

GOLD COAST COMMUNITY SERVICES DIRECTORY

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For information, advice and referral information, please contact Family and Child Connect (FaCC) on
13FAMILY or 5508 3835

family and child connect
Connecting families to the right services at the right time

APPS AND SERVICE DIRECTORIES

Ask Izzy	askizzy.org.au	Find the help you need, now and nearby, search over 400,000 support services for housing, food, everyday things, DFV assistance, health, Centrelink, financial assistance, counselling, and support, legal, AOD, Live skills and education, finding work, facilities, community support, technology, advocacy
7 Care Connect	Register at 7careconnect.com FREE access via Smart Phone, Tablet, Computer and City Libraries	A web based application and navigation tool which displays service locations and information for people who are experiencing homelessness or at risk of homelessness. Sign up to receive real-time updates on local services, transport and community events. Choose the service you need and what's local to you – Safety, Food, Accommodation, Support, Social Needs, Health, Learn/Earn.
Beyond Now	www.beyondblue.org.au	Suicide safety planning app.
eMHprac	www.emhprac.org.au	Compilation of Australian evidence-based, free (or low-cost), publicly funded digital mental health programs and resources ranging from apps to crisis helplines to self-guided online programs.
Head to Health	https://headtohealth.gov.au	Digital mental health gateway. Provides links to online and phone support, resources and treatment options.
Lifeline Service Finder App	Downloadable on Smart Phones	National directory of health and community services linking with more than 85 000 free and low cost services across Australia.
My Community Directory	www.mycommunitydirectory.com.au	Online search directory for community services.
Oneplace Community Services Directory	www.oneplace.org.au	Easily accessible online directory of community services to help Queensland families to get to the right service at the right time.
Smiling Mind	www.smilingmind.com.au	Website and app teaching mindfulness meditation.
Watch Over Me – The Personal Safety App	Downloadable on iTunes	Designed for people who may find themselves in an unsafe environment. The person can shake the phone and a distress message (including current location) will be sent to the safety contacts entered.

BEHAVIOUR SUPPORT

Fabic Behaviour Specialists (Functional Assessment & Behaviour Interventions Centre)	Shop 34 Worongary Shops 1 Mudgeeraba Road, WORONGARY 07 5530 5099 (Ph) 0412 615 798 (Mob) www.fabic.com.au	Supporting children, young people and adults with challenging behaviours.
Griffith University ROAR (Regulating Overload and Rage program)	Griffith University Psychology Clinic, Griffith Health Centre, Level 4, G40 Building, Cnr. Olsen Avenue and Parklands Drive, Southport. Ph: 1800 188 295 Email: psychclinic-gc@griffith.edu.au	Children tend to express rage when they are overwhelmed and frustrated. Rage can be unpredictable and scary and both the parent and child may be left feeling hopeless and misunderstood. The ROAR program helps you and your child by teaching emotion regulation strategies and provides practical solutions to everyday situations that lead to rage.
Infant-Parent Counselling and Consultancy Service - Helen Baker	Postal address: Suite 126, 2/52 Currumbin Creek Road, CURRUMBIN WATERS, 4223 0402 226 106 07 5534 9082 hbaker2222@gmail.com	Home visiting service. Assessment and Therapy for families and infants (0-3 years). Specialist Infant Mental Health Consultancy, Supervision and Training. Support with improving parent/child interactions, building positive attachment and relationships between parents and children, sleep problems and parenting support.

CHILD SAFETY		
Department of Children, Youth Justice & Multicultural Affairs REGIONAL INTAKE SERVICE (SOUTH-EAST)	1300 679 849 http://www.communities.qld.gov.au/childsafety	The Regional Intake Service (RIS) is the contact point when you have concerns for a child and suspect that a child is being harmed or is at risk of future harm. When you ring RIS your details will be confidential and your identity (if provided) will be protected by law. Mon to Fri 9:00am to 5:00pm.
Department of Children, Youth Justice & Multicultural Affairs AFTER HOURS SERVICE	07 3235 9999 1800 177 135 (Free call – Queensland only) http://www.communities.qld.gov.au/childsafety	Outside business hours contact point when you are concerned a child has been harmed or is at risk of harm.
Department of Children, Youth Justice & Multicultural Affairs LABRADOR SERVICE CENTRE	Level 1 BRP House, 118 Brisbane Road, LABRADOR 07 5675 4300	Mon to Fri 9:00am to 5:00pm. Please refer to A/H number outside of these hours.
Department of Children, Youth Justice & Multicultural Affairs MERMAID BEACH SERVICE CENTRE	Shop 9, Pacific Square, 2532 – 2540 Gold Coast Highway, MERMAID BEACH 07 5675 4100	Mon to Fri 9:00am to 5:00pm. Please refer to A/H number outside of these hours.
Gold Coast Assessment and In Home Support Centre	24 White Street, NERANG 07 5675 4400	Mon to Fri 9:00am to 5:00pm. Please refer to A/H number outside of these hours.
Foster and Kinship Care Support Line	1300 729 309	Provides foster and kinship carers with access to after-hours support. Mon to Fri 5:00pm to 11:30pm and Sat & Sun 7:00am to 11:30pm.
Office of the Public Guardian	1800 661 533 0418 740 186 (SMS) child@publicguardian.qld.gov.au	Promotes and protects the rights, interests and wellbeing of children and young people in Queensland.
CHILDCARE / DAYCARE		
C & K Family Day Care	PO Box 1636 MUDGEERABA, 4213 0439 521 797 www.candk.asn.au fdc@candk.asn.au	Childcare – birth to 12 years. Community service offering full or part time, evenings, overnight, weekends, before/after school, vacation care, occasional care and emergency care.
Centrelink – Child Care Benefit Enquiries	132 300 www.humanservices.gov.au	Helps families with the cost of child care for long day care, family day care, occasional care, outside school hours care, vacation care and registered care.
Child Care Access Hotline	Error! Hyperlink reference not valid.	Helps families find childcare and vacancies in their area.
In Home Care Support Agency	1800 993 737 PO Box 579, CANNON HILL info@ihc.org.au	Service to match families to in-home care services in all areas of Queensland. Eligibility info can be found here https://ihc.org.au/services/services-queensland/
Online Childcare Resources	www.careforkids.com.au	Map of childcare centres and vacancies.
Special Child Care Benefit (SCCB)	http://www.humanservices.gov.au/customer/forms/fa023	Application for reduced child care fees due to unexpected financial hardship.
Time for Kids After School and Vacation Care	Griffith Way, SOUTHPORT 07 5570 2300	Long day care and Early Childhood Centre.
CLOTHING AND FURNITURE ASSISTANCE		
Appliances Online	www.appliancesonline.com.au	Discounted electrical/whitegoods – all new, free delivery, installation and removal of old whitegoods.
Lifeline Shop	PALM BEACH 07 5525 6566	Mon to Fri 9:00am to 5:00pm. Sat 9:00am to 2:00pm.
Newlife Care Op Shop	4 Greenwich Court, ROBINA 07 5593 3262 admin@newlifecare.nu www.newlifecare.nu	

Plus One Care	56 Gemvale Road, REEDY CREEK 07 5522 0802 www.+onecare.org	Mon to Fri 8:30am to 5:00pm. Gold Coast residents only.
Salvation Army	Kalamundra Close, PALM BEACH 1300 371 288	Charity and community service offering goods at a lower price.
St John's Crisis Centre (Surfers Paradise Anglican Crisis Centre)	36 Hamilton Avenue, SURFERS PARADISE 07 5531 6013	Mon to Fri 9:00am to 11:00am.
St Vincent De Paul	126-130 Allied Drive, ARUNDEL 1800 846 643 www.vinnies.org.au	Outreach appointments for food, clothing and furniture assistance. Operating hours: 9am – 3pm

COMMUNITY AND NEIGHBOURHOOD CENTRES

Community and Neighbourhood centres offer a range of services. To find out what services and programs are currently available you can call each specific centre for further information.

City of Gold Coast Community Centres	VARIOUS LOCATIONS 1300 465 326 www.goldcoast.qld.gov.au/community/community-centres	There are over 40 community centres on the Gold Coast.
Labrador Child and Family Centre	57 Billington Street, LABRADOR 07 5656 6300	Regular playgroups and parents groups – call for further details.
Nerang Neighbourhood Centre	29 Martin Street, NERANG 07 5578 2457 www.nncinc.com.au Gold Coast Community Legal Centre 07 5532 9611	A variety of services for individuals, family and community. Mon to Fri 9:00am to 4:00pm. Legal Aid Tues/Thurs (require referral from GC Community Legal Centre). Drug & Alcohol Mon to Fri 8:30am to 5:00pm. Food Bank Thurs 1:30pm to 4:00pm & Fri 8:00am to 10:30am (Reserve \$20 food boxes by Wed 4:00pm).
Oxenford and Coomera Community Youth Centre	25 Leo Graham Way, OXFENFORD 07 5529 8087 office@youthcentre.org.au www.youthcentre.org.au	Early Years Hub, Parent education and life skills training, school holiday programs and counselling (by appointment only). Timetables vary – visit website or contact centre for information.
Palm Beach Neighbourhood Centre	16 Third Avenue, PALM BEACH 07 5598 1505 www.palmbeachnc.org.au	Individual, family and community support for those living in the southern Gold Coast area.
Studio Village Community Services	87 Village Way, Studio Village OXFENFORD 07 5529 8253 www.studiovillage.com.au	Supports families and individuals. Provides information, referrals, counselling and parent education. Social Worker available. Please call centre for parenting and playgroup timetables.
Upper Coomera Community Centre	90 Reserve Road, UPPER COOMERA Parking off Abraham Road 07 5667 5986	Community Centre, Youth Drop in service, library, aquatic centre and school holiday activities.
Varsity Lakes Community Resource Centre	Jim Harris Park, Mattocks Road VARSITY LAKES 07 5593 7006 www.varsitylakes.org.au	Individual and Family Support. Activities and groups. Free English conversation group on Wed and Playgroup on Fridays (\$6).

COUNSELLING – ADULT AND FAMILY (See also Mental Health)

To access private Psychology & Mental Health Social Work services please see your GP for a Mental Health Care Plan (MHCP). Details of registered Psychologists can be found on the Australian Psychological Society website at www.psychology.org.au. Registered Social Workers can be found at www.aasw.asn.au. NOTE: Some Community and Neighbourhood Centres offer individual and family counselling.

Bond University Psychology Clinic	Bond University, University Drive ROBINA 07 5595 2527 www.bond.edu.au/about-bond/facilities-services/services/bond-university-psychology-clinic	Provides an extensive range of assessments and interventions for a broad range of psychological and health-related problems.
Centacare Family & Relationship Services	50 Fairway Drive, CLEAR ISLAND WATERS 07 5527 7211 or 1300 236 822 Outreach services available at Southport, Upper Coomera and Beenleigh www.centacarebrisbane.net.au	Family, relationship & individual counselling, domestic and family violence support and family dispute resolution available. Counselling for children (over 5) & adolescents available. Parenting programs & Men's Behavioural Change Program.
Change Futures	Palm Beach Neighbourhood Centre 16 Third Avenue, PALM BEACH 07 3857 0847 info@changeutures.org.au www.changeutures.org.au	Not-for-profit psychology practice working with children (pre-school age and over), adults and families. Referrals accepted through GP with a Mental Health Care Plan and bulk-billing available for Health Care card holders. Can see children at school.
Compassion Services	7/9 Sir John Overall Drive, HELENSVALE 07 5529 7255 www.compassionservices.com.au	Provides counselling, support groups, social support. Services by appointment. Mon to Fri 9:00am to 5:00pm.
Emotional Healing for Women & Youth	SOUTHERN GOLD COAST 0418 845 178 (Bernadette Desmond)	Counselling for women and youth. Groups and short courses also run.
Family Dispute Resolution Clinic (Bond University)	Faculty of Law – Bond University 1800 074 074 (Toll-free) 07 5595 1199 (Phone) FDRClinic@bond.edu.au	Aims to assist families and children through Family Dispute Resolution to overcome challenges associated with relationship breakdown and separation & establish effective post-separation parenting arrangements. Clinic can also assist in property and financial disputes. \$75 for Intake & \$200 for 4 hour FDR session.
Family Relationships Centre	11/207 Currumburra Road, ASHMORE 07 5656 1700 or 1300 236 822 www.centacarebrisbane.net.au	Mediation services for separated families. Helping families build better relationships and assisting them through separation.
Family Relationships Advice Line	1800 050 321 www.familyrelationships.gov.au	Telephone service to assist families with information, advice and referral to overcome relationship difficulties or through separation/family dispute resolution. Information about time with children & parenting orders.
Griffith University Psychology Clinic	Griffith University; Gold Coast Campus 1800 188 295 www.griffith.edu.au/health/clinics/psychology-clinic-gold-coast	Provides access to psychological assessment and treatment for children, adults and families.
Lifeline	2741 Gold Coast Highway BROADBEACH 07 5539 9922 www.lifeline.org.au	Face-to-face counselling for children, mental health support, family and medication services, information, education, support groups and drug and alcohol counselling.
Men & Family Counselling and Consultancy	07 5559 1303 0411 144 519 www.menandfamilycounselling.com.au	Medicare bulk billing and rebates available. Crisis appointments available.
Mind Hack Psychology	Shop 6, 15 Welch Street, SOUTHPORT 07 5591 5976	Dr Sia Bandarian-Balooch specialises in complex cases for adults.
Newlife Care Inc.	4 Greenwich Court, ROBINA 07 5593 3262 or 07 5593 1568 www.newlifeuniting.com	Individual and family counselling, relationships issues/conflict, grief and loss, abuse, marriage enrichment, child and teenage management, self-esteem, financial counselling and various programs available.
Relationships Australia	VARIOUS LOCATIONS 1300 364 277 www.raq.org.au	Services include relationship counselling, gambling support, Rainbow Service (LGBT), Family Dispute Resolution, Children's Contact Service, Parenting Orders Program, support & education.

Uniting Care Community – Child, Youth and Family Services	2741 Gold Coast Highway, BROADBEACH 5579 6000 (face to face counselling) 13 11 14 (24 hour telephone counselling)	Counselling support provided for families and children suffering crisis or emotional distress. Courses also run for children, men, women, parents and youth.
Veterans & Veterans Family Counselling Service	12 Short Street, SOUTHPORT 1800 011 046 www.dva.gov.au/health/wcs	Counselling service to help veterans and their families on personal, social and health problems. Mon to Fri 8:30am to 4:30pm.
Victims Counselling and Support Service (Relationships Australia)	13/5 Markeri Street, MERMAID BEACH 1300 364 277 www.raq.org.au	VCSS provides free ongoing counselling for recent and historical crimes and support (e.g. Victim impact statements, government (not civil) compensation claims) for QLD residents who have been directly or indirectly impacted by crime or have experienced some form of trauma.
COUNSELLING – CHILDREN AND YOUNG PEOPLE (See also Mental Health)		
To access private Psychology or Mental Health Social Work services please see your GP for a Mental Health Care Plan (MHCP). Details of registered Psychologists can be found on the Australian Psychological Society website at www.psychology.org.au. Registered Social Workers can be found at www.aasw.asn.au. NOTE: Some Community and Neighbourhood Centres offer counselling for children and young people. Youth specific counselling services can also be found in Youth Services.		
Accoras	REFER TO MENTAL HEALTH	REFER TO MENTAL HEALTH
Act for Kids - Flourish	Act for Kids Building 31 Olsen Avenue, LABRADOR 07 5656 8600 (Intake Enquires)	Centre-based counselling for children 0-17 years old who have experienced harm or are at risk of harm. Group programs also available.
Child And Youth Mental Health Services CYMHS	REFER TO MENTAL HEALTH	REFER TO MENTAL HEALTH
Compassion Services – Compassion 4 Kids	7/9 Sir John Overall Drive HELENSVALE Gold Coast Christian Family Church 120 Mudgeeraba Road, MUDGEERABA 07 5529 7255	Psychologist available. Mental Health Care Plan and bulkbilling options. Referrals from PHN for free.
Equilibrium Health	1 Chale Crescent, BUNDALL 07 5528 2255 www.equilibriumhealthgc.com.au	Integrative health clinic offering access to psychology for young people.
Evolution Psychology	5B/17 Conner Street, BURLEIGH HEADS 07 5560 8628 0414 281 635 www.evolutionpsychology.com.au	Psychology service specialising in children and young people.
Gold Coast Youth Service	REFER TO YOUTH	REFER TO YOUTH
Headspace	REFER TO YOUTH & MENTAL HEALTH	PLEASE REFER TO YOUTH & MENTAL HEALTH
Kids Helpline	1800 551 800 www.kidshelp.com.au	24 hour telephone counselling for children 5-18 years.
Lives Lived Well - Lighthouse	REFER TO MENTAL HEALTH	REFER TO MENTAL HEALTH
Mind Hack Psychology	Shop 6, 15 Welch Street, SOUTHPORT 07 5591 5976	Dr Susan Rowe works with children who have experienced trauma. Also provides family therapy and parenting skills support.
Uniting Care Community – Child, Youth and Family Services	2741 Gold Coast Highway, BROADBEACH 5579 6000 (face to face counselling) 13 11 14 (24 hour telephone counselling)	Counselling support provided for families and children suffering crisis or emotional distress. Courses also run for children, men, women, parents and youth. Pathways to Grow.
Young Carer Counselling and Support Program	11/54 Gold Coast Highway, PALM BEACH 07 5534 2899 http://www.youngcarers.net.au	Young carers include people under 26 years of age who support or care for a family member or friend with a disability, mental illness or other long-term illness. Can provide counselling, outings and social support. Mon to Fri 9:00am to 5:00pm.

YouThrive	Suite 22, Riverwalk Place 238 Robina Town Centre Drive, ROBINA 07 5575 7122 7/19 Sir John Overall Drive, HELENSVALE 07 5519 9900 enquiries@youthrive.com.au youthrive.com.au	Service offering psychology, speech therapy & occupational therapy to children & young people. Also offers a variety of group programs. Mon to Fri 9:00am to 5:00pm and Sat 9:00am to 1:00pm.
Wesley Mission Queensland – Wesley Kids	88 Allied Drive, ARUNDEL 07 5625 1901	Wesley Kids – Child and Family Mental Health Service supporting children 0-12 and their close supporters. Provides 1:1 counselling for children and parents, family therapy, play therapy, Grief & Loss and parenting programs and support. No referral needed.
CRISIS HELPLINES		
Alcoholics Anonymous	07 55912 062 or 1300 222 222 http://www.aa.org.au	Helpline available Mon to Sun 9:00am to 9:00pm.
After Hours Child Safety	1800 177 135	For reporting concerns for children's safety and wellbeing (outside of business hours).
Beyond Blue	1300 224 636	Mental health information line
Crime Stoppers	1800 333 000	Reporting crime information
Disaster Hotline	1800 606 000	Call for updates – number only activated during disasters
Domestic Violence 24 Hour Counselling	1800 811 811 or 1300 656 800	24 hour helpline
Drug Arm 24 Hour Counselling	1300 656800	24 hour helpline
Family Drug Support	1300 368 186	24/7 support for families and friends
Financial First Aid	1800 007 007	Hotline number
Gamblers Anonymous	1800 002 210 www.gamblersanonymous.org.au	24 hour helpline
Homeless Hotline	1800 474 753	Information and referral service for people experiencing or at risk of homelessness.
Kids Helpline	1800 551 800 www.kidshelp.com.au	24 hour phone counselling for children 5-25 years
Lifeline	13 11 14 www.lifeline.org.au	24 hour telephone counselling and suicide prevention services.
Medcall After Hours	07 5531 1224	After hours home visiting GP bulk-billing service – 7:00pm to 7:00am.
Men's Line	1300 789 978	24 hour phone support
Parentline	1300 301 300	8:00am to 10:00pm, 7 days per week.
SANE Australia Helpline	1800 187 263	Mental health support. Mon to Fri 9:00am to 5:00pm.
Sexual Assault Helpline	1800 010 120	7:30am to midnight, 7 days per week.
Suicide Callback Service	1300 659 467 www.suicidecallbackservice.org.au	24/7 telehealth provider offering free professional phone and online counselling.
DISABILITY		
Afford Disability Services	4a/45 Nind Street, SOUTHPORT 1300 278 996 www.afford.com.au	Provides respite care, day programs, access to allied health services and support coordination.
Arundel Park Riding for the Disabled	387 Brisbane Road, COOMBABAH 07 5594 0305 (Ph) 07 5574 4836 (Fax) Arundelpark_rda@iprimus.com.au www.arundelparkrda.com.au	All ages – therapeutic and stimulating recreation through horse riding. Mon to Fri 8:00am to 4:00pm. Sat 8:00am to 12:00pm.

Autism Gold Coast Inc.	Cottage in Cascade Gardens 2730 Gold Coast Highway, BROADBEACH PO Box 2272, BURLEIGH HEADS, 4220 07 5539 9903 www.autismgoldcoast.com.au admin@autismgoldcoast.com.au	Supporting families of children and adults on the ASD spectrum. Services include resource library, telephone support, email/newsletters, support groups, playgroups and workshops.
Blue care Allied Health Service	5/46 Smith Street, SOUTHPORT 07 5555 4444 www.bluecare.org.au	Offers professional allied health services to individuals.
Carer Advisory Service	PO Box 1798, HOLLAND PARK, 4121 1800 242 636	Provides information and support to carers in the home. Offers support, information and counselling.
Carers Queensland – South Coast Office	1/24 Cotton Street, NERANG 07 5596 5726 www.carersqld.asn.au	Support service for carers.
Carers Queensland – NDIS Local Area Coordinators	Ground Floor, Suite 10-12 Currumburra Road, ASHMORE (enter via Green Glen Road) 07 5671 7600	Provide information, support and advocacy regarding accessing National Disability Insurance Scheme (NDIS).
Choice, Passion and Life (CPL)	183 Varsity Parade, VARSITY LAKES 1800 941 069 07 5665 3000 www.cpl.org.au info@cpl.org.au	A disability service provider supporting clients of all ages with a range of disabilities. Offers Allied Health, Support at Home, Support in Community and Employment Services. Mon-Fri 8:30am to 4:30pm.
Commonwealth Carelink Respite Centre	23 Main Street, VARSITY LAKES 1800 052 222	Information about community care programs, respite care, nursing care and household help.
Council Cab Service	Gold Coast Cabs 131 008 Volunteering Gold Coast Transport Services 07 5526 5288 transport@goldcoast.qld.gov.au	Assists older people and those with a disability travel to their local shopping centre. Return journey costs \$4.
Crossroads Gold Coast	4 Greenwich Court, ROBINA 07 5593 3262 robina@crossroads.nu www.crossroads.nu	A centre-based half-day service for people aged 18 to 65 who have intellectual and/or physical disabilities. An interactive program for participants, carers/support workers and families which includes worship, food, entertainment and most of all connection with their friends and our team of dedicated staff and volunteers.
Foetal Alcohol Spectrum Disorder (FASD) Diagnostic Service	Located at Child Development and Behaviour Service (CDABS) Level 6, 8-10 Karp Street, BUNDALL 07 5570 8553	Clinic providing diagnostic services for children living with FASD.
Gold Coast Employment Support Service	Suite 4/127 Nerang Street, SOUTHPORT 07 5591 9199 www.gcess.org	Open employment service for people with disabilities who want to obtain and maintain employment.
Gold Coast Recreation & Sport Inc.	PO Box 7209 Gold Coast Mail Centre, BUNDALL 07 5531 3312 www.gcrc.com.au	Community based organisation which provides sport and recreation to people with physical and/ or intellectual disability.
Gold Coast Advocacy Inc.	56 Scarborough Street, SOUTHPORT 07 5564 0355	Independent community based advocacy organisation.
Gold Coast Community Transport	07 5531 3312 Gold Coast City Council website – transport	Provides transport for groups of people with disabilities or frail aged. Groups only.
Gold Coast Housing Association	16 Railway Street, SOUTHPORT 07 5591 2706	Long term community housing provider for people with a disability or family member with a disability. Tues to Thurs 9:30am to 3:30pm.
Headway – Gold Coast Inc.	25 Woodlands Way, ARUNDEL 07 5574 4311 www.headwaygoldcoast.org	Supported accommodation available for persons with head injuries. Referral from DSQ required.

Home and Community Care (HACC)	GOLD COAST 1800 600 300 www.qld.gov.au/communitycare	Queensland Community Care services for people under 65 with a disability (under 50 years for Aboriginal and Torres Strait Islander people).
Home Assist/Secure	07 5538 1947 – GOLD COAST CENTRAL 07 5531 3502 – GOLD COAST NORTH 07 5598 1073 – GOLD COAST SOUTH	Provides information and assistance on home repairs, minor modifications, maintenance and security for people over 60 with a disability.
Home Modification and Maintenance Program – St Vincent De Paul	126 Allied Drive, ARUNDEL 07 5561 4701 Hacc.gc@svdpqld.org.au	Targeted at frail, aged or disabled individuals to provide an array of in-house modifications to allow people to continue living independently.
Horizon Foundation COAST service	PO Box 315, ROBINA 07 5575 0222	Community access service which provides services to people with multiple disabilities. Centre-based services also provided.
House with No Steps	35 Hutchinson St, BURLEIGH HEADS 07 5593 8340 www.hwns.com.au	Training and employment services. Mon to Fri 8:00am to 4:30pm.
Library Service Gold Coast City Council – Special Needs Library	Corner White & Price Streets, NERANG 07 5581 7180	Free membership to special needs people eligible for library services. Referral from GP, social worker, therapist or special needs teacher in written form required. Wide range of equipment available.
Little Dreamers	1800 717 515 alex@littledreamers.org.au	Support and programs available for young people under 25 year of age who provide, or intends to provide care, assistance or support to a family member with an illness, disability or addiction.
Montrose Access – Gold Coast	Corner Allied Drive & Blyth Street, ARUNDEL 07 5509 9300 www.montroseaccess.org.au	Provides community based therapy and support services to eligible children (principally with a physical disability) and their families.
MyTime	https://www.mytime.net.au/why-mytime/ Community Hub, Westfield Coomera 121 Foxwell Road, COOMERA 0431 576 378 sjackman@playgroupqld.com.au Currumbin Special School 5 Hammersford Drive, CURRUMBIN WATERS 07 5559 9333 dmoor122@eq.edu.au Mudgeeraba Special School 4-6 School Street, MUDGEERABA 07 5559 3333 aconr51@eq.edu.au Southport Girl Guide Hut 4 Margaret Street, SOUTHPORT 1800 171 882 kmeije@playgroupqld.com.au	Free support groups for parents or carers with a child aged 0-18 years who has a disability, chronic medical condition or developmental delay. COOMERA - Tues 9:30am–12:30pm (Fortnightly) CURRUMBIN - Fri 9:30am–12:30pm (Fortnightly) MUDGEERABA - Tues 9:30am–12:30pm (Fortnightly) SOUTHPORT - Fri 9:30am–12:00pm (Fortnightly)
National Disability Insurance Scheme (NDIS)	1800 800 110 www.communities.qld.gov.au/disability-connect-queensland/national-disability-insurance-scheme	NDIS is how eligible Queenslanders with disability are accessing the services they need to live an ordinary life. NDIS provides people with permanent and significant disability with reasonable and necessary supports to help them achieve goals.
Ozcare In-Home Care and Respite	PO Box 4094, ROBINA TOWN CENTRE 07 5569 6200 www.ozcare.org.au	Community nursing, access to in-home care and respite, day respite centres and other support systems.
Ozcare Shopping and Transport Service	3 Frinton Street, SOUTHPORT 07 5583 7860 comcare.labrador@ozcare.org.au	Shopping and transport services for people with a disability. HACC eligibility required. Mon to Fri 8:30am to 4:30pm.
PlayConnect Playgroups	Autism Gold Coast Cascade Gardens, 2730 Gold Coast Highway, BROADBEACH 1800 171 882 sjackman@playgroupqld.com.au	Fridays 9:00am to 10:30am. For families of children 0-6 years with Autism Spectrum Disorder (ASD) or developmental delays in communication, behaviours or social skills. Children do not require a formal diagnosis or referral to attend.

Transcord Community Transport	12/115 Currumburra Road, ASHMORE 07 5539 3733 www.transcord.com.au	Provides community transport for people with a disability and their carers'. Includes medical appointments. Mon to Fri 8:00am to 4:00pm.
Trinity Disability Support Service	9/151 Cotlew Street, ASHMORE 07 5564 7888	Helping adults with an Intellectual disability to live and participate in their community.
Young Carer Counselling and Support program	REFER TO COUNSELLING – CHILDREN & YOUNG PEOPLE	REFER TO COUNSELLING – CHILDREN & YOUNG PEOPLE
Volunteering Gold Coast Transport Services	07 5526 5288 sandras@volunteeringgc.org.au	Community transport services for frail, aged, elderly, disabled or disadvantaged residents of the Gold Coast. Token cost for trips.
DISABILITY RESPITE		
Bethany Care (Including Hope Cottage – Short Term Respite)	4/175 Varsity Parade, VARSITY LAKES 07 5501 8070 www.bethanycare.org	Respite for people with a disability 5-65 years. Weekend respite for children. In-home respite over 18 years.
Multicap Robina Respite House	3 Dulwich Place, ROBINA 07 5593 1592 www.multicap.asn.au	Respite for people 18-64 years who have an intellectual disability (low to medium care). Eligibility criteria apply.
Shepard Community Centre	73 Rio Vista Boulevard, BROADBEACH WATERS 07 5656 0555 www.centacarebrisbane.net.au	In home respite care and day activities for people 0-65 years with a disability.
Southern Star Community Services	3 Chestnut Street, ELANORA 07 5535 3422	Respite for people 5-65 who have a disability. In home respite and a variety of day activities. Vacation care activities for children during school holidays.
DOMESTIC VIOLENCE		
1800RESPECT	1800 737 732 www.1800respect.org.au	Confidential information, counselling and support service supporting people impacted by sexual assault and domestic and family violence.
Assist A Sista	donate@assistasista.com.au www.facebook.com/AssistASista	Facilitates donations of clothing, furniture, non-perishable food, toys & other items to help survivors of DV. Operated via Facebook.
Centacare	07 5527 7211 – CLEAR ISLAND WATERS 07 5556 9900 – ASHMORE	Counselling and programs (some specific to DV) for men, women and children.
DV Connect	1800 811 811	Confidential; 24 hours; counselling and refuge information.
Domestic Violence Prevention Centre (DVPC)	PO Box 3258, Australia Fair, 4215 07 5591 4222 (Administration) 07 5532 9000 (Counselling) www.domesticviolence.com.au	Support service for women and children experiencing domestic violence (historically or currently). Also provides Southport Court Support – Level 2.
Family Relationship Advice Line	1800 050 321	Information, advice and referral pathways.
Gold Coast Centre Against Sexual Violence	Southport 5591 1164	GCCASV is a feminist, not for profit, charitable organisation providing a free, confidential service for women of all ages. It provides a safe, supportive, woman-centred environment in which sexual violence survivors can become aware of their own strengths and gain confidence and control of their lives.
Magnolia Place	Helensvale 1800 069 010	Magnolia Place is a safe space in the heart of Helensvale, where anyone experiencing abuse or isolation can get the support, they, or their loved ones, need to see a brighter future without fear of judgement

Majella House	1800 811 811	Immediate supported accommodation for women and children escaping domestic violence (DV Refuge). 4x4 bed, 1x6 bed, 1x3 bed, exit house.
Men's Line – DV Connect	1800 600 636	9:00am to midnight. Information and advice.
Men's Referral Service	1300 766 491 www.mrs.org.au	A men's family violence telephone counselling, information and referral service and central point of contact for men taking responsibility for their violent and abusive behaviour.
Relationships Australia – Victims Counselling Support Service	13/5 Markeri Street, MERMAID BEACH 1300 364 277 www.raq.org.au	VCSS provides free ongoing counselling for recent and historical crimes and support (e.g. Victim impact statements, government (not civil) compensation claims) for QLD residents who have been directly or indirectly impacted by crime or have experienced some form of trauma.
SARA – DV Support for CALD women	0405 065 544 Email: intake@saraprogram.org.au	Case management, information, advice, practical assistance
Save the Children	0437 481 623	Gold Coast Refuge and Mobile Support Program (outreach).
Violence Against Women Australia Says NO 24 Hour Confidential Helpline	1800 200 526	Information and advice.
DRUG AND ALCOHOL		
Al-Anon Family Group	Main Administration 07 5532 4320 07 5596 7664 (Julie – Gold Coast) 07 5576 4906 (Jackie – Gold Coast)	Regular meetings for relatives and friends of alcoholics and problem drinkers.
Alcohol and Drug Information Service	1800 177 833	24 hour telephone counselling and information service.
Alcoholics Anonymous	07 5591 2062 www.aa.org.au	Mon to Sun 9:00am to 9:00pm. Offers support to all persons with any alcohol related problem. Groups meet EVERY day all over the Gold Coast. Meeting lists available on the website.
Anglicare - AMEND (Assisting Mothers End the Need for Drugs)	SOUTHPORT 1300 114 397	Home based relapse prevention and relapse management program for pregnant and parenting women with substance use issues.
AODS (Alcohol & Other Drug Services) – Central Gold Coast	Southport Health Precinct Level 4, 16-30 High Street, SOUTHPORT 07 5687 7062	Confidential specialist alcohol and drug service providing referral/treatment/relapse prevention/case management and counselling. Mon to Fri 8:00am to 4:30pm.
AODS (Alcohol & Other Drug Services) – South Side Clinic	Palm Beach Community Health Service 1 st Floor, 9 Fifth Avenue, PALM BEACH 07 5525 5701	Confidential specialist alcohol and drug service providing referral/treatment/relapse prevention/case management and counselling. Also provides opioid replacement treatment program. Mon to Fri 8:00am to 4:30pm.
AODS (Alcohol & Other Drug Services) – Needle Syringe Program	8 High Street, SOUTHPORT 07 5687 9039	Mon to Fri 10:00am to 4:00pm.
Counselling ONLINE	1800 177 833 www.counsellingonline.org.au	Free drug and alcohol counselling 24/7.
Currumbin Clinic	37 Bilinga Street, CURRUMBIN 07 5534 4944	Detox, in-patient and day programs for addictions. Dual-diagnosis.
Dovetail	07 3837 5621 www.dovetail.org.au	Provides clinical advice and professional support to workers, services and communities engaging with people using drugs and alcohol.
Drug Arm	30/3-15 Jackman Street, SOUTHPORT 07 5532 0717 www.drugarm.com.au	Provides clinical & psychosocial interventions for people requiring alcohol & drug services. Support also available for people with dual-diagnosis of anxiety or depression.

Family Drug Support (FDS)	1300 368 186	Support groups and programs for family members impacted by a person's substance misuse.
Goldbridge Rehabilitation Services	9 Scarborough Street, SOUTHPORT 07 5503 1255 (Intake) www.goldbridge.com.au	Provides a range of rehabilitation services for people aged 21 years and over in their use of alcohol and other drugs. Residential and non-residential support/ counselling/education programs/family support.
Hot House Alcohol and Drug Counselling Service	1800 177 833	Free and confidential alcohol and drug counselling service for young people (under 25), concerned about their own or someone else's alcohol and/or drug use. Counselling and support are also available for parents and significant others.
Krurungal	07 5536 7911	A community alcohol and other drug treatment support service for the Aboriginal and Torres Strait Islander community across the Gold Coast.
Little Dreamers	1800 717 515 alex@littledreamers.org.au	Support and programs available for young people under 25 years of age who provide, or intends to provide care, assistance or support to a family member with an illness, disability or addiction.
Lives Lived Well (Merge of Gold Coast Drug Council, Alcohol and Drug Foundation Queensland & Queensland Drug and Alcohol Council)	BURLEIGH OFFICE 191 West Burleigh Road, WEST BURLEIGH 07 5535 4302 1300 727 0957 (Tollfree) www.liveslivedwell.org.au info@liveslivedwell.org.au NERANG OFFICE 29 Martin Street, NERANG (Located behind Nerang Neighbourhood Centre) 07 5535 4302 neranghub@liveslivedwell.org.au	Offers a variety of out-client programs/services and a residential program (Mirikai) for people impacted by alcohol and drug use. Adults, young people and children. West Burleigh Office Programs: <i>Kids in Focus</i> - Long term intensive in-home support for children, their parents and carers impacted by substance use in the family. <i>Family Therapy Program</i> – in-depth counselling experience to support family members or friends of people who have problems with drugs and alcohol. Individual, family & couple sessions and family support groups available. <i>Family & Friends Support Group</i> – support meetings providing education, counselling & peer support for family members or friends of people with drug and alcohol dependency. Meetings held every Monday at 7:00pm. To join the meeting call or email. Nerang Hub Programs: <i>Nerang Alcohol & Drug AOD Team</i> – free service for people using drugs and alcohol providing counselling, harm reduction, recovery planning, non-residential rehabilitation, pre and post rehabilitation support, relapse prevention, family & carer support, education & prevention and methamphetamine recovery support.
Narcotics Anonymous	07 5591 4522 1300 652 820 www.na.org.au	Regular meetings for people wanting support in relation to their drug use.
Newlife Care – SMART Recovery Meetings	4 Greenwich Court, ROBINA 07 5593 3262 admin@newlifecare.nu www.newlifecare.nu	Free group assisting any addictive behaviours including drugs, alcohol, tobacco, gambling, food, shopping, internet and others. Guided by trained peers & professionals. Weekly meetings 12:00pm to 1:30pm.
QUIHN – Needle and Syringe Program	12/99 West Burleigh Road, BURLEIGH HEADS 07 5520 7900 www.quihn.org.au	Needle and syringe program. QUIHN also provides other programs – contact for more details. Mon to Fri 9:00am to 5:00pm.
QUIHN – Positive Change Program	12/99 West Burleigh Road, BURLEIGH HEADS 07 5520 7900 www.quihn.org.au	Counselling and therapeutic support for people affected by illicit drug use seeking to reduce or cease drug use. Mon-Fri 9:00am to 5:00pm.

QUIHN – Treehouse Program	12/99 West Burleigh Road, BURLEIGH HEADS 07 5520 7900 www.quihn.org.au	The Treehouse Program assists with parenting issues and development of parenting skills designed for parents with drug & alcohol and/or mental health issues.
Salvation Army Fairhaven (Gold Coast Recovery Services)	173 Wardoo Street, SOUTHPORT 1300 111 827 168 Macdonnell Road, EAGLE HEIGHTS 07 5630 7939	Residential and detox drug and alcohol rehabilitation (Eagle Heights). Assessment, referral, after care and transitional housing programs from “Pathways” (Southport).
Wesley Mission Queensland – Kids in Focus	ROBINA SERVICE HUB 208 Highfield Drive, ROBINA 07 5569 1801 0438 699 138 www.wmq.org.au/kids-in-focus	Long term intensive in-home support for parents and carers impacted by substance misuse to improve life outcomes for the family.
EDUCATION – ALTERNATIVE OPTIONS		
Arcadia College	Varsity Lakes Campus Suite B4, RP1 Building 1 Bellvue Drive, VARSITY LAKES PO Box 394, VARSITY LAKES, 4227 (Office Hours 8:30am to 4:00pm) 07 5655 1800 (Ph) 07 5655 1899 (Fax) admin@arcadia.qld.edu.au http://arcadia.qld.edu.au/	Co-ed independent secondary school designed for young people who have disengaged from mainstream schooling. Philosophy based on establishing positive and respectful relationships between adults and students to maximise engagement, emotional well-being and academic achievement. Classes offered with an emphasis on project-based learning and individualised learning plans for each student.
Coral House (Arundel Early Years Learning Centre)	Contact your child’s school for more information.	Off-Campus classroom for Prep to Year Two students struggling to integrate in the learning environment. Referrals completed by child’s school.
Mastery Schools Australia	Varsity Lakes, Nerang, Coolangatta and Southport Ph; 07 5689 3533 Email: goldcoast@msa.qld.edu.au	At Mastery Schools Australia, we believe all students can learn and achieve. Our school offers evidence-based, structured approaches to support learning and development across a diversity of student needs. We meet students where they are at and ensure they have the proper support and systems to leverage their strengths and potential; and accelerate learning.
Ohana for Youth	PO Box 1730, BROADBEACH, 4217 5538 6600 1800 244 744 (Free call) www.ohana.org.au	A number of programs available designed to support young people 13-19 years. Coordinates Youth Pathways Program, School-based traineeships, Workplace Learning Program and Career Transition Support Programs targeted at young people at risk of disengaging or who have disengaged from education/training.
Toogoolawa School	Enrolments and General Enquiries PO Box 149, ORMEAU, 4208 07 5547 5866 office@toogoolawa.com.au	For boys from grades 4 to 10 finding it difficult to function in mainstream schools. The school is staffed by qualified teachers and youth workers. Costs \$45 per week which covers study materials & resources, daily lunches, weekly outings and transport to and from Ormeau Train Station. Consideration is given to families struggling financially.
Youth Plus (Edmund Rice Education Australia)	National Office 58 Fernberg Road, PADDINGTON PO Box 498, RED HILL, 4059 07 3447 1002 0428 967 843 contactus@youthplus.edu.au www.youthplus.edu.au Flexible Learning Centre SOUTHPORT (Mobile Program) 0437 694 065	Flexible learning centres are part of Edmund Rice Education Australia’s national initiative, Youth +, providing accredited flexible education services for young people to re-engage in education in a flexible supported learning environment. Aimed at young people disengaged from mainstream schooling. Operates Mon to Fri and some areas offer bus pick up and drop off.

EMPLOYMENT		
Artius Employment Services	07 5537 7944 www.artius.com.au info@artius.com.au	Assisting people 14-65 years with injury, illness, health condition, mental health or disability to find, or return or stay at work.
BUSY at Work	6/45 Nind Street, SOUTHPORT 13 BUSY (13 28 79) 0421 268 884 (text) PO Box 303, SOUTHPORT, 4215 www.busyatwork.com.au	Leading provider of Apprenticeship & Traineeship services and job solutions. Variety of programs run aimed at people looking to enter the workforce or needing support once they get there. Call centre open Mon to Fri 8:00am to 8:00pm.
Career Employment Australia	2/10 Scarborough Street, SOUTHPORT 07 5532 7000 www.caegroup.com.au	Providing support for unemployed people of all ages – work skill courses and training.
Centacare Employment Group	Suite 5 Jandrene Plaza, Corner Nind & Scarborough Street, SOUTHPORT 07 5526 4822 Corner Fifth Avenue & Cypress Avenue, PALM BEACH 07 5525 7611 www.centacarebrisbane.net.au	Helps people with disabilities or significant barriers to enter the workforce.
Centrelink	GOLD COAST Employment Services - 132 850 Youth and Students - 132 490 Families and Parents - 136 150 Disability, Sickness and Carers - 132 717 www.humanservices.gov.au	Offers a range of services from training assistance schemes to linked job vacancy boards. Centrelink also provides a social work service working across three sites – Biggera Waters, Nerang & Palm Beach.
CRS Australia	07 5583 0600 – BUNDALL 07 5569 3300 – COOLANGATTA www.crsaaustralia.gov.au	On job work training for people with disabilities. Return to work programs, injury prevention and training.
Gen-Z Employment (Ohana)	2474 Gold Coast Highway MERMAID BEACH 07 5655 1880 www.genzemployment.com.au Site Locations H20 Building, 4 Nind Street, SOUTHPORT 1 Bellevue Street, VARSITY LAKES	Service targeted at 15-21 year olds who are unemployed. This program collaborates with local community agencies to move unemployed young people into sustainable employment pathways. Service offers young people personal, social and practical employability skills and opportunities to explore the world of work, build networks and gain experience that employers' value.
Job Futures – South East Queensland	1/9 Windmill Street, SOUTHPORT 07 5528 5988 1/7 Palm Beach Avenue, PALM BEACH 07 5534 4484 16/492 Christine Avenue, ROBINA 07 5562 1550 www.jobfutures-seq.com.au	Provides free expert services, training and support to assist people to tackle difficult personal circumstances. Have a personal support program and employment and training programs.
Jobcare	Stella House 64 Ferry Avenue, SURFERS PARADISE 07 5538 0619	A free job search program for unemployed people wishing to return to work. Five week courses (4 mornings per week).

Salvation Army Employment Plus	VARIOUS LOCATIONS 13 61 23 www.employmentplus.com.au	Provides quality employment to those affected by unemployment.
FAMILY SUPPORT SERVICES		
Act for Kids – Family and Child Connect (FaCC)	1-3 Casua Drive, VARSITY LAKES 07 5508 3835 or 13FAMILY (13 32 64) www.actforkids.com.au	Family and Child Connect offers information, advice and referral pathway options for families with children aged 0-18 years of age. Catchment area is Ormeau to Coolangatta.
Act for Kids – Intensive Family Support (IFS)	1-3 Casua Drive, VARSITY LAKES 07 5508 3822 (Intake) 31 Olsen Avenue, LABRADOR 07 5656 8600	Intensive Family Support is a program for families with children aged 0-18 years who are experiencing multiple and complex needs. Case management service. Catchment area is Ormeau to Coolangatta.
Act for Kids - SafeCare	31 Olsen Avenue, LABRADOR 07 5656 8600	In-home parent education program for children 0-5 years delivered over several months focusing on Parent-Child interactions, Health and Safety. Phone for referral process.
Benevolent Society (Early Years Hub)	Old Coach Road, UPPER COOMERA 07 5644 9400 57b Billington Street, LABRADOR 07 5656 6300 40 Martin Street, NERANG 07 5644 9100 35 Miles Street, COOLANGATTA 1800 236 762 www.benevolent.org.au	Family support, parenting support, child and youth support, information and referral.
Trinity Family Support Network	186 Robina Town Centre Drive, ROBINA Located in Anglican Church Robina complex 07 5618 8238 07 5618 8235 (Hub Coordinator) 07 5618 8236 (Family Support Practitioner)	Mon to Fri 9:00am to 3:00pm. Family support for families aged 0-8 years. Also provides playgroups, computer program, free counselling services, mediation services and mens/dads groups.
Uniting Care Queensland – Intensive Family Support (IFS)	Office located in Beenleigh 07 3442 5900	Intensive Family Support is a program for families with children aged 0-18 years who are experiencing multiple and complex needs. Case management service. Catchment area is Waterford West to Nerang.
FINANCIAL ADVICE & ASSISTANCE		
AnglicareSQ	5 Olive Street, SOUTHPORT Intake Team: 1300 114 397	Emergency Relief funding for Gold Coast residents. Appointments necessary via Intake Team. Mon-Fri 9:00am to 5:00pm. Two forms of ID, Centrelink Card, recent bank statement and proof of hardship (eg. Large bill) required.
Australian Securities & Investments Commission (ASIC)	1300 300 630 www.understandingmoney.gov.au	Website designed to give people more information and advice about managing their money, budgeting, saving, understanding credit and controlling debt.
Carers Queensland Inc.	2/1154 Gold Coast Highway, PALM BEACH 07 5534 2899	No Interest Loan Scheme (NILS) providing up to \$1200 for essential goods/services (eg. White goods and health aids). Mon, Tues, Thurs 10:00am to 2:30pm.
Centrelink – Social Work Department	132 850 https://www.humanservices.gov.au/	For Centrelink, Medicare and Child support queries. Social Work support can be provided.
Centrelink – Grandparent Advisers	1800 245 965	Provides extra support for non-parent carers (grandparents, foster carers & kinship carers) who have ongoing care for children. They can provide information about payments & support services, appointments with specialist staff (social workers), referrals to services and assistance with other Medicare, Centrelink or Child Support enquires.

Christians Against Poverty	1300 227 000 help@capaust.org www.capaust.org	Free debt counselling.
Citizens Advice Bureau & Gold Coast Legal Service	24 Davenport Street, SOUTHPORT 07 5532 9611 www.advicebureau.org.au	Free confidential financial counselling by appointment only. Will assist with Bankruptcy and look into alternative options. Mon to Fri 8:30am to 4:00pm.
Gold Coast Step Up Loan Program	07 5514 5306	Step Up Loan (up to \$3000) low interest personal loan. Mon, Wed and Thurs only.
Gold Coast Youth Service	15 Oak Avenue, MIAMI 07 5572 0400	Emergency relief assistance for young people (up to 25 years). Call for eligibility Mon to Fri 9:30am to 12:30pm.
Lifeline – Financial Counselling	2741 Gold Coast Highway, BROADBEACH 1800 007 007	Financial counselling to assist people to get out of the cycle of debt. Budgeting support.
North Gold Coast NILS	St Margarets Anglican Church 167 Beaudesert-Nerang Road, NERANG 07 5596 1055 gcnorth_nils@bigpond.com	No Interest Loan Scheme (NILS) providing up to \$1200 for essential goods/services (eg. White goods and health aids). Tue, Wed, Thurs 9:00am to 12:00pm.
Palm Beach Neighbourhood Centre	16 Third Avenue, PALM BEACH 07 5598 1505 www.palmbeachnc.org.au	Financial counselling service.
Salvation Army - Moneycare	1800 722 363 173 Wardoo Street, SOUTHPORT	Financial Counselling – assessment and options for individuals dealing with financial distress.
Savers Plus	1300 610 355 saverplus@bsl.org.au www.anz.com/saversplus	A matched savings program providing an opportunity to have every dollar saved (up to \$500) matched with an additional dollar for your own or your family's education-related expenses.
Seeds of Hope NILS	148 Eastlake Street, CARRARA 07 5559 1302	No Interest Loan Scheme (NILS) providing up to \$1200 for essential goods/services (eg. White goods and health aids). Mon, Tues, Thurs 9:00am to 12:00pm.
Smart Money	www.moneysmart.gov.au	Website designed to provide information and resources for managing money.
St Vincent De Paul Helpline	07 5561 4702	Emergency welfare assistance. Mon to Fri 9:00am to 4:00pm. Phone for appointment.
The Smith Family – Learning for Life Program	370 Marine Parade, LABRADOR 07 5529 2043 07 5537 2385 www.thesmithfamily.com.au	Assistance with education, scholarships and financial support for educational related expenses. Coomera, Southport and Coolangatta school students only.
Uniting Care Community Financial Aid	1800 007 007 (Hotline)	Call for an appointment with a financial counsellor.
FOOD ASSISTANCE – COASTWIDE		
Homeless Hotline	1800 474 753	Phone information and referral service for all people experiencing homelessness. Information can be provided about food, meals and showers.
Lighthouse Care	17 Monte-Khoury Drive, LOGANHOLME 07 3806 0639 www.lighthousecare.org.au admin@lighthousecare.org.au	Trolley of food and groceries available for \$25. Mon-Fri 9:00am to 5:00pm and Sat 9:00am to 12:00pm.
St Vincent de Paul	Multiple centres throughout Gold Coast 1800 846 643 (1800Vinnies)	Mon to Fri 8:30am to 3:30pm. Assessment completed over the phone for food parcels, clothes, furniture & emergency relief.

Walk With Us	Mobile – 0413 086 646 Email - info@walkwithusgc.com.au Web - www.walkwithusgc.org.au	Our services throughout the year include helping the homeless, disadvantaged, youth and domestic violence victims with weekly dinners, food packs, clothing, furniture and linking in with Queensland government with housing and health services.
FOOD ASSISTANCE AND FOODBANKS – NORTHERN GOLD COAST		
12 Baskets	Abraham Park, Abraham Road, UPPER COOMERA 0403 655 042	Monday 6:15pm to 7:15pm. Hot meal, second hand clothing, blankets and some food hamper goods. Bring takeaway container and reusable bag.
Angels Kitchen	Gold Coast Community Centre Room G3 6 Lawson Street, SOUTHPORT 07 5532 6647 or 0412 961 447	Sunday 4:00pm to 5:00pm. Free tea, coffee, biscuits, main meal and dessert. HHOT representatives available for advice/support. Please be on time.
Crosslife Baptist Church	Baptist Church 23 Discovery Drive, HELENSVALE 07 5573 3644	Community Food Pantry, Wednesdays 9:30am - 11:30am with Low Cost and Free Items available. Small food parcels. Identification required, preferably Centrelink card.
Destiny Storehouse Gold Coast	2 Guara Grove PIMPAMA 0402 984 962	Mon, Tue, Wed, Fri 9.30am – 1pm, Thur 11.30 – 1pm then 4.30 – 6.30pm. Sat 9am – 11am. Discount mini supermarket with daily specials.
First Step Foundation	Gold Coast Community Centre Room G3 6 Lawson Street, SOUTHPORT	Takeaway meal every second Weds 6:00pm.
Hope Starts Here	Gold Coast Community Centre Room G3 6 Lawson Street, SOUTHPORT 07 5581 7227	Weekly evening meal Thurs 5:00pm to 7:00pm.
Lighthouse Care	SOUTHPORT 07 5532 9527 www.lighthouse.org.au	Food Aid - \$7 for a box of food. Pension or Health Care Card required.
Molendinar Community Centre	2a Gidgee Court MOLENDINAR 07 5597 5622	Thursdays 10 – 12.30. Free fruit, veggies, bread and milk – HCC needed and bring your own bags.
Nerang Neighbourhood Centre	29 Martin Street, NERANG 07 5578 2457 (Office) 0491 148 189 (Food) www.nncinc.com.au foodbank@nncinc.com.au	Collections Thurs 1:30pm to 4:00pm and Fri 8:00am to 10:30am. Food Parcels available for \$20. Must ring to reserve a box before Wednesday.
New Life Food Barn	16 Dunkirk Close, ARUNDEL 07 5571 6115 (Office) 0410 565 781 (Food) foodbarn@intnlc.org Online ordering available: www.newlifefoodbarn.org.au	Food Market open Thurs 10:15am to 12:00pm. Health care, pension, concession card or letter of hardship required to access food market. Customisable food parcels starting at \$45. Food Parcel collection Wed & Thurs 9:30am to 1:00pm. Call to order parcel 24 hours before required. Delivery available for extra cost.
ROSIES	Courthouse Carpark Corner Davenport & Hinze Street, SOUTHPORT 1300 767 437 www.rosies.org.au/gold-coast/	Food Parcels - \$20-\$50 available 9:30am to 1:00pm. Meals - \$2 lunches for low income earners 9:30am to 1:00pm. Drop-In Centre – Mon to Fri 7:00am to 11:00am. Outreach at various locations – Mon to Sat 6:30pm to 9:30pm. See website or call for details.

Rosie's BBQ Outreach	Call to confirm location 1300 767 437 www.rosies.org.au/gold-coast/ BBQ Meal (subject to change), tea/coffee and noodles available.	Vincent Catholic Church Carpark 40 Hamilton Avenue, SURFERS PARADISE Mon, Tues & Fri 7:30pm to 9:30pm Sykes Park Corner North & High Street, SOUTHPORT 07 3396 4267 Mon to Fri 7:00am to 11:00am Bischof Pioneer Park NERANG Weds 7:30pm to 9:30pm Baden Powell Park SOUTHPORT Thurs 7:30pm to 9:30pm & Sat 6:30pm to 8:00pm
Salvation Army	3/80 Davenport Street, SOUTHPORT 1300 363 622 07 5591 2729 (Southport) www.salvos.org.au	Mon, Tues & Thurs 9:00am to 1:00pm. Assistance for food vouchers, clothing and furniture. Centrelink referral required. Subject to area boundary. See website or call for details.
Set Free Care Community Hub	21 Rawlins Street, SOUTHPORT 07 5500 4454 admin@setfreecare.org www.setfreecare.org	Mon to Fri 10:00am to 3:00pm. Op Shop and Food Assistance. Services available: Showers – Tues & Thurs 12:30pm to 2:30pm and Wed & Fri 7:30am to 2:30pm (toiletries and towels provided upon sign-in). Free Meals - Breakfast (Weds & Fri 7:30am to 9:30am), Lunch (Tues & Thurs 11:00am to 1:00pm). Orange Sky Laundry Service – Thurs & Fri 10:00am to 12:00pm. Pop-Up Onsite Service – Fridays 11:00am to 1:00pm – Access to GPs, Mental Health Psychologists, Employment service & Homeless service to provide pathways for people. Food Parcels - \$15 pantry packs Mon to Fri 10:00am to 3:00pm. BYO shopping bags. Movie day – Weds 11:00am (sandwiches & tea/coffee available in air-conditioned space).
SOP (Save our People)	2582-2584 Gold Coast Hwy MERMAID BEACH (entrance 4-6 Seaview Ave)	The 'free supermarket', is located in Serving Our People's national headquarters in Mermaid Beach, and will provide individuals across the Gold Coast with access to non-perishable groceries and household items.
Southport Church of Christ	1 Griffith Way, SOUTHPORT 07 5564 6233 scc@scc.org.au	Monday 10.45-12 free fruit, veggies and bread. No concession required, also provide tea and coffee.
Southport Uniting Church	23 Short Street, SOUTHPORT 0412 792 295	Breakfast available Thurs 6:00am to 8:30am.
Studio Village Community Centre	87 Village Way, OXFENFORD 07 5529 8253	Available Mon, Tue, Thur & Fri. Orders to be placed the morning prior. Gold coin donation for fruit & veg boxes.
The Movement Labrador	Len Fox Par, Marine Parade, LABRADOR Facebook: The Movement Gold Coast	Tues 5:30pm. Once weekly dinner.
The Grocery Club	Shop 11, 345-367 Southport Nerang Road, ASHMORE 07 5564 5608	Mon to Fri 8:30am to 5:00pm, Sat 8:30am to 2:00pm & Sun 9:30am to 2:30pm. Heavily reduced food items (may be damaged, deleted or past sell by date). Some fresh produce available.
United Hands of Hope	Dream Centre Church 2 Chisholm Road, CARRARA Cascade Gardens Community Feed 0478 281 125	Dream Centre – Fri 9:00am to 4:00pm – Drop-in space, food hampers & care packs, arts & crafts, free women's fitness class run by certified personal trainer (11:00am to 12:00pm), pre-employment & job application training, counselling and referral services.

		Cascade Gardens – Sat 4:00pm – Free feed.
FOOD ASSISTANCE AND FOODBANKS – SOUTHERN GOLD COAST		
Agape Outreach	56 Recreation Street, TWEED HEADS 0414 693 670	Hub open Tues to Sat 10:00am to 1:00pm. Food hampers from Tweed Heads. Drop in (no need to pre-order). Shower, laundry, blankets and free life skills training also available.
Gold Coast Homelessness Service HUB	93 Golden Four Drive, BILINGA 07 5579 6060	Mon to Fri 9:00am to 1:00pm. Free breakfast and lunch takeaways, hot showers and laundry facilities. Case worker available to assess client needs and work through barriers for accommodation.
Gold Coast Youth Service	15 Oak Avenue, MIAMI 07 5572 0400	Mon to Fri 9:00am to 5:00pm (centre hours) and Mon to Fri 9:00am to 3:00pm (Facilities). Assistance for under 25 years. People over 25 years require a referral. Emergency relief for under 25 years. Facilities include shower, toiletries, laundry and kitchen.
Hands Of Compassion	Heritage of Faith Church 63 Township Drive, WEST BURLEIGH 07 5576 5534	Tues to Thurs 9:00am to 4:00pm & Fri 9:00am to 3:00pm. Free emergency food parcels. Can only access twice a year (once every 6 months). Referral from Centrelink required.
Havafeed	Community Hall 2439 Gold Coast Highway, MERMAID BEACH 07 5520 3363 0423 694 247 (After-Hours – Robyn)	Breakfast - Tues & Thurs 7:00am to 8:30am & Sun 8:00am to 9:00am Brunch - Fridays 9:00am to 11:15am Luncheon – Sundays 11:45am to 12:30pm Shower facilities also available.
Kalwun Development Corp Ltd.	Level 1, 14 Cassia Drive, VARSITY LAKES 07 5578 3434 www.kalwun.com.au/services/social-welfare-support/	Must identify as Aboriginal and/or Torres Strait Islander. Mon to Fri 8:30am to 4:30pm. Food vouchers - \$40 for individual and \$80 for family. Strict eligibility criteria and detailed application process applies. Must provide Centrelink Income Statement, utility receipt, ID & ATM or bank statement. Cannot be accessed more than 3 times in 12 months per household.
Krurungal Aboriginal and Torres Strait Islanders Corporation	10 Eastern Avenue, COOLANGATTA 07 5536 7911	Emergency food relief for Aboriginal and Torres Strait Islander People with Centrelink income statement or referral from service. By Appointment.
Life Boat Community Services	7 Bridgeman Drive, REEDY CREEK 0417 614 544	Sat 6:30pm to 8:30pm – Burleigh mobile soup kitchen (Burleigh Beach, south end next to Surf Life Savers club).
Mudgeeraba Uniting Church Op Shop	89 Franklin Drive, MUDGEERABA 07 5530 7298	Mon & Wed 10:00am to 2:00pm and Sat 9:00am to 12:00pm. Op-Shop and food available for local residents. Phone for an appointment.
Newlife Care Inc.	4 Greenwich Court, ROBINA 07 5593 3262 0437 878 321 (Op Shop)	Mon to Fri 9:00am to 4:00pm. Emergency relief (eligibility assessed on site), Princess for a day Pampering Service (may include facials, manicures, haircuts & tea; First Wed of every month 9:30am to 12:00pm & appointments required), Counselling by donation (depending on financial circumstances), GP referral for Psychologist (10 free sessions per year), Veteran's Affairs and work cover assistance.
Peoples Market	307/87 Griffith Street, COOLANGATTA 0423 283 799 (Tony Doherty) www.ppelsmarket.com.au	Friday 12:00pm to 3:30pm. Food parcels available from \$20. Order parcels online then select pickup location.
Plus One Care (Kings Community Care)	56 Gemvale Road, REEDY CREEK 07 5522 0802	Tuesday to Friday 9:00am to 1:00pm. Op Shop not open Mondays. Frozen meals for family, food boxes to takeaway, clothing and sometimes furniture. No longer require a referral to see Plus One Care. When registering, showing a Centrelink Income Statement is appreciated. Counselling

		provided through Medicare via Appointment Tues to Fri 9:00am to 2:00pm.
Pregnancy and Family Support	Unit 4, 4 Firebird Street, ROBINA 07 5575 8442 Pregnancyfamilysupport.org info@pfs.org.au	Tues, Wed & Thurs 9:00am to 5:00pm by appointment only. Centrelink income statement or another form of ID required. Emergency assistance for rent, food, electricity & health when available. Also provided pregnancy & post-natal counselling and support and baby goods.
Reedy Care Op Shop/Café/Food Relief	10 Gemvale Road, REEDY CREEK 07 5593 5444	Provides emergency food hampers Monday to Friday 9:00am to 3:00pm.
Rosies BBQ Outreach	Carpark opposite Bowls Club, BURLEIGH HEADS 1300 767 437	Tues & Thurs 7:00pm to 9:00pm. Tea/coffee and noodles. BBQ Meal (subject to change). Call to confirm location.
Salvation Army	Cnr KP McGrath Drive & Kalamunda Close, ELANORA 1300 363 622 07 5521 0997 (Elanora) www.salvos.org.au	Mon, Tues & Thurs 10:00am to 1:00pm. Assistance for food vouchers, clothing and furniture. Centrelink referral required. Subject to area boundary. See website or call for details.
St John's Anglican Crisis Care	36 Hamilton Avenue, SURFERS PARADISE 07 5531 6013	Welfare Office – Mon to Fri 9:00am to 11:00pm – emergency relief, bus tickets, very limited fuel vouchers, medical scripts, phone cards, bill payment assistance. Meals – Mon to Fri 11:30am to 12:30pm - \$2 hot lunch & takeaway sandwiches. Drop-In Centre – Mon to Fri 9:00am to 11:30pm – hot showers and laundry facilities. Podiatry Service – Mon 9:00am to 11:00am. Haircut Service – Fri 9:00am to 11:00am. Phone to book appointments for each service. Health Care Card/Benefit Card/Medicare Card plus current rent receipts required to access services.
The Movement Crew – Gold Coast	154 The Esplanade, SURFERS PARADISE 0418 521 285	Provides Food Vans and Mobile Kitchen services. Homeless Outreach Program hosts a street feed. Len Fox Park, LABRADOR Tues 5:30pm to 7:00pm Eileen Peters Park, SURFERS PARADISE Thurs 4:00pm to 5:00pm & Sat 7:30am to 9:00am
Uniting Church Community Care	89 Franklin Street, MUDGEERABA 07 5525 1309	Food pantry available – call to organise an appointment.
Vibe Community Care Pantry	Shop 10-11, Eighth Avenue PALM BEACH 3 Beryl Street, TWEED HEADS 07 5536 7575	Palm Beach – Tues to Fri 12:00pm to 3:00pm (QLD) Tweed Heads – Tues to Fri 9:00am to 11:00am (NSW time). Low cost grocery store. Health care card required.
GOVERNMENT DEPARTMENTS		
Births Deaths and Marriages	Magistrates Court Hinze Street, SOUTHPORT 07 5583 5900 or 1300 366 430	Births Deaths and Marriages certificates.
Centrelink – Social Work Department	132 850 https://www.humanservices.gov.au/	For Centrelink, Medicare and Child Support Enquiries. Social Work support can be provided.
Centrelink – Grandparent Advisers	1800 245 965	Provides extra support for non-parent carers (grandparents, foster carers & kinship carers) who have ongoing care for children. They can provide information about payments & support services, appointments with specialist staff (social workers), referrals to services and assistance with other Medicare, Centrelink or Child Support enquires.
Child Protection and Investigation Unit (CPIU)	Police Station 68 Ferny Avenue, SURFERS PARADISE 07 5570 7861	Works with juvenile offenders and young victims of crime, investigating child abuse and general child related crimes and providing cautioning to children under 17 years of age.

Child Support Agency	Australia Wide 131 272 www.csa.gov.au	Support separated parents to transfer payments for the benefit of their children.
CRS Australia	07 5583 0600 – BUNDALL 07 5569 3300 – COOLANGATTA www.crsaaustralia.gov.au	On job work training for people with disabilities. Return to work programs, injury prevention and training.
Department of Children, Youth Justice and Multicultural Affairs	REFER TO CHILD SAFETY	REFER TO CHILD SAFETY
Department of Children, Youth Justice and Multicultural Affairs	Youth Justice Services Pacific Square 2540 Gold Coast Highway MERMAID BEACH 07 5562 7157	Support to young people in contact with the youth justice system.
Department of Education	Australia Wide 13 33 97	Childcare and education.
Department of Employment	Australia Wide 13 33 97	Employment and workplaces.
Department of Communities, Housing and Digital Economy	REFER TO HOUSING AND TENANCY	REFER TO HOUSING AND TENANCY
Department of Immigration and Citizenship (DIAC)	Brisbane 131 881 Citizenships: 131 880 or 07 3136 7152	Visas, citizenships applications, general immigration advice and information.
Department of Seniors, Disability Services and Aboriginal and Torres Strait Islander Partnerships	111 George Street, BRISBANE 13 QGOV (13 74 68)	Manages Disability Connect Queensland (DCQ) and monitors NDIS.
Family Court	1300 352 000 www.familycourt.gov.au	Information and advice.
Probation and Parole	McDonald House, 4 th Floor Corner Park & Connor Streets, BURLEIGH 07 5569 7910	Probation and parole services.
Queensland Police Stations (QPS)	BROADBEACH – 07 5534 0222 BROADBEACH COMM – 07 5581 2900 BURLEIGH HEADS – 07 5535 1171 COOLANGATTA – 07 5589 8444 COOMERA – 07 5519 5555 PALM BEACH – 07 5535 1171 SOUTHPORT – 07 5571 4222 SURFERS PARADISE – 07 5570 7888	Queensland Police Service law enforcement.
HEALTH AND DEVELOPMENTAL		
13 HEALTH	13 432 584 www.health.qld.gov.au	Health information and advice by qualified health professionals 24 hours, 7 days.
Australian Hearing	VARIOUS LOCATIONS 131 797 www.hearing.com.au	Audio logical assessments, rehabilitation and hearing aids for most Centrelink and DVA pension card holders and children under 21 years.
Breast Screening Queensland – Gold Coast Service	132 050 www.health.qld.gov.au/breastscreen	Information about breast screening.

Child Development Service (CDS)	Community Child Health - 1 Hospital Boulevard, SOUTHPORT, 4215 (Postal address) 07 5687 9183 07 5687 9168 (Fax) CDSGoldCoast@health.qld.gov.au Clinic locations: <i>Southport Centre</i> Level 3, 16-30 High Street, Southport Health Precinct, SOUTHPORT <i>Palm Beach Community Health Centre</i> 9 Fifth Avenue, PALM BEACH <i>Helensvale Community Health Centre</i> 105 Lindfield Road, HELENSVALE	For children aged 0-10 years referred with developmental problems such as communication/speech, movement, emotions, behaviour and socialisation. Multidisciplinary teams available.
Community Child Health – Gold Coast	VARIOUS LOCATIONS Community Child Health 1 Hospital Boulevard, SOUTHPORT, 4215 (Postal address) Southport Health Precinct Level 3, 16-30 High Street, SOUTHPORT (Main office) 07 5687 9183 (appointments to all clinics) 1800 177 279 (after hours)	Child health services, milestone and developmental assessments and programs. Drop in clinics available.
Community Health Centre	07 5570 8500 – BUNDALL 07 5580 7800 – HELENSVALE 07 5506 7540 – TWEED HEADS	Health and welfare assessments. Wide range of services including clinical nurse, social workers, health aide, speech pathology, medical, psychologist, occupational therapist, podiatrist, baby clinics and mental health checks.
Emergency Dental Call Centre – Gold Coast Service District	VARIOUS LOCATIONS 1300 300 850 (Central booking number)	Priority based on need only. Require health care/pension card. Call for an appointment.
Foetal Alcohol Spectrum Disorder (FASD) Diagnostic Service	Located at Child Development and Behaviour Service (CDABS) Level 6, 8-10 Karp Street, BUNDALL 07 5570 8553	Clinic providing diagnostic services for children living with FASD.
Gold Coast Hospital	1 Hospital Boulevard, SOUTHPORT 07 5519 8211 1300 744 284 www.goldcoast.health.qld.gov.au	Emergency department open 24 hrs, 7 days per week.
Gold Coast Sexual Health Clinic	2019 Gold Coast Highway, MIAMI (upstairs) 07 5576 9033	Free and confidential service (Medicare card not required). Testing, treatment and information about all aspects of sexual health and contraception. Mon to Fri 9:00am to 5:00pm. Appointment required.
Gold Coast Women's Health Clinic	2681 Gold Coast Highway & Cnr Elizabeth Avenue, BROADBEACH 07 5539 9344	Providing all types of women's health services. Direct bulk billing for health care card/pension card holders.
Immunization – Gold Coast City Council	07 5581 6709 07 5581 5212 www.goldcoast.qld.gov.au/immunisation	Contact for immunization clinic timetables, locations and vaccinations available.
Infant-Parent Counselling and Consultancy Service – Helen Baker	Suite 126/80, The Pines, ELANORA 0402 226 106 07 5534 9082 hbaker2222@gmail.com	Assessment and Therapy for families and infants (0-3 years). Specialist Infant Mental Health Consultancy, Supervision and Training. Support with improving parent/child interactions, building positive attachment and relationships between parents and children, sleep problems and parenting support.
Inspiring Choices 4 Kids	Located Suite 1, 328 Scottsdale, Robina. Ph: 5575 7281 https://www.inspiringchoices.com.au/inspiring-choices-4-kids/	Neuro-Motor and Sensory Processing Clinic

Kids Therapy Club	Located in Parkwood, Tamborine & Yarrabilba. Ph: 1300 933 009 https://www.kidstherapyclub.com.au/	Offers innovative therapy services and support to children and young people with special needs, disorders and disabilities Occupational Therapy, Speech & Language Pathology, Psychology, Group Therapy, Holiday Camps, Family Support
Kalwun Health Services	REFER TO INDIGENOUS SERVICES	REFER TO INDIGENOUS SERVICES
Lavender Mother and Baby Unit	Gold Coast University Hospital 1 Hospital Boulevard, SOUTHPORT 07 5687 7064 GCUH_Lavender@health.qld.gov	Provides specialist care for woman who require hospital admission for significant mental health difficulties in the year following childbirth. Referrals from GPs, Obstetrician, Paediatrician, Psychiatrist, Mental Health services.
Medcall After Hours Service	GOLD COAST 07 5531 1224 www.medcall.com.au	After hours free service for patients in their homes by doctors that bulk bill.
Medicare	VARIOUS LOCATIONS 13 2011 www.medicareaustralia.gov.au	Government health scheme.
Medicines Information Line	1300 888 763 www.nps.org.au	Phone service to answer any medication related queries.
Poison Information Line	13 11 26	Phone service.
Robina Hospital	2 Bayberry Lane, ROBINA 07 5668 6000 www.goldcoast.health.qld.gov.au	Emergency department open 24 hrs, 7 days per week.
School Dental Clinics	07 5529 1985 – Biggera Waters School 0409 273 145 – Oxenford Primary School	Biggera Waters open Mon, Wed and Thurs 8:00am to 4:30pm. Oxenford available for emergency appointments. Child must be Queensland resident, 4 years or over who has not completed year 10.
Spectacle Supply Scheme	07 3136 3636 www.health.qld.gov.au/mass	Pensioners who have current Centrelink card and others with medical problems may be eligible for free glasses.
SPLASH Kids Therapies	Located inside Robina Town Centre (Ph: 5616 8895) and Pimpama City Shopping Centre (Ph: 5517 4581) https://www.splashtherapies.com.au/	Services: Psychology, Speech Pathology, Occupational Therapy, Behaviour Management (Nurtured Heart Approach)
St John Ambulance Training Centre	Suite 8, 45-49 Nind Street, SOUTHPORT 07 5591 3911 www.stjohnqld.com.au	First Aid training – general and children. First Aid kits.
True Relationships and Reproductive Health	Level 15, Corporate Centre One 2 Corporate Court, BUNDALL 07 5531 2636 gcoastedu@true.org.au	Formally known as Family Planning Queensland. Providing expert reproductive and sexual health services. Also provide clinics, professional development and Traffic Lights resource.
Vision Australia	1300 847 466 www.visionaustralia.org info@visionaustralia.org	Supporting people who are blind or have low vision. Mon-Fri 8:30am to 5:00pm.
YouThrive	Suite 22, Riverwalk Place 238 Robina Town Centre Drive, ROBINA 07 5575 7122 (Ph) 07 5593 0065 (Fax) enquiries@youthrive.com.au	Service offering psychology, speech therapy & occupational therapy to children & young people. Also offers a variety of group programs. Mon to Fri 9:00am to 5:00pm and Sat 9:00am to 1:00pm.

HOMELESSNESS AND CRISIS ACCOMMODATION		
Bannister House	07 5591 3492	Medium term accommodation for 16-19 years.
Fred's Place	9 Boyd Street, TWEED HEADS 07 5536 1906	Mon to Fri 8:30am to 12:30pm (Drop-in services) and Mon to Fri 1:30pm to 3:30pm (Appointments). Respite house facilities including bathrooms, laundry, internet, phone, TV, staffed kitchen, social areas, storage and mailing services. Assistance available for Centrelink, Medicare, counselling, legal, emergency accommodation. Free breakfast and toasted sandwiches daily. Tea, coffee and snacks throughout the day. Available to singles and families. All services free.
Gold Coast Project for Homeless Youth	PO Box 2316, SOUTHPORT, 4215 www.homelessyouth.com.au Admin: 07 5591 3746 Mon to Fri 8:30am to 4:30pm Lawson House: 07 5564 8360 Mon to Sun 7:00am to 8:00pm Bill Hoyer House: 07 5537 6339 Mon to Sun 7:00am to 8:00pm Jessica Dunne Lodge: 07 5574 6659 GCPHY Mobile Support: 5537 6090 Mon to Fri 7:00am to 7:00pm	Accommodation and support options for young people 16-25 years who are homeless or at risk of homelessness. Immediate Accommodation: Lawson & Bill Hoyer Houses, 16-18 years (14 beds) Transitional (Medium-Term) Housing: Bannister House & Jessica Dunne Lodge, 16-19 years (12 beds) Supported Transitional Accommodation for Youth (STAY) (8 beds) Mobile support service for young people 16-25 years at risk of homelessness.
Gold Coast Youth Service – Housing & Support Program (HASP)	15 Oak Avenue, MIAMI 07 5572 0400 www.goldcoastyouthservice.com	Access Intake hours – 9:30am to 12:30pm. Office hours – Mon to Fri 9:00am to 5:00pm. Externally supported accommodation for young people 16-21 years (including single parents). 12 beds available.
Homeless Hotline	1800 474 753	Phone information and referral line for those experiencing homelessness or at risk of homelessness. 24 hours, 7 days a week.
Homeless Health Outreach Team (HHOT)	1300 MH CALL (1300 642 255) 0403 608 297 (active until 9pm each night)	Provides assessment, care co-ordination and clinical intervention for homeless persons experiencing mental illness.
Majella House	1800 811 811	Immediate supported accommodation for women and children escaping domestic violence (DV Refuge). 4x4 bed, 1x6 bed, 1x3 bed, exit house.
Newlife Care Street Care	4 Greenwich Court, ROBINA 07 5593 3262 admin@newlifecare.nu www.newlifecare.nu	Street swags, food hampers, clothing and household items can be provided. Community support available as needed.
Orange Sky Laundry	VARIOUS LOCATIONS 07 3067 5800 To search current locations – https://orangesky.org.au/locations/goldcoast@orangeskylaundry.com.au	Free laundry service for people who are homeless. Call or email for timetable.
Queensland Homelessness Information Platform	07 3224 4144 www.hpw.qld.gov.au	Phone service available to provide update information about “real time” housing vacancies in QLD. Contact details can be recorded on the QHIP system. Mon to Fri 8:30am to 5:00pm.
Reconnect (Mission Australia)	REFER TO YOUTH	REFER TO YOUTH
Salvation Army Stillwaters	173 Wardoo Street, SOUTHPORT 07 5591 1776	Crisis transitional supported accommodation for women and children (under 12 years) and single women (18 years and

		over) homeless or at risk of homelessness. Call daily for vacancies. 27 beds & 7 families.
Salvation Army – Upfront Intervention Team (UIT)	South East Queensland 07 5591 1776	Providing assessment and support to locate potential accommodation options for families at risk or experiencing homelessness. Mon-Fri 8:00am to 5:00pm. If calling on weekends, Still Waters staff will complete assessment and pass on to UIT.
St John's Crisis Centre (Surfers Paradise Anglican Crisis Centre)	36 Hamilton Avenue SURFERS PARADISE 07 5531 6013	St John's Drop-In Centre Provides meals – Mon to Fri 11:30am to 12:30pm and Sat 7:30am to 8:30am. Access to daily laundry, shower facilities, support from housing services, Centrelink, financial planning, an employment consultant, dental care and monthly hairdresser/barber. Hancock Homes - Immediate supported accommodation for single homeless men (8 beds).
St Vincent De Paul – Gold Coast Family Accommodation Support Service	Frederic Ozanman House 16-18 Railway Street, SOUTHPORT 07 5644 6700 Accommodation.goldcoast@svdpqld.org.au	Short-term crisis accommodation for families homeless or at risk of homelessness. Mobile Support Program for families at risk of homelessness.
Walk With Us	Mobile – 0413 086 646 Email - info@walkwithusgc.com.au Web - www.walkwithusgc.org.au	Our services throughout the year include helping the homeless, disadvantaged, youth and domestic violence victims with weekly dinners, food packs, clothing, furniture and linking in with Queensland government with housing and health services.
Uniting Care Community – Gold Coast Homelessness Hub	Southern Services – Gold Coast Homelessness Hub and Blair Athol 93 Golden Four Drive, BILINGA 07 5579 6060 Northern Services – Bryant Place 106 Frank Street, LABRADOR 07 5579 6071 www.uccommunity.org.au/gold-coast-homelessness-service Hours of operation: Office – Mon to Fri 9am to 5pm Mobile – Mon to Fri 9am to 3:30pm Centres – 24hrs, 365 days	Gold Coast Homelessness Hub Provides showers, meals and case management. All homeless welcome. Outreach services operational across the Gold Coast. Blair Athol Accommodation and Support Program Short and medium term accommodation service for men and families. Referral needed. Check QHIP for vacancy. Youth Program (HOPYP) Case management to assist young people 16-25 years gain accommodation. Bryant Place Long term accommodation for single men. Referral needed. Check QHIP for vacancy.
HOUSING AND TENANCY		
Churches of Christ Housing Services	5539 7655	Long term community housing, NRAS and transitional housing.
Community Housing Limited (formally Horizon Housing)	1300 245 468 Queensland Community Housing Limited (chl.org.au) <i>Head Office</i> Suite 101, Level 1, Campus Alpha, 2 Investigator Drive, ROBINA 07 5655 1160 infoqld@chl.org.au	Social Housing Programs: Transitional housing options – referrals are made by Department of Housing. Affordable Housing Programs: Provider of the Rental National Affordability Scheme (NRAS) – applicants must be registered with Department of Housing before applying for NRAS properties.
Department of Communities, Housing and Digital Economy	Gold Coast Housing Service Centre ROBINA TOWN CENTRE Shop 80, Baazar Street, ROBINA PO Box 4059, Robina Town Centre, 4226 07 5645 8116 gchousing@hpw.qld.gov.au	Housing assistance including; temporary or long-term housing, social housing or private rental accommodation, applying for bond loans or rental grants to help meet the costs of moving into rental accommodation and sustaining existing tenancies.

Families Back On Track	104-112 Allied Drive, ARUNDEL 07 5561 4731	Supported transitional housing for single parent families at risk of homelessness. Referral required from Department of Housing. 27 units available.
Kalwun Development Corporation	Level 1, 14 Cassia Drive, VARSITY LAKES 07 5578 3434 headoffice@kalwun.com.au	Housing assistance – no emergency accommodation available.
Queensland Statewide Tenant Advice & Referral Service (QSTARS)	NORTHERN OFFICE 34 Railway Street, SOUTHPORT (behind CSI) SOUTHERN OFFICE 4/1051 Gold Coast Highway, PALM BEACH 1300 744 263 http://qstars.org.au	Free rental advocacy service. Self-referral process. Can assist with TICA removals and QCAT applications. Mon, Thurs & Fri 9:00am to 5:00pm. Extended hours to 7:00pm Tues & Wed.
Rent Connect	Gold Coast Housing Service Centre ROBINA TOWN CENTRE Shop 80, Bazaar Street, ROBINA 07 5645 8100 hhsrentconnectrobina@hpw.qld.gov.au	Assisting families to find and secure a home to rent in the private market. Specifically targeted at families struggling to access private rentals due to non-financial barriers.
Residential Tenancies Authority (RTA)	GPO Box 390, BRISBANE, 4001 1300 366 311 www.rta.qld.gov.au	General tenancy advice and information. Range of information for tenants and lessors about renting in Queensland. Can assist with complaints.
STARH Project (Wesley Mission)	208 Highfield Drive, ROBINA 07 5569 1838 starh.intake@wmq.org.au	Intake Mon to Thurs 9:00am to 12:00pm. Early intervention housing service and case management service to assist families to maintain their accommodation.
Wesley Mission – Specialist Youth Housing Service	94-112 Fryar Road, EAGLEBY 07 3807 7988 www.wmb.org.au	Provides young people with transitional supported accommodation. Properties available in Southport area.
YCare (YMCA Housing)	07 5503 7440	Community Housing Provider of Affordable Housing of 109 units of accommodation (1 bedroom & studio units) available at Nerang (low rental cost for eligible persons assessed by Department of Housing).
INDIGENOUS SERVICES		
Aboriginal & Torres Strait Islander Legal Service	Level 1, Suite 8, 19 Short Street, SOUTHPORT 07 5532 6988 (Ph) 07 5531 2880 (Fax) 1800 012 255 (24 hour emergency assistance) www.atsils.org.au	Community Legal Service provides free legal advice, support and counselling to all Aboriginal and Torres Strait Islander peoples. Legal advice and representation (criminal law).
Indigenous Health Service – Gold Coast	Palm Beach Community Health Service 9 Fifth Avenue, PALM BEACH 07 5525 5630 (Administration) 07 5525 5707 – Coordinator 07 5525 5736 – Cultural Practice Program 07 5525 5640 – Immunisation Office 07 5525 5652 – Dietician/Nutritionist 07 5525 5627 – Community Nutritionist 07 5525 5637 – Child Health Nurse 07 5525 5630 – Mental Health Yan Coorara	Advanced health workers, child health workers, immunisation office, hospital liaison officers, dietician, nutritionists, chronic disease team and mental health team.
Indigenous Hospital Liaison Officers	Gold Coast University Hospital Room 050 Ground Floor, D Block Hospital Boulevard, SOUTHPORT 07 5687 3049	Available at the hospital to support Aboriginal and Torres Strait Islander peoples.
Jellurgal Aboriginal Cultural Centre, Tours and Information Hub	1711 Gold Coast Highway BURLEIGH HEADS PO Box 3, BURLEIGH HEADS, 4220 07 5525 5955 www.jellurgal.com.au	The centre offers tours, customised cultural programs, Aboriginal Dance performances, Art Exhibit and gift shop.

Kalwun Child and Family Support Service	<p>Southern Service 14 Kortum Drive, BURLEIGH HEADS PO Box 3880, BURLEIGH TOWN CENTRE, BURLEIGH HEADS, 4220 07 5520 8600</p> <p>Northern Service 9 Jowett Street, COOMERA PO Box 1210, OXFENFORD, 4210 07 5676 6477</p>	Supporting Aboriginal and Torres Strait Islander families. Services and programs include Foster and Kinship Care, Family Participation Program, Family Wellbeing, Jarjums Playgroups and Early Learning Program.
Kalwun Community Care Service – Aged and Disability	118 Bonogin Road, BONOGIN PO Box 2588, BURLEIGH WATERS, 4220 07 5522 9197 agedcare@kalwun.com.au	Supports Aboriginal and Torres Strait Islander peoples in the Gold Coast area through the ageing process. Community Care Services include centre-based Day Respite, social and transport support, domestic assistance, lawn maintenance and food services.
Kalwun Development Corporation (Head Office)	Level 1, 14 Cassia Drive, VARSITY LAKES PO Box 2588, BURLEIGH WATERS, 4220 07 5578 3434 headoffice@kalwun.com.au www.kalwun.com.au	Range of services for Aboriginal and Torres Strait Islander peoples including affordable housing, emergency relief, aged care, health services, child and family support and cultural promotions. Training Centre for organisational, business and community service use.
Kalwun Health Services	<p>Clinics at 3 locations: 2020 Gold Coast Highway, MIAMI PO Box 313, MIAMI, 4220 07 5526 1112</p> <p>GP Super Clinic Level 1, 2 Leo Graham Way, OXFENFORD PO Box 820, OXFENFORD, 4210 07 5514 7100</p> <p>Airport Central B1 1 Eastern Avenue, BILINGA PO Box 462, TUGUN, 4224 07 5589 6500</p>	Full medical facilities including medical and dental services, Integrated Team Care, Allied Health services, Mums and Bubs, Community Health Programs, Social Health, Deadly Choices Program and access to health assessments, immunisations and ante-natal care.
Kirrawe Indigenous Corporation	Labrador Community Centre 55-57 Billington Street, LABRADOR 07 5679 3471 rosemary@kirrawe.com.au	Indigenous Youth Mentoring, Indigenous Art Exhibition, Certificate II Health Support Service, Rosey's Cottage, Kirrawe Kidz.
Krurungal ATSI Corporation for Welfare, Resource and Housing	10 Eastern Avenue, COOLANGATTA 07 5536 7911 Reception@krurungal.com.au	Emergency relief, Drug and Alcohol prevention, intervention and referral service.
LEGAL		
Bamberry Lawyers	A Level 2, 17 Short Street, Southport Qld 4215 W www.bamberrylawyers.com.au E admin@bamberrylawyers.com.au T (07) 5527 0020 F (07) 5527 0277 M 0431 073 977	Sam Jackson Director Accredited Specialist Criminal Law – Qld
Gold Coast Community Legal Centre and Advice Bureau	34 Railway Street, SOUTHPORT (Behind Club Southport) 07 5532 9611 www.advicebureau.org.au	Free confidential financial and legal counselling by appointment only. Will assist with Bankruptcy and look into alternative options. Mon to Fri 8:30am to 4:00pm.
Legal Aid Queensland	100 Scarborough Street, SOUTHPORT (1 st floor) 1300 651188	Mon to Fri 9:00am to 5:00pm. Call for an appointment and to discuss eligibility.

Legal Services – The Aboriginal and Torres Strait Islander Corporation (QEA)	11B/101A Main Street, BEENLEIGH 07 3804 5033 1800 012 255 (24 hour emergency)	Mon to Fri 8:30am to 4:30pm.
My Community Legal	11 Hicks Street, SOUTHPORT 07 5552 5400	Legal service operating from St Vincent de Paul's Cornerstone office. Advice provided in relation to law covering criminal, civil & family (domestic violence). Ongoing legal representation NOT provided. Call to make an appointment.
Robina Community Legal Centre	Robina Community Centre 196 Town Centre Drive, ROBINA 0423 466 286 www.rclc.net.au	Free legal service to those in need. 6:30pm to 8:30pm Thursday evenings. No appointment necessary. Please arrive between 5:00-5:30pm and no later than 7:30pm.
Victims Legal Service	0407 330 002 http://vlsq.com.au/	Legal advice, assistance for victims of DFV
Welfare Rights Centre	Fortitude Valley 1800 358 511	Legal help for people with social security problems.
Woman's Legal Service	12 Short Street, SOUTHPORT Admin Line – 07 5631 5920 07 3392 0644 Legal Advice Helpline - 1800 WLS WLS (1800 957 957) www.wlsq.org.au admin@wls.org.au	A specialist community legal centre providing free legal and social work services to QLD women. Assists women in the areas of family law, child support, domestic violence and child protection.
Youth Legal Advice Hotline	1800 LAQ LAQ (1800 527 527) www.legalaid.qld.gov.au	Call to talk to a lawyer. Free and confidential legal advice, diversionary options, being charged with a crime, talking to police and youth justice issues. Mon to Fri 8:00am to 9:00pm & Sat 7:00am to 12:00pm.
LGBTIQAP+		
Evandale Practice	2/142 Bundall Road, BUNDALL 07 5510 3122	Private practice specialising in all areas of sexual health including Hormone Therapies for Gender Dysphoria, HIV medicine, Genital Dermatology and STIs.
Minus 18	www.minus18.org.au	Youth driven network for LGBTIQAP+ youth. Minus18 creates safe events, resources and volunteer opportunities.
Parents of Gender Diverse Children	www.pgdc.org.au	Provides peer support to parents and those parenting trans and gender diverse children.
PFLAG (Parents and friends of Lesbian & Gay)	0400 767 832 www.pflagbrisbane.org.au	PFLAG is a peer support group that assist families and friends understand their loved ones.
QLife	1800 184 527 https://qlife.org.au/	QLife is a counselling and referral service for people of diverse sex, genders and sexualities. QLife provides nationwide early intervention, peer supported telephone and web based services to support Lesbian, Gay, Bisexual, Transgender and Intersex (LGBTI) people of all ages. Phone & online chat available 5:30pm to 10:30pm every day.
QSpace	Scarborough Street, SOUTHPORT 0437 013 710 http://qspace.net.au/	LGBTIQAP+ youth group for young people aged 12-17 years. Wednesdays 3:30pm to 6:30pm.
QuAC – Healthy Communities	1800 177 434 (Freecall) www.qahc.org.au/healthy-communities	QuAC's Healthy Communities program works with LGBTIQ people to improve their health and wellbeing. Some programs work across the entire community (eg mental health, ageing, CALD) or with specific groups and identities within the community (lesbian health, trans* health, intersex health etc).

Queensland Children's Gender Service	07 3069 7377	Provides support to children diverse in gender identity through affirmative, family focused, interdisciplinary assessment and specialist outpatient care.
Tea Time	07 5509 5900 0412 627 120 Jade.mirabito@headspacesouthport.org.au	Feel like a chat? Drop in to Tea Time from 4:00pm to 5:00pm every Thursday for some fancy brews, delicious cookies and fabulous conversations with fellow lesbian, gay, bisexual, transgender, intersex, queer, asexual, pansexual + more. Folk aged 12-25 years.
MEN'S SERVICES		
Centacare Family and Relationship Services	50 Fairway Drive, CLEAR ISLAND WATERS 07 5527 7211 or 1300 236 822 Outreach services available at Southport, Upper Coomera and Beenleigh www.centacarebrisbane.net.au	Men and family relationship services. Also provides a Men's Behavioural Change Program at Clear Island Waters venue only.
Crisis Accommodation for Men	2 Monaco Street, SURFERS PARADISE 07 5592 3677 www.transformation.net.au	Overnight crisis accommodation for men. Check in at 4:00pm and check out at 8:00am.
Dad's in Distress	1300 853 437 www.dadsindistress.asn.au	Providing information and support to Dad's.
Domestic Violence Prevention Centre	07 5532 9000	Offers advice, support and referral for men who would like assistance for violence related issues.
Lone Fathers Association	(02) 6239 4650 0417 668 802 www.lonefathers.com.au	Gives advice to men and women on family law matters. Work towards bringing a fair and equitable family law and child support system.
Men's Drop In Group	29 Martin Street, NERANG (Neighbourhood Centre) 07 5578 2457 07 5556 9900	Every Tuesday 9:00am to 11:00am. Free, drop in. Call for information.
Men and Family Centre	02 6622 6116 www.menandfamily.org.au	Supporting men, women and children to create respectful relationships free from violence and abuse.
Men & Family Counselling and Consultancy	07 5559 1303 0411 144 519 www.menandfamilycounselling.com.au	Medicare bulk billing and rebates available. Crisis appointments available.
Men's Health and Wellbeing Association	GOLD COAST 0401 237 901 www.menshealthandwellbeing.org	Facilitated men's groups offering programs on life skills and giving men opportunities to gain new perspectives.
Men's Line	1800 600 636 http://www.dvconnect.org/mensline/ changingforgood@ontheline.org.au	Telephone counselling and advice from 9:00am to 12:00am, 7 days per week. Offers Changing For Good program for men who have completed a Men's Behaviour Change program in the previous six months.
Men's Referral Service	1300 766 491 www.mrs.org.au	A men's family violence telephone counselling, information and referral service and central point of contact for men taking responsibility for their violent and abusive behaviour.
MENTAL HEALTH		

Accoras	1/24 Bay Street, SOUTHPORT 07 5679 3300 www.accoras.org.au	Work with children 0-18 years in the context of their families. Accept referrals from professionals and self-referrals. Free, no MHCP needed, not specifically time limited and outreach offered.
Acute Care Team	Suite 10, Ashmore Commercial Centre, 207 Currumburra Road, ASHMORE 1300 642 255 07 5667 2000 www.health.qld.gov.au	First point of contact for GC mental health service. Provides mental health information, advice, intake, assessment and specialist short term psychiatric care.
Artius Health	Gold Coat North Medical Hub, Homeworld Helensvale Office 72 (Level 1), 502 Hope Island Road, HELENSVALE 1300 986 886 www.artius.com.au	Offers a wide range of allied health and mental health support services.
Beyond Blue	1300 224 636 www.beyondblue.org.au	Provides telephone, online and email counselling.
Blue Diamond	Grant 0448 534 411 Lara 0404 092 532 Email: info@bdyouth.com.au	Cognitive Behaviour Therapy delivered by undertaking adventurous sporting and wilderness activities. Individual and group programs are available.
Child And Youth Mental Health Services (CYMHS)	Robina Health Precinct Level 3, 2 Campus Drive, ROBINA 07 5635 6392	Provides specialised community mental health service to children and adolescents.
Currumbin Clinic	37 Bilinga Street, CURRUMBIN 07 5534 4944	Inpatient facilities for people living with mental illness. Day programs also available.
Headspace	H20 Broadwater 1/2 Nind Street, SOUTHPORT 07 5509 5900 www.headspace.org.au/goldcoast	Mental health support for young people 12-25 years. Also provides multidisciplinary service that supports young people at risk of or experiencing a first episode of psychosis. Eheadspace offers online support and counselling options www.eheadspace.org.au
Homeless Health Outreach Team (HHOT)	1300 MH CALL (1300 642 255)	Provides assessment, care co-ordination and clinical intervention for homeless persons experiencing mental illness.
Lavender Mother and Baby Unit	Gold Coast University Hospital 1 Hospital Boulevard, SOUTHPORT 07 5687 7064 GCUH_Lavender@health.qld.gov	Provides specialist care for woman who require hospital admission for significant mental health difficulties in the year following childbirth. Referrals from GPs, Obstetrician, Paediatrician, Psychiatrist, Mental Health services.
Lifeline Suicide Bereavement Support	2741 Gold Coast Highway, BROADBEACH 07 5579 6008	Support group providing confidential, non-judgemental and compassionate setting where participants are able to give and receive support. Held first Friday of each month 6:00pm to 8:00pm.
Little Dreamers	1800 717 515 alex@littledreamers.org.au	Support and programs available for young people under 25 year of age who provide, or intends to provide care, assistance or support to a family member with an illness, disability or addiction.
Lives Lived Well - Lighthouse	101B, Level 1, 9 Bay Street, SOUTHPORT 07 5699 8248 lighthouse@liveslivedwell.org.au www.liveslivedwell.org.au/our-services/qld/mental-health/lighthouse/	Free mental health treatment support for young people aged 12-18 years.
Mental Health Association Australia	3/15 Jackman Street, SOUTHPORT 1300 729 686 www.mentalhealth.org.au	Information, support and referral service. Runs support groups for Bi-polar, depression, anxiety, PTSD and laughter club.

Primary Health Network (PHN)	Contact Primary and Community Care (PCCS) for further information about programs 07 3186 4000	<p>Youth Mental Health Services <i>Headspace Youth Early Psychosis Program (hYEPP)</i> - Specialist mental health treatment services for young people experiencing or at increased risk of psychosis. Contact Headspace.</p> <p>Mild Mental Health Issues <i>NewAccess Program</i> – 6 sessions of low intensity CBT delivered over the phone, Skype or in person by a trained mental health coach.</p> <p>Moderate Mental Health Issues <i>Psychological Services Program</i> – Short-term interventions for financially disadvantaged people with non-crisis, non-chronic, moderate mental health conditions or people who have attempted, or at risk of suicide or self-harm. GP referral required.</p> <p>Severe Mental Health Issues <i>Plus Social Program</i> – For 18+ years old living with complex mental health issues and would benefit from increased care coordination and links to supports. GP or Psychiatrist referral required.</p> <p>Aboriginal and Torres Strait Islander Mental Health <i>Kalwun Social Health</i> – Social and emotional wellbeing services delivered by Mental Health Nurse and Aboriginal Case Manager.</p>
Reachout	https://au.reachout.com	Information, guidance and peer support for life problems and mental health difficulties.
Recovered Futures (Richmond Fellowship Queensland)	<p>Gold Coast 10 Mick Veivers Way, SOUTHPORT 07 5563 8855 goldcoast@rfq.com.au</p> <p>Palm Beach Hub 1/19 Fifth Avenue, PALM BEACH www.rfq.com.au</p>	Supporting people facing mental health challenges and social disadvantage.
Robina Private Hospital	1 Bayberry Lance, ROBINA 07 5667 5155	Offers a comprehensive range of psychiatric care for adolescents.
SANE	1800 187 263 www.sane.org	Staffed by qualified mental health professionals to provide support, information and referral options.
Suicide Prevention Pathways	Australia Wide 1800 008 255	Outreach, phone and online support for those 15 years and older.
MULTICULTURAL SERVICES		
Access Services	92 Wembley Road, LOGAN CENTRAL 07 3412 8222 www.accesscommunity.org.au	Torture/trauma counselling, settlement support and case work, employment and training and interpreter/migrant services for refugees and CALD clients.
Department of Immigration, Multicultural and Indigenous Affairs	299 Adelaide Street, BRISBANE (Ground floor) 131 881 www.immi.gov.au	Visas, resident return, citizenship applications.
Gold Coast Mental Health and Integrated Care	1300 642 255	CALD specific service.

Migrant Centre Organisation (TMC Thriving Multicultural Communities)	Head Office Shop 22 TAFE Building, 91 Scarborough Street, Southport Community Services Office Office 3, Southport Community Centre, 6 Lawson Street, Southport Community Link 370 Marie Parade, Labrador Ph: 07 55917261 E: business@migrantcentre.org	Skills and qualification recognition. Legal referral, migration & settlement issues and VISA advice. Mediation and conflict resolution. Translation, interpreting, counselling and consumer issues. By appointment Mon to Fri 9:00am to 4:00pm.
Multicultural Communities Council Gold Coast (MCCGC)	1 Dominions Road, ASHMORE 07 5527 8011 info@mccgc.com.au www.mccgc.com.au	Provides services to meet the needs of the culturally and linguistically diverse communities. Includes referral, advocacy and advice. Also provides Community Pathway Connector Program (CURA Community Services & MCCGC) to support connections with appropriate mental health and wellbeing services for people who have specific cultural and/or language needs. Mon to Fri 9:00am to 5:00pm.
Multicultural Families Organisation (MFO)	47 Scarborough Street, SOUTHPORT 07 5571 0381 reception@mfo.org.au www.mfo.org.au	Provides services to multicultural women and their families. Settlement services, consultations, Immigration matters, Centrelink support, counselling, document clinic, English classes & social activities. Mum's group and SARA program. Mon to Thurs 9:00am to 4:00pm & Fri 9:00am to 2:00pm.
Refugee and Immigration Legal Service	07 3846 9300	Legal advice, assistance for CALD clients
Telephone Translating Interpreting Service	Australia Wide 131 450 1300 655 082 (To book on-site visit)	Provides interpreting assistance to members of the community who face communication difficulties.
Queensland Program of Assistance to Survivors of Torture and Trauma	07 3391 6677 www.qpastt.org.au	CALD and refugee specific service.
Queensland Transcultural Mental Health Centre	07 3167 8333 1800 188 189	CALD and refugee specific service.
Wesley Mission Expanded Horizons Program	07 5569 1824	CALD and refugee specific service.
PARENTING		
Many Community and Neighbourhood Centres offer free and low cost playgroup activities and parenting programs. See "Community & Neighbourhood Centres" section for contact details.		
Bump Program (Raise – Youth Mentoring Foundation)	0426 972 473 info@raise.org.au raise.org.au	Mentoring program for young mums under 23 years of age who are pregnant or parenting. Free, food supplied and babysitting provided.
Child Support Agency - Department of Human Services	STATE WIDE 131 272	Mon to Fri 8:30am to 4:45pm.
City of Gold Coast Libraries	VARIOUS LOCATIONS 1300 465 326 www.goldcoast.qld.gov.au/library/events-activities	There are over 40 community centres on the Gold Coast.
City of Gold Coast Community Centres	VARIOUS LOCATIONS 1300 465 326 www.goldcoast.qld.gov.au/community/community-centres	There are over 40 community centres on the Gold Coast. Many of these community centres offer playgroup programs.
Early Years Centres	40 Martin Street, NERANG 07 5578 1346 eycenquery@benevolent.org.au www.benevolent.org.au	Offers a variety of parenting and playgroups. 07 5644 9400 – COOMERA SPRINGS 07 5656 6300 – LABRADOR

Family Relationships Advice Line	1800 050 321	Telephone service to assist families with information, advice and referral to overcome relationship difficulties or through separation/ family dispute resolution. Information about custody/ parenting orders.
Grandparents Advisory Group	1800 245 965	Support for grandparents/carers raising children.
Infant-Parent Counselling and Consultancy Service - Helen Baker	Postal address: Suite 126, 2/52 Currumbin Creek Road, CURRUMBIN WATERS, 4223 0402 226 106 07 5534 9082 hbaker2222@gmail.com	Home visiting service. Assessment and Therapy for families and infants (0-3 years). Specialist Infant Mental Health Consultancy, Supervision and Training. Support with improving parent/child interactions, building positive attachment and relationships between parents and children, sleep problems and parenting support.
KinKare Support Group	07 3287 1664 www.kinkare.com.au	Offers support and provides information re services to Grandparents caring for children and those denied access to their grandchildren.
Labrador Child and Family Centre	REFER TO COMMUNITY & NEIGHBOURHOOD CENTRES	REFER TO COMMUNITY & NEIGHBOURHOOD CENTRES
Moo Music	Ormeau Centre 3 Cuthbert Drive, ORMEAU 0406 238 085 moomusicqld@hotmail.com	Interactive sessions for children and parents/carers to gain confidence and develop memory, language and coordination skills in a multi-sensory way. Operating Tuesdays 10:00am to 10:45am. Book your spot to join.
Oxenford & Coomera Community & Youth Centre	REFER TO COMMUNITY & NEIGHBOURHOOD CENTRES	REFER TO COMMUNITY & NEIGHBOURHOOD CENTRES
Parentline	1300 301 300 www.parentline.com.au	8:00am to 10:00pm, 7 days per week. A confidential phone service providing professional counselling and support. WebChat also available (8:00am to 9:00pm).
Playgroup Queensland	1800 171 882 www.playgroupqueensland.com.au	Can assist you and your family find the right playgroup for you, near you.
Practical Behaviour Solutions	Support available online only reception@practicalbehavioursolutions.com www.practicalbehavioursolutions.com	A mobile service for single parents/couples/ carers & professionals/organisations caring for someone expressing challenging behaviours aged 2.5 years and up. This service is also for individuals aged 15 and up experiencing problems as a result of an Autism Spectrum Disorder. Bulk-billing available where possible.
SafeCare	31 Olsen Avenue, LABRADOR 07 5656 8600 Safearegc@actforkids.com.au	In-home parent education program for children 0-5 years delivered over several months focusing on Parent-Child Interactions, Health and Safety. Phone for referral process.
Save the Children Mobile Playgroup	07 3844 2699	Runs playgroups at various locations on the Gold Coast.
Scope Family Centre	6 Nerang Street, NERANG 07 5596 2602 www.scopeconsultancy.com.au info@scopefamilycentre.com.au	A centre providing opportunities for children and their families to spend quality supervised time together in a safe and secure setting. Also provides guidance in parenting. Mon to Fri \$60 per hour & weekends \$80 per hour, Changeovers \$40 and Intake Interviews \$50.
Studio Village Community Services	REFER TO COMMUNITY & NEIGHBOURHOOD CENTRES	REFER TO COMMUNITY & NEIGHBOURHOOD CENTRES
Trinity Family Support Network	186 Robina Town Centre Drive, ROBINA 07 5575 7241 www.trinityanglicanmission.com.au	Information, advice and referral to health services, childcare, support groups etc. Parent education and support for young Mum's and Dad's. Call for further details Mon-Fri 9:00am to 3:00pm.
True Relationships and Reproductive Health	Level 15, Corporate Centre One 2 Corporate Court, BUNDALL 07 5531 2636 gcoastedu@true.org.au	Formally known as Family Planning Queensland. Providing expert reproductive and sexual health services. Also provide clinics, professional development and Traffic Lights resource.

YHES House (Youth Health and Education Service)	161 Scarborough Street, SOUTHPORT 07 5528 5333 www.yhes.org.au	Youth & Young Parent support ages 8-21 years. Drop In services, individual support and parenting education groups. Call for further details.
PREGNANCY		
Australian Breastfeeding Association	VARIOUS LOCATIONS 1800 6862 686 www.abagoldcoast.com	Free breast feeding information, support and counselling for mothers and their families.
Baby Give Back	www.babygiveback.org requests@babygiveback.org	Baby items for those in need including; newborn nappy bags (hospital essentials for mum & bub, 0000 baby clothes), clothing bags (sizes 0000 to 1, shoes, blankets, wraps, sheets, books, toys), everyday baby essentials (formula, baby food, nappies, wipes, dummies, bottles), toddler bags (size 1 & 2 clothing) and larger items (cots, bassinets, car seats, prams, highchairs, baths). All requests MUST come from a support service or social worker.
Bump Program (Raise – Youth Mentoring Foundation)	0426 972 473 info@raise.org.au www.raise.org.au	Mentoring program for young mums under 23 years of age who are pregnant or parenting. Free, food supplied and babysitting provided.
Children by Choice	1800 177 725 www.childrenbychoice.org.au 07 3357 5377 (Face-to-face counselling in Brisbane)	A counselling, information and referral service. Discuss all options for unplanned pregnancies.
Ellen Barron Family Centre	The Prince Charles Hospital, Rode Road, CHERMSIDE 1343 2584 (13 HEALTH)	Parenting support and information 0-5 years 24hrs, 7days.
Pregnancy and Family Support	Unit 4, 4 Firebird Street, ROBINA 07 5575 8442 Pregnancyfamilysupport.org info@pfs.org.au	Free perinatal mental health support. Can assist families with children, including father support, providing education, baby clothes & equipment and emergency relief.
Pregnancy Counselling Link	1800 777 690	Mon to Thurs 9:00am to 7:00pm & Fri 9:00am to 5:00pm.
SIDS and Kids Queensland	1800 628 648 or 1300 308 307 (After hours)	Mon to Fri 9:00am to 5:00pm.
True Relationships and Reproductive Health	Level 15, Corporate Centre One 2 Corporate Court, BUNDALL 07 5531 2636 gcoastedu@true.org.au	Formally known as Family Planning Queensland. Providing expert reproductive and sexual health services. Also provide clinics, professional development and Traffic Lights resource.
RESPIRE		
Anglicare	220-221 Highfield Drive, ROBINA 1300 610 610	In-home and out of home respite for people 18 years and over.
Bluecare	PO Box 1539, MILTON, 4064 07 5599 1949 1300 258 322 (General enquiries)	“Gidget Girls” (Girls group) – community activities every Thursday. “Have a Break” – fortnightly community activity group on Saturdays. Groups \$10 each session, transport provided. Respite Centre “Kirra Cottage” for people 18 years and over who have a disability.
Commonwealth Carelink Respite Centre	STATE WIDE 1800 052 222 1800 059 059 (After Hours)	Occasional emergency respite. Can arrange 24 hour emergency respite care. Please phone for details.
Multicap – Head Office	07 3340 9000	Emergency respite

Oz-Care	PO Box 4094, Robina Town Centre, ROBINA 07 5569 6200 www.ozcare.org.au	In-home care and respite/day respite centre. Community nursing – can sometimes provide services to young people but need to go through Disability Services. Age: 18 years and over.
SEXUAL ABUSE		
1800RESPECT	1800 737 732 www.1800respect.org.au	Confidential information, counselling and support service supporting people impacted by sexual assault and domestic and family violence.
Act for Kids – Sexual Abuse Counselling Service	GOLD COAST Service provided in the home Intake Enquires – 07 5656 8600	Counselling, psychoeducation and protective behaviours for children and parents impacted by sexual abuse.
Bravehearts	9 Byth Street, ASHMORE 1800 272 831 www.bravehearts.org.au	Specialises in therapeutic services and support to children and young people, adults and non-offending family members impacted by child sexual assault.
Gold Coast Centre Against Sexual Violence	SOUTHPORT 07 5591 1164 www.stopsexualviolence.com	Specialist sexual violence intervention and prevention service. Provides counselling to women who have been raped and/or sexually assaulted at any time in their lives.
Gold Coast Sexual Health Clinic	2019 Gold Coast Highway, MIAMI 07 5576 9033 www.health.qld.au	Provides free and confidential sexual health services, testing and treatment. No Medicare card required. Available to all. Mon to Thurs 8:00am to 7:00pm & Fri 8:00am to 4:30pm.
Hopes Program – Uniting Care Community (UCC)	BROADBEACH 07 5579 6000 www.ucccommunity.org.au	Provides counselling and support for children and young people who have been sexually abused. Referral from Child Safety required.
True Relationships and Reproductive Health	Level 15, Corporate Centre One 2 Corporate Court, BUNDALL 07 5531 2636 gcoastedu@true.org.au	Formally known as Family Planning Queensland. Providing expert reproductive and sexual health services. Also provide clinics, professional development and Traffic Lights resource.
Tweed Valley Sexual Assault Service	Tweed Community Health Centre Florence Street, TWEED VALLEY 07 5506 7540	Support and counselling to all sexual abuse and rape victims - child and adult, male and female. Open Mon to Fri 8:00am to 5:00pm.
Victims Assist Queensland	1300 546 587	Financial assistance for counselling for victims of crime and sexual abuse/assault.
YOUTH		
Active and Healthy Activities (Gold Coast City Council)	GOLD COAST 07 5581 5233 www.goldcoastcity.com.au/parks	Free and low cost sport and recreational activities for all ages.
Bump Program (Raise – Youth Mentoring Foundation)	0426 972 473 info@raise.org.au raise.org.au	Mentoring program for young mums under 23 years of age who are pregnant or parenting. Free, food supplied and babysitting provided.
Centacare	50 Fairway Drive, CLEAR ISLAND WATERS 07 5527 7211 www.centacarebrisbane.net.au	Adolescent mediation therapy, relationship education and counselling.
Gen-Z Employment	REFER TO EMPLOYMENT	REFER TO EMPLOYMENT
Gold Coast Institute of TAFE - Literacy and Numeracy Jump Start and Access 10	07 5581 8196	TAFE education to complete Year 10 and senior school certificates.
Gold Coast Youth Service	15 Oak Avenue, MIAMI 07 5572 0400 www.goldcoastyouthservice.com	Programs and support including Youth Access Support Services (YASS) 12-18 years, Youth Accommodation Program (YAP) 16-21years, Housing Assistance Support Program (HASP) 16-25years, Open Access 16-25years, Resource Development Service (RADS) and Chill Out Zone. Professional counselling is available by appointment.

Headspace	H20 Broadwater 1/2 Nind Street, SOUTHPORT 07 5509 5900 www.headspace.org.au/goldcoast	Service for young people providing youth friendly health care, support, counselling and programs.
Hot House Alcohol and Drug Counselling Service	REFER TO DRUG & ALCOHOL	REFER TO DRUG & ALCOHOL
Housing and Homelessness Services	REFER TO HOMELESSNESS/CRISIS ACCOMMODATION & HOUSING AND TENANCY	REFER TO HOMELESSNESS/CRISIS ACCOMMODATION & HOUSING AND TENANCY
Lives Lived Well - Lighthouse	REFER TO MENTAL HEALTH	REFER TO MENTAL HEALTH
Nerang Neighbourhood Centre	29 Martin Street, NERANG 07 5578 2457	Youth at risk worker available by appointment or referral.
Ohana for Youth	2474 Gold Coast Highway, MERMAID BEACH PO Box 394, VARSITY LAKES, 4227 07 5655 1850 www.ohana.org.au	Delivering programs that support young people in their transition with education, training and employment. Currently delivering Transition to Work under the brand of Gen-Z Employment – employment service for young people aged 15-21 providing intensive pre-employment support to improve work-readiness and help into work (including apprenticeships/traineeships) or education. Mentoring programs also available within service, Arcadia College, The Spot and local High Schools.
Police Citizen Youth Clubs (PCYC)	07 5539 5774 - ASHMORE 07 5538 5201 - BROADBEACH 07 5578 2227 – NERANG	Various low cost activities and sporting programs.
Reconnect (Mission Australia)	Suite 1, Ground Floor, 121 Scarborough Street, SOUTHPORT 07 5537 3628 0428 755 679	A free service for supporting young people (12-18 years) at risk of homelessness.
School-Based Youth Health Nurse Team	07 5687 9183 SBYHNgoldcoast@health.qld.gov.au	Provides confidential information and support to secondary school students via a virtual Open Door clinic.
Street University (NOFFS Foundation)	4 Goodyear Street, SOUTHPORT 1800 753 300	Provides various community-based services and interactive spaces for young people 12-25 years, offers 6-8 sessions for drug/alcohol/mental health issues, vocational and educational workshops. Mon to Fri 3:00pm to 6:00pm.
Wesley Mission - Gold Coast Hub Services	208 Highfield Drive, ROBINA 07 5569 1800 www.wmb.org.au	Expanded Horizons Program (EHP) National suicide prevention program that supports young people who are refugees, lesbian, gay, bisexual or transgendered. Youth At Risk Alliance (YARA) Provides a coordinated, integrated approach to case planning and support for young people aged 0-18 with complex needs through the Complex Needs Assessment Panels (CNAP). CNAP is a co-case management model requiring agency to remain involved with the family.
YHES House (Youth Health and Education Service)	161 Scarborough Street, SOUTHPORT 07 5528 5333 (Ph) www.yhes.org.au	Youth support for 12-18 years. Drop in service available. Call for further details.
Youth Enterprise Trust (through Evolve Therapeutic Services)	PO Box 46, TAMBOURINE, 4270 07 5543 6899 www.yet.net.au	Wilderness experience camps. YET motivates and empowers young people to discover their self-worth.

Young Carers	Elanora House 1 Pines Lane, ELANORA 07 5525 5425	Support for young carers in secondary schools.
Youth Flourish	HQ – 50 Cavill Avenue, SURFERS PARADISE 1300 803 710 info@youthflourish.org http://www.youthflourish.org	Trauma informed adventure programs for young people.
Youth Legal Advice Hotline	1800 LAQ LAQ (1800 527 527) www.legalaid.qld.gov.au	Call to talk to a lawyer. Free and confidential legal advice, diversionary options, being charged with a crime, talking to police and youth justice issues. Mon to Fri 8:00am to 9:00pm & Sat 7:00am to 12:00pm.
Youth Support Services (Wesley Mission Queensland)	208 Highfield Drive, ROBINA 07 5569 1800	Young people aged 12-18 years can meet with a youth support worker for practical and emotional support.

NOTES: