belconnen Child and Family Centre**, 6 Luke Street, Holt Friday 12:30-2:30 **Call:** 02 6205 2904 **Email:** families@crcs.org.au **Website:** https://crcs.com.au/programs-and-services/families/yurwang-bullarn-strong-womens-group/	
Canberra Health Services: **Women's Health Service**	Nutrition support	The Women's Health Service offers free services for women, by women. Our dietician can help with nutrition issues, such as food allergies, gut issues, and a better relationship with food. This service is available every second Thursday.	**Location:** **City Community Health Centre,** 1 Moore Street, Civic **Call:** (02) 5124 1787 **Website:** www.canberrahealthservices.act.gov.au/services-and-clinics/services/womens-health-service	
Canberra Health Services: **Women's Health Service**	Well Women's Assessment and Specialised Medical Service	The Women's Health Service provides free care for women, by women. You can visit the medical service on Mondays and Thursdays to see a doctor or nurse. You can get a full health check. It includes: a review of your health history, a basic exam, routine tests, a cervical screening (formerly a pap smear), and advice on healthy living. You can see a doctor for short-term care of reproductive and sexual health. This includes birth control (IUD, Mirena, Depot), menopause, and pelvic pain.	**Location:** City Community Health Centre, 1 Moore Street, Civic **Call:** (02) 5124 1787 **Website:** www.canberrahealthservices.act.gov.au/services-and-clinics/services/womens-health-service	

Organisation	Program or Service	What's involved	Get in contact	Symbol
Meridian	STRIP Clinic	Free and confidential STI testing for LGBTIQA+ communities. Clinic operating every month, PrEP prescriptions available, no medicare required. STRIP Clinic makes it easier and more comfortable for LGBTIQA+ community members to look after their sexual health. STRIP Clinic is quick, simple and free to access. STRIP clinic also offers limited booked appointments for prescriptions for starting PrEP. Friendly and professional nurses and doctors from Canberra Sexual Health Centre are in attendance. Tests conducted at STRIP clinics are for asymptomatic STIs and those that do not always have obvious symptoms, including HIV, Syphilis, Hepatitis A, B and C, Chlamydia, and Gonorrhoea. All tests are voluntary and can be discussed with the nurses. The tests are designed to be as non-invasive as possible, and some samples are self-collected in privacy.	**Location and Opening Hours:** Monday - Friday, 4:30pm - 6:30pm Havelock House, 85 Northbourne Avenue Turner **Call:** (02) 6257 2855 **Email:** Contact@meridianact.org.au	

Organisation	*Program or Service*	*What's involved*	*Get in contact*	*Symbol*
ACT Health	Canberra Sexual Health Centre (CSHC)	We are a specialist clinic offering professional, non-judgmental care. Our services are free and include testing and treatment for sexually transmitted infections (STIs). We are the largest HIV outpatient service in the region. People with or without Medicare are welcome. **About This Service** - Appointments only (no walk-ins) - You can choose telehealth or face-to-face options. **We Provide:** - Routine STI and virus testing - STI treatment - Transgender care - Immunisation, including for Mpox (Monkeypox) - HIV care - PREP (HIV prevention) and PEP (HIV exposure treatment) medication - Education, support, and information on STIs and sexual health (**Note:** We do not provide cervical screening or contraception)	**Location and Opening hours:** Canberra Sexual Health Centre, Building 8, Level 4, **Canberra Hospital** Monday-Tuesday, Thursday-Friday, 9:00am - 4:30pm Wednesday, 12:30 - 4:30pm **Call:** (02) 5124 2184 **Website:** https://www.canberrahealthservices.act.gov.au/services-and-clinics/services/canberra-sexual-health-centre-cshc	

Organisation	Program or Service	What's involved	Get in contact	Symbol
Tresillian	Day Service	Book a free, one-on-one appointment with a Tresillian Nurse to talk about your parenting concerns. We offer in-person and virtual services at no cost. Our Child and Family Health Nurses can help with your child's crying, sleep, feeding, and behavior, and support you in building a strong bond with your child. We also care about your own well-being. Options: - Visit a Tresillian Centre for a free two-hour appointment - Book a virtual appointment We offer support with: **For Parents:** - Mental health and well-being - Parenting education - Understanding child development - Cultural support **For Your Child (newborn to 3 years):** - Sleep and settling - Feeding - Starting solids - Toddler behavior - Child health and well-being	**Location:** **Tresillian QEII Family Centre,** 129 Carruthers St, Curtin **Call:** (02) 6205 2333 **Website:** https://www.tresillian.org.au/services-locations/services/day-services/	
Tresillian	Parent's Help Line	Our Help Line Nurses give expert advice on your baby's sleep, feeding, and development. They can also help with any questions you have on Tresillian's services.	**Call:** 1300 272 736 **Website:** https://www.tresillian.org.au/services-locations/services/parents-help-line/	

HEALTH & WELLBEING

Drugs and Alcohol

Organisation	*Program or Service*	*What's involved*	*Get in contact*	*Symbol*
Winnunga Nitmmityjah Aboriginal Health Community Service	"No More Boondah" Smoking Cessation	We help people stop or cut down on smoking by having group support sessions. These sessions can be in-person or over the phone. We talk about why we smoke, what makes us want to smoke, and how to avoid smoking. Winnunga's doctors also provide access to Nicotine Replacement Therapy (NRT) products to help people quit smoking.	**Location and Session Times:** 63 Boolimba Crescent Narrabundah ACT Tuesdays, 11am - 12pm **Call:** (02) 6284 6222 **Website:** https://www.winnunga.org.au/no-more-boondah/	
Gugan Gulwan – Youth Aboriginal Corporation	'WE Can' – Nicotine Replacement Therapy Program	Gugan's 'WE CAN' program offers free Nicotine Replacement Therapy (NRT) to Aboriginal men and women. It supports their efforts to quit or reduce smoking.	**Call:** (02) 6296 8900 **Email:** Jesse@gugan-gulwan.com.au **Website:** https://gugan-gulwan.com.au/services/we-can-nicotine-replacement-therapy-program/	
Yerrabi Yurwang	Boys Group	Yerrabi Yurwang's Boys Group is for First Nations boys aged 10 and over. It aims to empower and support young boys through various activities. This includes: - sports, - connecting with Mob, cultural appreciation and cultural mentoring, - life-skills development, and health & well-being support, - connection to other services.	**Location and Session Times:** **Yarramundi Cultural Centre,** 245 Lady Denman Drive, Acton, 2600 Every Monday during the school term, 3:30pm to 5:00pm. **Email:** Admin@yerrabi.org.au	

Organisation	Program or Service	Whatôs involved	Get in contact	Symbol
Gugan Gulwan ï Youth Aboriginal Corporation	Drug and Alcohol	This program is for Aboriginal and Torres Strait Islander youth. It is for those with mental health issues or substance abuse problems. Supports offered: Case Management: Helping with individual needs and plans. Harm Reduction: Giving information and education to reduce risks. Group Program: Joining with others to talk and learn together. Early Intervention: Getting help early to prevent problems. Therapeutic and Clinical Services: Providing therapy and medical support. Referrals & Advocacy: Helping connect to other services and speaking up for young people.	**Location and Session Times:** Buildings B, C &D 2 Lansell Cct, Wanniassa Monday to Friday, 9am - 5pm. **Call:** (02) 6296 8900 **Website:** https://gugan-gulwan.com.au/services/drug-and-alcohol-mental-health-program-team/	
Community Services Directorate	Koori Girls Group	This group is for Aboriginal and Torres Strait Islander girls aged 8 to 16. It helps them connect with their culture in a safe and friendly place. The group focuses on being healthy in mind, body, and spirit while learning about their culture and land. It also helps girls become leaders. It builds strong ties with schools, families, and the community. Activities can include trips, arts and crafts, and talks from special guests.	**Locations:** **West Belconnen Child and Family Centre,** 6 Luke Street, Holt: Monday 3:30 - 4:30pm **Gungahlin Child and Family Centre,** 51 Ernest Cavanagh St, Gungahlin Thursdays 3:30 - 4:30pm (during school term) **Call:** 02 6205 2904 **Email:** Families@crcs.com.au **Website:** https://crcs.com.au/programs-and-services/families/yurwang-gulwan-koori-girls-group/	

Drugs and Alcohol

Organisation	Program or Service	What's involved	Get in contact	Symbol
Sisters In Spirit Aboriginal Corporation	Sisters Drop In	Sisters in Spirit Aboriginal Corporation has set up a drop-in center just for Aboriginal and Torres Strait Islander women. This center helps women come together and feel connected to their community.	**Location and Opening Hours:** 4/146 Scollay St Greenway (Entrance, Reed St) Tuesday & Wednesday, 9.30am - 12.30pm **Call:** 02 6257 0794 **Facebook page:** https://www.facebook.com/SistersinspiritACT/	
Karralika	Youth Alcohol and Drug Support Program	The Youth Alcohol and Drug Support Program helps kids and young people aged 10 to 19 who have problems with alcohol and drugs. The program offers many services, like health check-ups, planning treatment, short counseling sessions, and help for getting off drugs. The team includes a nurse, a case manager, and a counselor. They work together to connect young people with other services, like doctors, mental health workers, and people in the justice system. The goal is to help young people make smart and positive choices about their health and well-being.	**Call:** (02) 6185 1300 **Website:** https://karralika.org.au/avada_portfolio/wagga/	
Marymead CatholicCare	Youth Reaching Out Program	Are drugs, alcohol, or tobacco affecting your motivation, schoolwork, or relationships? Would you like to talk to someone who understands, in a safe and supportive place? The Marymead CatholicCare Reaching Out Program offers free counseling for youth aged 13-18. Our counselors can meet you in a comfortable place, like your school, community center, or workplace. Our team is here to listen and help you find what works best for you—no lectures, just support.	**Call:** 02 6163 7695 **Email:** reachingout@mccg.org.au **Website:** https://mccg.org.au/services/youth-reaching-out-program/	

Drugs and Alcohol

Organisation	Program or Service	What's involved	Get in contact	Symbol
Toora Women Inc	Alcohol and Other Drug (AOD) Counselling	Toora Alcohol and Other Drugs (AOD) Counselling helps women, non-binary, and feminine-identifying people, aged 18 and older. The program lasts 12 weeks. The sessions are trauma-informed and strength-focused. Both one-on-one and group sessions are available. It has sessions to help with: - Changing behaviors - Coping skills - Preventing relapse - Setting goals	**Call:** (02) 6122 7000 **Email:** intake@toora.org.au **Website:** https://www.toora.org.au/our-services/alcohol-addiction-canberra/specialist-alcohol-and-other-drug-counselling/	
Toora Women Inc	Alcohol and Other Drugs (AOD) Day Program	The Alcohol and Other Drugs Day Program helps women, non-binary, and feminine-identifying people, 18 and older. They must have a stable home and want to quit using alcohol and drugs. This program lasts eight weeks and meets three times a week. It teaches about substances and their effects. It covers how to avoid drugs, mindfulness, and building healthy relationships. Each person gets their own case coordinator, and other groups can help with education. The program is free, but participants need to bring their own lunch.	**Call:** (02) 6122 7000 **Email:** intake@toora.org.au **Website:** https://www.toora.org.au/our-services/alcohol-addiction-canberra/day-programs/	
Karralika	Solaris	The Solaris Program works with ACT Corrective Services. It helps adult men at the Alexander Maconochie Centre (AMC) with alcohol and drug issues. The program provides a safe space to discuss feelings and behaviors. It aims to help make positive changes. It starts with an assessment. Then, it has three steps: learn about the issues, change behaviors, and plan for the future. After leaving the program, men can get support for up to six months to help prevent going back to old habits. Participants can take part in creative activities, literacy programs, and health activities. To join, you need a referral from the Sentence Management Officer. Then, Solaris staff will decide if you qualify.	**Call:** (02) 6185 1300 **Website:** https://karralika.org.au/avada_portfolio/solaris/	

Organisation	Program or Service	What's involved	Get in contact	Symbol
Meridian	Meridian SMART Recovery (Online)	SMART Recovery helps reduce harm from alcohol, drugs, and addictions. The program helps you build a healthy relationship with alcohol and drugs. It is based on your goals: moderation, a break, or stopping altogether. Trained peers lead our meetings. They focus on sharing skills, setting goals, and having productive discussions in a safe, inclusive space. Meeting details: - Every Wednesday, 6:00 pm – 7:30 pm - Online via ZOOM - For people 18 and over Cost: FREE	**Email:** smart@meridianact.org.au **Website:** https://www.meridianact.org.au/smart_recovery	
Marymead Catholic Care	Alcohol & Other Drug (AOD) Support Connections	AOD Support Connections is for people over 16 who want to reduce or stop using alcohol and other drugs. We work with you to make changes. We connect you with health and community services. We create crisis and relapse plans. We explore harm reduction strategies. This support helps you take control and improve your health and wellbeing.	**Email:** reachingout@mccg.org.au **Call:** 02 6162 6100. **Website:** https://mccg.org.au/services/alcohol-other-drug-aod-support-connections/	
Directions Health Network	CanTEST Health & Drug Testing	The ACT Government has launched Australia's first fixed health and drug checking service, CanTEST, as a six-month trial. The service is free. It is run by Directions Health Services and CAHMA, with help from Pill Testing Australia. Drug checking, also called pill testing, is a harm reduction service. It tests drugs to help people know their contents. Drugs can have unknown, dangerous substances. Test results help people. They get info, advice, and counseling. This helps them make safer choices and reduce drug-related harm.	**Location and Opening Hours:** City Community Health Centre, Ground floor, 1 Moore Street, Canberra City, ACT Thursdays, 3pm – 6pm Friday, 6pm – 9pm **Website:** https://www.cahma.org.au/services/cantest/	

Drugs and Alcohol

Organisation	Program or Service	What's involved	Get in contact	Symbol
Karralika	Community Services Counselling	This counselling program gives help to people and families dealing with alcohol and drug use. The support includes: - Getting ready for rehab - Help with relationships - Support for getting back into the community and finding jobs	**Call:** (02) 6185 1300 **Website:** https://karralika.org.au/avada_portfolio/community-services-counselling/	
Karralika	Families Therapeutic Community	The Families Therapeutic Community is a safe place for single and two-parent families with children up to 12 years old. It helps families recover from alcohol and drug problems. The program focuses on improving family relationships and parenting skills. While parents take part in therapy during the day, children can join early childhood programs or go to regular school. This way, both parents and children get the support they need. Aboriginal and Torres Strait Islander Cultural Support Officers can help families to join the program in a way that feels culturally safe and respectful.	**Call:** (02) 6185 1300 **Website:** https://karralika.org.au/avada_portfolio/family-program/	
Karralika	Live-in – Therapeutic Community (Residential Rehabilitation Facility)	This is a live-in rehabilitation center that helps people recover from substance use. It uses a Therapeutic Community model and has a team of specialists and health professionals to support the residents. The program helps people learn about their substance use and develop skills to manage it. There are also Aboriginal and Torres Strait Islander Cultural Support Officers available to help families take part in the program in a culturally safe and respectful way.	**Call:** (02) 6185 1300 **Email:** info@karralika.org.au **Website:** https://karralika.org.au/avada_portfolio/adult-tc-therapeutic-community/	

Drugs and Alcohol

Organisation	Program or Service	What's involved	Get in contact	Symbol
Karralika	Matrix Program	The Matrix program is a 16-week course that helps people avoid going back to using alcohol and drugs. It is taught by a Counsellor and someone who has gone through similar experiences. The program meets three days a week and is set up to help parents and caregivers, so they can join while taking their kids to school. Participants get regular counselling and can go to support groups to help them stay away from alcohol and drugs or to use less.	**Call:** (02) 6185 1300 **Website:** https://karralika.org.au/avada_portfolio/matrixprogram/	
Karralika	Pharmacotherapy Support	This program helps those in substance use treatment and their families. It offers care and support to help them on their recovery journey. Nurses educate and support clients with tools and knowledge to recover and live healthy lives. Aboriginal and Torres Strait Islander Cultural Support and Liaison Officers are also available to help make sure the program is culturally safe and respectful.	**Call:** (02) 6185 1300 **Website:** https://karralika.org.au/avada_portfolio/pharmacotherapy-support/	
Marymead Catholic Care	The Reaching Out Program	Is your use of alcohol or drugs getting out of control? Are you trying to cut down or stay sober? Don't like traditional counselling? The Reaching Out program at Marymead CatholicCare Canberra & Goulburn offers drug and alcohol support with a difference. We provide outreach counselling, which means we can meet you in a place that feels safe and comfortable for you. No matter your goal, we support people at any stage of their journey. We also help family and friends affected by a loved one's alcohol or drug use.	**Email:** reachingout@mccg.org.au **Call:** 02 6163 7695 **Website:** https://mccg.org.au/services/the-reaching-out-program/	

Organisation	Program or Service	What's involved	Get in contact	Symbol
Marymead Catholic Care	The Sobering Up Shelter	Have you, a friend, or family member had too much to drink or taken another substance and need a safe place to rest? The Sobering Up Shelter (SUS) is a private service. It offers a safe place to stay overnight for people over 18 who are recovering from alcohol or drug use. SUS is open Thursday, Friday, and Saturday nights from 11 pm to 11 am, with the last entry at 6 am. The shelter is staffed by Alcohol, Tobacco, and Other Drug Workers. We provide: - Overnight care and support - Education and information on alcohol and drug effects on health - Support on how alcohol and drugs affect relationships, work, or study - Tips to reduce or quit drinking or drug use - Advice on safer use	**Call:** 6162 6100 **Website:** https://mccg.org.au/services/the-sobering-up-shelter/	

HEALTH & WELLBEING

Mental Health and Social Wellbeing

Organisation	*Program or Service*	*What's involved*	*Get in contact*	*Symbol*
Yeddung Mura (Good Pathways)	Chaplaincy	This program supports Aboriginal clients when they feel distressed. It provides spiritual and emotional help. You can join in weekly one-on-one support sessions or attend chapel service every two weeks.	**Location:** Engaging with Aboriginal clients both inside and outside of jail. **Call:** 1800 86 4663 **Email:** info@goodpathways.org.au **Website:** goodpathways.org.au/chaplaincy/	
The Connected Purpose	Counselling	Connected Purpose is an Aboriginal-owned healing service. It helps people in the ACT and nearby areas. They offer safe and caring counselling for mental and spiritual health. The service also focuses on well-being and self-care. The sessions are respectful of culture and help with healing from past hurts.	**Call:** 0451 551 471 **Email:** justin@theconnectedpurpose.com **Website**: www.facebook.com/p/The-Connected-Purpose-100088719110788/	
WellMob	Digital Wellbeing Resources	WellMob has an online database. It has hundreds of social, emotional, and cultural wellbeing resources. They are designed by Mob for Mob. Resources include apps, podcasts, videos, helplines, social media, and online programs	**Website:** https://wellmob.org.au/key-resources/ **Referrals:** https://wellmob.org.au/get-help/	

Mental Health and Social Wellbeing

Organisation	*Program or Service*	*What's involved*	*Get in contact*	*Symbol*
Yeddung Mura (Good Pathways)	Drop-in Centre	Our drop-in center is for Aboriginal detainees and their families. It provides daytime support. We have fun activities, like pool tables, video games, and table tennis. We also have pet therapy, tennis courts, Aboriginal art classes, fitness training and more.	**Location:** 56 Coyne Street, Fadden ACT 2904 **Call:** 1800 86 4663 **Email:** info@goodpathways.org.au **Website:** https://goodpathways.org.au/dropin_center/	
Gugan Gulwan – Youth Aboriginal Corporation	Functional Family Therapy - Child Welfare	The FFT-CW program helps families with children aged 0-17 at risk of going into out-of-home care. The program aims to keep families together. It supports children and young people returning to their families after being in care. The FFT-CW program aims to strengthen Aboriginal and Torres Strait Islander families. It is designed to meet their specific needs. A family is referred by a Child Protection worker or Gugan Gulwan, assessed for eligibility by the FFT-CW team, and, if accepted, they engage in the program with confirmed participation and ongoing case conferences.	**Call:** (02) 6296 8900 **Website:** https://gugan-gulwan.com.au/services/functional-family-therapy-child-welfare/	
13Yarn	Health & Wellbeing Digital Factsheets	13Yarn has created fact sheets to help you when times are tough. These fact sheets have information that is easy to understand and is made for Aboriginal mental health.	**Website:** https://www.13yarn.org.au/factsheets	

Mental Health and Social Wellbeing

Organisation	*Program or Service*	*What's involved*	*Get in contact*	*Symbol*
Healing Foundation	Intergenerational Trauma & Community Healing Resources	The Healing Foundation is a national group that helps Stolen Generations survivors and their families. They create safe places for people to heal and feel better. They teach others about trauma and how it affects families over time. The Foundation works with communities to listen to survivors' stories and help them heal in their own way. They also give advice to leaders and workers so they can offer better support that respects culture.	**Location**: Unit 11 (Level 2), 11 National Circuit, Barton **Call:** (02) 6272 7500 **Email**: info@healingfoundation.org.au **Website**: https://healingfoundation.org.au/	
Thirrili	The National Indigenous Suicide Postvention Service (NISPS)	NISPS helps families and communities when an Aboriginal or Torres Strait Islander person has died by suicide or traumatic incident. They work with local Elders and community groups to make sure that families get the right support in a safe and respectful way. NISPS can advocate for families and connect them to local services for support, health care, and community help during tough times and Sorry Business.	**Call**: 1800 805 801 (24/7, Australia-wide) **Website**: https://thirrili.com.au/postvention-response-service/	
Canberra Rape Crisis Centre	The Nguru Program	Nguru offers counseling for First Nations people and their families who have been through sexual assault. Nguru helps people look at their situations and relationships. It supports them in making choices and plans for the future. The program is family-focused and cares about the whole person. People can talk with counselors in one-on-one or group sessions, when suitable.	**Enquiry line:** (02) 6287 3618 **Crisis Line:** (02) 6247 2525 **Website**: https://crcc.org.au/the-nguru-program/	

Mental Health and Social Wellbeing

Organisation	*Program or Service*	*What's involved*	*Get in contact*	*Symbol*
Yeddung Mura (Good Pathways)	Prison Release – 'Throughcare'	Throughcare works with ACT Corrective Services. It helps Aboriginal and Torres Strait Islander men and women leaving the Alexander Maconochie Centre. The program provides strong support. It starts with the most urgent needs: finding a home, clothing, and food.	**Call:** 1800 864 663 (1800 TO GOOD) **Email:** info@goodpathways.org.au **Website:** goodpathways.org.au/through-care-program/	
The Centre of Best Practice in Aboriginal and Torres Strait Islander Suicide Prevention (CBPATSISP)	Resources for supporting Aboriginal social & emotional wellbeing	This is an online platform that gives helpful resources for Aboriginal and Torres Strait Islander people. It supports community growth and helps workers and health professionals in their jobs. The platform has tools for those seeking support in tough times. You can use it for yourself or to help others. All the resources are culturally respectful.	**Website:** https://manualofresources.com.au/	
Winnunga Nitmmityjah Aboriginal Health Community Service	Wellbeing Group	Winnunga's Social Health Team runs this program to help with mental health. It also gives a free healthy meal to everyone who joins. The support group is a safe place for Mob to come together and share in culturally safe and respectful way. Winnunga can also help with transport for clients who need a ride to and from their appointments.	**Location and Session Times:** 63 Boolimba Crescent, Narrabundah Friday's, 12-2pm **Call:** (02) 6284 6222 **Website:** https://www.winnunga.org.au/wellbeing/	

Mental Health and Social Wellbeing

Organisation	*Program or Service*	*What's involved*	*Get in contact*	*Symbol*
Victorian Aboriginal Health Service	Yarning Safe 'N' Strong	VAHS provides free and private counseling through Yarning SafeNStrong (YSNS) for Aboriginal and Torres Strait Islander people. This service is for individuals and families who need to discuss their health and wellbeing. Culturally sensitive counselors are here to help with any problems, big or small. The Yarning SafeNStrong helpline is open 24/7. It supports emotional wellbeing, financial issues, and drug or alcohol problems and more.	**Call:** 1800 959 563 **Email:** ysns@vahs.org.au **Facebook**: @YarningSafenStrong **Website:** https://www.vahs.org.au/yarning-safenstrong/	
13Yarn	24/7 Support Line	If you, or someone you know, is feeling low, call 13Yarn. It will connect you with an Aboriginal or Torres Strait Islander crisis supporter. The phone line is always open and offers a culturally safe place to yarn and discuss your troubles.	**Call:** 13 92 76 **Website:** https://www.13yarn.org.au/	
Gugan Gulwan – Youth Aboriginal Corporation	Community Arts	This program helps Aboriginal and Torres Strait Islander youth who are 25 years old or younger. It gives them a chance to work on art projects and talk about drugs, alcohol, and mental health in a safe space. The program is for those who are getting help for these issues. It offers a place for healing, self-expression, and exploring their cultural identity.	**Located Group Sessions:** Burrunju Art Gallery Tuesdays, 11am-3pm **Call:** (02) 6296 8900 **Website:** www.gugan-gulwan.com.au/group-programs/community-arts-program/	

Organisation	*Program or Service*	*What's involved*	*Get in contact*	*Symbol*
Gugan Gulwan – Youth Aboriginal Corporation	School Holiday program for Aboriginal Youth	This free program is for young people aged 8 to 16. It gives them a chance to make friends and take part in fun activities in a culturally safe place.	**Location:** Buildings B, C & D 2 Lansell Cct, Wanniassa Operating every school holidays **Call:** (02) 6296 8900 **Website:** https://gugan-gulwan.com.au/group-programs/school-holiday-program/	
Gugan Gulwan – Youth Aboriginal Corporation	StreetBeat	The StreetBeat program helps at-risk Aboriginal and Torres Strait Islander youth in the ACT. It is a mobile service that gives support right away. StreetBeat offers health information, resources, and other services to help young people.	**Details:** (Mobile delivery) visiting youth meeting places and identified "trouble spots", Friday & Saturday nights. **Call:** (02) 6296 8900 **Website:** https://gugan-gulwan.com.au/group-programs/streetbeat-youth-outreach-program/	
Dardi Munwurro	Brother to Brother 24-Hour Crisis Line	The Brother-to-Brother crisis line is a phone service for Aboriginal men who need help. You can call to talk about problems with relationships, family violence, parenting, or drug and alcohol issues. Aboriginal men, including Elders, run the crisis line. They understand these problems and have lived through similar experiences.	**Call**: (open 24/7): 1800 435 799 **Website**: https://www.dardimunwurro.com.au/brother-to-brother/	

Mental Health and Social Wellbeing

Organisation	*Program or Service*	*What's involved*	*Get in contact*	*Symbol*
Marymead CatholicCare	Grandparents Group	The Grandparents Group gives support, education, and social connection for grandparents who are, or will be, the main carer for their grandchildren aged 0-18 years. The group meets once a month. It's a chance to connect with other grandparents in similar situations, get advice, support, and talk about any issues they may be facing.	**Location:** 255 Goyder Street, Narrabundah, ACT **Call:** (02) 6162 6100 **Website:** https://mccg.org.au/services/grandparents-group/	
Capital Region Community Services (CRCS)	Involve Seniors Program	The Involve Seniors Program is for seniors and helps them make friends, learn new skills, and stay healthy. Activities include exercise, music, art, craft, movie clubs, walking groups, and day trips. **Who Can Join & Cost**: Any senior can join. Some costs are covered by Commonwealth Home Support or Home Care Packages.	**Call:** 02 6264 0200 **Email:** involve@crcs.com.au **Website:** https://crcs.com.au/programs-and-services/senior-services/social-groups/	
Relationships Australia	Senior Relationship Services	Senior Relationship Services help older Australians and their families. They discuss important life decisions. They offer support with counselling, mediation, and case management. This helps with family conflicts, planning for future care or housing, improving relationships, and preventing elder abuse. The service is voluntary and private. You can attend alone or with family, carers, or advocates. Any decisions made are not legal, but you can ask for agreements to be written down	**Location:** 15 Napier Close, Deakin Monday – Friday, 9:00am – 5:00pm **Call:** 1300 364 277 **Website:** https://racr.org.au/services/senior-relationship-services/	

Mental Health and Social Wellbeing

Organisation	*Program or Service*	*What's involved*	*Get in contact*	*Symbol*
Communities at Work	Seniors Social Groups: Creative Projects	Get creative with fun activities like music, mosaics, painting, pottery, and gardening. You can also join group projects to explore your artistic side. Afternoon tea is provided. Let your imagination run wild!	**Location**: Ngunnawal Community Centre, Jabanungga Avenue, Ngunnawal **Call:** (02) 6293 6254 **Email:** seniors@commsatwork.org **Website:** https://www.commsatwork.org/services/community/senior-programs/	
Communities at Work	Seniors Social Groups: Men's Business	Join Men's Business for gardening, small woodwork projects, fun games, and exploring new places in Canberra. This group helps you connect with others, work on projects, and have good conversations. Morning tea and lunch are provided.	**Location**: **Ngunnawal Community Centre,** Jabanungga Ave, Ngunnawal **Call:** (02) 6293 6254 **Email:** seniors@commsatwork.org **Website:** https://www.commsatwork.org/services/community/senior-programs/	

Mental Health and Social Wellbeing

Organisation	*Program or Service*	*What's involved*	*Get in contact*	*Symbol*
Communities at Work	Seniors Social Groups: Spice of Life	Join this fun group and enjoy activities like trivia, bingo, travel, and bowling. There are fun outings and activities for everyone. Morning tea and lunch are provided.	**Locations:** **Ngunnawal Community Centre,** Jabanungga Avenue, NGUNNAWAL **John Turner Building,** 172 Dixon Drive, Holder **Call:** (02) 6293 6254 **Email:** seniors@commsatwork.org **Website:** https://www.commsatwork.org/services/community/senior-programs/	
Capital Region Community Services (CRCS)	Belconnen Youth Centre	The Belconnen Youth Centre is a safe and friendly place for young people aged 10 to 25. It has many activities and support services. There are bean bags, games, Wi-Fi, and craft supplies. You can relax, study, or hang out with friends. The centre also has important things like a washing machine, kitchen, and shower. During school holidays, the centre has a free Youth School Holiday Program with fun activities and outings.	**Location and Session Times:** Corner of Chandler St & Swanson Ct, Belconnen Monday: 2:30pm - 7:30pm Tuesday: 2:30pm - 5:00pm Wednesday: 2:00pm - 6:00pm Thursday: 2:30pm - 7:30pm Friday: 2:30pm - 7:30pm **Call:** 0498 840 834 **Email:** youthteam@crcs.com.au **Website:** https://crcs.com.au/community-facilities/belconnen-youth-centre/	

Mental Health and Social Wellbeing

Organisation	*Program or Service*	*What's involved*	*Get in contact*	*Symbol*
Capital Region Community Services (CRCS)	Dungeons and Dragons 	Join weekly Dungeons and Dragons games at the Belconnen Youth Centre for young people aged 10 to 25. You can make your own character and explore fantasy worlds with others. Both new and experienced players are welcome. You don't need to sign up—just drop in!	**Location and Session Times:** Corner of Chandler St & Swanson Ct, Belconnen Wednesdays, 2:00 pm – 6:00 pm **Call:** 0498 840 834 **Email:** youthteam@crcs.com.au **Website:** ttps://crcs.com.au/events/event/dungeons-and-dragons/	
Marymead Catholic Care	Family & Adolescent Counselling & Mediation Program (FACES)	FACES is a counselling service for young people (ages 10-21), their parents, family members, and carers. ACES offers a safe place to talk together and can help with: - Improving family relationships - Building communication skills - Working through individual problems that affect the family - Learning new parenting and conflict resolution skills - Solving family issues - Coping with the loss of a family member through death, separation, or divorce - Adjusting to changes in family roles CatholicCare ACES counsellors are skilled in individual and family therapy and understand the issues that affect families, including separation, step-families, and blended families.	**Call:** 6162 6100 **Website:** https://mccg.org.au/services/family-adolescent-counselling-mediation-program-faces-2/	

Mental Health and Social Wellbeing

Organisation	*Program or Service*	*What's involved*	*Get in contact*	*Symbol*
Marymead Catholic Care	KAYAKS Program 	The KAYAKS program helps kids, aged 6 to 18, dealing with family separation. The program helps the child and their family cope with separation and improve their relationships. In structured sessions, children can explore and express their feelings about their parents' separation in a safe, caring space. The program also supports parents and carers to help children in their family situation.	**Call:** (02) 6162 5800 **Email:** intake@mccg.org.au	
Marymead Catholic Care	MindMap	MindMap ACT Youth Portal is an online site for young people (up to 25 years) to find mental health help in Canberra. The site has about 300 resources on mental health. They cover challenges and coping strategies. It's also helpful for parents, carers, and providers to connect with local services. You can use the portal anytime to look up mental health services and resources. The navigation tool asks questions to guide you to the right support. You can also contact the team by phone, email, or chat if you need help finding the right service.	**Website:** https://www.mindmap.act.gov.au/s/smart-find	

Organisation	Program or Service	What's involved	Get in contact	Symbol
Marymead Catholic Care	New Horizons	New Horizons offers private, early help for families with children (0-18 years) who have mental health concerns. The program helps your child stay connected to others, make good life choices, and build skills to feel better and manage challenges. It also supports stronger relationships with family and friends. New Horizons is available for families in the ACT and Queanbeyan. Our counseling aims to: - Support mental health - Help with life changes - Encourage self-care - Improve family relationships - Build family support and resilience - Strengthen your ability to manage life's challenges	**Call:** (02) 6162 6100 **Website:** https://mccg.org.au/services/new-horizons/	
Marymead CatholicCare	Reconnect ACT	Reconnect ACT is a program that helps young people and their families who are having family problems, struggling with communication, leaving school or work, feeling disconnected, or at risk of becoming homeless. The goal is to bring families closer and help young people get back into daily activities. A Youth and Family Case Manager can support you for up to 3 months. Reconnect CW also offers free group programs in schools or the community, such as: - RAGE for teens - Seasons for Life	**Call:** (02)6162 6100 **Website:** https://mccg.org.au/services/reconnect-act/	

Organisation	*Program or Service*	*What's involved*	*Get in contact*	*Symbol*
Marymead Catholic Care	Safe & Connected Youth	Safe & Connected Youth helps youth (8-15 years) and their families. It resolves conflicts and improves family relationships. The program provides safe housing for at-risk youth in the ACT. It aims to prevent homelessness.	**Website:** https://mccg.org.au/services/safe-connected-youth/	
Marymead Catholic Care	Safer Youth Response Service	Marymead CatholicCare's Safer Youth Response Service (SYRS) helps at-risk youth under 14. SYRS works with ACT Policing and the ACT Government. They support young people with risky or harmful behavior. The program aims to keep youth safe and to put their best interests first. It seeks to protect them physically, emotionally, and culturally. SYRS aims to steer 10-14 year-olds away from trouble and risky behaviors.	**Call:** (02) 6163 7695 **Email:** SYRS@mccg.org.au **Website:** https://mccg.org.au/services/safer-youth-response-service-syrs/	
Marymead Catholic Care	SEED	SEED is an early intervention service for people aged 16 and over who have had an eating disorder for up to 3 years or have not had any previous treatment. SEED offers a whole-person approach, focusing on early and effective treatment to support recovery. The SEED program provides fast response to referrals, a caring assessment, and a treatment plan tailored to each person. Research shows that early detection and treatment are important for recovery. Referrals can come from the Clinical Hub, schools, GPs, or individuals. Early referral is encouraged.	**Call:** (02) 6162 6100 **Email:** SEEDAdmin@mccg.org.au **Website:** https://mccg.org.au/services/seed/	

Organisation	*Program or Service*	*What's involved*	*Get in contact*	*Symbol*
Marymead Catholic Care	Stepping Stones	Marymead CatholicCare Canberra & Goulburn's Stepping Stones program is a free, short-term service for children aged 12 and under who have gone through trauma. Trauma can come from one event, like a car accident or assault. It can also come from repeated events, like abuse, neglect, or witnessing family violence.	**Call:** (02) 6162 6100 **Email:** SteppingStones@mccg.org.au **Website:** https://mccg.org.au/services/stepping-stones/	
Marymead CatholicCare	Summit Positive Behaviour Support	Summit is a program for young people (up to 18 years) to help with challenging behaviors. It helps young people and their carers understand behavior. It builds skills to handle tough situations. Summit focuses on improving quality of life and works to reduce restrictive practices.	**Call:** (02) 6162 6100. **Email:** PBSadmin@catholiccare.cg.org.au **Website:** https://mccg.org.au/services/summit-positive-behaviour-support/	
Marymead CatholicCare	Youth & Family Case Management	The Youth & Family Case Management service is an outreach program. It helps children, young people, and families in the ACT. They face tough situations that make family life unstable. This can include housing issues, family conflict, mental health, substance use, or parenting struggles. The service provides support to improve safety and wellbeing. It aims to build confidence and develop life skills. Our Case Managers can meet you wherever you are most comfortable—at home, in the community, at school, or at work.	**Call:** (02) 6162 6100 or 1800 176 468 **Website:** https://mccg.org.au/services/youth-family-case-management-service/	

Organisation	Program or Service	What's involved	Get in contact	Symbol
Marymead Catholic Care	Youth Mental Health Services	Are you a young person (13-18) or a parent of one? Do you need mental health support for moderate to severe symptoms but not hospital care? Or are you leaving the hospital but not ready to go home? Marymead CatholicCare STEPS is a voluntary, short-term residential program for young people. It offers support for up to 3 months, with staff available 24/7 and mental health support during business hours. Young people join social and therapeutic activities. They get support to build skills for managing their mental health and wellbeing.	**Call:** (02)6162 6100 **Website:** https://mccg.org.au/services/youth-mental-health-services/	
Capital Region Community Services (CRCS)	Bit Bent	Bit Bent is a safe place at the Belconnen Youth Centre for LGBTQIA+ young people and their friends, aged 10 to 25. It is a friendly space where you can meet others and take part in fun activities. You don't need to sign up, and the groups are led by the participants.	**Location:** Corner of Chandler St & Swanson Ct, Belconnen ACT 2616 **Group Session Timings:** Ages 10 to 17: Thursdays, 4:00 pm – 5:45 pm Ages 18 to 25: Thursdays, 5:45 pm – 7:30 pm **Call:** 0498 840 834 **Email:** youthteam@crcs.com.au **Website:** https://crcs.com.au/events/event/bit-bent-ages-10-to-17/	

Mental Health and Social Wellbeing

Organisation	*Program or Service*	*What's involved*	*Get in contact*	*Symbol*
Communities at Work	Disability Support for Children: Malkara Holiday Program	The Malkara Holiday Program helps children with disabilities, ages 5 to 12, during school holidays. Kids can have fun and make friends in a safe place. The program focuses on what each child needs and enjoys through different activities.	**Location and Opening Hours:** 53 Wisdom St, Garran ACT Mon - Fri, 8.30am - 5.30pm (During School Holidays) **Email:** disability@commsatwork.org **Call:** (02) 6293 6500 **Website:** https://www.commsatwork.org/services/community/ disability-services/	
Communities at Work	Disability Support for Teens	The Teens Program is for young people aged 12-18 with a disability. It offers fun activities to help build social skills and make new friends. Programs include: - **Teens After School Care**: Runs during school terms. - **Teens School Holiday Program**: A special program for school holidays.	**Locations and Opening Hours:** 43 Pitman St, Greenway 47 Ernest Cavanagh St, Gungahlin Mon - Fri, 3pm - 6pm (Each School Term, except Public Holidays) **Call:** (02) 6293 6500 **Email:** disability@commsatwork.org **Website:** https://www.commsatwork.org/services/community/disability-services/	
Toora Women Inc	Coming Home Program	The Coming Home Program helps women, 16 and older, leaving the AMC. It is for those with or without children. The program helps them re-adjust to community life. It teaches living skills, reconnects them with family, and addresses issues like homelessness, trauma, and substance use. We provide referrals to health and community programs. We also help with budgeting and give access to education and job opportunities.	Referrals are accepted through the Justice and Community Safety Directorate (13 22 81) **Website:** https://www.toora.org.au/our-services/homeless-services/coming-home-program/	

Mental Health and Social Wellbeing

Organisation	*Program or Service*	*What's involved*	*Get in contact*	*Symbol*
Canberra Health Services: **Women's Health Service**	Counselling	The Women's Health Service offers free help for women, provided by women. We give short, medium, and long-term counselling to women aged 18 and older who have been affected by abuse or neglect. This includes domestic violence, such as verbal, emotional, physical, sexual, financial abuse, and sexual assault.	**Location:** **City Community Health Centre,** 1 Moore Street, Civic **Call:** (02) 5124 1787 **Outreach locations:** • Belconnen Community Health Centre • Gungahlin Child and Family Centre • Phillip Community Health Centre • Tuggeranong Child and Family Centre • Village Creek Centre • West Belconnen Child and Family Centre • Lanyon Community Health. **Website:** https://www.canberrahealthservices.act.gov.au/services-and-clinics/services/womens-health-service	
Meridian	Positive Women 	We run events and activities for people living with HIV, including women. We also have special Positive Women's events where women can talk about living with HIV in a safe space with others. Family members are welcome, and these events are by invitation only.	**Location:** Havelock House, 85 Northbourne Avenue Turner **Call:** (02) 6257 2855 **Email:** Contact@meridianact.org.au **Website:** https://www.meridianact.org.au/peer_led_groups	 

Organisation	*Program or Service*	*What's involved*	*Get in contact*	*Symbol*
Meridian	Counselling	Meridian Wellbeing Services offers the ACT's top HIV counselling. It serves people with HIV, those affected by it, LGBTIQA+ people, their families, and allies. Our team provides private, professional support to help improve mental health and wellbeing. Meridian Wellbeing Services is a safe, welcoming space. It values each person's unique life experiences. It is non-judgmental. **Who Can Use This Service:** - Must be 15 years old or older - Living, working, or studying in the ACT - LGBTIQA+ people or those questioning their identity/sexuality, their families, carers, and allies - People living with HIV or affected by HIV - The counselling service is free for those who meet the above criteria, even if they don't have a Medicare card.	**Locations:** Havelock House, 85 Northbourne Avenue Turner **Call:** (02) 6257 0372 **Email:** wellbeingservices@meridianact.org.au **Website:** www.meridianact.org.au/counselling	

Organisation	*Program or Service*	*What's involved*	*Get in contact*	*Symbol*
A Gender Agenda	Gender Expression Collective	The Gender Expression Collective is a supportive pantry for transgender, gender-diverse, and non-conforming people in the ACT area. This pantry has gender-affirming items. They include binders, packers, breast forms, bras, makeup, and tucking underwear. Items are available for free or at low cost, depending on what you can pay. Donations of funds or items, like used binders and unused makeup, are also welcome. The collective offers one-on-one support by a peer navigator. It helps you choose the right item and use it safely. This pantry was created to help trans and gender-diverse people get affirming items despite financial, safety, or access challenges.	**Email:** genderpathways@genderrights.org.au **Call:** 02 6162 1924 **Website:** https://genderrights.org.au/gender-expression-collective/	
A Gender Agenda	Gender Pathways	Gender Pathways is a drop in peer navigation service that supports trans and gender diverse people and their families' friends and allies with resources and referrals. It is a place to learn about social, medical and legal affirmation, access referrals, ask questions or just have a chat. It is a drop-in service, so no appointment is needed.	**Location:** Meridian Wellbeing at Havelock House **Times:** Every Friday from 1-6pm **Email:** genderpathways@genderrights.org.au **Website:** https://genderrights.org.au/health-centre/	

Mental Health and Social Wellbeing

Organisation	*Program or Service*	*What's involved*	*Get in contact*	*Symbol*
Meridian	Inclusive Pathways (Psychology)	Inclusive Pathways (Psychology) is a free service. It provides mental health support for LGBTIQA+ people in the ACT. Inclusive Pathways offers safe, welcoming mental health care for all sexualities and genders. This includes those with variations in sex characteristics and those exploring their gender or sexuality. We focus on each person's strengths and provide the right support when needed. Our psychologists have experience working with LGBTIQA+ communities. **Who Can Use This Service:** - Must be 16 years old or older - Living, working, or studying in the ACT - LGBTIQA+ people or those exploring their identity/sexuality - Have a Mental Health Treatment Plan (less than 12 months old)	**Locations:** Havelock House, 85 Northbourne Avenue Turner **Call:** (02) 6257 0372 **Email:** wellbeingservices@meridianact.org.au **Website:** www.meridianact.org.au/counselling	
Meridian	Peer Support Network 	**Peer Support Network (PSN)** PSN is our longest-running group for people living with HIV. PSN hosts a monthly dinner and sometimes social events or outings. All HIV positive people in the Canberra region are welcome, but events are by invitation only.	**Location:** Havelock House, 85 Northbourne Avenue Turner **Call:** (02) 6257 2855 **Email:** Contact@meridianact.org.au **Website:** https://www.meridianact.org.au/peer_led_groups	
Marymead Catholic Care	NDIS Counselling	We now offer counselling to people with an NDIS plan. This service is open to all ages and can help with a range of issues. Our skilled team can help you. We support your emotional, mental, and life skills. We will help you build resources and strategies to improve your wellbeing.	**Call:** (02) 6162 6100 **Website:** https://mccg.org.au/services/ndis-counselling/	

Organisation	Program or Service	What's involved	Get in contact	Symbol
Meridian	Roundabout Project 	A new Meridian program helps connect isolated people with disability to the LGBTIQA+ community. Trained peer support volunteers join participants for social activities, events, and friendships. The goal is to meet new people, try new things, and have fun. With the Roundabout Project, you decide what to do, who to meet, and where to go. We want you to feel supported and included. Monthly Saturday Mornings at Meridian Visit The Pride Hub for a quick coffee or stay for the morning. Bring a game or craft project, and maybe something to share for morning tea. It's a safe space to meet others, relax, and enjoy.	**Location:** Havelock House, 85 Northbourne Avenue Turner **Call:** (02) 6257 2855 **Email:** Contact@meridianact.org.au **Website:** https://www.meridianact.org.au/roundabout_project	 
Marymead Catholic care	ARCK Post-separation counselling for parents	ARCK is a program for parents in conflict over raising their kids after separation. ARCK helps parents keep a good relationship with their kids. It focuses on the child's best interests. The program guides parents to think about their actions and build awareness.	**Call:** (02) 6162 5800 **Email:** intake@mccg.org.au **Website:** https://mccg.org.au/services/assisting-responsible-care-of-kids-post-sep-counselling-for-parents/	

Mental Health and Social Wellbeing

Organisation	Program or Service	What's involved	Get in contact	Symbol
Marymead Catholic Care	Arts Therapy 	Arts therapy is a creative way to help people. It can spark change, aid in tough times, and find new ways to express feelings, thoughts, and ideas. Arts therapy uses creativity to help with stress and anxiety. It aids recovery and can improve your mental health. Registered Arts Therapists are trained professionals. They work with people of all ages and backgrounds. At Marymead CatholicCare Canberra & Goulburn, our arts therapists are professionally registered and accredited to work with people who have NDIS plans.	**Call:** (02) 6162 6100 **Website:** https://mccg.org.au/services/arts-therapy-2/	
Marymead Catholica Care	Better Access Bulk Billing Counselling Service	The Better Access Counselling program provides free counselling services to people in Canberra. Our experienced psychologists and mental health social workers can help with: - Depression - Anxiety and stress - Grief and loss - Mental health disorders - Chronic health issues - Alcohol and drug use - Sleep problems Note: To use this service, you need a Mental Health Treatment Plan and a referral from your GP. This allows you to have 6 free sessions. If you need more, you can see your GP again for 4 extra free sessions.	**Call:** (02) 6162 6100 **Website:** https://mccg.org.au/services/better-access-bulk-billing-counselling-service/	

Organisation	*Program or Service*	*What's involved*	*Get in contact*	*Symbol*
Marymead Catholic care	Behaviour Management	Do you need help managing or understanding difficult behaviors? If you or someone you support self-harms, is aggressive, or acts out, a CHOICES Behaviour Consultant can help. They will work with you and your support network to reduce these behaviors. All consultants are trained and experienced. The process may include: - Getting to know the person with the behavior issues - Observing daily routines - Talking to family, friends, and support staff - Creating a plan with positive behavior strategies - Providing training and support - Ongoing monitoring and review	**Call:** (02) 6162 6100 **Website:** https://mccg.org.au/services/behaviour-management/	
Marymead CatholicCare	Chidlren's Contact and Changeover	The program helps families with supervised visits and changeovers after separation. This service is held in a neutral, safe space and focuses on the well-being of the child. The goal is to help parents build positive relationships with their kids. Over time, we want to help parents manage visits on their own.	**Call:** (02) 6162 5800 **Email:** intake@mccg.org.au **Website:** https://mccg.org.au/services/changeover/	

Organisation	*Program or Service*	*What's involved*	*Get in contact*	*Symbol*
MaryMead Catholic	Early Life Matters Attachment Services	ELM helps parents and caregivers of kids 0-12 better understand their relationship with their child. ELM uses the Circle of Security model. It helps caregivers worried about their child's feelings or behaviors. This service is for families with children aged 0-12 who are worried about: - How they have bonded with their child - Understanding or managing their child's feelings or behaviors - Effects of tough family situations, like mental health issues, family violence, trauma, grief, loss, or separation - How the child is coping with family changes or separation - Parenting stress	**Location:** 255 Goyder Street, Narrabundah **Website:** https://mccg.org.au/services/early-life-matters-attachment-services/	
Capital Region Community Services (CRCS)	Family Support	The Family Support service is free and helps children, young people, and families. It focuses on making families stronger and connecting them to community services. The service helps families set goals and find support. It connects them with programs that teach good parenting and family well-being. It can help with parenting, mental health, money, housing, family violence, and substance use. You can get support in-person, online, or through home visits anywhere in the ACT.	**Location:** Corner of Chandler St & Swanson Ct, Belconnen **Call:** 02 6264 0200 **Email:** families@crcs.com.au **Website:** www.crcs.com.au/programs-and-services/families/family-support/	

Organisation	*Program or Service*	*What's involved*	*Get in contact*	*Symbol*
Relationships Australia	Family Crisis and Hardship Resources	Relationships Australia has many online resources to help individuals, kids, and families cope with life's challenges. Each resource is a PDF. It has tips for dealing with separation, family conflict, and personal well-being. The topics include: - Help for men and women going through separation. - Support for children whose parents have separated - Strategies for those experiencing domestic violence - Tools to improve relationships.	**View the suite of various resources here:** https://racr.org.au/resources/	
Marymead Catholic Care	Family Law Counselling Services	Marymead CatholicCare Canberra & Goulburn's Family Law Counselling Service helps couples and families deal with issues from relationship changes, separation, and divorce. This service helps individuals and families cope with change. It aims to improve their understanding of their situation. It teaches skills to manage conflict, grief, and family breakdown. It also covers parenting after separation, with a focus on the child's best interests. The service is offered in our ACT offices, Queanbeyan, Moruya, and Bega. You can meet with us face-to-face or through telehealth.	**Call:** (02) 6162 1600 **Website:** https://mccg.org.au/services/family-law-counselling-services/	

Organisation	*Program or Service*	*What's involved*	*Get in contact*	*Symbol*
Marymead Catholic Care	Family & Relationship Counselling	Our counsellors are trained psychologists, social workers, and counsellors. They have extensive experience with family issues. Marymead CatholicCare Canberra & Goulburn's Counselling Service helps with relationship issues. It serves individuals, couples, and families. These include: - Building stronger connections - Resolving conflict - Improving communication - Handling change - Step-parenting - Parenting after separation Our counsellors can help you by: - Exploring options for making positive changes - Supporting you as you work to improve your relationship - Helping parents provide support to their children - Reducing the pain if you decide to separate or divorce	**Call:** 1800 068 698 **Website:** https://mccg.org.au/services/family-relationship-counselling/	

Organisation	*Program or Service*	*What's involved*	*Get in contact*	*Symbol*
Marymead Catholic Care	Family Skills – Counselling & Group Programs	The Family Skills program helps parents and carers build strong family bonds. It also teaches them better ways to support children and young people. We offer one-on-one counseling and group programs. They help parents connect with their children and improve their parenting skills.	**Call:** (02) 6162 5800 **Email:** intake@mccg.org.au **Website:** https://mccg.org.au/services/family-skills-counselling-group-programs/	
Relationships Australia	Find & Connect	The Find & Connect service helps Forgotten Australians and Former Child Migrants. They provide support for people who grew up in care homes from the 1920s to the 1980s. This group has over 500,000 children. The service offers: - counselling - strategies for managing trauma - help finding personal records - support for reconnecting with family and friends.	**Location:** 15 Napier Close, Deakin Monday – Friday 9am – 5pm **Call:** 1300 364 277 **Website:** https://racr.org.au/services/find-connect/	
Relationships Australia	Forced Adoption Support	The Forced Adoption Support program offers free, private help. It is for those affected by forced adoptions from 1940 to 1970. This includes mothers, fathers, adopted people, and other family members. The program offers trauma-informed support. It includes counselling, grief help, help with personal records, and advice for reconnecting with family. It also shares information on adoption issues and links to support groups.	**Location:** 15 Napier Close, Deakin Monday - Friday, 9:00am - 5:00pm **Call:** 1300 364 277 **Website:** www.racr.org.au/services/forced-adoption-support/	

Organisation	*Program or Service*	*What's involved*	*Get in contact*	*Symbol*
Karralika	Justice Services Counselling	This program offers alcohol and drug (AOD) counselling for people in Justice Services in the ACT. This includes those in Community Corrections or leaving the Alexander Maconochie Centre. It provides up to 12 counselling sessions for AOD issues. They aim to reduce harm and help clients reintegrate into the community. Only case managers or the person can make referrals. They must do so within three months of leaving ACT Corrective Services. Sessions are held at the Deakin Head Office or the Community Corrections Office in Civic.	**Call:** (02) 6185 1300 **Website:** https://karralika.org.au/avada_portfolio/justice-services-counselling/	
Marymead CatholicCare	Mindscope	Marymead CatholicCare Canberra & Goulburn has provided mental health services to Canberra and nearby areas for over 30 years. Our skilled health team is dedicated to offering high-quality care. We are one of Canberra's most experienced providers. We offer mental health support in clinics and through outreach programs for those with private insurance.	**Call:** (02) 6162 6100 **Email:** Mindscope@mccg.org.au	
Marymead Catholic Care	Next Step	Next Step is a free, private program that provides support for people dealing with anxiety or depression. This service connects you with mental health support that fits your needs. It uses Cognitive Behavior Therapy (CBT) to help you learn new ways to handle difficult thoughts and habits. **In Next Step, you can work on:** - Managing social situations or tasks you find hard - Lifting your mood - Controlling worrying thoughts - Facing things you usually avoid - Reducing repeated checking or behaviors - Improving sleep	**Call:** (02) 6162 6111 **Email:** NextStepIntake@mccg.org.au	

Organisation	*Program or Service*	*What's involved*	*Get in contact*	*Symbol*
Marymead Catholic Care	Parenting Support Groups	Marymead CatholicCare Canberra & Goulburn's Parenting Groups help you build strong parenting skills and share experiences with other parents. We offer two courses: - Bringing Up Great Kids: for parents with young children - Resourceful Adolescent Program for Parents (RAP-P): for parents with children over 10	**Call:** (02) 6162 6100 **Website:** https://mccg.org.au/services/parenting-support/	
Marymead CatholicCare	Support for victims and survivors	During the Commission hearings, it is important for victims to tell their stories so the full truth is known and the Church can create a real plan for healing and reconciliation. Victims and survivors should be supported and encouraged to share their experiences. This may be painful and hard for many. Our trained counselors are here to support you.	**Call:** (02) 6162 6100 **Website:** https://mccg.org.au/services/support-for-victims-and-survivors/	

EDUCATION, EMPLOYMENT, & LEARNING

Organisation	*Program or Service*	*What's involved*	*Get in contact*	*Symbol*
Australian Catholic University	Aboriginal and Torres Strait Islander Admission Process	The Indigenous Education Hub provides academic, personal, and cultural support. You can get free tutoring, join cultural activities, and apply for scholarships. You can also network and develop your skills. Each unit offers a safe and welcoming space to study and meet others.	**Location:** Australian Catholic University Canberra Campus, Room 307.G.04 **Call:** 1300 275 228 or 02 6209 1222 **Email:** dhara.daramoolen@acu.edu.au **Website:** https://www.acu.edu.au/study-at-acu/admission-pathways/choose-your-pathway-or-entry-program/aboriginal-and-torres-strait-islander-entry-program	
University of Canberra	Aboriginal and Torres Strait Islander Foundation Program	The Aboriginal and Torres Strait Islander Foundation Program helps students gain the skills they need to study at university. First Nations students who don't have an ATAR but want to go to university can join. It also supports students who haven't studied in a long time to get ready for university. The program focuses on building communication and study skills to help them succeed.	**Location:** Ground Floor, UC Lodge, Telita Street, Bruce Campus **Call:** 02 6201 2998 **Email:** ngunnawaladmin@canberra.edu.au **Website:** https://www.canberra.edu.au/content/dam/uc/documents/uc-college/Aboriginal%20and%20Torres%20Strait%20Islander%20Foundation%20Program%202024.pdf	

Organisation	Program or Service	What's involved	Get in contact	Symbol
Australian National University	Access for Indigenous Students	We have programs that give priority entry for Indigenous students. They also offer pathway options for entry to ANU. We offer scholarships for Indigenous students and help with housing.	**Location:** 12 Melville Hall, Australian National University Campus **Call:** (02) 6125 4038 **Email:** tjabal.centre@anu.edu.au **Website:** https://study.anu.edu.au/apply/domestic-undergraduate/access-indigenous-students	
National Aboriginal Community Controlled Health Organisation	First Nations Health Worker Traineeship Program	This program helps up to 500 First Nations trainees become Aboriginal Health Workers or Health Practitioners. Trainees will study for a Certificate III or IV in Aboriginal and Torres Strait Islander Primary Health Care.	**Location**: Level 5 East Tower, 2 Constitution Avenue, Canberra City ACT 2601 **Call:** 02 6246 9300 **Email**: traineeship@naccho.org.au **Website:** https://www.naccho.org.au/fnhwtp/	
CIT Yurana	First Nations Student Support	CIT Yurauna is a place for First Nations people to study for certificates and diplomas at CIT. First Nations staff help with schoolwork, course and career advice, and enrolment. They also help with reading, writing, and math skills. CIT Yurauna provides onsite childcare, scholarships, student lunches, and study support. It also offers time management and Abstudy support.	**Location:** CIT Yurauna, CIT Reid, D Block, Room D41. Corner of Constitution Avenue and Corranderrk Street, Reid **Call:** 02 6207 3309 **Email:** CIT.YuraunaCentre@cit.edu.au **Website:** https://cit.edu.au/study/cit_yurauna/services	

Education, Employment, & Learning

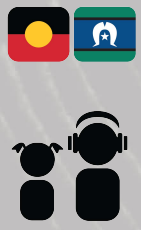
Organisation	Program or Service	What's involved	Get in contact	Symbol
ACT Education Directorate	First Nations Teaching and Learning Resources (for teachers)	The ACT Education Directorate has resources for teaching Aboriginal and Torres Strait Islander history and culture. These materials help teachers cover these topics across different subjects. The resources are for students and teachers. They aim to help everyone better understand and respect Indigenous cultures in schools.	**To see the suite of resources visit the Website:** https://www.education.act.gov.au/public-school-life/aboriginal-and-torres-strait-islander-education/teaching-and-learning-resources	
Australian Catholic University	Indigenous Higher Education Unit: Dhara Daramoolen	• Each ACU campus has a dedicated space for First Nations students. The Indigenous Higher Education Units (IHEU) are friendly and safe spaces. • At these hubs, our staff is here to help you with schoolwork, personal needs, and cultural support. • You can get free tutoring (in person, online, or in groups). You can join cultural activities, apply for scholarships, and find jobs. Each Unit is a safe, welcoming space to study and meet others.	**Location:** Australian Catholic University Canberra Campus, Room 307.G.04 **Call:** 02 6209 1222 **Email:** dhara.daramoolen@acu.edu.au **Website:** https://www.acu.edu.au/about-acu/faculties-directorates-and-staff/directorates/first-peoples-directorate/aboriginal-and-torres-strait-islander-student-services	

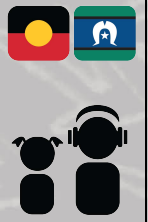
Organisation	Program or Service	What's involved	Get in contact	Symbol
University of Canberra	Ngunnawal Centre	The Ngunnawal empowers Aboriginal & Torres Strait Islander students to succeed at the University of Canberra. We provide culturally safe, holistic support from the first steps into study through to graduation & beyond. To find out more about starting your higher education journey get in touch today!	**Location:** Ground Floor, UC Lodge, Telita Street, Bruce ACT 2617 **Call:** 02 6201 2998 **Email - Current Students:** ngunnawalcentre@canberra.edu.au **Email - Prospective Students / Community Members / Businesses:** ngunnawalcentreoffice@canberra.edu.au **Website:** https://www.canberra.edu.au/about-uc/ngunnawal-centre/	
Winanggaay - Ngunnawal Language Aboriginal Corporation	Ngunnawal Language Revitalisation	The Winanggaay Ngunnawal Language Aboriginal Corporation works to bring back the Ngunnawal language. They work with Ngunnawal Elders and language experts to • create programs • train people to teach the language • help put Ngunnawal words on signs. The corporation holds weekly meetings and workshops. These meetings help people learn the Ngunnawal language. They promote its use in the Ngunnawal community and beyond.	**Email**: Ngunnawallanguage@gmail.com	

Organisation	Program or Service	What's involved	Get in contact	Symbol
Gugan Gulwan – Youth Aboriginal Corporation	Parenting Our Way (POW)	The program covers all aspects of parenting. It helps families learn important life skills, practical support, advice, and provides information on issues that matter to participants. It promotes and respects First Nations culture.	**Location:** Buildings B, C &D 2 Lansell Cct, Wanniassa ACT **Call:** 02 6296 8900 **Website:** https://gugan-gulwan.com.au/group-programs/parenting-our-way-program/	
Australian National University	Tjabal Indengous Higher Education Centre	The Tjabal Indigenous Higher Education Centre is a support hub for First Nations students and staff at The Australian National University (ANU). It is also a meeting place. The Tjabal Centre provides: • Academic support and advice • Personal care and support • Access to quality tutoring • Guidance on internships and scholarships • Links to ANU services, like the health centre, careers office, and academic skills support. • Outreach programs for future ANU students Study spaces for students.	**Location:** 12 Melville Hall, Australian National University Campus **Call:** 02 6125 4038 **Email:** tjabal.centre@anu.edu.au **Website:** https://www.anu.edu.au/students/contacts/tjabal-indigenous-higher-education-centre#overlay-context=students/communities-events/indigenous-communities/support	

Organisation	Program or Service	What's involved	Get in contact	Symbol
CIT Yurana	Vocational Education Scholarships	CIT Indigenous Scholarships are for all Indigenous students in mainstream courses at CIT. To apply, students must be Aboriginal or Torres Strait Islander. They must also show a commitment to their studies.	**Location:** CIT Yurauna, CIT Reid, D Block, Room D41. Corner of Constitution Avenue and Corranderrk Street, Reid. **Call:** (02) 6207 3309. **Email:** CIT.YuraunaCentre@cit.edu.au **Website:** https://cit.edu.au/study/cit_yurauna/scholarships	
Gugan Gulwan – Youth Aboriginal Corporation	Aboriginal Youth Tutoring Program	Free tutoring is available for First Nations students in grades 2 to 12. The program offers ten 1-hour sessions. An experienced tutor will provide one-on-one support.	**Location:** Buildings B, C &D 2 Lansell Cct, Wanniassa ACT **Group Session Timings:** Sessions are booked individually but can run anytime between 9am – 5pm, Mon-Fri. **Call:** 02 6296 8900 **Website:** https://gugan-gulwan.com.au/group-programs/tutoring-program/	
CIT Yurana	CIT Yurana Early Childhood Centre	CIT Yurauna and Northside Community Services run a childcare centre at CIT Reid. This centre provides culturally safe, high-quality care for First Nations children, ages 0 to 5. The service is free for children whose parent or guardian is studying at CIT Reid.	**Location:** CIT Yurauna, 37 Constitution Ave, Reid ACT **Call:** 02 6207 3309 **Email:** CIT.YuraunaCentre@cit.edu.au	

Education, Employment, & Learning

Organisation	Program or Service	What's involved	Get in contact	Symbol
Yerrabi Yurwang	Deadly Brains Playgroup	Learn about how you and your Boori's brain develops! Build strong, healthy brains that are ready for learning, emotional control, sharing and supporting neurodiversity. We will also have child development specialists visit each week. Tuesdays 10:30-12:00	**Location:** Yarramundi Cultural Centre 245 Lady Denman Drive, Acton **Email:** Admin@yerrabi.org.au	
Gugan Gulwan – Youth Aboriginal Corporation	First Nation's Youth Music Program	This program helps young Aboriginal and Torres Strait Islander students who love music. It gives First Nations youth access to instruments, lessons, and performance opportunities.	**Location and Session Times:** Buildings B, C &D 2 Lansell Cct, Wanniassa ACT 4pm – 5pm, Mondays **Website:** https://gugan-gulwan.com.au/group-programs/music-program/	
Go Foundation	Indigenous Youth Education Scholarships (Primary, High school & University)	The GO Foundation gives scholarships to Indigenous students in Sydney, Adelaide, and Canberra. The scholarships support students with culture, careers, and money. It aims to help students succeed in school or university. The program offers career help, cultural events, and financial aid for items like laptops and textbooks. The program values cultural identity. It has activities like Culture Connect Days and supports primary school students. To be eligible, students must: • Attend school regularly • Show a strong desire to learn • Be Aboriginal or Torres Strait Islander • Give back to their community Have a financial need	**Call:** (02) 9339 9191 **Email:** info@gofoundation.org.au **Website:** (To assess Selection Criteria) https://www.gofoundation.org.au/scholarships-program	

Organisation	Program or Service	What's involved	Get in contact	Symbol
The Smith Family	Indigenous Youth Leadership Program (IYLP)	The Indigenous Youth Leadership Program helps Aboriginal and Torres Strait Islander students to attend top high schools or universities. It supports students to finish Year 12 or get a degree. The program focuses on building leadership skills in school, work, and life.	**Website:** https://www.thesmithfamily.com.au/programs/aboriginal-and-torres-strait-islander/indigenous-youth-leadership/applications.	
Child and Family Centres (Community Services Directorate)	Koori Playgroup	This playgroup is for Aboriginal and Torres Strait Islander children up to five years old and their parents or carers. The program runs weekly during school terms. It helps families and children connect and learn about child development. It also fosters cultural identity. There is no need to book and no cost, as these playgroups have an open-door policy.	**Location:** Tuggeranong Child and Family Centre, 159 Anketell St, Greenway Mondays, 10am – 11:30am **Call:** 02 6207 8228 **Email:** childandfamilycentres@act.gov.au **Location:** West Belconnen Child and Family Centre, 6 Luke Street, Holt Thurdays, 10am – 11:30am **Call:** 02 6264 0200 **Email:** Families@crcs.com.au **Website:** https://crcs.com.au/programs-and-services/koori-playgroup/	

Education, Employment, & Learning

Organisation	Program or Service	What's involved	Get in contact	Symbol
ACT Education Directorate	Koori Preschools	Koori Preschool offers free education for First Nations children aged 3 to 5 years. Children can attend for 15 hours a week. It's a fun, safe, play-based learning environment that supports First Nations culture. Children aged 0 to 3 years can also attend with a parent or carer. First nations families can apply for their child to start preschool earlier than the usual starting age. Usually, a child would start preschool in Term 1 of the school year. With early entry, the child can do Term 3 and 4 the year before they'd usually start. Children can attend early entry preschool (in terms 3 and 4) and Koori Preschool (from when they turn three). More information can be found here: https://www.act.gov.au/__data/assets/pdf_file/0004/2908921/Early-entry-for-Aborginal-and-Torres-Strait-Islander-children-fact-sheet-for-families.pdf	**Koori Preschools operate at the following school sites:** • Kingsford Smith School **Call:** 02 6142 3399 • Ngunnawal Primary School **Call:** 02 6142 1500 • Narrabundah Early Childhood School **Call:** 02 6142 3828 • Richardson Primary School **Call:** 02 6142 3630 • Wanniassa School **Call:** 02 6142 1840	
Gugan Gulwan – Youth Aboriginal Corporation	Young Women's Mentoring Group	This program is for young Aboriginal and Torres Strait Islander women aged 12 to 15 years. It helps them get involved and become leaders. The program encourages them to learn about themselves and teaches important skills like: • Understanding their culture • Life skills • Healthy eating • Knowing what healthy relationships are Finding and building support networks	**Location:** Buildings B, C &D 2 Lansell Cct, Wanniassa ACT **Group Session Timings:** 4-6pm, Wednesdays **Call:** (02) 6296 8900 **Website:** https://gugan-gulwan.com.au/group-programs/young-womens-group/	

Organisation	Program or Service	What's involved	Get in contact	Symbol
Gugan Gulwan – Youth Aboriginal Corporation	Young Men's Mentoring Group	• This program is for young Aboriginal and Torres Strait Islander boys aged 8 to 12 years. It helps them get involved and become leaders. The program encourages them to learn about themselves and teaches important skills like: • Understanding their culture • Life skills • Nutrition • Knowing what healthy relationships are Finding and building support networks	**Location and Session Times:** Buildings B, C &D 2 Lansell Cct, Wanniassa 4pm - 6pm, Thursdays **Call:** 02 6296 8900 **Website:** https://gugan-gulwan.com.au/group-programs/young-mens-mentoring-group/	
Communities at Work	Galilee School	Galilee School supports disengaged or vulnerable students in Years 7-12. It helps students develop skills and prepare for jobs or further education. The school meets each student's needs with small classes and dedicated staff. Galilee School has two campuses in Canberra, at Holder and Kambah. It provides holistic support for students and their families.	**Call:** 02 6293 6314 **Email:** galilee.school@commsatwork.org **Website:** https://www.commsatwork.org/services/community/galilee-school/	
Capital Region Community Services (CRCS)	Getting your license	Programs at the Belconnen Youth Centre help young people gain independence by getting their driver's license. The Pre-Learner Driver Licence Course and Easy P Program offer free support for youth working towards their Learner's or Provisional licenses. **Pre-Learner Driver Licence Course -** This three-day course covers the required ACT training, injury prevention, and the Road Rules Handbook. It also includes the ACT Road Rules Knowledge Test. **Easy P Program -** This program helps learners get their provisional license with weekly lesson support. **Eligibility -** Open to people aged 15 years and 9 months to 25 years.	**Location:** Corner of Chandler St & Swanson Ct, Belconnen ACT **Call:** 0498 840 834 **Email:** youthteam@crcs.com.au **Website:** https://crcs.com.au/programs-and-services/youth-services/getting-your-license/	

Education, Employment, & Learning

Organisation	Program or Service	What's involved	Get in contact	Symbol
Capital Region Community Services (CRCS)	Jam session	Free weekly jam sessions at the Belconnen Youth Centre are open to young people aged 10 to 25 who love music. You can play drums, guitars, or keyboards, or bring your own instrument. It doesn't matter if you're a beginner or experienced. The sessions are led by other young people, and youth workers are there to help if needed.	**Location and Session Times:** Corner of Chandler St & Swanson Ct, Belconnen ACT Mondays, 4:30 pm – 7:30 pm **Call:** 0498 840 834 **Email:** youthteam@crcs.com.au **Website:** https://crcs.com.au/events/event/jam-session/	
The Smith Family	Learning for Life Scholarship program	The Learning for Life program helps disadvantaged young Australians and their families. It aims to help them succeed in school and life. It funds school supplies, a Learning for Life Coordinator, and programs like Learning Clubs and mentoring. This support can help keep children in school and reach their potential.	For additional information contact the Family Partnership Coordinator: Ernesto Rios (Murrumbidgee) **Call:** 0481 464 065 **Email:** Ernesto.Rios@thesmithfamily.com.au	
Capital Region Community Services (CRCS)	Planned Support Program	The Planned Support program at the Belconnen Youth Centre helps youth, aged 10 to 25, reach their personal, school, and work goals. The program helps young people find jobs and study. It teaches them skills for work or school. It also helps with services like Centrelink. Planned Support helps young people connect with others. It builds their support networks, making them feel part of the community.	**Location:** Corner of Chandler St & Swanson Ct, Belconnen ACT 2616 **Call:** 0498 840 834 **Email:** youthteam@crcs.com.au **Website:** https://crcs.com.au/programs-and-services/youth-services/planned-support/	

Education, Employment, & Learning

Organisation	Program or Service	What's involved	Get in contact	Symbol
ACT Education Directorate	Preschool Pathways	The Preschool Pathways team helps families prepare kids for preschool. They connect families with their Early Childhood Education and Care Centre or ACT Public Preschool. The program uses inclusive practices to meet each child's needs. It ensures a smooth, successful transition to preschool.	**Email:** preschoolpathways@act.gov.au **Website:** https://www.education.act.gov.au/early-childhood/set-up-for-success-an-early-childhood-strategy-for-the-act/preschool-pathways	
Police Community Youth Club	PreLearner Driver	PCYC offers a free two-day Pre-Learner Driver Licence Course. On the second day, you can take the ACT Road Rules Knowledge Test with help from our team. If you pass, PCYC will give you certificates that you can take to Access Canberra to get your Learner's Licence.		
Police Community Youth Club	Project Level UP	Project Level Up is for young people aged 8 and older who may have legal troubles or behaviour issues at home or school. It is a ten-week program that runs during the school term. The program uses high-adrenaline and safe risk-taking activities to help motivate young people.	**Location:** 17 Grattan Court Wanniassa **Call:** 02 6296 1292 **Email:** admin@pcyc.net.au **Website:** https://www.pcyc.net.au/adventure	
Police Community Youth Club	Project 180	Project 180 is a program for high-needs 12.5 to 16-year-olds. It helps youth at risk of engaging with the justice system. The program offers recreational activities, educational programs, and job training opportunities. It also offers case support and connects participants to weekend sports and hobby groups.	**Location:** 17 Grattan Court Wanniassa **Call:** 02 6296 1292 **Email:** admin@pcyc.net.au **Website:** https://www.pcyc.net.au/diversion-programs	

Education, Employment, & Learning

Organisation	Program or Service	What's involved	Get in contact	Symbol
Police Community Youth Club	Southside Mower Shed	Our Southside Mower Shed helps young people prepare for work. We teach them important skills for the horticulture industry. Horticulture works with crops and plants. This program gives young people job training and support to find long-term jobs in horticulture.	**Location:** 17 Grattan Court, Wanniassa **Call:** (02) 6296 1292 **Email:** admin@pcyc.net.au **Website:** https://www.pcyc.net.au/project-southside	
Capital Region Community Services (CRCS)	Youth School Holiday Program	The Belconnen Youth Centre has a free holiday program for ages 10 to 25. It offers fun activities for youth during school breaks. The program is created based on what the young people want to do. It includes activities at the centre and trips around the ACT. The program also works with other youth centres to help everyone get involved in the community.	**Location:** Corner of Chandler St & Swanson Ct, Belconnen ACT 2616 **Call:** 0498 840 834 **Email:** youthteam@crcs.com.au **Website:** https://crcs.com.au/programs-and-services/youth-services/youth-school-holiday-program/	
Marymead Catholic Care	Boundless Buddies	All children are welcome to join the Boundless Buddies Playgroup. It is run by Marymead,CatholicCare, and ACT Playgroups. It's held at the Boundless Playground every Monday from 10:00 am to 11:30 am. Boundless Buddies offers fun, supported activities for children of all abilities and their parents or carers.	**Location:** Kings Park, Wendouree Drive, Parkes **Call:** 02 6162 6100 **Email:** autism@mccg.org.au	

Organisation	Program or Service	What's involved	Get in contact	Symbol
Communities at Work	Disability Support for Young Adults and Adults	The Young Adults and Adults Disability Support Programs help people learn life skills, join social activities, and grow personally. Each program is tailored to the person's goals. Participants choose life skills and social activities for a monthly calendar. This way, they can learn how to live independently while also having fun.	**Location:** **Tuggeranong:** 43 Pitman St, Greenway **Gungahlin:** 47 Ernest Cavanagh St, Gungahlin **Operating Hours:** 8.30am - 4pm, Mon – Fri During School Term **Email:** disability@commsatwork.org **Call:** 02 6293 6500 **Website:** https://www.commsatwork.org/services/community/disability-services/	
Marymead Catholic Care	Mulch	Mulch (Marymead CatholicCare's Urban Land Community Harvest) helps young adults with disabilities. It teaches them skills and helps them connect to the community through gardening. Participants work in a permaculture garden, growing and selling plants. Each person's learning goals match their interests, skills, and abilities.	**Website:** https://mccg.org.au/services/mulch/	
ACT Office for Women	Audrey Fagan Leadership and Communication Program	The Audrey Fagan Program is for women and gender diverse people. It helps them build confidence and improve their leadership and public speaking skills. This free, three-week program includes three workshops, coaching, and helpful resources. While it's not an official course, participants get a certificate when they finish. It runs every year. It offers a space for growth, both personal and professional.	**Email**: women@act.gov.au **Website:** https://www.act.gov.au/community/women/audrey-fagan-leadership-and-communication-program	

Organisation	Program or Service	What's involved	Get in contact	Symbol
ACT Office for Women	Return to work workshops	The ACT Women's Return to Work workshops help women and gender-diverse people. They improve your job skills to prepare for a return to work. This free program has sessions on: • Understanding job ads • Writing resumes • Meeting selection criteria • Making a 2-page pitch There is also interview practice. The workshops run for 3 weeks, with one session each week. Guest speakers come from community groups, businesses, and the government.	**Email**: HCSDRTW@act.gov.au **Website**: https://www.act.gov.au/community/women/return-to-work-program	
ACT Office for Women	Return to work **grants**	This grant is for women with no or low income who want to find steady jobs. You can get up to $1000 (or $2000 if you have been in AMC) to put towards: • course fees • resources for study • work and interview clothing and shoes • transport costs • digital devices and plans • childcare costs • job readiness costs (like a Working with Vulnerable People registration).	**Email**: HCSDRTW@act.gov.au **Website**: www.act.gov.au/money-and-tax/grants-funding-and-incentives/funding-and-support-to-help-women-return-to-work	

Education, Employment, & Learning

Organisation	Program or Service	What's involved	Get in contact	Symbol
Marymead Catholic Care	In Home Child Care	In Home Care (IHC) gives quality, flexible childcare in the home for families who cannot use other childcare options due to their unique needs. IHC Support Agencies connect families with suitable educators, refer them to other services if needed, and support families by ensuring quality care and fair fees. Eligibility: IHC offers government-subsidized childcare in the home, helping parents or carers who cannot access regular childcare options.	**Call:** 02 6162 5846 or 1800 940 906 **Email:** support@ihcsupportagencyact.org.au **Website:** https://mccg.org.au/services/in-home-child-care-ihc/	
Marymead Catholic Care	Hands On Studio	Hands On Studio is a safe space where artists with disabilities create art and make friends. Hands On Studio has become a leader in arts and disabilities in Canberra. The artists regularly show their work in top galleries. These include The Drill Hall Gallery, Parliament House, and the Canberra Museum and Gallery. They also run workshops to promote inclusion and equality for people with disabilities. The artists at Hands On Studio believe art is for everyone. It helps people connect and build a strong sense of self and community.	**Locations:** South Canberra, M16ARTSPACE in Griffith, Studio Address: 21 Blaxland Cres, Griffith North Canberra: Tension Wood House, Studio Address: 57 MacArthur Ave, O'Connor, **Call:** 02 6162 6100 **Website:** https://mccg.org.au/services/hands-on-studio/	

LEGAL ASSISTANCE

Organisation	*Program or Service*	*What's involved*	*Get in contact*	*Symbol*
KnowMore	Aboriginal and Torres Strait Islander Support	KnowMore gives free and private legal help to people who survived child sexual abuse. The service knows the trauma that many Aboriginal and Torres Strait Islander people face due to past government policies on child removal. They offer support that is respectful of culture and sensitive to trauma.	**Call**: 1800 605 762 **Website**: https://knowmore.org.au/services/aboriginal-and-torres-strait-islander-support/	
Aboriginal Legal Service (ALS)	Child Protection Legal Support	The Child Protection Legal Support program helps First Nations people in NSW and the ACT with child protection issues. The program helps in cases with child protection agencies, like the DCJ in NSW and CYF in the ACT. ALS lawyers go to courts, like the Children's Court and Supreme Court. They support keeping children safe while helping families stay together. The program helps families understand legal processes. It also gives advice on handling child protection issues.	**Location:** 17-21 University Ave Canberra, ACT 2601 If DCJ or CYPS is involved with your family, or if you have concerns about your children's safety, contact the ALS care and protection team: **Call:** 1800 765 767 **Email**: als-care@alsnswact.org.au **Website**: https://www.alsnswact.org.au/care	
Aboriginal Legal Service (ALS)	Deaths in Custody Support	The Deaths in Custody Support program helps Aboriginal and Torres Strait Islander families in NSW and the ACT. It aids those who lost a loved one in custody or during a police operation. The ALS can represent families in coronial inquests. These are investigations into how and why a person died. The program provides legal help and support to families. It guides them through the inquest process. The coroner tries to answer questions about the death. They may suggest ways to prevent future deaths.	**Location:** 17-21 University Ave, Canberra **Call**: 1800 765 767 **Website:** https://www.alsnswact.org.au/deaths_in_custody	

Legal Assistance

Organisation	Program or Service	What's involved	Get in contact	Symbol
Canberra Community Law	Dhurrawang Aboriginal Human Rights Program	The Dhurrawang Aboriginal Human Rights Program is a special legal service from Canberra Community Law. It gives advice and helps Aboriginal and Torres Strait Islander people in the ACT. The program also helps people in south-east NSW with Centrelink problems. • The program can help with: • Housing problems in the ACT • Issues with Centrelink • Experiences of racial discrimination or hate	**Location:** Level 5, 10 Rudd Street Canberra City **Call:** 02 6218 7900 **Email** info@canberracommunitylaw.org.au **Website**: https://canberracommunitylaw.org.au/our-legal-services/dhurrawang-aboriginal-human-rights-program/	
Aboriginal Legal Service (ALS)	Family Law Support	The Family Law Support program at ALS helps Aboriginal and Torres Strait Islander families in NSW and the ACT. It addresses legal issues about children, like separation, custody, and parenting. The program gives legal advice, helps with mediation, and represents clients in court. It also helps prepare court papers and parenting orders. ALS tries to solve family problems by agreement, but they will go to court if needed. The program helps mums, dads, grandparents, and other family members who are worried about the wellbeing of Aboriginal and Torres Strait Islander children.	**Call**: 1800 765 767 **Email:** als-family@alsnswact.org.au **Website**: https://www.alsnswact.org.au/family	
Aboriginal Legal Service (ALS)	Family Violence Prevention Unit (FVPU)	If you've experienced domestic and family violence or sexual assault or think you might be at risk, the ALS Family Violence Prevention Unit is here to help you. Get free and confidential help with a wide range of legal and related issues including: Legal advice and representation including Apprehended Violence Orders, Family Violence Orders, Care and Protection, Family Law and civil services. Social support including but not limited to transport, food grants and clothing and referral to to counselling services Victims Support	**Call**: 1800 765 767 **Email:** fvpu.act@alsnswact.org.au **Website**: https://www.alsnswact.org.au/family	

Organisation	Program or Service	Whatôs involved	Get in contact	Symbol
ACT Human Rights Commission	Aboriginal and Torres Strait Islander Unit	We are First Nations staff supporting First Nations people harmed by crime in the ACT. This can include violence and other crimes in the family or in the community. We know that everyone is different and may need different types of help. We are part of the ACT Human Rights Commission. How we help: • We can work with you to help you get better after a crime • We can help to make sure you and your family are safe. • Outreach service ð this means we will meet you wherever you feel comfortable. • We can organise services that you feel will help, like counselling. • We can help you apply for our financial assistance scheme ï this can pay for things to help people recover from the crime • We can help you report to police. We can also help you if you donô want to report to police. • If you are a victim, we can support you in court • We speak up on your behalf with other services.	**Email:** VictimSupportIntake@act.gov.au **Call:** 6205 2222 **Freecall:** 1800 8222 72 **Website:** https://hrc.act.gov.au/victim-support **Location:** 56 Allara St, Canberra City, ACT 2601 We can come to you or drop by to our office.	
ACT Human Rights Commission	Make a complaint about racism or discrimination	If you or someone you know has faced racial discrimination, the ACT Human Rights Commission can help. You, or someone you trust, can complain about unfair treatment in work, school, or housing. This includes services like healthcare, child protection, aged care, and disability services. You can also complain to us about racial vilification or sexual harassment.	**Location:** 56 Allara St Canberra ACT 2601 **Mailing:** GPO Box 158 Canberra ACT 2601 **Call:** 02 6205 2222 **Email:** human.rights@act.gov.au **Website:** https://www.hrc.act.gov.au/First-Nations **Enquiries:** www.hrc.act.gov.au/discrimination/race-including-colour,-ethnic-or-national-origin	

Organisation	*Program or Service*	*Whatôs involved*	*Get in contact*	*Symbol*
Aboriginal Legal Service (ALS)	Front-Up	The Front-Up program helps Aboriginal and Torres Strait Islander people in the ACT. It assists those with outstanding warrants or who broke bail conditions. The program gives you a support person and a lawyer who will talk to the court for you and help you go to court quickly. The goal is to solve the problem fast and keep you out of jail, so you can stay at home with your family.	**Location:** 17-21 University Ave Canberra, ACT 2601 **Call:** 1800 765 767 (Service-wide) Or 02 6120 8800 **Website** https://www.alsnswact.org.au/bail	
Yeddung Mura (Good Pathways)	Galambany Court ï Legal Support	This program helps clients by giving them support from a case worker during court. Yeddung Mura offers full care to help clients feel strong and confident to tell their story. Yeddung Mura can transport clients and their families to and from the Galambany court.	**Location:** 56 Coyne St, Fadden ACT **Call:** 1800 86 4663 **Email:** info@goodpathways.org.au **Website:** https://goodpathways.org.au/galambany-court/	
Aboriginal Legal Service (ALS)	Ngurrambai Bail Support	The Ngurrambai Bail Support program helps Aboriginal and Torres Strait Islander people in the ACT who are on or seeking bail. The program can be voluntary or required as part of bail conditions. The goal is to help people avoid breaking the law again, have fewer court visits, and stay out of prison. The program offers a care plan. It includes support, treatment, monitoring, and supervision during bail. It also provides legal advice, representation, and referrals to other services.	**Location:** 17-21 University Ave Canberra, ACT 2601 **Call**: 1800 765 767 (Service-wide) Or 02 6120 8800 **Website:** https://www.alsnswact.org.au/bail	

Organisation	Program or Service	Whatôs involved	Get in contact	Symbol
ACT Human Rights Commission	Resources for First Nations People in Canberra	This resource helps people understand Aboriginal and Torres Strait Islander Cultural rights under the ACT Human Rights Act. It helps individuals and organisatons advocate for cultural rights. You can learn about situations where cultural rights matter, such as: • Restrictions on speaking Indigenous languages • Limits on sharing or teaching cultural knowledge • Problems with cultural practices or kinship ties • Not consulting Indigenous communities on important decisions • Rules that affect traditional activities on ancestral lands • Issues with the relationship between Indigenous peoples and their land, waters, and resources	**Location**: 56 Allara St Canberra ACT 2601 **Website**: https://www.hrc.act.gov.au/humanrights/aboriginal-and-torres-strait-islanders **Enquiries -** www.hrc.act.gov.au/contact-us **Call:** 02 6205 2222 **Email**: human.rights@act.gov.au	
Aboriginal Legal Service (ALS)	Support with criminal charges or criminal law system	You can get legal advice, help, and referrals at courts, prisons, and Aboriginal Legal Service offices in NSW and ACT. This includes help if you are having problems with the police, have been charged with a crime, are applying for bail, or want to appeal a sentence.	**Call:** 1800 765 767 **Website:** https://www.alsnswact.org.au/criminal-law	
Aboriginal Legal Service (ALS)	Workplace Legal Support	The Workplace Legal Support program helps Aboriginal and Torres Strait Islander people in NSW. It provides legal aid to those unfairly treated at work. This includes sexual harassment, discrimination, underpayment, and being fired unfairly. It is the only service in NSW for Aboriginal workers that focuses on these issues and is run by an Aboriginal organisation. The program gives free and private advice and also teaches people about their rights at work. Help is given to those most in need based on income, merit, and conflict checks.	**Location:** 17-21 University Ave Canberra, ACT **Call:** 1800 765 767 **Email:** civil@alsnswact.org.au **Website:** https://www.alsnswact.org.au/employment_law	

Legal Assistance

Organisation	Program or Service	What's involved	Get in contact	Symbol
ACT Courts	Warrumbul Circle Sentencing Court	The Warrumbul Circle Sentencing Court helps young Aboriginal and Torres Strait Islander people (aged 10-17) in the ACT Children's Court. It uses a restorative justice process. Elders provide cultural guidance and help with problems. They support young people to create a better future. Eligibility: The young person must be Aboriginal or Torres Strait Islander. They must plead guilty, have an eligible offence, and agree to join the program.	**Location:** The Warrumbul Court Coordinator **Post:** GPO Box 158 Canberra ACT 2601 **Call:** 6205 2396 **Email**: warrumbulCoordinator@act.gov.au **Website:** https://www.courts.act.gov.au/magistrates/about-the-courts/areas-in-the-act-magistrates-court/warrumbul-circle-sentencing-court#:~:text=Circle%20sentencing%20courts%20are%20specialised,and%20Torres%20Strait%20Islander%20Elders	 
Women's Legal Centre	Mulleun Mura: *Aboriginal & Torres Strait Islander Women's Access to Justice* Program	The service helps with: • child protection • family, domestic, and sexual violence • harassment • divorce and separation • job and discrimination issues • financial aid for crime victims. This service is free for all clients and run by a not-for-profit organisation.	**Call:** 02 6257 4377 or 1800 634 669 **Website:** https://wlc.org.au/	 

Legal Assistance

Organisation	*Program or Service*	*What's involved*	*Get in contact*	*Symbol*
Legal Aid ACT	Older Persons ACT Legal Service	Older Persons ACT Legal Service helps older people in Canberra with legal problems. We can help with issues like elder abuse, powers of attorney, guardianship, and family finances. We are a private service, and we will only take action if you agree. We can speak up for you with your family or services. We can do this by writing letters, or if needed, through mediation or going to court. We understand that not all legal issues mean going to court. We can give some advice about wills and estates, but we do not write or prepare wills.	**Location:** 2 Allsop Street Canberra City **Call:** 02 6243 3436 **Email:** opals@legalaidact.org.au **Website:** https://www.legalaidact.org.au/opals	
Legal Aid ACT	Youth Law Centre	The Youth Law Centre is a free legal service in Canberra for young people aged 12-25. We give free and private legal advice in person, over the phone, or by appointment. We can help with things like: • Drink-driving and drug-driving • Other minor criminal problems • Employment and apprenticeships • Car accidents • Contracts • Housing and renting • Consumer and debt issues • Traffic fines and other penalties • Driver licensing in the ACT • Discrimination Cyberbullying	**Location:** 2 Allsop Street Canberra City **Call:** 02 6173 5410 **Email:** ylc@youthlawact.org.au **Website:** https://www.legalaidact.org.au/what-we-do/youth-law-centre	

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Organisation	***Program or Service***	***Whatôs involved***	***Get in contact***	***Symbol***
Canberra Community Law	Disability Discrimination Law	Disability Discrimination Law gives free, independent legal help to people in the ACT. It is for those who face discrimination due to a disability. We also help carers, friends, or family unfairly treated due to their connection to a person with a disability. We offer legal advice about your rights. We help you present your case. We can assist with filing complaints or represent you in some cases.	**Location:** Level 5, 10 Rudd Street Canberra City **Call:** 02 6218 7900 **Email:** info@canberracommunitylaw.org.au **Website:** https://canberracommunitylaw.org.au/our-legal-services/disability-discrimination-law/	
Legal Aid ACT	Applying for Legal Aid	If you need a lawyer for ongoing help, we may be able to help pay for your case. We do this by giving legal assistance grants to people who can't afford a lawyer. To get this help, you will need to fill out an application form.	**Location:** 2 Allsop Street Canberra City **Call:** 02 6243 3411 **Email**: legalaid@legalaidact.org.au **Website:** https://www.legalaidact.org.au/what-we-do/legal-representation	
Legal Aid ACT	Family Dispute Resolution	The Family Dispute Resolution Program helps families solve legal problems without going to court. It holds meetings run by a neutral person. The goal is to settle family issues outside of court. Experts in family law lead these meetings.	**Location:** 2 Allsop Street Canberra City **Call:** 02 6243 3411 **Email:** legalaid@legalaidact.org.au **Website:** https://www.legalaidact.org.au/what-we-do/family-dispute-resolution	

Legal Assistance

Organisation	Program or Service	What's involved	Get in contact	Symbol
Legal Aid ACT	Lawyers at Court	We have lawyers at the ACT Magistrates Court, Children's Court, and Family Court who can help you without an appointment if it is urgent. The duty lawyer service is free and open to everyone. Duty lawyers help people with legal problems who don't have their own lawyer. They give one-time help and short advice. If your legal problem is complicated or you need help for a long time, you will need to apply for more legal assistance.	**Locations:** ACT Magistrates Court (Criminal Law Matters). 9am-12pm sitting days. ACT Magistrates Court (Family Violence Orders and Personal Protection Orders). 9am-4pm Monday to Friday. Walk in only. ACT Children's Courts (Criminal Law, Care and Protection matters). 9am-12pm Monday to Friday ACAT (assistance for clients detained under the Mental Health Act). **Legal Aid Office Location** 2 Allsop Street Canberra City **Call:** 02 6243 3411 **Email**: legalaid@legalaidact.org.au **Website:** https://www.legalaidact.org.au/what-we-do/lawyers-at-court	
Legal Aid ACT	Legal Aid Helpline	The Legal Aid ACT Helpline is a free and private phone service that lets you talk to a paralegal. Helpline paralegals can: • Give you legal information. • Help you decide what to do next with your legal problem. • Set up appointments for free legal advice. • Direct you to the right place for more help. • Send you information about your legal issue. • Provide an application form for legal assistance	**Call:** 1300 654 314 **Opening hours:** Monday, 8.30am to 7.00pm Tuesday, 8.30am to 7.00pm Wednesday, 8.30am to 7.00pm Thursday, 8.30am to 7.00pm Friday, 8.30am to 5.00pm	

Legal Assistance

Organisation	*Program or Service*	*What's involved*	*Get in contact*	*Symbol*
Canberra Community Law	Legal Info Resources	Canberra Community Law has a resource page with brochures, social scripts, and helpful information about disability, housing, social security, and homelessness law. • You can find: • Brochures about Canberra Community Law's main services • Stories to help understand new events and meetings • Information on Disability Discrimination • Information on Public Housing • Information on Centrelink Resources for people who are homeless.	**Website:** https://canberracommunitylaw.org.au/resources/	
Domestic Violence Crisis Service ACT	Legal Support & Advocacy	Our legal advocacy team helps people who have experienced violence by: • Helping to apply for Family Violence Orders (FVOs) • Referring people to lawyers for legal advice (we do not give legal advice ourselves) • Helping write victim impact statements • Giving guidance on how to give evidence in court • Keeping people updated on their domestic and family violence cases Working with courts, ACT Policing, Corrections, and Child Protection Services on behalf of clients	**Call**: 02 6280 0900 (available 24/7) **Email**: crisis@dvcs.org.au (monitored during business hours, Monday-Friday 9am – 5pm) **Website**: https://dvcs.org.au/our-services/legal-support-advocacy/	

Legal Assistance

Organisation	*Program or Service*	*What's involved*	*Get in contact*	*Symbol*
Canberra Community Law	Social Security Law	This service gives free, private, and independent legal help to people in the ACT with Centrelink problems. It helps with appealing decisions, overpayments, debt recovery, and suspending or cancelling payments. We offer advice, representation in Tribunal or Court, and can talk to Centrelink for you.	**Location:** Level 5, 10 Rudd Street Canberra City **Phone:** 02 6218 7900 **Email:** info@canberracommunitylaw.org.au **Website**: https://canberracommunitylaw.org.au/our-legal-services/social-security-law/	
Canberra Community Law	Street Law	Street Law is a free and private legal service for people who are homeless or at risk of becoming homeless. We give legal advice, help with cases, and connect people to services that can help with housing problems. Street Law helps people in various situations. This includes those sleeping outside, living in cars, or staying with friends. It also helps those facing eviction. We also help people dealing with domestic violence or living in unsafe or poor housing. Street Law can explain your legal options. It can talk to landlords or others for you, ask for important documents, and help you prepare for court or tribunal hearings. We can also connect you to other organisations for more support.	**Location:** Level 5, 10 Rudd Street Canberra City **Call**: 1800 787 529 **Email:** Streetlaw@canberracommunitylaw.org.au **Website:** https://canberracommunitylaw.org.au/our-legal-services/street-law/	