

Brisbane South West Neighbouring Communities



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Creating Neighbourhoods, Connecting Communities

Community Guide 2009



Foreword

Due to popular demand Inala Community House has again undertaken the task of producing the Brisbane South West Neighbouring Communities - Community Guide 2009 edition.

Previous editions of the document were known as the Inala Community Guide. The last edition of the guide was produced in 2005. The development of the Community Guide commenced back in 1972 and is updated usually every two to four years. The Community Guide is still a valued resource as it was back in 1972, in particular with workers in the community.

The development of the Community Guide is a very time consuming and costly exercise. The work in gathering current information was undertaken by staff and volunteers of Inala Community House. Funding was provided through the Queensland Government's Community Renewal program, as part of the BOOST project being managed by Inala Community House.

The Community Guide has been developed alongside the Brisbane South West Neighbouring Communities area-wide website www.bswnc.org.au. This website will also host a copy of this community guide, in both pdf and webpage format. The website will provide access for the community on the services and resources available to them.

We would like to take this opportunity to sincerely thank and acknowledge the following people and organisations that supported this initiative.

- Honourable Annastacia Palaszczuk Minister for Disability Services and Multicultural Affairs and Member for Inala, for supporting the BOOST application
- Queensland Government's Community Renewal program
- BOOST Project Management Team
- Inala Community House staff Marie Torres and Helen Hirt, and volunteers Del, Maree and Cathy

On behalf of the Management of Inala Community House, we sincerely thank everyone for their support and contribution to both the guide and website. For inclusion or to update information please contact Inala Community House on 3372 1711 or email your information to ich@ich.org.au.

Regards

Michele Meredith
Chief Executive Officer
Inala Community House



ORGANISATIONS & SERVICES A-Z

A

ABC LEARNING CENTRE RICHLANDS

55-57 Poinsettia St, Inala 4077
Phone: 1800 222 543

Hours: Mon - Fri 6.00am - 6.30pm

Services available include:

- Fully qualified staff provide creative, caring & enjoyable programs
- Computer music consultants
- Pre-school developmental programs
- Open 52 weeks
- 0 to 5 years
- Government child care assistance available
- Registered with child care cash rebate scheme

ABORIGINAL HOSTELS

27 Brook St, Highgate Hill 4101
Phone: 3846 5733
Fax: 3844 1195

196 Boundary Rd, West End 4101
Phone: 3846 5160
Fax: 3844 1195

Caters for Indigenous Aboriginal people who are without any accommodation. Provides a culturally supportive network where most staff and all residents are Indigenous Aboriginal people.

ABORIGINAL INLAND MISSION COMMUNITY FELLOWSHIP

197 Blunder Rd, Durack 4077
Phone: 3372 1987

Service: 10.30am

Held at Elders Hall in Poinsettia St, Inala, Sundays. Also available - prayer meetings and Sunday school and hospital visitation.

ABORIGINAL & TORRES STRAIT ISLANDER COMMUNITY HEALTH SERVICE

55 Annerley Rd, Woolloongabba 4102
Phone: 3393 0055
Fax: 3391 6196
Email: info@aichs.org.au
adminreception@aichs.org.au

Internet: www.aichs.org.au

One of the largest ATSIC community organisations in Qld. Community controlled and managed. Provides a diverse range of health and ancillary services in a culturally appropriate setting to the Greater Brisbane area.

Acacia Ridge Clinic

Murri School,
1277 Beaudesert Rd, Acacia Ridge 4110
Phone: 3274 4792

Hours: Fri 9.30am - 3.30pm
(during school terms)

Doctor and nurse available. Appointments preferred. Outreach services to Inala and neighbouring suburbs can be arranged.

Woodridge Clinic

8 Jacaranda Ct, Woodridge 4114
Phone: 3208 6933

Hours: 8.30am - 4.30pm

Youth Health Clinic

Working with young people aged 12-25yo, especially those who are homeless or at risk of homelessness. Issues such as sexual health, drugs and alcohol and volatile substances misuse are addressed. Outreach is available. Immediate engagement with young people and families will be made, even if waiting lists apply.

ABORIGINAL & TORRES STRAIT ISLANDER CORPORATION - (INALA ELDERS)

91 Poinciana Street, Inala 4077
Phone: 3372 6925

ABORIGINAL & TORRES STRAIT ISLANDER CULTURAL STUDY CENTRE

100 Lilac Street, Inala 4077
Phone: 3372 1058

ABORIGINAL & TORRES STRAIT ISLANDER LEGAL SERVICE BRISBANE

Level 5, 183 North Quay, Brisbane 4000
Phone: 3025 3888 or 1800 012 255 (divert a/hrs)
Fax: 3025 3800

Hours: Mon - Fri 8.00am - 5.00pm

Free legal advice, support and counselling to Aboriginal and Torres Strait Islander people.

ABORIGINAL & TORRES STRAIT ISLANDER LEGAL SERVICE IPSWICH

265 Brisbane St, Ipswich 4305
Phone: 3812 2772 or 1800 012 255
Fax: 3812 0982

24 Hour Emergency Assistance
Hours: Mon - Fri 8.30am - 4.30pm

Free legal advice, support and counselling to Aboriginal and Torres Strait Islander people.

ABORIGINAL & TORRES STRAIT ISLANDER WOMEN'S LEGAL & ADVOCACY SERVICE

32 Balaclava St, Woolloongabba 4102
Phone: 3392 3177 or 1800 442 456
Fax: 3392 3166

Hours: Mon - Fri 8.30am - 4.30pm

Free legal advice and court support for Aboriginal and Torres Strait Islander women. An Indigenous Family Support worker provides assistance for women experiencing domestic violence.

ACACIA RIDGE & DISTRICTS COMMUNITY CENTRE

21 Hanify St, Acacia Ridge 4110
Phone: 3277 4893
Fax: 3275 3656
Email: comdev@bigpond.net.au

Hours: 9.00am - 3.00pm

Offers a range of free community services. Emergency relief operates one morning per week. Please phone for appointment times.

Programs include:

Community Development Programs

Emergency relief (by appointment only) and practical support. Information and referrals. Community engagement through festivals and group activities.

Tenancy Advice & Advocacy Services

Phone: 3277 7583
Email: taas@bigpond.net.au

Hours: Mon - Fri 9.00am - 1.00pm
Fri 2.00pm - 4.00pm

Tenant advice and advocacy for tenants of all ages and cultural backgrounds. Practical assistance includes help with forms, applications, hearings and bond disputes. NB. This service does not find housing.

Tax Help

Assists those on low incomes to complete simple tax returns (August to October).

Emerging Healthy Active Communities Projects

Working with emerging, Pacific Islander and Indigenous communities to promote health. Focusing on nutrition, sport, low cost recreational activities and building self-esteem.

The Heritage Hut

On Mortimer Road, adjoining the Community Centre, available for hire for community groups.

Current activities include:

- Support groups
- Women's groups
- Men's groups
- Activities
- Playgroups
- Art classes
- Alcoholics Anonymous
- Various cultural community groups & youth grps

The Centre also has an activity room, meeting room and a training room with eight computers. These rooms are available to community groups, organisations and businesses to hire.

ACACIA RIDGE MEDICAL CENTRE

Shop 9, Elizabeth St, Acacia Ridge 4110
Phone: 3255 6131

Hours: Mon - Fri 8.00am - 5.00pm
Sat 8.30am - 12.30pm

ACACIA RIDGE 50 & BETTER PROGRAM

29 Chardean St, Acacia Ridge 4114
Phone: 3277 0632
Fax: 3277 0002
Email: 50better@uqconnect.au

Hours: Mon - Thurs 9.00am - 2.30pm

A healthy, active ageing program for people over 50yo. Constantly changing program to meet the needs of older persons.

Activities available include:

- *General social activities for older people*
- *Learning activities including computer use*
- *Crafts & card making*
- *Internet access & assistance*
- *Exercise & physical activities*
- *Information & assistance*

ACCES EMPLOYMENT PATHWAYS

Logan Head Office:

92 Wembley Rd, Logan Central 4111

Phone: 3412 8222

Fax: 3412 8220

Email: employment@asi.org.au

Internet: www.asi.org.au

Hours: Mon - Fri 9.00am - 4.00pm

Inala Outreach Service

Inala Community House

38 Sittella St, Inala 4077

Phone: 3372 1711 - Mobile: 0401 555 671

A multi-regional program providing individualised employment assistance for unemployed people from non-English speaking backgrounds. There is a specific focus on migrants, refugees and humanitarian entrants.

Free services help with:

- *Acquiring life skills for Australian culture*
- *Job search skills*
- *Education & training*
- *Recognition of existing skills*
- *Contacting employers*
- *Job placement & post placement support*
- *Driving lessons*

Other support services available at Head Office:

- *Long term unemployment*
- *Employment & personal counselling*
- *Substance/alcohol abuse*
- *Torture & trauma counselling*
- *Gambling addiction*
- *Depression/anxiety disorders*
- *Domestic violence*
- *Homelessness*

- *Sexual abuse/assault*
- *Physical & intellectual impairment*
- *Financial management difficulties*
- *Social isolation*
- *Ethnic or racial discrimination*
- *Literacy & numeracy*
- *Poor communication/language skills*

ACUTE CARE TEAM, THE

(For Mental Health)

Phone: 1300 858 998

Fax: 3167 1287

Hours: 7 days 7.00am - 10.30pm

Based at the Princess Alexandra Hospital. Phone contact service for clients, in acute stage of mental health, who reside in the Princess Alexandra catchment area (including Inala and surrounds).

AFTER HOURS HOME VISIT FAMILY CARE MEDICAL SERVICES

Phone: 3831 9999

In case of emergency, call 000

ALANI OVER 60'S GROUP

(Salvation Army)

83-85 Inala Ave, Inala 4077

Phone: 3372 9111 or 3372 7406 (Ethel Murray)

Group meets in church hall first Tuesday of every month. Music, guest speakers, craft, and activities. Open to anyone over 60.

ALANI (SOUTH WEST BRISBANE COMMUNITY OPTIONS INDIGENOUS SERVICES)

6 Quail St, Inala 4077

Phone: 3278 8715

Email: alanidayrespite@bigpond.com

Hours: Mon, Wed & Fri 8.00am - 4.00pm
(Office is open Tues & Thurs for enquiries)

Centre-based day respite care for frail aged or younger disabled people from the Aboriginal and Torres Strait Islander community.

Services include:

- *\$6 fee covers meals & outings*
- *Free transport from Inala & surrounds*

- Men's group
- High needs group
- HACC domestic assistance available
- Self referral Ok

AL ANON & AL ATEEN FAMILY GROUPS

3/157 Abbotsford Rd, Bowen Hills 4006

Phone: 3854 0331

Fax: 3854 0336

Email: afgsqa@bigpond.com

Hours: Mon - Thurs 10:00am - 2:00pm

Family groups for relatives and friends of problem drinkers. Local meeting lists available.

Pre-Al Ateen - support for children under 12yo.

Junior section of Al Anon caters for 12-18yo. For teenagers whose lives have been affected by another person's drinking.

ALCOHOL & DRUG INFORMATION SERVICE

Phone: 1800 177 833

ALCOHOL, TOBACCO & OTHER DRUGS SERVICE

(Queensland Health)

Inala Community Health Centre

64 Wirraway Pde, Inala 4077

Phone: 3275 5300

Fax: 3275 5488

Hours: Mon - Fri. 8.30am – 5.00pm

Working with individuals, families and community where substance use is an issue, to increase capacity to achieve a healthier lifestyle. Anyone can use this free service, including people affected by the drug use of family, friends or children. Self-referral okay. Phone us or come to the Centre. The centre has its own street entrance.

We provide:

- A service based on respect & dignity
- Privacy & confidentiality
- Access to care
- Information, education, referrals
- A treatment plan negotiated with all clients, encouraging client responsibility

Specialists offer:

- Counselling & advocacy
- Parenting & family support

- Relapse prevention & detoxification
- Has one of Brisbane's few free needle and syringe programs.*

ALCOHOLICS ANONYMOUS (AA)

Phone: 3255 9962

ALCOHOLICS ANONYMOUS (AA) - INALA

PO Box 301, Inala 4077

Phone: 3372 2522 or 3372 4037

Hours: After 4.00pm

(The service meets every Thursday night)

ALLCARE INALA MEDICAL CENTRE

Shop 15/57 Corsair Ave, Inala 4077

Phone: 3879 8100

Hours: Mon - Sun 8.00am - 11.00pm

(Includes public holidays)

ANGLICAN WOMEN'S HOSTEL

Phone: 3358 4444

Crisis accommodation for up to three months for women over 18yo. Unable to accommodate children. Initial client contact requires a phone interview. (High risk domestic violence situation will be referred to D.V. Connect).

ARAFMI

Phone: 1800 351 881

Providing support services for families and friends of people with mental illness and/or psychiatric disability.

ASPEN COMMUNITY CENTRE

24 Aspen St, Inala 4077

Phone: 3372 2243

Hours: Mon - Fri 6.00am - 6.00pm

Permanent and permanent part-time care. Open 49 weeks a year. Closed over Christmas for 2 weeks. Ages: 6 weeks to pre-school.

ATTHOWS PARK

Gothic & Westcome Sts & Monier Rd, Darra

AUSTRALIA POST

Post Offices

Phone: 13 13 18

Inala Plaza Civic Centre 3336 5714

Inala East, 61 Skylark St 3372 1881

Inala Heights, 155 Biota St 3372 1406

AUSTRALIAN RED CROSS - NIGHT CAFÉ

Under Brisbane City Hall
Phone: 1300 554 419

Hours: Tues & Thurs 7.00pm - 9.00pm &
Sun 3.00pm - 5.00pm

For people aged 10 - 25yo.

The only after-hours safe space option in inner Brisbane specifically for homeless or vulnerable young people.

Offers free hot food, showers, toilets and access to information and advice. Outreach services visit on a rostered basis, including Brisbane Youth Service, Indigenous Youth Health and legal services.

AUSTRALIAN RED CROSS - QLD

114 Newdegate St, Greenslopes 4120
Phone: 3244 2800
Fax: 3847 3560

Emergency Hospital Accommodation
Provides low-cost accommodation to individuals and families who have to travel considerable distances for medical care.

Medical Equipment Hiring Service
Provides medical equipment to hire at a low cost.

B

BALFOUR PARK

Balfour & Winslow Sts, Darra

BIALA CITY COMMUNITY HEALTH

270 Roma St, Brisbane 4000
Phone: 3837 5988

Alcohol & Drug Information Service

Phone: 1800 177 833
24 Hour counselling and information service

Services include:

- *Sexual health services*
- *Brisbane Sexual Health Clinic*
- *AIDS Medical Unit*
- *Sexual Health & AIDS services*
- *Counselling service*

- *Indigenous Sexual Health Unit*
- *Gender clinic for transgender services*
- *Alcohol & drug treatment services*
- *Biala Acute Care service*
- *Needle & Syringe Program*
- *Biala Community Team*
- *Indigenous & homeless services*
- *Outreach Community Team*
- *Drug Clinic*

BIOTA STREET MEDICAL CENTRE

139 Biota St, Inala 4077
Phone: 3372 4333
Fax: 3372 4317

BLACK & WHITE CABS

Phone: 13 32 22
Internet: www.blackandwhitecabs.com.au
Ecab: www.ecab.com.au/bookings
SMS: 1977 3222

Services include:

- *Taxi cabs*
- *Luxury taxis*
- *Maxi cars*
- *Express couriers*

BLUE CARE ACACIA RIDGE RESPITE CARING CENTRE

15 Coley St, Acacia Ridge 4110
Phone: 3277 8233
Fax 3277 8701
Email: n.jones@bluecare.org.au

Hours: Mon - Fri 8.00am - 4.00pm

Tuesdays: A day for people with a disability

Tuesdays & Fridays: Services for the Spanish speaking community.

Carers group once a month. Transport provided.

BOYSTOWN

Head Office: Boystown Business Centre,
Suite 9, Black St, Milton 4064
Email: boystown@boystown.com.au
Internet: www.boystown.com.au

Kids Helpline: 1800 551 800

Parentline: 1300 301 300

Assists disadvantaged children and young people aged to 25yo to connect with the community. Branches at Ipswich, Woodridge and Inala.

BOYSTOWN INALA

Shops 44 & 62 Inala Plaza, Inala Ave, Inala 4077
Phone: 3877 4100
Fax: 3372 3633
Email: inala@boystown.com.au

Employment focused. New job services. Free service for youth at risk 15-25yo. Provides individual case management, group work, and training to address barriers for young people finding employment. Self-referral

BREMER INSTITUTE OF TAFE - INALA

Phone: 3817 3000

Hours: Monday - Friday

Offers a range of vocation, education and training courses ranging from Cert1 to Diplomas.

BRISBANE BOARDERS

765 Stanley St, Woolloongabba 4102
Phone: 3891 6100
Fax: 3891 6211
Internet: www.brisbaneboarders.com.au

Offers affordable accommodation through several government supported programs and also in partnership with the private sector.

BRISBANE CITY COUNCIL COMMUNITY HALLS

Two halls available: Corsair Ave, Inala
Old Inala library: Abelia & Rosemary Sts, Inala
Phone: 3403 8888

BRISBANE CITY COUNCIL

GPO Box 1434, Brisbane 4001
Phone: 3403 8888
Internet: www.brisbane.qld.gov.au

Councillor Milton Dick
Ward of Richlands
Phone: 3407 1211
Fax: 3407 1215

Hours: Mon - Fri 8.30am - 12.30pm & 1.30pm - 5.00pm

BRISBANE DOMESTIC VIOLENCE ADVOCACY SERVICE

Activity of the Domestic Violence Resource Centre
Phone: 3217 2544
Fax: 3217 2679
Email: admin@dvrc.org.au
Internet: www.dvrc.org.au

Hours: Mon - Fri 9.00am - 5.00pm

Free practical assistance, information, referrals and advocacy for women experiencing domestic violence. (Emotional support only. No counselling service.)

On-site childcare, enabling mothers to come in for private appointments.

A Brisbane wide outreach service, includes, meetings with a worker at any safe place that the client chooses. A childcare worker can attend and care for children during the support session.

*Workers are able to transport to, and support women at, appointments, including court.
Phone for appointments.*

BRISBANE HOMELESSNESS SERVICES CENTRE

62 Peel St, South Brisbane 4101
Phone: 3036 4444 (Information & assessments)
Fax: 3036 4400
Internet: www.bhsc.net.au

Accommodation for individuals and families. The centre houses several partner agencies, each offering a specialist service to people experiencing homelessness.

BRISBANE SEXUAL ASSAULT SERVICE

Phone: 3636 5206

BRISBANE SOUTH COMMONWEALTH RESPITE & CARELINK

Phone: 1800 059 059

For aged, frail people with disabilities, mental health issues, and children with disabilities. Information and resource unit. Care bus for mobile resource and information to community groups etc at no cost.

BRISBANE STH DIVISION OF GENERAL PRACTICE LTD

Unit 1B, 172 Evans Rd, Salisbury 4107

Phone: 3274 1886

Fax: 3274 1930

Email: info@bsdgp.com.au

Internet: www.bsdgp.com.au

A membership organisation supporting general practice and primary health care in providing quality care to the community. Organises community programs and community education. A contact for information on local GP services.

Programs offered include:

Indigenous Child health

This project aims to provide and promote health-related solutions to issues within the Southside District.

Healthy Lifestyles

The Lifestyle Modification Program aims to reduce the risk or delay the onset of Type 2 Diabetes in participants.

Access to Allied Psychological Services

To enable the following groups to access free psychological services:

- *Low income earners*
- *Young people*
- *Aboriginal & Torres Strait Islanders*
- *CALD communities*

Better Access to Psychological Services

A free for service/bulk billing pathway that provides specialist clinical psychology assessment and treatment for adults, children, adolescents and their families, for a range of issues.

General Practice Liaison & Assessment Service

A free for service pathway. This program provides a quick and easy referral system for GPs to psychiatrists. Clients are guaranteed an appointment with a psychiatrist within two weeks.

Mental Health Nurse Incentive Program

Provides support to patients with a mental illness who have complex support needs. A mental health nurse is based at the GP practice and can see patients at the clinic or in their home. There is no limit to the number of sessions that patients can access.

Connecting Communities Program

Aims to raise awareness, provide education within communities, de-stigmatise mental illness and increase the likelihood of people seeking assistance.

Connecting Communities Program also offers free training in three programs including:

Friends for Life: An early intervention and prevention program that aims to help children and their families develop effective strategies and a common language to deal with worry, stress and change. Promotes personal development concepts such as self-esteem, problem-solving, self-expression and building positive relationships with peers and adults.

Triple P-Positive Parenting Program: A multi-level intervention program for parents of children from 0 to 12yo. Extends to address concerns of parents of young people aged 12-16yo.

Mental Health First Aid: Topics cover helping people in mental health crisis situations and /or in the early stages of mental health issues. Participants will learn the signs and symptoms of these mental health issues, where and how to get help and what sort of help has been shown by research to be effective.

BRISBANE YOUTH SERVICE

Phone: 3252 3750

Fax: 3252 2166

Email: Bys@Brisyouth.org

Internet: www.brisyouth.org.au

Promoting the health, safety, housing, education, employment, parenting and skills of homeless or at risk young people.

Transitional (3-18 months) accommodation available for young people aged 15-25yo.

Provides outreach, referral and follow-up support services to disadvantaged young people experiencing homelessness.

Eligibility criteria:

- *Must have a case manager (from BYS or another service)*
- *Must be needing to exit from emergency or short-term accommodation*

BRISBANE WEST COUNSELLING

Phone: 3278 9625 or 0409 789 625

Counselling services include:

- *Relationship counselling*
- *Couples counselling*
- *Addiction*
- *Trauma*
- *Grief & loss*
- *Building self-esteem*

Outreach counselling available. Standard fees apply.

BUSY LEARNERS EARLY EDUCATION CENTRE & PRE-SCHOOL

41Yulan St, Inala 4077

Phone: 3278 7033

Fax 3278 7693

Email: busylearners@gccs.com.au

Hours: Mon - Fri 6.00am – 6.00pm

Full day care - 15 mths to pre-school. Vacation and casual care available. Government assistance available.

BYWATER MEDICAL CENTRE FOREST LAKE

Cnr Forest Lake Blvd & Woogaroo St,

Forest Lake 4078

Phone: 3372 9177

Hours: Mon - Fri 8.00am - 6.00pm

Sat 9.00am -12.00pm

C

CANCER COUNCIL HELPLINE

Phone: 13 11 20

Internet: www.cancerqld.org.au

Hours: Mon - Fri 9.00am - 5.00pm

CANCER COUNCIL QLD

553 Gregory Tce, Fortitude Valley 4006

Phone: 3258 2200

Helpline: 13 11 20

Fax: 3257 1306

Email: info@cancerqld.org.au

Internet: www.cancerqld.org.au

Hours: Mon - Fri 9.00am - 5.00pm

For people coping with cancer, those living with cancer, or those who have someone close to them living with cancer.

Services include:

- *Free phone or face to face counselling*
- *Interpreter available for phone counselling*
- *Group & individual support programs*
- *Referrals*

CAREER KEYS

Head Office: 31-37 Barklya Pl, Marsden 4132

Phone: 3200 2700

Fax: 3200 9800

Email: enquiries@careerkeys.com.au

Internet: www.careerkeys.com.au

Inala Office: PCYC Inala, 37 Swallow St, Inala 4077

Phone: 3372 3410 - Fax: 3372 3715

Provides support to youth, adults, employers and schools. Primary services of career employment and training. Commitment to create opportunities to respond to social needs and to foster community partnerships.

CENTACARE DISABILITY CARERS FAMILY RELATIONSHIP SERVICE

Phone: 1800 337 552

Provides assistance for any person living with a disability, their family members, or carers including those who are considering future care arrangements. Family mediation available.

CENTACARE FAMILY & COMMUNITY SERVICES

58 Morgan St, Fortitude Valley 4006

Phone: 3252 4371

Fax: 3854 1246

Email: cfcs@centacarebrisbane.net.au

Internet: www.centacarebrisbane.net.au

Hours: Mon, Tues & Thurs 9.00am - 7.00pm

Wed & Fri 9.00am - 4.00pm

Counselling for individuals, couples and families. Standard charges apply. Arrangements may be made for those in financial need. No referral needed.

CENTENARY HIGHWAY PARK

Centenary Highway, Ducie & Warrender Sts, Darra

CENTRELINK INALA

Wirraway Pde, Inala 4077

Phone: 13 10 21

Languages other than English: 13 12 02

Internet: www.centrelink.gov.au

Hours: Mon - Fri 7.45am - 4.45pm

Social workers are available for short- term counselling, information, advice and referrals. Waiting list may apply. Appointments necessary.

Centrelink can help with:

- *Employment*
- *Financial matters*
- *Illness, injury, disability*
- *Family & parenting*
- *Study*
- *Housing*
- *Domestic violence*
- *Crisis situations*

CENTRELINK & FAMILY ASSISTANCE OFFICE & MULTILINGUAL SERVICE

Phone: 13 12 02

Hours: Mon - Fri 9.00 am to 5.00 pm

Centrelink Multilingual Call (CMC) is a national service that allows people to speak to, and do business with, Centrelink in languages other than English.

CHALLENGE EMPLOYMENT & TRAINING

Goodna Office

Cnr William & Smith Sts, Goodna 4300

Phone: 3282 4085

Fax: 3288 3841

Ipswich Office

29 South Street, Ipswich 4300

Phone: 3282 8000

Fax: 3202 3288

Hours: Mon - Fri 8.30am - 4.30pm

Provides a range of courses to suit clients' interests and needs. The opportunity to have existing skills and knowledge recognised (Recognition of Prior Learning). Flexible timelines and delivery options. Friendly and personalised learning support. Up-to-date and easy to read learning resources. An individualised training

plan. Practical and realistic programs. Nationally recognised qualifications. Qualified staff with recent industry experience.

CHILDCARE ACCESS & EQUITY RESOURCE SUPPORT UNIT (CAERSU)

Inala Community House

35 Sittella Street, Inala 4077

Phone: 3372 7979

Fax: 3372 9688

Email: isa@caersu.org.au

Supporting all eligible child care services, to recognise the unique needs of each child and create a nurturing, supportive and inclusive environment with strong positive links to the community.

Supports services to meet the needs of children with:

- *On-going high support needs*
- *Disabilities*
- *CALD backgrounds*
- *ATSIC backgrounds*

CHRISTIAN CADET CORPS

44-46 Poinsettia Street, Inala 4077

Phone: 3372 1753

Hours: Children 9 to 14yo meet Friday fortnightly, 7.00 pm to 9.00 pm

Held at the Reformed Church, Inala.

CHURCH OF NAZARENE

20-22 Sittella St, Inala 4077

Phone 3372 2192

Email: pastormkent@westnet.com.au

Sunday Services: 10.00am

Regular Activities include:

- *Prayer & Fasting*
- *Ladies Bible Study*
- *Men's Church Maintenance*
- *Mid Week Bible Study*
- *Youth Group*
- *Worship Service*
- *Sunday School for 3yo - grade 3*
- *Junior Worship for grades 4 - 7*
- *Morning Tea*
- *Nazcare Compassionate Ministries*

- *Road Live Worship*
For the location of our Bible Study Groups and more details of all activities, contact at details above.

CITYCARE

156 Alfred St, Fortitude Valley 4006
Phone: 3112 1200
Fax: 3112 1299
Email: info@citycare.org.au

Hours: Mon - Fri 9.30am - 2.30pm

Community care includes:

- *Food parcel*
- *Prescriptions*
- *Telstra vouchers*
- *CBD travel warrants*
- *Financial counselling*
- *Limited finance assistance*
- *School stationery*
- *Baby items*

(Appointments necessary)

Logan Service:

Cnr Kingston & Queens Rds, Logan 4114
Phone 3208 4222
Fax: 3209 4001
Email: info@citycare.org.au

Hours: Tues, Wed & Fri 9.00am - 2.30pm

*Food parcels and counselling referrals only.
Appointments necessary.*

CITIPOINTE CHURCH WEST

26 Rosemary St, Inala 4077
Phone: 3879 6833

Sunday Service: 8.30am & 10.15am

Citikids: Grades 1 to 7

Cityyouth: Fri 6.30 - 9.30pm

Fusion (youth): Fri 5.00 - 6.30pm

CIVIC SOLUTIONS

Head Office: 1993 Logan Rd,
Upper Mt Gravatt 4122
Phone: 3347 9000
Fax: 3849 8371

Email: info@civicsolutions.com.au

Internet: www.civicsolutions.com.au

Provides employment, training, and personal support services to individuals and businesses. Delivers a range of community-based services and programs that assist unemployed people (particularly long-term unemployed) to develop skills and knowledge that will help them re-enter the work force.

Branches are located throughout the South Brisbane region.

C.J. GREENFIELD COMPLEX

Freeman & Boundary Rds & Kimberly St, Inala

CLIPPER STREET PARK

Clipper & Octans Sts, Inala

COMMONWEALTH REHABILITATION SERVICE

AUSTRALIA

Cnr. Wirraway Pde & Partridge St, Inala 4077

Phone: 3710 1080

Fax: 3710 1088

Internet: www.crsaustralia.gov.au

For people aged 16-64yo in line with disability legislation. Must be referred through Centrelink. Eligibility depends on a job capacity assessment.

Helping people with a disability, injury or health condition choose, find and retain employment. Vietnamese speaking staff and a multi-disciplinary team that includes occupational therapists, employment service consultants and psychologists, are available.

COMMONWEALTH RESPITE & CARELINK CENTRE

Phone: 1800 052 222

Internet: www.commcarelink.health.gov.au

Hours: Mon - Fri 8.30am - 4.30pm

This service offers Support for carers.

Carelink Information Service: Free and confidential information service for persons living in the South Brisbane catchment area.

Carebus: A mobile information centre that distributes a broad range of free information relevant to carers, seniors, and people with a disability. The Carebus can attend public venues, service providers etc.

Information available includes:

- *Health & well-being*

- Disability support
- Mental health
- Medical conditions
- Government & service provider information

Young Carers Project: Supports young people up to the age of 25yo who are caring for a family member or friend living with an ongoing health issue, disability, drug/alcohol issue, or mental illness. Support is free and is based on the needs of the young person.

Carer Respite: Can provide the following services: Assistance to carers through direct respite – *Short term alternative care for the person they care for either in the home or in a residential or community respite facility.*

Assistance to carers through indirect respite – *Short term assistance with daily living tasks dependent on carer need and information and support to assist the carer to remain in the caring role.*

Specialised respite support – *Where there may be a profound and severe disability or dementia, support can be tailored to the individual, dependent on the needs identified.*

Positive futures program – *Supports carers aged 65+yo (ATSI 50+yo) who spend a significant amount of time caring for an adult with a disability. Support is provided to assist carers to plan for the time when they are no longer able to care for their loved one.*

COMMUNITY SETTLEMENT SERVICE

Inala Community House
38 Sittella St, Inala 4077
Phone 3372 1711
Fax: 3278 7238
Email: sgp@ich.org.au

Hours: Mon - Fri 9.00am - 5.00pm

Meeting the settlement support needs of migrants, refugees and humanitarian entrants in the Inala area. Provides information, advocacy and referrals.

Services include:

- Assessment of needs
- Information about settlement in Australia
- Referrals to other services

- Assistance to access other services
- Advocacy on behalf of clients
- Assistance in understanding Australian systems
- Community capacity building
- Life skills program

COMMUNITY & INDIVIDUAL SUPPORT PROGRAM

Inala Community House
38 Sittella St, Inala 4077
Phone: 3372 1711
Fax: 3278 7238
Email: csp@ich.org.au
Hours: Mon - Fri 9.00am - 5.00pm

Assists families and individuals to have the capacity to meet their own needs and achieve self-reliance. Strengthens the community through education and community development.

Services include:

- Support to families & individuals
- Initial counselling
- Referrals
- Community information & education
- Community development activities
- Collaboration with other services

COUNCIL CABS

Brisbane City Council
Phone: 3403 2227
Hearing impaired: 13 36 77

Organises shared taxis at scheduled times for residents who find it difficult to get to local shops.

Eligibility:

- Over 60yo
- Mobility impaired
- Pensioner concession card or Centrelink Seniors card holder
- A child under the care of an eligible person
- A carer accompanying an eligible person

Destination: Inala Town Centre - Tuesdays & Thursdays. Mt Ommaney Shopping Centre - first Friday of the month.

Each one way trip costs \$1 - \$3. Reserve a seat the day prior. Bookings taken up to noon of the day before. Wheelchair accessibility available.

COURT NETWORK

Office: 3227 7625
Phone: 1800 681 614
Fax: 3211 2278
Email: brisbane@courtnetwork.com.au

Hours: Mon - Fri 9.00am - 4.00pm

Information, support and referrals for people attending Courts.

CRISIS CARE

Phone: 3235 9999
Free call: 1800 177 135

Hours: 24 Hours, 7 Days a Week

Telephone counselling and crisis intervention service. Crisis Care staff offer after-hours professional help in the following areas:

- *Child abuse & neglect*
- *Parenting issues*
- *Parent-child conflict*
- *Juvenile justice issues*
- *Adolescent-related welfare issues*
- *Emergency placement for children & youth*

D

DARRA CEMENTCO BOWLS CLUB

4 Station Ave, Darra 4076
Phone: 3375 4307
Email: cementcobowler@optusnet.com.au
Internet:
www.members.optusnet.com.au/~cementcobowler

DARRA COMMUNITY GROUP

PO Box 3086, Darra 4076
Phone: 3271 2416

Community association representing residents of Centenary Village and Darra.

Services include:

- *Public Access PC's - three online computers with scanners available for use*
- *Community Hall - available for hire for parties, celebrations, meetings & events*
- *Plenty of parking*

DARRA / OXLEY PONY CLUB

Boundary Rd, Richlands 4077
Phone: 3375 3722 (clubhouse)
Email: mail@darraoxleyponyclub.org.au
Internet: www.darraoxleyponyclub.org.au/

DEMENTIA HELPLINE

Alzheimer's Association Qld
11 Abbottsford Rd, Bowen Hills 4006
Phone: 1800 639 331
Fax: 3252 0938
Email: helpline@alzheimeronline.org

Hours: 24 hours a day

Resource centre: 3252 4622

Hours: Mon - Fri 8.30am -5.00pm

24- hour information, support and referral for people living with dementia, their carers and families, service providers, students and the wider community.

Contact the Dementia Helpline for details about carers support groups. A range of information sheets on various dementia related topics are available, as well as a library of dementia- specific books and videos.

DEPARTMENT OF COMMUNITIES, CHILD SAFETY

Level I, Block A, Garden Square, McGregor St,
Upper Mt Gravatt 4122
Phone: 3343 4044
Phone: 1800 811 810 (general information)

Hours: Mon - Fri 9.00am - 5.00pm

Forest Lake Office:
Shop M, 255 Forest Lake Blvd, Forest Lake 4078
Phone: 3723 6100
Fax: 3879 6803

After Hours Service Centre:
Phone: 1800 177 135 (Qld only)
Contact this office if you have a reason to suspect a child in Queensland is experiencing harm, or is at risk of experiencing harm.

Child Safety Service Centre:
Department of Communities – Child Safety
Commonwealth Bldg, 20 Wirraway Pde, Inala 4077
Phone: 3372 0200

Fax: 3372 3490

Internet: www.childsafety.qld.gov.au

Protecting Queensland's children and young people (up to 18yo), ensuring they are safe from abuse.

Services include child protection, foster and kinship care adoption.

Services include:

- *Child abuse investigations*
- *Child protection follow up*
- *Supervision of children on protective orders*
- *Represents children who appear in the Children's Court*
- *Recruitment, assessment & training of foster parents*

DEPARTMENT OF COMMUNITIES, DISABILITY SERVICES

Disability Information Service: 1800 177 120

Greater Brisbane Region:

PO Box 3389, South Brisbane 4101

Phone: 3109 7007

Fax: 3109 7030

Greater Moreton:

PO Box 876, Ipswich 4305

Phone: 3280 1822

Fax: 3280 1069

Goodna Service Centre:

18 Smiths Rd, Goodna 4300

Phone: 3381 6500

Fax: 3381 6526

Email: disabilityinfo@disability.qld.gov.au

Internet: www.disability.qld.gov.au

Family & Early Childhood Services

18 Smiths Rd, Goodna 4300

Freecall: 1800 177 120

TTY: 1800 010 222

Supporting families with children aged 0-6yo who have, or at risk of, significant developmental delay.

A multi-disciplinary specialist team provides:

- *Needs assessment*
- *Individualised planning*
- *Educational group programs for parents*
- *Information & support*
- *Behaviour support*
- *Referrals & linking to other agencies*
- *Occasional siblings program*

- *Counselling around disability issues with a specialist psychologist.*

DIAL - DISABILITY INFORMATION SERVICE

Phone: 1800 177 120

Email: disabilityinfo@disability.qld.gov.au

Internet: www.disability.qld.gov.au

The Disability Information and Awareness Line (DIAL) is a free, state-wide, information, resource and referral service for anyone requiring information about supports and services for people living with a disability.

Information is provided on a wide range of services:

- *Employment*
- *Education*
- *Transport*
- *Respite care*
- *Recreation*
- *Independent living*
- *Advocacy*
- *Community access*
- *Family support*
- *Lifestyle support*
- *Post school options*

DICK, (COUNCILLOR) MILTON

Brisbane City Council - Ward of Richlands

Phone: 3407 1211

Fax: 3407 1215

Hours: Mon - Fri 8.30am - 12.30pm & 1.30pm - 5.00pm

DISABILITIES INFORMATION & AWARENESS LINE

Phone: 1800 177 120

Hours: Mon - Fri 9.00am - 5.00pm

D.J. SHERRINGTON PARK

Blunder Rd, Inala Ave & Rosella & Wonga Sts, Inala

DRUG ARM

24 Hamilton Pl, Bowen Hills 4006

Phone: 3620 8800

Fax: 3620 8823

Email: admin@drugarm.com.au

Internet: www.drugarm.com.au

Hours: Mon - Fri 8.30am - 5.00pm

A non-government, non-profit organisation committed to the promotion of a healthy lifestyle without the use of unnecessary drugs.

Outreach drug services are based on compassion, caring, education, awareness, and prevention and support programs. Treatment programs are staffed by volunteers and drug specific workers. Meetings can be arranged with individuals and families at their place of choice.

DURACK EARLY CHILDHOOD & PRESCHOOL CENTRE

56 Durella St, Durack 4077

Phone: 3372 9654

Fax: 3372 9799

Email: durackearly@rambomail.com.au

Internet: www.durackearly.com.au

Hours: Mon - Fri 6.30am - 6.30pm

Services include:

- *Before School Care*
- *After School Care*
- *Vacation Care*
- *Long Day Care - 15 Mths to 5yo*

Multicultural and bilingual staff available. Provides care and educational programs for toddlers. Excellent facilities in a friendly and caring atmosphere. Federal Government fee relief available.

DURACK EARLY EDUCATION AND PRE-SCHOOL

56 Inala Ave, Durack 4077

Phone: 3714 2666

DURACK / INALA BOWLS CLUB

Cnr Bowhill & Blunder Rds, Durack 4077

Phone: 3372 1267

Hours: Mon - Fri 3.30pm - 7.30pm

Sat 11am - 6pm, Sun 12pm - 6pm

New members welcome. Any age. Full bowling membership and social membership involved. Hall hire also available.

DURACK MEDICAL CENTRE

80 Glenala Rd, Durack 4077

Phone: 3372 4577

Hours: Mon - Fri 8.00am - 1.00pm then 2.00pm - 6.00pm, Sat 9.00am - 12.00pm

DURACK STATE SCHOOL

69 Inala Ave, Inala 4077

Phone: 3714 2666

DURELLA STREET PARK

Durella St, Inala 4077

DV CONNECT - 24 HOURS

Phone: 1800 811 811

DV CONNECT - 24 HOURS MEN'S LINE

Phone: 1800 600 636

E

EATING DISORDER ASSOCIATION

12 Chatsworth Rd, Greenslopes 4120

Phone: 3394 3661

Fax: 3394 3663

Email: admin@eda.org.au

Internet: www.eda.org.au

Hours: Mon - Fri 9.00am - 4.00pm

(Other times by appointment)

The Eating Disorder Resource Centre is a support, information and referral service for Qld. A free one-off counselling service is offered, by phone or face to face, followed by referrals to other services locally including support groups.

ELDERS ABUSE PREVENTION UNIT - LIFELINE

Phone: 1300 651 192

Hours: Mon - Fri 9.00am - 5.00pm

ELIZABETH BRUCE PLAYGROUND

Cnr Japonica & Robinia Sts, Inala

ELIZABETH STREET MEDICAL CENTRE

Cnr Elizabeth & Mitchell Sts, Acacia Ridge 4110

Phone: 3277 7500

Hours: Mon - Fri 7.00am - 5.00pm

Counsellor available weekly. Referral required from doctors in this centre. Standard charges apply.

ELLY BENNET HOSTEL

501 Brunswick St, New Farm 4005

Phone: 3358 1175

*Transitional (up to 3 months) accommodation, primarily for Aboriginal and Torres Strait Islander people. Will take non-Indigenous people if there are vacancies available. Need to be over 21yo
Rates: \$183.40 p/week, includes 3 meals daily*

ELORAC PLACE - CAROLE PARK COMMUNITY CENTRE

11a Southampton Rd, Carole Park 4300

Phone: 3271 3592

Fax: 3271 2066

Email: centrecordinator@elorac.org.au

Hours: Mon - Fri 9.00am - 4.00pm

Working with the community to create an environment where people have choices and resources to develop and achieve their goals.

Emergency relief

Hours: Tues 9.00am - 12.00pm

Limited weekly appointments for residents of Carole Park, Wacol, Gales, Ellen Grove and Forest Lake.

Food Shed

Hours: Wed 4.00 - 5.00pm

Resources available include:

- Book library
- Computer lab
- Community hall
- Room hire

Programs offered include:

- Community Development Program - events, groups, activities for all age groups
- Playgroup - children 0-5yo & their parents/carers
- Kidzone - activities for 6-12yo
- Youth Space - activities for 13-17yo
- Young Women's Program - 16-25yo pregnant and/parenting women, homeless or at risk. Advice, referrals & information
- Young @ heart - activities for the over 50's

ERIDANUS STREET PARK

Cnr Eridanus & Bellatrix Sts, Inala

EUGENIA STREET PARK

Eugenia Street, Inala 4077

E

FAMILY CARE MEDICAL SERVICES

Phone: 3831 9999

Hours: Mon - Fri 6.00pm - 8.00am, Sat 12.00pm - Mon 8.00am (home visits available)

24 hours on public holidays

Doctor's after hour's home visits. This service operates on behalf of subscribing GP's. Check with your GP to see if they are a subscriber.

Patients are bulk billed if they are:

- Pensioners
- Health care card holders
- Veteran's card holders
- Children under 16yo

Other patients attract a fee which must be paid on the spot by cash, cheque or credit card.

FAMILY DAY CARE ASSOCIATION

Unit 2, 7 Birubi St, Coorparoo 4151

Phone: 3847 6900

Fax: 3847 6924

Internet: www.fdcqld.org/

Hours: Mon - Fri 9.00am - 4.30pm

Offers a personalised, high quality, flexible childcare service, provided in a safe and secure home environment. Caters for children aged from 0 to school age. Embracing of diversity of language, culture and ability to ensure the right fit for children, carers, and their respective families.

FAMILY DRUG SUPPORT

Phone: 1300 368 186

For families affected by a family member's drug use.

FAMILY RELATIONSHIP CENTRE

23 Sanders St, Upper Mount Gravatt 4122

Unit C, 1151 Wynnum Rd, Cannon Hill 4170

Phone: 3423 6967

Phone: 1300 364 277 (mediation intake information)

Fax: 3343 5531

Internet: www.relationships.com.au

Assists families to build better relationships.

The centre offers:

Mediation for Separated Families: This process includes client intakes, a pre-mediation group session, mediation sessions between both parties and a take home pack.

Information & Referral Service: For families seeking help with relationship issues.

Free Workshops: 'Communicating effectively with your Ex' is an example of workshops offered.

FAMILY RELATIONSHIP CENTRE - LOGAN

25 Ewing Rd, Logan Central 4114

Phone: 3442 1500

Advice Line: 1800 050 321

Fax: 3250 4771

Internet: www.familyrelationships.gov.au

Hours: Mon - Fri 9.00am - 5.00pm

Assists separated parents, parents considering separation, and anyone who is currently in a relationship, with mediation, information and referrals. General healthy-relationship support. An avenue to resolve issues outside of the court system.

Services include:

- Free intake & assessment
- Free mediation
- Child consultation
- Referrals for legal services

FAMILY STEPS PROGRAM

Inala Community House

6 Teal St, Inala 4077

Phone: 3879 2800

Fax: 3278 8550

Email: admin@wdpcservices.com.au

Hours: Mon - Fri 9.00am - 5.00pm

Family intervention Service. For families with children and young people under the age of 18yo who are subject to ongoing child protection intervention. Aims to prevent children entering out-of-home care.

Intensive family support service includes:

- Assisting parents to develop practical parenting skills
- Ensuring a safe home environment

- Referrals to specialised services

FIRST CONTACT

Phone: 3420 4291 or 1300 729 157

Referrals for Indigenous young people.

FOOTE STREET SURGERY

10 Foote St, Acacia Ridge 4110

Phone: 3277 6488

FORBES PARK

Ilex, Poplar & Willow Sts, Inala

FOREST LAKE COMMUNITY HOUSE

2 Alpine Place, Forest Lake 4078

Phone: 3279 9111

Hours: Mon - Fri 9.00am - 5.00pm

Activities include:

- Happy house playgroup 1, 2 & 3
- Crafters group
- Steady steps for the aged
- Indoor bowls
- Fitness & dance
- Monica's dance studio
- Toastmasters
- South-West motor club

FOREST LAKE FAMILY PRACTICE

Shop 5 Grand Boulevard Shopping Centre,

255 Forest Lake Blvd., Forest Lake 4078

Phone: 3879 7966

Hours: Mon - Fri 8.00am - 6.00pm

Sat 9.00am - 1.00pm

FOREST LAKE VILLAGE MEDICAL PRACTICE

241 Forest Lake Blvd, Forest Lake 4078

Phone: 3879 0100

Two visiting psychologists from Mind Professionals, Tuesday and Friday. Referrals needed from this centre. Standard fees apply.

Phone: 3217 4899

FUTURES IN FOCUS

(Wesley Mission)

6 Juniper Court, Beenleigh 4207

Phone: 3287 1290

Coordinator: 0488 098 412 - Fax: 3287 1753

Beenleigh/Eagleby/Logan Area
Worker phone: 0447 798 309

Carole park/Inala/Acacia ridge
Worker phone: 0437 203 265

A free service for unemployed individuals and families living in Social Housing in Inala and surrounds. Aims to engage social housing tenants who are unemployed or at risk of experiencing long term unemployment.

Activities include:

- Community events
- Community BBQs & picnics
- Social outings
- Recreational & sporting
- Art-based & cultural events
- Personal development workshops
- Forums & informational sessions

Services & pathways include:

- Community services
- Counselling services
- Career coaching
- Work readiness programs
- Education & training
- Employment networks

Eligibility criterion includes individuals who are:

- Living in Social Housing in Inala areas
- Unemployed or under-employed
- An Australian citizen, permanent resident or on a temporary protection visa

G

GALLANG PLACE – ABORIGINAL & TORRES STRAIT ISLANDER CORPORATION

31 Thomas St, West End 4101
Phone: 3844 2283
Fax: 3844 2295
Email: reception@gallangplace.org.au

A counselling service that offers free short and long term counselling for individuals and families. Also offers a counselling outreach service.

GAMBLERS ANONYMOUS

Phone: 1800 002 210
Meets at various venues. Anonymity is assured.

GAMBLING HELPLINE

Phone: 1800 222 050

GAMBLING HELPLINE –RELATIONSHIPS AUSTRALIA

Phone: 1800 858 858

A Gambling Help Service. Assists people to regain control of their gambling.

GAY & LESBIAN COUNSELLING & INFORMATION

Phone: 3017 1717

Free call: 1800 184 527

Email: secretary@glwa.org.au

Hours: 7.00pm - 10.00pm 7 days a week

GLENALA STATE HIGH SCHOOL

Cnr Hampton St & Glenala Rd, Inala 4077

Phone: 3372 2300

Fax: 3372 8328

GOODNA INTEGRATED FAMILY SUPPORT

Ozcare

Shop 4, 23 Queen St, Goodna 4300

Phone: 3432 6085

Fax: 3818 6841

Internet: www.ozcare.org.au

A free service supporting eligible children and families in the Goodna area. An early intervention program providing access to health and support services for children and their families. Works in partnership with local schools, specialist community and government services.

To be eligible, families must have a child at Goodna State or Special Schools and must not be under an order from the Department of Child Safety.

GOODNA YOUTH SERVICES

11 William St, Goodna 4300

Phone: 3818 1050

Fax: 3818 0856

Email: gys@hotmail.net.au

Internet: www.goodnayouthservices.org.au

Hours: Mon - Fri 9.00am - 4.00pm

Working intensively at grass roots level with young people 10-25yo experiencing any of the following:

- Homelessness or at risk of homelessness
- Significant drug /alcohol issues

- *Mental health issues*
- *Abuse or neglect*

A range of support is offered including:

- *Supported accommodation (crisis & long term)*
- *Street outreach for drug issues*
- *Emergency relief*
- *Mediation with families*

Drug and alcohol service:

Hours: Mon & Tues (during the day shift)

Thurs & Fri 4.00pm - midnight

GREENSLOPES PRIVATE HOSPITAL

Newdegate St, Greenslopes 4120

Phone: 07 3394 7111

H

HART4000

11 Eagle Tce, Brisbane 4000

Phone: 3004 0100

Fax: 3004 0110

Email: charlotte@hart400.org.au

Email: info@hart400.org.au

Hours: Mon - Fri 9.00am - 5.00pm

(Some outreach is available outside these hours)

Fridays: Donated food from Food Connect can be accessed along with bread and meals.

Provides strong relationships with existing service providers to enhance client outcomes. Appointments are sometimes necessary and some delays can occur before meeting a HART team member. Clothing and toiletries available.

HEALTHCARE FOR ALL COMMUNITY MEDICAL CENTRE

Shop 22D, Acacia Marketplace, 1150 Beaudesert Rd, Acacia Ridge 4110

Phone: 3277 6411

Psychologist visits twice per week. Referral needed from this centre.

HEALTH SERVICES INFORMATION LINE

QLD Health

Phone: 3837 5986

HEPATITIS COUNCIL OF QLD

Mezzanine Fl, 30 Herschel St, North Quay 4003

Phone: 3236 0610

Fax: 3236 0614

Email: reception@hepqld.asn.au

Internet: www.hepqld.asn.au

South West Brisbane Contact

Email: development@hepqld.asn.au

Hepatitis Information Line

Phone: 1800 648 491

Hours: Mon - Fri 9.00 - 5.00pm

Non-government, community based organisation representing the interests of people affected by, or at risk of, viral hepatitis.

Free services include:

- *Counselling with specialist psychologist, face to face or by phone*
- *Information, education & training*
- *Support groups & information evenings*

HOCK DAVIS PARK

Lilac & Lavender Sts, Inala

HOLY SPIRIT HOSPITAL

259 Wickham Tce, Brisbane 4000

Ph: 3834 6111

HOME & COMMUNITY CARE (HACC) SERVICES

Phone: 1800 052 999

Hours: Mon - Fri 9.00am - 5.00pm

Other HACC contact points include:

Inala Community Health Centre

Phone: 3275 5333

Aboriginal and Torres Strait Islanders – Alani Phone: 3278 8715 or Speak to your doctor

Supporting people who are aged or living with a disability to remain living in their own homes.

Services available for carers include:

- *Centre or home-based day respite care*
- *Transport*
- *Social support*
- *Practical assistance around the home*
- *Food services*

- *Allied health services*
- *Support services for carers*

HOMELESSNESS EARLY INTERVENTION SERVICE - IPSWICH

PO Box 82,
Booval Fair Shopping Centre, Ipswich 3304
Phone: 3282 0633
Fax: 3282 0644

Services aim to reduce the risk of vulnerable people losing access to secure accommodation and becoming homeless. Empowering individuals through casework and intensive support.

- *Outreach including home visits*
- *Linking clients with services*
- *Housing & tenancy referral*

HOMELESS PERSONS INFORMATION QLD

Free call: 1800 47 47 53 or TTY 1800 010 222
Email: hpiq@communities.qld.gov.au

Hours: 24 HOURS, 7 days a week

Provides information about:

- *Housing*
- *Advice & support*
- *Where to get meals, showers & clothing*

HOMESAFE INALA

Contact via Brisbane Domestic Violence Resource
Phone: 3217 2544

Offers group work for mothers and children who have experienced domestic violence. There is a focus on Aboriginal and Torres Strait Islander families with children under 8yo. Groups focus on mother-child attachment and helping mothers understand the effect of violence on children.

Supports the Referral for Active Intervention (RAI) program. Referrals also come through the Department of Child Safety. Domestic violence information and referrals available.

HOUSING & HOMELESSNESS QLD INALA AREA OFFICE

14 Wirraway Pde, Inala 4077
Phone: 3362 9200

Maintenance enquiries: 3362 9230
A/hours emergency: 1800 808 107

Provides a range of housing services for low to moderate income earners including public rental accommodation (houses and units), bond loans and home loan enquiries.

HOUSING RESOURCE SERVICE - TENANCY ADVICE

Acacia Ridge & District Community Centre
21 Hanify St, Acacia Ridge 4110
Phone: 3277 7583

Telephone Service Hours: Mon 9.00am - 5.00pm,
Tues 1.00pm - 5.00pm & Fri 9.00am - 1.00pm

Tenancy advice for tenants. Accommodation information and referrals available.

HUB NEIGHBOURHOOD CENTRE

76 Corsair Ave, Inala 4077
Phone: 3372 3770
Fax: 3278 7655
Email: hubnhc@ucaqld.com.au

Hours: Mon - Fri 8.30am - 4.00pm

Services include:

- *Information & referrals*
- *Social activities for seniors*
- *Social & support groups*
- *Short courses & educational sessions*
- *Catering & venue for hire*

HUBBIE BUBBIES

Hub Neighbourhood Cntr, 76 Corsair Av, Inala 4077
Phone: 3372 3770

Hours: Wed 9.30am - 11.30am

Member of the Playgroup Association. Participation for mothers and children from 0 to five years. Indoor and general play.

1

IMMIGRANT WOMEN'S SUPPORT SERVICE

Domestic Violence Program:
Phone: 3846 3490 or 3844 8467
Email: mail@iwss.org.au

Hours: Mon - Fri 9.00am - 5.00pm

Sexual Assault Program:
Phone: 3846 5400

Hours: Mon & Fri 9.00am - 2.30pm
Tues & Thurs 9.00am - 5.00pm
(Closed Wednesdays)

A community-based organisation that works with women and children of CALD backgrounds who are, or have been, in a violent domestic situation and/or have experienced sexual assault.

A crisis and support service which provides appropriate support, information, short-term counselling and referrals. Workers are bi-lingual and bi-cultural.

INALA ARTS & CRAFT GROUP

Inala Community House
38 Sittella Street, Inala 4077
Phone: 3271 2426

Hours: Every Thurs 9.00am - 12.00pm

Meet new friends and enjoy a variety of crafts including:

- Wood Burning
- Jewellery Decoupage
- Gift Cards
- Bark Pictures

Cost \$1 for morning tea or BYO.

INALA COMMUNITY ART GALLERY & CULTURAL CENTRE

Inala Civic Centre, Inala 4077
Phone: 3372 8208

Hours: Tues & Thurs 9.00am - 12.30pm,
Wed 2.00pm - 4.00pm & Sat 9.00 - 3.00pm

INALA COMMUNITY HEALTH CENTRE

(Queensland Health)
64 Wirraway Pde, Inala 4077
Phone Reception: 3275 5333

Hours: Mon - Fri 8.00am - 5.00pm
Central Intake (Referrals): 3275 5411

Hours: Mon - Fri 8.30am - 4.45pm

Interpreters and some CALD services available by appointment.

Inala Community Health is a large centre providing a range of health services to the community. Friendly and professional staff will discuss your health needs with you and plan with you how to manage your needs.

Eligibility criteria do apply for some services. Referrals can be made by self, GP or other professional person, hospital or agency. Most services are free of charge.

Services provided on site include:

Child, Youth & Family Health Services

- Positive Parenting Program (Triple P)
- Well Baby Clinics
- Parent information
- New Parent's support groups
- Breast feeding support
- Health information / advice

Children's Development Service

Assessment and management of children with developmental problems of no known aetiology by:

- Paediatrician
- Physiotherapist
- Psychologist
- Occupational Therapist
- Speech Therapist

Indigenous Hearing Health

- Hearing screening
- Speech pathology (up to 5yo)

Adult Health Services (over 18yo)

- Lifestyle management team including:
 - ✓ Social Workers
 - ✓ Psychologists
 - ✓ Podiatrists
 - ✓ Physiotherapists
 - ✓ Dieticians
- Chronic disease self-management groups
- Oral Health Dental Clinics
- Adult Mental Health
- Breast Screen
- Diabetes nurse educator
- Indigenous Health Services

Alcohol & Drug Service

Phone: 3275 5300

- Counselling
- Outpatient withdrawal

- Information & education
- Needle & syringe program
- Indigenous outreach

Inala Primary Care Medical Practice

Phone: 3275 5444

- Private Medical Practice

INALA COMMUNITY HOUSE

38 Sittella St, Inala 4077

Phone: 3372 1711

Fax: 3278 7238

Email: ich@ich.org.au

Internet: www.ich.org.au

Hours: Mon - Fri 9.00am - 4.30pm

Inala Community House aims to create opportunities to strengthen the quality of life for children, families and individuals so they have the capacity to fully engage in community life.

Programs and Services currently managed include:

- South West Communities Family Day Care
- KITES Family Day Care
- CAERSU Child Care Inclusion Support Agency
- Western District Out of Home Care Programs (including the Foster & Kinship Care Program, Family Steps- Family & Intervention Service)
- Skylarkers 60 & Better Healthy Ageing Program
- Acacia Ridge 50 & Better Healthy Ageing Program
- Community Settlement Service for newly arrived refugees & humanitarian entrants
- Community & Individual Support Program for crisis counselling, referral/ information & community development

Supports a range of community groups including:

- Musical Morning Tea - meet each Monday
- Inala Craft Group - meet each Thursday
- Project Love & Care - develop welcome care kits for children in care

Facilities and resources available:

- Inala Community House Community Hall at Sittella Street
- 'Our Place' Community Hall at Japonica Street
- Community Bus for community groups
- Resources for community groups such as marquees, display board, etc

Please contact Inala Community House reception for further information.

INALA COMMUNITY JUSTICE GROUP

Level 1 Western Districts Magistrates Courts,

Cnr Old Progress & Archerfield Rds,

Richlands 4077

Phone: 3372 8805 - Fax: 3710 1211

Supporting people from the Aboriginal and Torres Strait Islander community through their court experience. Also assists in referring ATSI people to other Indigenous organisations, if they need assistance with drug /alcohol addictions, housing, counselling, employment, etc.

INALA DAY RESPITE CENTRE

Cnr Lorikeet & Shelduck Sts, Inala 4077

Phone: 3278 8432

Fax: 3278 8767

Email: respite@idrc.org.au

Hours: Mon - Fri 9.00am - 3.00pm

Day and overnight emergency respite. Polish group, Spanish group. Podiatry and hair dressing services. Supporting frail aged and younger disabled people and their carers.

Free transport picking up between 8.30am -9.30am and returning between 2.00 -3.00pm. Suburbs covered: Inala, Doolandella, Durack, Wacol, Darra, Pallara, Richlands, Forest Lake, Ellen Grove and Willawong.

INALA DENTAL CLINIC

Inala Community Health Centre,

Wirraway Pde, Inala 4077

Phone: 3275 5400

Hours: Emergencies Mon - Fri 8am - 10:30am

Regular checkups. For people with a Health Care Card or Pensioners from Centrelink who reside within metro south area.

INALA & DISTRICTS DARTS ASSOCIATION

Archerfield Rd, Inala 4077

Phone: 3217 0222

Hours: Thurs & Fri 6.30pm - 12.00pm

INALA & DISTRICTS SENIORS

Phone: 3372 6302

Hours: Thurs 9.30am

Activities include concerts, bingo, indoor, bowls, trips etc. Anyone over 50yo is eligible or any age with a pension. New members welcome.

INALA FAMILY ACCOMMODATION & SUPPORT SERVICE

56 Poinsettia Street, Inala 4077

Phone: 3372 7188

Fax: 3372 7040

Email: iinalafa@bigpond.net.au

Hours: Mon -Thurs 9.00am - 4.00pm
Fri 9.00am -12.00pm

Provides short to medium term transitional supported accommodation to families with at least one child less than 16yo in their full-time care, experiencing, or at risk of, homelessness. Families must be registered on Dept. of Housing Register.

Services include:

- Supported accommodation
- Referrals, rental searches & support letters
- Advocacy & liaison
- Budgeting
- Access to computer/office equipment
- Other assistance determined by client need

INALA INDIGENOUS HEALTH SERVICE

Inala Community Health Centre,
64 Wirraway Pde, Inala 4077

Phone: 3275 5388

Fax: 3879 1018

Hours: Mon - Fri 8.30am - 5.00pm (Appmnts)

After Hours Service

(Family Care, Medical Services, Doctors' Hm Visits)

Phone: 3831 9999

Hours: Mon - Fri 6.00am - 8.00am,
Sat - Mon 12.00pm - 8.00am
(bulkbilling available)

Medicare card required for doctor's services. Multi-disciplinary team of health professionals.

Services include:

- Antenatal & postnatal care
- Child & family health
- Immunisation
- Dietician services
- Diabetic clinics
- Sexual health services
- Assistance with Medicare

INALA KINDERGARTEN & COMMUNITY PRE-SCHOOL ASSOCIATION

Cnr Bluejay & Rosella Sts, Inala 4077

Phone: 3372 8570

Email: inalakindy@optusnet.com.au

Hours: Mon, Tues, Wed 9.00am - 2.30pm
(3-Day group for 3 ½ - 4 ½yo)
Thur & Fri 9.00am - 2.30pm
(2-Day group for 3 ½ - 4 ½yo)

INALA LIBRARY

Inala Civic Centre, Corsair Av, Inala 4077

Phone: 3403 2205

Hours: Mon - Wed & Fri 9.00am - 6.00pm, Thurs
9.00am - 7.00pm, Sat 9.00am - 2.00pm

Services include:

- Free membership
- Children's library & school holiday activities
- Story Telling 1st Wed monthly - 10.30am start
- Free internet access - booking required
- CD Rom access available
- Study room available - booking required
- Spanish & Vietnamese collection of books
- Weekly babies book & rhymes session

INALA MEDICAL CENTRE

Shop 1, Inala Town Centre, Inala Ave, Inala 4077

Phone: 3372 2400

Fax: 3372 6677

Hours: Mon - Fri 8.00am - 6.00pm
(including public holidays),
Sat 9.00am - 4.00pm (sometimes open)

INALA & PENSIONERS AFFILIATE CLUB

Phone: 3372 6302

Hours: Wed 9.30am

Activities include concerts, bingo, indoor bowls and trips. Anyone over 50yo is eligible or any age with a pension. New members welcome.

INALA PRIMARY CARE

Inala Community Health Centre, 64 Wirraway Pde, Inala 4077

Phone: 3275 5444

Fax: 3278 9987

Hours: Mon - Fri 8.00am -5.00pm

Services include:

- *Private medical practice*
- *Spanish clinic - Friday mornings (appointment necessary)*
- *Vietnamese clinic - Monday mornings (appointment necessary)*
- *Diabetes clinic - Tuesday mornings (referral required from PA Hospital or GP)*

INALA SPECIAL SCHOOL

Glenala Rd, Inala 4077

Phone: 3372 1488

INALA STATE SCHOOL & PRESCHOOL

Glenala Rd, Inala 4077

Phone: 3372 0777

INALA UNITING CHURCH & SAMOAN CONGREGATION

Cnr Berrigan & Aspen Sts, Inala 4077

Phone: 3372 1777

Hours: Sunday Services - 8.30am in English, 11.00am in Samoan

Sunday School - 8.30am in English,

10.00am in Samoan

Youth Group - Fridays 6.30pm

INALA WANGARRA

CJ Greenfields Sporting Complex

Freeman Rd, Inala 4077

Phone: 3217 0119

Fax: 3217 0246

Email: inalawangarra@hotmail.com

Indigenous community development which aims to strengthen and advance the community. Fosters leadership, empowerment and social, cultural and

economic prosperity. Provides a range of sporting, cultural, employment and training initiatives.

INALA WEST STATE SCHOOL & PREP

2 Deodar St, Inala 4077

Phone: 3714 0333

INALA YOUTH SERVICE

Main Office:

12 Sittella St, Inala 4077

Phone: 3372 2655

Fax: 3372 2710

Email: admin@iys.org.au

Hours: Mon - Fri 9.00am - 5.00pm

Provides support to young people under 25yo and their families through a number of programs, services and information. These include:

Youth Support Coordination Program
Based in schools/TAFE, for young people of high school age at risk of early disengagement from the education system.

Reconnect Program

Counselling and support for young people who are homeless or at risk of becoming homeless, and their families. Assists young people to re-engage with their families.

Vietnamese Youth & Family Outreach Program
Supporting Vietnamese young people and their families who are experiencing difficulties. Child protection education.

Safe Youth, Safe Communities (Pasifika LIPI) Project
Targets young people 10 to 18yo who are violent or at risk of violent behaviour. Mainly targeting the Pacific Islander Community. Counselling and culturally appropriate activities.

Youth Engagement Coordinator

Targets young people in the Carole Park and Acacia Ridge communities to become more engaged in the community. Supports community and government engagement with young people at risk.

Sycamore Office:

111 Inala Ave, Inala 4077

Phone: 3372 4435 - Fax: 3278 7703

Hours: Mon - Fri 9.00am - 5.00pm

A community based organisation providing support to young people under 25yo and their families through a number of programs, services and information. These include:

Supported Accommodation Assistance Program
Support for those at risk of becoming homeless and their family. Accommodation for young people 16yo and 25yo who are homeless. Externally supported share houses and/or single units.

Youth & Community Combined Action Program
Supporting young people aged 10yo to 17yo at risk of becoming involved or further involved in the Juvenile Justice System, and their family.

INDIGENOUS SCHOOLING SUPPORT UNIT

Library, 47 Kittyhawk Ave, Inala 4077
Phone: 3372 5066
Fax: 3372 4914
Email: atsi.Library@deta.qld.gov.au

Hours: Mon - Fri 8.30am - 4.30pm

The library collection contains a diverse range of resource items including books, periodicals, audiovisual, puzzles, videos, audiotapes, posters, maps, artefacts, archival resources, cultural files and CDs.

The scope of the collection extends to include materials related to social history, law, literature (junior/adult fiction), health and employment.

Indigenous resource officers are available to assist with all library information and resource services.

IPSWICH HOSPITAL

Chelmsford Ave, Ipswich 4305
Phone: 3810 1111

IPSWICH WOMEN'S CENTRE AGAINST DOMESTIC VIOLENCE

PO Box 964, Ipswich 4305
Phone: 3816 3000
Rural free call: 1800 026 262
Fax: 3816 3100

Hours: Mon, Wed, Thurs, Fri 9.00am - 5.00pm
Tues 1.00pm - 5.00pm

A community based service supporting women and children survivors of domestic and family violence.

Free transport can be arranged

Services are inclusive of people from CALD backgrounds and include:

- *Crisis support*
- *Court assistance*
- *Counselling (at Ipswich for women & children. At Gatton for women)*
- *Group work*
- *Community information & education*
- *Training & resourcing for professionals*
- *Awareness campaigns & public education*

I.S.A. MEMORIAL PARK

Cnr Poinsettia & Hyacinth Sts, Inala

ISIS – THE EATING ISSUES CENTRE

58 Spring St, West End 4101
Phone: 3844 6055
Fax: 3844 6466
Email: info@isis.org.au
Internet: www.isis.org.au

Hours: Mon - Fri 9.00am - 5.00pm
(or by appointment)

Isis is a therapeutic service funded by the Qld Government for people over 17yo who identify as having a serious eating issue such as Anorexia, Bulimia, Compulsive Eating, or something similar. We offer a range of free and affordable low cost services including:

- *Individual counselling*
- *Therapeutic groups*
- *Talks & workshops*
- *Information & referrals*
- *Training & resources*
- *Projects - research & prevention campaigns*

No medical diagnosis is needed to access services. Self referral is preferred.

J

JOHN OXLEY DISTRICT ASSOCIATION OF SCOUTING

District Commissioner: 3879 8129
Project Commissioner Assoc: 3372 4312

Especially for disadvantaged and at risk children.

K

KARUNA PALLIATIVE CARE SERVICES

Karuna Hospice Services, Rosemount Hospital Complex, 27 Cartwright St, Windsor 4030
Phone: 3632 8300
Fax: 3857 8040
Email: karuna@karuna.org.au
Internet: <http://www.karuna.org.au/services>

Hours: 24 Hour Service

Provides 'at home' palliative care designed to enable people with a life threatening illness to live comfortably in the familiar and reassuring surroundings of their own home. Family and friends, especially those in the role of carer, are supported.

The home care team of nurses, counsellors and family support volunteers work together to meet the needs of each client in consultation with medical practitioners and other health providers involved in the client's care.

Individual care plans are developed for each family and may include the following:

- *Specialist palliative care nurse visits*
- *24 hour on call access to nurses*
- *Loan of home nursing equipment*
- *Counselling*
- *Carer respite services*
- *Spiritual support & guidance*
- *Client liaison staff can discuss the family's changing needs & the full range of services*
- *Practical support & client companionship from trained Family Support volunteers*
- *Bereavement support for clients & their family (provided by qualified psychologists, counsellors & social workers)*

KEV HOOPER MEMORIAL PARK

Serviceton Ave, Hyacinth & Lavender Sts, Inala

KIDS HELPLINE

Phone: 1800 551 800

Hours: 24 hour service, 7 days a week

KIDS IN MIND: INALA CHILD & YOUTH MENTAL HEALTH SERVICE

(Program based out of Mater Hospital)
7 Kittyhawk Ave, Inala 4077
Phone: 3372 5577
Fax: 3879 1483
Email: kidsinmindsupport@mater.org.au
Internet: www.kidsinmind.org.au

Hours: Mon - Fri 8.30am - 5.00pm

Free services for infants, children, young people and their families. When children or adolescents experience severe emotional and behavioural problems, they may be referred to Kids In Mind.

A multi-disciplinary team provides specialist assessment and treatment.

Parents or organisations may phone the Intake Officer to discuss if this service would be suitable. The Officer can refer you to other services if not.

Waiting lists vary but problems assessed as urgent will be seen without delay.

KINECTIONS

Family and Relationship Counselling Services
5 Reid St, Woolloongabba 4102
Phone: 3435 4300
Fax: 3891 1656
Email: kinectionsed@spiritus.org.au
Internet: www.kinections.com.au

Hours: Mon - Thurs 9am - 8pm, Fri 9am - 5pm

A non-profit organisation providing counselling and educational programs to individuals, couples, families, businesses and communities. Fees based on a sliding scale, with exemptions available. CALD community provided for.

Services currently include:

- *Relationship's counselling & education*
- *Family & domestic violence counselling & groups*
- *Children's & teen's counselling & groups*
- *Men's information & support*
- *Sexual abuse & assault counselling & groups*
- *Multicultural advocacy*

KITES FAMILY DAY CARE

Inala Community House
72 Alice St, Goodna 4300
Phone: 3818 0329
Email: admin@kitesfdc.org.au

Hours: Mon - Fri 9.00am - 4.30pm

Offers a personalised, high quality, flexible childcare service, provided in a safe and secure home environment. Caters for children aged from 0 to school age. Embracing of diversity of language, culture and ability to ensure the right fit for children, carers, and their respective families.

KYABRA COMMUNITY ASSOCIATION

Kyabra St, Runcorn 4109
Phone: 3373 9499
Fax: 3373 9444
Email: kyabra@kyabra.org
Internet: www.kyabra.org

Hours: Mon - Fri 9.00am - 4.30pm

A community-based organisation committed to strengthening individual, family and community life. Kyabra takes referrals from Acacia Ridge and surrounds.

Kyabra works with families and communities through:

- *Community development activities*
- *Disability services*
- *Youth & family supported accommodation*
- *Child & youth services*
- *Family relationship education*
- *Corporate & community training*

Lighthouse Training Resources has a Resource Centre and Bookshop on site at Kyabra.

L

LEGAL AID QUEENSLAND

Brisbane office: 44 Herschel St, CBD
Woodridge office: 1st floor, Woodridge Place, Cnr Ewing Road & Carmody St, Woodridge
Inala office: Level 1, Inala Commonwealth Centre, 20 Wirraway Pd, Inala

Phone: 1300 65 11 88

Hours: Mon - Fri 8.00am - 5.30pm

Assists people who have a legal problem and are unable to afford to pay a lawyer. Provides legal information, advice and representation in criminal, family and civil law matters.

Legal information and advice is free to all Queenslanders and representation is available to people who meet the organisation's means and merit test guidelines.

Legal Aid Queensland's Domestic Violence Unit

Phone: 1300 65 11 88 or 3238 3425
Provides free legal information and advice for all Queenslanders. Assists clients to get a protection order and represents them in court if they are eligible for legal aid.

Women's Legal Aid

1st Floor Woodridge Place, Cnr Ewing Rd & Carmody St, Woodridge 4114
Phone: 1300 65 11 88

A specialist unit within Legal Aid Qld, providing services including:

- *legal information*
- *advice*
- *representation*
- *specialist social work support*

Also provides court assistance to women applying for domestic violence orders in the Brisbane Magistrates Court. Priority is given to women who are having difficulty accessing legal help, especially Aboriginal and Torres Strait Islander women, women from CALD backgrounds and women with a disability.

Main areas of law are:

- *Family law*
- *Domestic violence*
- *Criminal injuries compensation*
- *Child protection*

Conducts a legal advice clinic every Thursday at the Woodridge Legal Aid office. The solicitors have face-to-face appointments in the morning and telephone appointments from 10am onwards. Appointments at the Brisbane office are available on request.

LEGAL AID QLD - INALA

Level 1, Inala Commonwealth Building,
20 Wirraway Pde, Inala 4077
Phone: 1300 65 11 88
Hearing or speech impaired persons: 3238 3023
Fax: 3372 8756
Internet: www.legalaid.qld.gov.au

Hours: Mon - Fri 9.00am - 5.00pm (closed 1 - 2pm)

*Legal information and legal advice free for everyone.
Legal representation based on the client applying for
legal aid which is means tested and asset tested.*

LEN WATERS PLACE - CORMORANT PARK

Cormorant, Clipper, Garnet & Poinsettia Sts, Inala

LIFELINE

Head Office

117 Gipps Street, Fortitude Valley 4006
Phone: 3250 1900
Fax: 3250 4700
Internet: www.lifelinebrisbane.com.au
Email: lifeline.brisbane@lccq.org.au

Hours: 24 HR CRISIS Counselling Line - 13 11 14

Ipswich Office

20 Roderick St, Ipswich 4305
Phone: 3816 9600
Email: lifelineipswic@lccq.org.au

Services include:

- *Suicide bereavement*
- *Grief & loss*
- *Relationships*
- *Counselling*
- *Violence & abuse services*
- *Financial matters*
- *Substance abuse, addiction & gambling*
- *Trauma-related services*
- *Personal development*
- *Parent-child Interaction Therapy*
- *Disability services*

Services are free of charge though donations are gratefully accepted.

LIFELINE AUSTRALIA - 24 HOUR COUNSELLING SERVICE

Phone: 13 11 14
Fax: 3252 9536

Hours: 24 hours 7 days a week (phone counselling)

A 24 hours counselling service. Lifeline Brisbane offers face to face individual and couple counselling, family counselling, financial counselling, and emergency relief.

LIFELINE COMMUNITY CARE - BRISBANE COUNSELLING CENTRE

Head Office: 117 Gipps St, Fortitude Valley 4006
Phone: 3250 1900
Elders Abuse Prevention Unit: 1300 651 192
Fax: 3250 4700
Email: lifelinecommunitycare@lccq.org.au
Internet: www.lifelinebrisbane.com.au
Hours: Mon - Fri 9.00am - 5.00pm

*Counselling for individuals and couples and financial counselling. Group programs on issues such as sexual abuse. Counselling services also available at Ipswich and Logan centres.
Waiting lists vary. Counselling is free. Appointment necessary.*

LIFELINE IPSWICH & WEST MORETON

20 Roderick St, Ipswich 4305
Phone: 3816 9600
Fax: 3282 7226
Email: lifeline.ipswich@lccq.org.au
Internet: www.lifeline.org.au

Hours: Mon - Fri 8.30am - 4.30pm

Free (donation if possible) general counselling services. Self-referral. Priority is given to urgent cases.

- *Free financial counselling*
- *Some outreach services*
- *Limited access programs for children in care (referrals from Child Safety)*

Stopping Violence Group Program for Men

Provides an opportunity for men to take responsibility for their use of violence and/or abuse in family

relationships and develop and maintain respectful attitudes and behaviours within the family.

Session topics include:

- *Understanding the Nature of Domestic & Family Violence*
- *Human Rights*
- *The Cycle of Violence*
- *Understanding Anger*
- *Male Socialisation*
- *Family of Origin*
- *Time Out*
- *The Impact of Domestic & Family Violence on Women*
- *The Impact of Domestic & Family Violence on Children*
- *Minimisation - Denial - Blame*
- *Communication - My Part*
- *Healthy Relationships - My part*
- *Power & Control/Equality & Respect*
- *What Kind of Man do I Want to Be?*
- *The Path of Change*

Men are required to attend the assessment interview/s, sixteen group sessions, each of 2 ½ hours duration one night per week and an exit interview in order to receive an Attendance Certificate. All group sessions are conducted by one female and male facilitator.

For further information about the program contact lifeline, Ipswich and west Moreton on - Ph: 34816 9615.

Supporting Children of Separating Parents

Working short-term with children whose parents are separated. Focuses on the needs of children and young people and helps them deal with issues arising from the separation. Self-referral

LILLEY MEDICAL CENTRE

147 Inala Ave, Inala 4077
Phone: 3278 7800

LIONS CLUB - INALA

Blue Fin Fishing Club, Lilac St, Inala 4077
Phone: 3818 5011
Internet: www.lionwap.org/InalaAu

Meets first and third Wednesday of the month at Blue Fin Fishing Club at 6.30pm. New members and visitors welcome.

Activities include:

- *Assisting Foster Carers*
- *Red Shield Appeal*
- *Representation on Local Committees*
- *Monthly Fundraising BBQs*
- *Helping the Community when needed*
- *Supporting DrugArm*
- *Conducting Citizenship Ceremony on Australia Day*

LOGAN HOSPITAL

Cnr Armstrong & Loganlea Rds, Meadowbrook 4131
Phone: 3299 8899
Fax: 3299 8888

LONE FATHER'S ASSOCIATION

PO Box 1211, Oxley 4075
Phone: 3376 2876

Provides a regular male-friendly support and self-help meeting to assist single fathers. Advocacy, support, information and referral services. Lobbies the government, Family Court and other relevant agencies for equity and rights for single fathers. Also works with Parents Without Partners.

M

MATER ADULT HOSPITAL

Raymond Tce, South Brisbane 4101
Phone: 3163 8630
Mater Private Hospital
Phone: 3163 1111
Mater Children's Public Hospital
Phone: 3163 8195
Mater Children's Private Hospital
Phone: 3163 2468
Mater Mother's Public Hospital
Phone: 3163 8664
Mater Mother's Private Hospital
Phone: 3163 8847

MAX EMPLOYMENT

Old Centrelink Bldg, 20 Wirraway Pde, Inala 4077
Phone: 3879 8711
Fax: 3879 8611
Internet: www.maxnetwork.com.au/employment

Providing a comprehensive range of employment services operating from 37 sites across Australia with a commitment to matching people with the right skills and experience to the requirements of employers. Also providing practical support, employer contacts and delivers results.

Programs include:

- *Job Network services*
- *Personal Support Programs for the significantly disadvantaged job seeker*
- *Job placement, employment & training for young job seekers*
- *Structured training & employment programs for Indigenous people*

McEWAN PARK

Cnr Archerfield & Azalea Sts, Inala

MEALS ON WHEELS

Acacia Ridge: 3275 1860

Inala: 3372 5276

A community service for people of all ages and their carers, who are assessed as requiring this service. A referral from your GP, district nurse or hospital, when you are discharged, is required.

The purpose of this meal service is to enable people to continue to live comfortably in their own homes. 3-course meals are delivered in hygienic disposable containers. The cost of a meal is \$5.70. This price, however, may be reviewed from time to time. The fee is collected by our volunteer every Friday.

MEDECO MEDICAL CENTRE INALA

Shop 55B, Inala Town Centre, 156 Inala Ave, Inala 4077

Phone: 3714 9000

MEDICAL & DENTAL CENTRE BLUNDER ROAD

Shop 19-24, 146 Blunder Rd, Oxley 4075

Phone: 3295 5555

MEDICHEK FAMILY PRACTICE

Shop 10, Kittyhawk Ave, Inala 4077

Phone: 3372 9511

MEDICINES LINE

1300 888 763 (Information only)

Hours: Mon - Fri 9.00am - 6.00pm

MEN'S LINE AUSTRALIA

Phone: 1300 789 978

MENTAL HEALTH ASSOCIATION QLD

Phone: 3420 8472

Fax: 3112 4399

Hours: Mon - Fri 9.00am - 5.00pm

A Qld-wide service promoting communities in which all people are provided with opportunities to optimise their mental health and participate as valued members of society.

Services include:

- *Publications, information & referrals*
- *Education & training*
- *Library*
- *Community development*

MENTAL ILLNESS FELLOWSHIP OF QLD

(Information only)

95 Author St, Fortitude Valley 4006

Phone: 3358 4424

Hours: Mon - Fri 9.00am - 4.00pm

MERCY FAMILY SERVICES GOODNA

15 Church St, Goodna 4300

Phone: 3280 8000

Fax: 3288 2044

Email: goodna.admin@mfsq.org.au

Men & Family Relationships Program

Free service for men over 18yo in the Goodna, Inala and Ipswich areas. Provides direct support to men and their families. Program runs 4 days p/week. Usually only a short wait list. Referrals needed.

- *Counselling*
- *Support groups*
- *Community education & skills training*

Specialist Foster Care Program

Support to carers of children with significant needs. Wait lists apply. Referrals needed.

- *Training & assessment of specialist carers*

- *Up-skilling of carers*
- *Kinship care support*
- *Sexual abuse program for children in care (counselling & casework)*

METRO SOUTH PERINATAL MENTAL HEALTH SERVICE

Burke Street Centre, Building B2, Level 2,
2 Burke Street, Woolloongabba 4102
Phone: 3167 1156
Fax: 3167 1298

Postal Address:
Perinatal Mental Health Service (Burke St)
Princess Alexandra Hospital
199 Ipswich Rd
Woolloongabba 4102

A free specialist mental health service providing friendly and accessible services for pregnant and postnatal women and their families experiencing coping, emotional, or mental health issues. Working in collaboration with primary health providers.

Service includes:

- *1-3 appointments*
- *Comprehensive assessment*
- *Information & education about emotional health & wellbeing*
- *Counselling & support*

Where possible appointments will occur at GP offices or at a community health service venue.

MISSION AUSTRALIA - COMMUNITIES FOR CHILDREN INITIATIVE

(Inala to Goodna areas)
PO Box 142, Carole Park 4300
Ph: 3372 7105
Email: c4cinalagoodna@missionaustralia.com.au
Internet: mac4c.com.au

Facilitating the development of Child Friendly Communities that are collaborative, co-operative and encourage partnerships. Supporting and building upon innovative strategies which nurture children, families and neighbourhoods.

Focusing on children aged 0-5yo. Working with families and communities to give children a better start in life.

MURRI WATCH ABORIGINAL & TORRES STRAIT ISLANDERS CORPORATION

Phone: 3891 2822
Provides a range of housing, support and case management services to Aboriginal and Torres Strait Islander people experiencing, or vulnerable to, homelessness.

MULTICULTURAL CENTRE FOR MENTAL HEALTH AND WELL-BEING (HARMONY PLACE)

46 Shottery St, Yeronga 4104
Phone: 3848 1600
Fax: 3848 1699
Email: admin@harmonyplace.org.au
Internet: www.harmonyplace.org.au

Hours: Mon - Fri 9.00am – 5.00pm

A free support service recognising that linguistic and cultural differences are significant barriers for consumers needing access to mental health services. Multi-lingual workers and information.

Support groups and group activities for clients of the centre only and include:

- *Case management*
- *Non-clinical counselling*
- *Education*
- *Support groups*
- *Literacy courses*
- *English as a Second Language courses*
- *Projects*
- *Yoga*

MULTICULTURAL COMMUNITY EDUCATION & SOCIAL INCLUSION GROUP

Phone: 3372 2655
Phone: 3372 7255 (direct line - Vietnamese speakers)

Group meets weekly to discuss issues and share information. Meeting is usually followed by cooking of cultural foods. Childcare can be booked in advance.

The group aims to:

- *Create learning opportunities around multicultural life in Australia*
- *Develop community and social networks*

MULTIPLE SCLEROSIS QLD

Phone: 1800 177 591

Hours: Mon - Fri 8.00am - 4.00pm

MUSICAL MORNING TEA GROUP

Inala Community House
38 Sittella Street, Inala 4077
Phone: 3372 2332

Hours: Mon 10.00am - 12.00pm

Cost \$1.00, Bus extra - \$4 local, \$4 outside Inala

MMT is a social get together where fun and friendships sparkle with a weekly sing-along. Other activities include: concerts, BBQ's, bus trips and weekly raffles.

N

NEW LIFE CHRISTIAN CHURCH

60 Thrush St, Inala 4077
Phone: 3372 4381

Sunday Service: 9am (Sunday School during service)
Guest Night: First Sunday of month - 6pm
Men's & Women's Ministry: Ladies Group 9.30am,
Men's Group to be advised.

NEWLY ARRIVED YOUTH SPECIALIST RECONNECT SERVICE

Career Employment Australia
CTC Building, Building 6, 460-490 Beaudesert Rd,
Salisbury 4107
Phone: 3710 8107
Emergency Mobile: 0413 449 377
Fax: 3710 8110

Hours: Mon - Fri 8.30am - 4.30pm

Support for children and young people 12-25yo who have been in Australia less than 5 years and are homeless or at risk of homelessness. Priority is given to refugees from CALD backgrounds. Service covers from Yeronga to Ipswich Central area. Self-referral.

A flexible, strengths-based service offering:

- Phone & face to face support
- Crisis intervention
- Life skills building
- Group work
- Community development activities

NGUTANA-LUI ABORIGINAL CULTURAL CENTRE

100 Lilac St, Inala 4077
Phone: 3372 1058

Hours: Mon - Fri 8.30am - 5.00pm

Offering cultural visits to schools and other community organisations. Staff based at the centre to provide support to the catholic schools across the archdiocese.

An officer provides advocacy to parents when working with schools and providing support.

NGUYEN, Dr HOA KE

25 Railway Pk, Darra 4076
Phone: 3375 1857

Hours: Mon - Fri 8.30am - 5.30pm
Sat 8.30am - 1.30pm

O

139 CLUB

505 Brunswick St, Fortitude Valley
Phone: 3254 1144

Hours: Mon - Fri 8.30am - 4.00pm (Saturday & Sunday), Open for lunch: 1 - 2pm (free),
Lunch on Thurs 11.45am - 12.45pm (free)

Services for those who are homeless or at risk of homelessness include: emergency relief, meals, showers, laundry, storage, recreation, clothing, personal support, daybeds, mail distribution.

Visiting Services include: medical, legal and Centrelink.

ONE-STOP EMPLOYMENT

Free call: 1800 983 833
Email: info@one-stop.com.au
Internet: www.one-stop.com.au

A group of community-based not- for- profit organisations that have collaborated to provide an integrated service delivery model for quality employment and training services.

OXLEY LAWN BOWLS CLUB

Englefield Rd, Oxley 4075
Phone: 3379 4307

OZCARE ADMINISTRATION

66 River Tce, Kangaroo Point 4006

Phone: 3028 9000

Email: admin@ozcare.org.au

Internet: www.ozcare.org.au

Ozcare provide early intervention and homelessness services throughout Brisbane. This office can direct enquiries to specific services.

OZCARE IPSWICH

41 Waghorn St, Ipswich 4305

Phone: 3432 6000

Fax: 3282 8279

Internet: www.ozcare.org.au

Hours: Mon - Fri 8.30am - 4.30pm

Services include:

- *Homeless support*
- *Drug & alcohol services*
- *Family accommodation programs*
- *Veteran's services*
- *In-home aged care packages*
- *Disability services*

OZCARE MEN'S HOSTEL

48 Peel St, South Brisbane 4001

Phone: 3033 4333

Fax: 3033 4344

Email: hostel.brisbane@ozcare.org.au

Internet: www.ozcare.org.au

Services include:

- *Hostel for homeless men over 18yo*
 - *Drug & alcohol services*
 - *Detoxification service*
 - *Visiting legal service*
 - *Lunch meals (gold coin donation)*
- Self-referral OK*

P

PA MENTAL HEALTH SERVICE

Phone: 1300 858 998

Hours: 7.00am - 10.00pm daily

(After 10pm calls are transferred to the Emergency Department)

PALASZCZUK MP, (HON) ANNASTACIA

State Member for Inala, Labour

Minister for Disability Services and Multicultural Affairs

Inala Electorate Office, Commonwealth Government

Building, 20 Wirraway Parade, Inala 4077

Phone: 3372 3207

Fax: 3372 6881

Hours: Mon - Fri 9.00am - 5.00pm

PANIC ANXIETY DISORDERS ASSOC.

Phone: 3353 4851

Hours: Mon - Fri 9.00am - 9.00pm

PARENTLINE

PO Box 376, Red Hill 4059

Phone: 1300 301 300

Admin phone: 3369 1588

Fax: 3367 1266

Email: parentline@boystown.com.au

Internet: www.parentline.com.au

Hours: 7 days a week 8.00am - 10.00pm

A confidential telephone service providing professional counselling and support for parents and care-givers.

PARENTS & FRIENDS OF LESBIANS & GAYS (PFLAG)

Phone: 3017 1739

Email: plfagbris@hotmail.com

Internet: www.pflagbris.org.au

Hours: Mon - Wed 9.00am - 12.00pm

PARENTS WITHOUT PARTNERS QLD

Head Office: 3275 3290

A non-profit volunteer organisation dedicated to the interests and support of single parents and their children.

Regular and diverse social gatherings. Educational and support programs for single parents (custodial and non-custodial).

PATHWAYS TO PREVENTION PROJECT

37 Kulgun Crct, Inala 4077

Phone: 3278 9130

Fax: 3278 9836

Email: pathways@missionaustralia.com.au

Hours: Mon - Fri 9.00am - 5.00pm

Supporting children and caregivers. Promoting positive parenting, healthy family relationships and enhancing children's experience of school.

Caring professionals provide early intervention through practical support to all families of children aged 0-12yo in the Inala and Carole Park areas.

Provides culturally appropriate support to parents and caregivers from Indigenous, Pacific Islander, Vietnamese backgrounds and the broader multicultural community.

Services available include:

Individual & Family Support

- *Counselling /Support for adults & children*
- *Family mediation*
- *Referral & advocacy to health, legal, financial, domestic violence, relationship & drug & alcohol services*

Programs for Adults

- *Parenting programs/ behaviour management*
- *Health & education workshops*
- *Parent support groups*
 - ✓ *English*
 - ✓ *Vietnamese (English as a 2nd language)*
 - ✓ *Pacific Islander*
 - ✓ *Indigenous*

Partnerships in Primary Schools

- *Parent support in schools*
- *Promoting 'parent rooms' in schools*
- *Developmental & therapeutic programs for adults & children*

Programs For Adults & Children

- *Playgroups (held in local venues & schools)*
 - ✓ *English*
 - ✓ *Multicultural*
 - ✓ *Vietnamese*
 - ✓ *Pacific Islander*
 - ✓ *Aboriginal & Torres Strait Islander*

Programs for Primary School Children

- *Social skills*
- *Peer leadership*
- *Grief & loss*
- *Anger management*
- *Recreational*
- *School holiday activities*

Legal Advice

- *Free*
- *Confidential*
- *Provided by Lawyers from the Qld Public Interest Law Clearing House*

PCYC - INALA

37 Swallow St, Inala 4077

Phone: 3372 2222

Mobile: 0438 170 958

Fax: 3372 3688

General Inquiries: info@inalapcyc.org.au

School Age Care Inquiries: oshc@inalapcyc.org.au

Provides sport, fitness, kindergym, group activities and youth development. Many facilities available. Before and after school care - picked up and dropped off. Vacation care. Hall and room hire available.

PERINATAL MENTAL HEALTH SERVICE, (BRISBANE SOUTH)

Princess Alexandra Hospital Health Service District, Division of Mental Health, No 2, Building B2, Burke St, Woolloongabba 4102

Phone: 3167 1156

Fax: 3167 1298

Services for women who are having difficulties coping during pregnancy or the postnatal period. Includes women experiencing emotional or mental health issues.

Free services include:

- *1-3 appointments where women can talk about their difficulties in a safe, supportive, confidential environment*
- *Counselling & support*
- *Information, education & referrals*

Criteria:

- Women are eligible from conception up until children are 2yo
- Women must live in (or be seeing a GP in) catchment suburbs that includes Inala & surrounds

This service works in collaboration with GPs and Child Health services (including Inala Community Health).

PHAT DA TEMPLE

36 Deodar St, Inala 4077
Phone: 3372 3818

PHILIPPINE CULTURAL GROUP (DANCE)

Phone: 3372 8996

PINDARI HOMELESS WOMEN'S SERVICE

28 Quarry St, Spring Hill 4004
Phone: 3832 6073
Fax: 3832 6035
Internet: www.salvos.org.au

Hours: 6.30am - 10.00pm
(24 hour staff)

For single women over 18yo. Case management and advocacy provided. Unable to accommodate children or advanced pregnancies. Some eligibility criteria.

Overnight: \$18, Weekly: \$126. Includes breakfast and dinner. Lunch \$2.50 extra.

PINDARI MEN'S HOSTEL

28 Quarry St, Spring Hill 4000
Phone: 3832 1491
Fax: 3832 6862

Office & intake hours: 6.00am -10.00pm
(24 hour staff)

For single men over 18yo. Maximum of 92 men at one time. Case management provided. Best to apply early in the day.

Overnight: \$19, Weekly: \$133. Includes breakfast and dinner. Lunch \$2.50 extra.

PLAYGROUP QLD

Phone: 1800 1744 882

Playgroup Qld has been providing, for thirty years, in partnership with our volunteers, excellent quality, low cost, safe and supportive environments for families with young children aged 0 to school age.

POISONS INFORMATION LINE

Phone: 13 11 26

Hours: Mon - Fri 9.00am - 6.00pm

POLICE BEAT FOREST LAKE

Forest Lake Shopping Centre Village,
235 Forest Lake Blvd, Forest Lake 4078
Phone: 3710 1344

Hours: 8.00am - 4.00pm

POLICE BEAT SHOPFRONT

Inala Town Centre, Inala 4077
Phone: 3710 1033

POLICE STATION - 24 HOURS

Hyacinth St, Inala 4077
Phone: 3737 5555

PREGNANCY HELP LINE: ABORTION GRIEF COUNSELLING

Phone: 1300 363 550

PRINCESS ALEXANDRA HOSPITAL

199 Ipswich Rd, Woolloongabba 4102
Phone: 3240 2111

PRINCESS ALEXANDRA HOSPITAL ALCOHOL & DRUG ASSESSMENT UNIT

Ipswich Rd, Woolloongabba 4102
Phone: 3240 5191

Hours: Mon - Fri 7.30am - 3.30pm

Outpatient drug and alcohol assessment unit. Outpatient assessments which include outpatient detox in collaboration with GP.

Inpatient assessment and structured one on one rehab program.

PRISON TRANSPORT GROUP

PO Box 534, Lutwyche 4030
Phone: 1800 334379
Internet: prisontransport@bigpond.com

Hours: Mon - Fri 10.00am - 12.00pm, 1.00 - 3.00pm

Transport for visits to the prisons. Community Services Worker available. Support group for families and friends of inmates. Home visits when necessary.

PRISONER'S LEGAL SERVICE

PO Box 5162, West End 4104
Phone: 3846 3384
Fax: 3844 2703
Email: pls@plsqld.com
Internet: www.plsqld.com

Hours: Tues & Thurs 9.00am - 5.00pm
Wed 9.00am - 1.00pm

Free phone advice - no face to face appointments. Involves Administrative law and prisoners and their incarceration.

PROBATION & PAROLE SERVICE

Civic Centre, Inala 4077
Phone: 3362 9270
Email: DMInala@correctiveservices.qld.gov.au

Supervises adult offenders in the community on Court and Community Base Orders.

PROJECT LOVE & CARE

Inala Community House
124B Buddleia St Inala 4077
Phone: 3372 8493
Email: georgefamily_23@hotmail.com

Providing Care Kits to children and young people from 0 to 17yo when they are first placed in foster care. Care kits provide toiletries, activity kits and clothing.

Q

QLD GOVERNMENT ENQUIRIES

Brisbane 4000
Phone: 3227 7111
Enquiries to all Government Departments
(Except Rail and Transport)

QLD LIONS FOOTBALL CLUB

133 Pine Rd, Richlands 4077
Phone: 3271 3636
Fax: 3271 3804
Email: info@qldlions.com.au
Internet: www.qldlions.com

QLD TRANSCULTURAL MENTAL HEALTH CENTRE

Queensland Health
1st Floor, 519 Kessels Rd, Macgregor 4109
Phone: 3167 8333 or 1800 188 189
Fax: 3167 8322
Email: tccs@health.qld.gov.au
Internet: www.health.qld.gov.au/pahospital/qtmhc

Hours: Mon - Fri 8.30am - 5.00pm

A state-wide service that works with consumers and their families and mental health workers to ensure that mental health services provided are culturally sensitive and appropriate.

It does this through the provision of information, resources, training, program development and clinical consultation services across Queensland.

The Centre has a number of programs and services:

- Clinical Consultation Service
- Mental health promotion, prevention & early intervention
- Library & multilingual resources
- Education & development
- Policy & service development
- Resource development
- Research

The service has bilingual /bicultural mental health consultants from over 80 different language and cultural groups that are available to provide consultation advice and assessment and short term interventions.

QUEEN ELIZABETH II JUBILEE HOSPITAL

Cnr Kessels & Troughton Rds, Coopers Plains 4108
Phone: 3275 6111
Fax: 3277 8807

QUEENSLAND PROGRAM OF ASSISTANCE TO SURVIVORS OF TORTURE & TRAUMA

50 Shottery St, Yeronga 4101
Phone: 3391 6677

Fax: 3391 6388
Email: admin@qpastt.org.au
Internet: www.qpastt.org.au

A community-based service providing a range of flexible, culturally sensitive services to people who have been tortured or who have suffered refugee related trauma prior to migrating to Australia.

Waiting lists apply for adults. Children, young people and asylum seekers are seen as a priority. Outreach counselling is available in response to community need.

- *Counselling (short term, for those who have been in Australia less than 6 months)*
- *Information sessions*
- *Support for young school-aged children (includes individual counselling, advocacy, holiday programs & homework club)*
- *Children's Program (counselling & advocacy for children aged 4-11yo)*

QUIT LINE - STATE-WIDE

Phone: 13 18 48
Internet: www.quitnow.info.au

Hours: Mon - Fri 7.00am - 10.00pm

Information and support service that advises on products and services to assist in quitting smoking.

R

RED CROSS EMPLOYMENT

Shop 36, 156 Inala Town Centre, Inala 4077
Phone: 3372 1053
Fax: 3372 5503
Internet: www.redcross.org.au

Helping people with disabilities find long term meaningful employment and helping employers find the best person for job vacancy.

REFERRAL FOR ACTIVE INTERVENTION

Mission Australia
100 Coulson St, Wacol 4076
Phone: 3271 4788
Fax: 3271 4262

An early intervention prevention service assisting families with children aged 0 - 10yo, for a period of up to 6 months. The service focuses on a strengths based family approach working within a case management framework providing various interventions.

Services include:

- *Referral advice*
- *Intensive family support*
- *Individual & family counselling*
- *Life skills development*
- *Parenting skills*
- *Advocacy*
- *Household management skills*
- *Social/personal development*
- *Community education*

Catchment areas include: Acacia Ridge, Carol Park, Inala, Goodna, Forest Lake, Springfield, Redbank Plains, Mt Ommaney and some surrounds.

REFORMED CHURCH OF INALA

44 Poinsettia St, Inala 4077
Phone: 3372 1753

Hours: Sunday Service 9.30am & 6.00pm,
Sunday School - 8.30am

REFUGEE & IMMIGRATION LEGAL SERVICE

Lvl.1, Boundary Chambers, 170 Boundary Rd,
West End 4101
Phone: 3846 3189
Fax: 3844 3073
Email: admin@rails.org.au
Internet: www.rails.org.au

Hours: Mon - Wed & Fri 10.00am - 1.00pm,
then 2.00pm - 4.00pm

A community legal service giving free advice on visa, immigration and refugee matters. Drop-in advice sessions are on Monday and Wednesday from 5:30pm and the first eight people are seen. Interpreters can be arranged.

RELATIONSHIPS AUSTRALIA

159 St. Pauls Tce, Spring Hill 4000
Phone: 1300 364 277
Email: generalenquiries@relateqld.com.au

Internet: www.relationships.com.au

A community based organisation. No referral needed, standard fees apply.

Victims Counselling & Support Service:

Phone: 1300 139 703, (24 hours, 7 days)

For people impacted on by crime. Free information, referrals, phone counselling and support.

Gambling Help Service:

Phone: 1800 858 858

RELATIONSHIPS AUSTRALIA (HEAD OFFICE)

107 Mile Platting Rd, Eight Mile Plains 4113

Phone: 1300 364 277

Email: generalenquiries@relateqld.com.au

Hours: Mon - Fri 9.00am - 5.00pm
(after hours available by appointment)

Provides relationship support services to individuals, couples and families throughout Queensland. Our services aim to strengthen and build relationships, resolve relationship breakdown issues, and support the best interests of children through family separation.

We also offer a number of specialist counselling services, courses and education programs.

Counselling & Support Services

- Relationship counselling
- Individual counselling
- Telephone counselling

Family Separation Services:

Family Dispute Resolution - *assisting separating couples reach agreements on parenting, property and financial matters.*

Children's Contact Service - *providing safe and positive contact arrangements for children whose parents have separated.*

Parenting Orders Program - *assisting separated parents meet contact arrangements and reduce conflict.*

Family Relationship Centre - *helps families build better relationships.*

Specialised Counselling Services:

Victims Counselling and Support Service - *assisting people, whose lives have been impacted by crime, to resume their lives.*

Gambling Help Service - *helping people regain control of their gambling.*

Aftercare Resource Centre (ARC) - *counselling and support for former residents of care.*

Youth Support Services - *support for young people at risk of disengaging from learning.*

Grandparents Support Services - *assistance for grandparents who are the primary care providers for grandchildren.*

Drought Counselling - *counselling and services for individuals and families affected by the drought.*

Employee Assistance Program - *counselling and support for your employees and their families.*

Family Support Services:

Referral for Active Intervention - *improving the safety and wellbeing of children and families who have been in contact with the Department of Child Safety.*

Family Support Service - *providing information, support and resources to strengthen families and communities.*

Domestic and Family Violence Prevention - *groups for people who have been abused, and groups for people who are behaving abusively and want to change.*

Family Counselling:

Family Relationship Centres - *helping families build better relationships.*

Education & Courses

- Couple Education - Pre-marriage
- Family Skills & Parenting
- Building Better Relationships
- Family Violence Prevention & Recovery
- Alternatives to Aggression Course

RICHLANDS EAST & PRE-SCHOOL

Barwing St, Inala 4077

Phone: 3714 0135

RICHLANDS, INALA & SUBURBS HISTORY GROUP

PO Box 2088, Inala Heights 4077

Email: vamynott@ozmail.com.au

Focuses on the local history of Richlands, Inala and the surrounding districts.

Activities include:

- *Local & oral history & stories*
- *Historical displays*
- *Publications*
- *Information sessions to community sites*
- *Guest speakers*

RICHLANDS PRE-SCHOOL

Orchard Rd, Richlands 4077

Phone: 3372 5612

RICHLANDS STATE SCHOOL

Progress Rd, Richlands 4077

Phone: 3723 6222

RIPOLL MP, BERNIE

Federal Member for Oxley

179 Brisbane Rd, Goodna 4300

Phone: 3818 3900

Fax: 3818 1181

Hours: Mon - Fri 9.00am - 5.00pm

ROTARY CLUB OF ARCHERFIELD

South Acacia Sports Club

Mortimer Rd, Acacia Ridge 4110

Phone: 3277 2687

Hours: Thurs 12.30pm - 2.30pm

ROYAL BRISBANE HOSPITAL

Cnr Butterfield St & Bowen Bridge Rd,

Herston 4029

Phone: 3636 8111

ROYAL CHILDREN'S HOSPITAL

Cnr Bramston Tce & Herston Rd

Herston 4029

Phone: 3636 3777

ROYAL WOMEN'S HOSPITAL

Phone: 3636 8111

S

SALVATION ARMY

83 Inala Ave, Inala 4077

Phone: 3372 1889

Fax: 3278 9342

Hours: Thurs & Fri 9.30am - 1.00pm

Offers: limited financial assistance, food vouchers, referral to counselling. Three visits allowed per year. Appointment necessary.

SALVATION ARMY EMPLOYMENT PLUS

Shop 1, Inala Civic Cntr, Kittyhawk Ave, Inala 4077

Phone: 3714 2100

Fax: 3714 2125

Email: Inala_Eplus@aep.salvationarmy.org

Internet: www.employmentplus.com.au/

Friendly, helpful staff are there to guide clients through any difficulties with computers. Job Search Kiosk unit that's linked to the national job vacancy database, where clients can search by location, industry and position.

Phone, fax and email facilities to contact employers. Newspapers to find job ads. Photocopiers to copy resumes and related documents. Computers for writing resumes and letters.

SALVATION ARMY - SALVO CARE LINE

Phone: 3831 9016

Australia wide: 1300 363 692

Fax: 3221 6228

24 hour telephone counselling and referrals. Crisis counselling.

SARINA RUSSO JOB ACCESS

1st Floor, Commonwealth Centre, 20 Wirraway Pde, Inala 4077

Phone: 3714 6100

Fax: 3714 6199

A free employment service and a new private Commercial Training Service. A one-stop shop for all apprenticeship needs. A fee-based premium recruitment service. Vocational Health develops strategies for employers to maintain a healthy and productive workforce.

A registered training organisation offering courses in business, tourism, hospitality and English language. James Cook University Brisbane offers undergraduate and postgraduate courses. Open Employment Services assists people with a disability enter the workforce. Harvest Labour Services links farmers with casual workers.

SAVE THE CHILDREN AUSTRALIA (QLD)

47 Cordelia St, South Brisbane 4101
Phone: 3844 2699
Fax: 3844 3699
Email: scfq@scfq.org.au
Internet: www.savethechildren.org.au

Focuses on programs that directly benefit the lives of children and their communities.

Brisbane programs include:

Mobile Play Scheme: Bringing playgroup to children and their families in socially isolated areas, including women's correctional centres. Currently visiting caravan parks in Oxley. For other locations and session times contact the office.

Family and Domestic Violence Program: Services for women and children who have experienced family violence, including women's shelters.

Family Support Program: Therapeutic counselling via practical support and outreach to families experiencing the effects of poverty, homelessness, addiction and domestic violence.

Future Families Program: 'The Basic Babysitting Course' equips young people with practical childcare knowledge, skills and personal self development. Focused on those at risk of leaving education prematurely or at risk of early pregnancy / long-term unemployment.

Alternative Care Program: Residential care services providing placement options and outreach for young women in care of Dept. of Child Safety.

Speaking Out Program: Free presentations for schools. Specialist speakers give voice to desperately poor children round the world who cannot tell their own stories.

SCHOOL DENTAL SERVICE

Phone: 1300 658 549

For school- aged children between the grades of 4 and 10. Emergencies can be attended at any school clinic or in an event of an accident a dental hospital is available if the clinic is closed.

SENIORS ENQUIRY LINE

PO Box 108, Fortitude Valley 4006
Phone: 1300 135 500
Hearing Impaired: 3250 1928 (TTY)
Fax : 3250 1929
Email: sel@lccq.org.au
Internet: www.seniorenquiryline.com.au

Hours: Mon - Fri 9.00am - 5.00pm

A Qld-wide information and referral service which links seniors, their families, friends, carer with information on government and community services throughout the state.

Services offered include:
Information categories (leisure, travel, finance), retirement issues, health, personal support, concessions, education, transport, advocacy and many other topics relevant to Qld seniors.

SERVICETON SOUTH STATE & PRE-SCHOOL

Lorikeet St, Inala 4077
Phone: 3714 0222

SEVENTH-DAY ADVENTIST CHURCH

124 Crocus St, Inala 4077
Phone: 3879 2929

Sabbath School: 9:30am
Divine Service: 11.00am

SEXUAL ASSAULT HELP LINE

Phone: 1800 010 120

SHERWOOD RESPITE SERVICE

PO Box 80, Sherwood 4075
Phone: 3379 1051
Fax: 3379 1573
Email: sherwoodrespite@bigpond.com

Hours: Mon - Fri 7.30am - 3.30pm

Respite for frail aged people who live at home and may be in need of company. Bus pick-ups from 8.30am and drop-off by 3.00pm to the centre. In-home responsive respite for young adults with a disability and Allied Health.

\$10 per day for social interaction, meals, activities, games, guest speakers and entertainers. \$15 per day for outings to clubs or restaurants.

SILVER LINING COUNSELLING & SUPPORT

319 Blunder Rd, Durack 4077

Phone: 3879 7748

Mobile: 0403 377 076

Email: info@silverliningcounselling.com.au

Internet: www.silverliningcounselling.com.au

Hours: Mon - Fri 9.30am - 7.30pm
Sat 9.30am - 12.30pm

Highly experienced, full-time counsellor with specialist counsellors on call where needed. Interpreter available (at cost to client). No referral needed. Discount for concession card holders.

Specialising in:

- Individual's & couple's counselling
- Domestic & family violence issues
- Gender & sexuality issues
- Anger management & education
- Pre-marriage education
- CALD counselling
- Relationship education

SKYLARKERS 60 & BETTER PROGRAM

20 Skylark Street, Inala 4077

Phone: 3879 0046

Email: skylark@bigpond.net.au

Internet: www.users.bigpond.net.au/skylark

Hours: Mon - Thurs 9.00am - 2.30pm

A healthy active ageing program for people over 50yo. Constantly changing program to meet the needs of older persons.

Activities available include:

- General social activities for older people.
- Learning activities including computer use
- Crafts & card making
- Internet access & assistance

- Exercise & physical activities
- Information & assistance

SMITH FAMILY, (THE)

Level 1, 38 Hope St, South Brisbane 4101

Qld State Office: 3115 6200

Assistance line: 1800 024 069

Fax: 3337 6424

Internet: www.thesmithfamily.com.au

An independent non-profit organisation. Supports children and families living in financial disadvantage to create opportunities to participate more fully in society, using education as the key. Paid staff and volunteers are based in schools, community organisations and some offices.

SMITH FAMILY, (THE) LEARNING FOR LIFE PROGRAM

The Smith Family, St. Hugh's Anglican Church

105 Poinsettia St, Inala 4077

Phone: 3372 5305

Fax: 3723 6644

Internet: www.thesmithfamily.com.au

Supports disadvantaged children and young people from their early years through the vulnerable transition points in their development, such as moving from home to primary school and from school to further study or workforce entry.

Links disadvantaged children and young people with emergent literacy and numeracy programs in their early years, and as they grow up, with comprehension, digital, financial, health and emotional literacy programs, so that children can develop the skills and capacities they need for their journey through life.

These supports are enabled through mentoring and tutoring opportunities, and through a financial scholarship, which assists with the costs of essential school expenses such as uniforms, books and excursions.

SOUTH WEST BRISBANE COMMUNITY LEGAL CENTRE

28 Wirraway Pde, Inala 4077

Phone: 3372 7677

Fax: 3372 8925

Email: admin@swbcls.org.au

Internet: www.swbcls.org.au

Hours: Mon, Wed & Thurs 9.00am - 4.00pm,
Tues 10.00am - 4.00pm, Fri 9.00am - 1.00pm

Free confidential legal advice and assistance with:

- *Legal problems*
 - *Referrals to other community agencies*
 - *Community legal education*
 - *Family law*
 - *Minor civil claims*
 - *Motor vehicle accidents (property damage)*
 - *Wills & Enduring Powers of Attorney*
- (Appointment required)*

Child Protection Advice

Provides legal advice on dealing with Department of Child Safety.

Youth Legal Service

Provides legal advice and referrals for young people 10-18yo, who may find themselves in trouble with the police.

An experienced solicitor will:

- *Apply for bail if the young person is in custody*
- *Negotiate with police & prosecutors*
- *Protect the rights of the young person*

The service is designed as a first/of contact facility. Legal aid can be arranged for a serious or Magistrates Court level case.

SOUTHERN ACADEMY OF DANCE, (THE)

Studio: Cnr Japonica & Robinia Sts, Inala 4077

Phone: 3372 2081

Email: sadance@bigpond.com

Internet: www.sandrabreen.com

Hours: Saturday mornings & midweek
Beginners welcome. Lessons for ages 5yo and older. With the best training in classical ballet, jazz, tap, creative movement and performance, students are encouraged to work hard to express their creativity, talent and personality through dance in a fun and nurturing environment.

SOUTH WEST BRISBANE MEDICAL TRANSPORT - HACC

Phone: 3422 7999

For the frail aged and younger disabled people. Register first by phone and an assessment will be conducted over the phone for eligibility.

SOUTH WEST COMMUNITIES FAMILY DAY CARE

Inala Community House

38 Sittella St, Inala 4077

Phone: 3372 1711

Email: swcfdc@ich.org.au

Hours: Mon - Fri 9.00am - 4.30pm

Offers a personalised, high quality, flexible childcare service, provided in a safe and secure home environment. Caters for children aged from 0 to school age children.

Embracing of diversity of language, culture and ability to ensure the right fit for children, carers, and their respective families.

SOUTH WEST TRANSIT

Rudyard St, Richlands 4077

Phone: 3372 1444

Bus & Coach Services, Charter &/or Tours

Maxi Taxi: 3391 1000

Limo Service: 13 64 66

Yellow Cabs Couriers: 13 17 70

Internet: www.yellowcouriers.com

SPIRITUS EARLY PARENT CENTRE

(St. Hugh's Anglican Church grounds)

105 Poinsettia St, Inala 4077

Phone: 3723 6633

Fax: 3723 6644

Email: epc@spiritus.org.au

Hours: Mon - Fri 9.00am - 5.00pm

Practical and emotional support for young and first time parents. Services include one-off educational and training sessions. Management of the Inala Community gardens. Some transport is available, based on assessment of need. ALL welcome.

Programs include:

- *Eat Well Live Well Program for Parents & their children - 1st & 3rd Tues per month 9.30am - 11.30am*
- *Playgroup - 2nd & 4th Tues per month 9.30am - 11.30 am*

Also run groups at Acacia Ridge Community Centre, 21 Hanify St Acacia Ridge.

Programs include:

- *Munchkins Group - 2nd & 4th Thurs per month 9.30am - 11.30 am*
- *Unsupported Playgroup - 1st & 3rd Thurs of each Month, 9.30am - 11.30pm*

- *African Women's Group - each Friday during School terms 10.00am - 1.00pm*

Inala Community Garden's

St. Hugh's Anglican Church grounds,
105 Poinsettia St, Inala 4077
Phone: 3723 6633

Managed by the Spiritus Early Parent Centre, the gardens are open for all the community to access. Regular workshops, garden club, working bees and special events take place in this space.

To find out more about what's happening within the community gardens and how you could get involved, contact the Spiritus Early Parent Centre.

STATE-WIDE SEXUAL ASSAULT HELP LINE

Phone: 1800 010 120

Hours: 7.30am - 11.30pm, 7 days a week

ST HUGH'S ANGLICAN CHURCH

105 Poinsettia St, Inala 4077
Phone: 3372 1216

Sunday Service: 9.00am & 5.00pm
AVEO Retirement Village auditorium: 7.00am
Wednesday Service: 9.00am

Activities:

Women's Guild: 1st Tuesdays, 9:30am
Indoor Bowls Groups: Wednesdays, 9.30am

ST HUGH'S CAREFORCE EMERGENCY RELIEF CARE AGENCY

Phone: 3372 1216
105 Poinsettia St, Inala 4077

Hours: Tuesday only 10.00am - 12.30pm

Must be registered with Centrelink Inala.

ST JOHN AMBULANCE (QLD)

225 St Pauls Trc, Fortitude Valley 4006
Phone: 3253 0500 or 1300 360 455
Fax: 3253 0599
Email: enquiries@stjohnqld.com.au
Internet: www.stjohnqld.com.au

St John Ambulance Community Services for those in need, sickness or distress.

Programs include:

Transport Access Project (TAP): *For people who have limited or no access to safe, affordable and assisted transport.*

Health Care Program: *Volunteers assist in hospitals, aged care facilities and community health centres.*

Homeshare Program: *Bringing together older householders, who would benefit from friendship and help in the home, with people who are willing to assist with household chores in return for rent-free accommodation.*

Silver Cord Service: *Supports elderly, disabled, frail and socially isolated people to feel safe staying in their own home. Currently a free service. Two types of calls can be provided:*

- *Security calls - up to 7 times per week, depending on need*
- *Friendship calls - up to 3 times per week*

ST. MARK'S OVER 50'S CLUB

72 Lilac Street, Inala 4077
Phone: 3372 5646
Meets at: School Assembly Hall

Hours: Fri 10.00am - 12.00pm

Activities: Bingo, Raffles, Recreational outings, Monthly bus trip and guest speakers. Non-denominational.

ST MARK'S PARISH INALA

Church Location:
Cnr Lilac & Eucalypt Sts, Inala 4077
Office Location:
96 Lilac St, Inala 4077

Phone: 3372 5658
Fax: 3372 5863
Email: stmarks@bne.catholic.net.au

Parish Youth Group

Phone: 0433 466 049
Email: youthofstmarks@gmail.com

St Mark's School

92 Lilac St, Inala 4077
Phone: 3372 3408
Internet: www.stmarksinala.qld.edu.au

St Mark's Parish Inala

Includes a Church, Primary School, Community Hall, Vietnamese Community Centre and nine Housing Units for pensioners.

St. Mark's Over 50's Club

92 Lilac St, Inala 4077

Phone: 3372 5646

Hours: Fri 10.00am - 12.00pm

Meets at School Assembly Hall. Activities include bingo, raffles, recreational outings, monthly bus trip and guest speakers. Non-denominational.

ST. MARK'S SCHOOL INALA

92 Lilac St, Inala 4077

Phone: 3372 3408

ST. VINCENT DE PAUL SOCIETY

Family Service Centre

131 Inala Ave, Inala 4077

Phone 3372 6973

Hours: Mon, Wed & Fri, 9.30am - 2.30pm

Services include:

- Food, furniture & clothing
- Financial & budget assistance (Centrelink referral required)
- Home visits (appointment necessary)
- \$1000 no interest loan for home furnishings. Need to provide a quote prior

SURVIVORS OF SUICIDE BEREAVEMENT SUPPORT ASSOCIATION

Phone: 1300 767 022

Email: sosbsa@yahoo.com

Internet: www.geocities.com/sosbsa

Hours: 24 Hours 7 days a week

Non-profit support group formed and established for the benefit of those bereaved by suicide.

Services include:

- Support & a safe haven for those bereaved
- Face-to-face counselling service
- Twenty-four hour telephone help line
- Form links with existing support groups
- Raise public awareness about suicide & bereavement through publicity & education
- Pursue funding from government bodies & private enterprise

Meetings: Fortnightly, Fridays 7.30pm

Mt. Gravatt Community Centre

1693 Logan Rd, Upper Mt. Gravatt

SWALLOW STREET CHILD CARE ASSOCIATION

143 Swallow St, Inala 4077

Phone: 3372 4894

Hours: Mon - Fri 6.00am - 6.00pm

Full day care for babies to pre-school children.

Qualified kindergarten teacher and other trained staff.

Nutritional lunch supplied. Moderate fees and subsidy available for eligible families.

I

TAG 5

PO Box 272, Corinda 4075

Phone: 0416 162 799 or 0421 136 537

Email: alisonl@tag5.com.au

Providing sporting, social and recreational activities for people living with a disability and their families.

Activities include:

- Weekly social sport
- Weekend & school holiday camps
- Social Club
- Carer weekend retreats
- Sibling camps
- Weekend & weekday respite

TELECROSS SERVICE

Phone: 1300 885 698

Fax: 5503 0753

A daily reassurance phone call to people with a disability, frail, aged or medically at risk. Calls are made in the mornings. Checks on health and well-being. If call is unanswered, Red Cross initiates emergency procedures.

TENANTS UNION OF QUEENSLAND

28 Robertson St, Fortitude Valley 4006

Phone: 3257 1108 or 1800 177 761

Fax: 3257 1135

Email: mail@tuq.org.au

Internet: <http://www.tuq.org.au>

Hours: Mon 9.00am - 4.00pm &
Tues - Fri 9.00am - 7.00pm

Phone advice for tenants regarding rights and responsibilities. The Union aims to improve and protect the rights of all Queensland tenants, including caravan park and boarding house residents.

TENPIN BOWLING RICHLANDS

Cnr Pine & Archerfield Rds, Richlands 4077
Phone: 3375 1166

THRUSH STREET PARK

Swallow & Thrush Sts & Inala Ave, Inala

TRANSLATING & INTERPRETING SERVICE (TIS)

Phone: 13 14 50

Internet: www.immi.gov.au

Hours: 24 Hours 7 days a week

The Department of Immigration and Citizenship (DIAC) provides the TIS National interpreting service for people who do not speak English and for the English speakers who need to communicate with them. TIS National has access to over 1300 contracted interpreters across Australia, speaking more than 120 languages and dialects.

(Fee for service)

TRANSLINK - BUS & RAIL INFORMATION

Phone: 1312 30

Internet: www.translink.com.au

U

V

VETERAN'S & VETERAN'S FAMILIES

Phone: 1800 011 046

Counselling Service

VICTIMS COUNSELLING & SUPPORT SERVICE

Phone: 1300 139 703

For victims of crime, their family members, or witnesses of crime.

VIET. UNITING CHURCH IN DARRA

8 Lee Rd, Darra 4076

Phone: 3879 3272

VIETNAMESE COMMUNITY OF AUSTRALIA QLD CHAPTER

Phone: 3375 5700

Referrals and support for members of the Vietnamese community. English classes and group activities.

W

WANDARRAH NEIGHBOURHOOD CENTRE

Cnr Lilac & Magnolia Sts, Inala 4077

Phone/ Fax: 3372 3955

Services include:

Limited aged child care 2 ½ - 5yo

Hours: Mon - Fri 8.00am - 3.00pm

Emergency relief, food vouchers & general relief

Hours: Mon, Tue, Wed & Friday mornings

Appointment necessary

Triple P program

For parents of young children and teenagers.

WANDARRAH PRE-SCHOOL & COMMUNITY CENTRE

1 Lilac St, Inala 4077

Phone: 3372 3955

Hours: Preschool - Mon, Tues & Wed

Kindy - Thur & Fri

WEST BRISBANE TENNIS CENTRE

227 Archerfield Rd, Richlands 4077

Phone: 3375 3644

General Enquiries: info@westbrisbanetennis.com.au

Internet: www.westbrisbanetennis.com.au

WESTSIDE BUS LINES

Phone: 3288 1333

Fax: 3288 2754

Email: westside@busqld.com.au

WESTERN DISTRICT FAMILY CONNECTION

Inala Community House

6 Teal St, Inala 4077

Phone: 3278 8007

Fax: 3278 8550

Email: admin@wdcpservices.com.au

Western Districts Out Of Home Care

An holistic range of services for children and young people under statutory intervention (in care). Also offers a service for families where there is risk of children being legally removed from the home.

Foster & Kinship Care Program: Recruits, trains, assesses and supports foster carers.

Enhanced Foster Care Program: Provides in-home placement options for children with complex to extreme needs.

Volunteer Support Mentoring Program: Recruits, trains, monitors and supports volunteers who work as mentors to children and young people under statutory intervention.

Family Intervention Service - Family Steps

Family Steps Program: Works with vulnerable children, young people and families referred by the Dept. of Child Safety where the family has experienced significant parenting problems.

WOLSTON PARK HOSPITAL

Wolston Park Rd, Wacol 4076

Phone: 32718222

WOMEN'S HEALTH INFORMATION LINE

(Information line only)

Phone: 3839 9988

Hours: Mon, Tues, Thurs, Fri 9.00am - 5.00pm

Wed 12.30pm - 5.00pm

WOMEN'S HOUSE SHELTA

Phone: 3391 0005

Fax: 3391 4735

Email: womenshouse@pacific.net.au

High security refuge for women and children escaping domestic violence. Self-referral OK.

WOMEN'S INFOLINK

(Information line only)

Phone: 1800 177 577

Hours: Mon - Fri 8.00am - 6.00pm

WOMEN'S LEGAL AID

1st Floor Woodridge Place, Cnr Ewing Road & Carmody Sts, Woodridge 4114

Phone: 1300 65 11 88

A specialist unit within Legal Aid Qld, providing services including:

- *Legal information*
- *Advice*
- *Representation*
- *Specialist social work support*

Also provides court assistance to women applying for domestic violence orders in the Brisbane Magistrates Court. Priority is given to women who are having difficulty accessing legal help, especially Aboriginal and Torres Strait Islander women, women from non-English-speaking backgrounds and women with a disability.

Main areas of law are:

- *Family law*
- *Domestic violence*
- *Criminal injuries compensation*
- *Child protection.*

Conducts a legal advice clinic every Thursday at the Woodridge Legal Aid office. The solicitors have face-to-face appointments in the morning and telephone appointments from 10am onwards. Appointments at the Brisbane office are available on request. To book an appointment, call Client Information Services on 1300 65 11 88.

WOMEN'S LEGAL SERVICE

387 Ipswich Rd, Annerley 4103

Phone: 3392 0670

Fax: 3392 0658

Email: admin@wlsq.org.au

Internet: www.wlsq.org.au

Free legal services by women for women. Provides free legal information, advice and referrals throughout Qld on the following areas of law:

- *Family law*
- *Child maintenance /support*
- *Domestic violence*
- *General law*

Services Include:

Phone Information, Referral & Advice

Hours: Mon - Fri 9.30am - 1.00pm

(This line is very busy - keep trying to get through)

Daytime interviews

Daytime appointments with a solicitor. Waiting list is at least 3 weeks. Appointment necessary.

Evening Advice Sessions

Hours: Mon, Wed, Thur evening 6.00pm - 8.00pm

Please phone for details. Telephone or drop in. No appointment necessary.

Y

YELLOW CABS

Phone: 13 19 24

Internet: www.yellowcabs.com

(Register for Mobile Booker service via the website)

YOUNG CARERS PROJECT

PO Box 190, Salisbury 4107

Phone: 1800 052 222 or 3274 3627

Fax: 3274 6733

Email: youngcarersproject@fsg.org.au

Internet: www.ufactor.com.au or www.fsg.org.au

Free support for young people (under 25yo who wish to continue studying at school, or the vocational equivalent, or who are undertaking a school-based apprenticeship) who are the main carer for a relative or friend who has an ongoing health issue, disability, drug addiction issue or mental illness.

Helping young carers to continue studying or training while maintaining their caring responsibilities. A worker from this service will come out and meet the carer at a place of their choosing.

Support is based on individual needs and includes:

- *Help with education & training*
- *Help to organise time off to relax*
- *Fun activities with other young carers*
- *Advocacy*
- *Ensuring correct Centrelink payments*
- *Referral to appropriate services*
- *Counselling (this service will refer the carer to a counselling specialist & cover costs)*
- *Practical help around the home in emergencies or during exam time*

YOUTH MOBILITY PROGRAM

5 Oxford St, South Brisbane 4104

Phone: 3844 2115

Fax: 3844 6165

Provides accommodation services for Indigenous Aboriginal youth who are doing a trade, traineeship, or tertiary studies. Run by the Department of Education, Science and Training.

YOUNG WORKERS ADVISORY SERVICE

Phone: 3211 1447

Hours: Mon - Fri 9.00am - 12.00pm & 1.00pm - 4.00pm

For people under 25yo

Z

ZIG ZAG YOUNG WOMEN'S RESOURCE CENTRE

575 Old Cleveland Rd, Camp Hill 4152

Phone: 3843 1823

Fax: 3398 5400

Email: info@zigzag.org.au

Internet: www.zigzag.org.au

Hours: Mon, Wed, Thur & Fri 9.00am - 5.00pm
Tues 1.00pm - 5.00pm

A resource centre for young women aged 12-25yo. Self-referral. Sometimes runs outreach programs to other areas, including Inala.

Services include:

- *Sexual assault services (counselling, support groups, information, referrals, education)*
- *Housing services (supported medium term accommodation)*
- *Library*
- *Training of workers,*
- *Advocacy & lobbying*
- *Community development projects*
- *Resource development*

Disclaimer: This guide is intended as an information source only. Inala Community House, its Management Committee and staff make no guarantee as to the suitability or quality of the goods and services offered by the organisations and businesses listed in this guide. While every effort has been made to ensure that the information contained in this guide is accurate and up-to-date, the information is subject to change without notification and at the sole discretion of the service provider. Inala Community House, its Management Committee and staff do not accept any liability for any loss, howsoever arising, from the use of or reliance upon the information. Users should independently verify the information before using or acting in reliance on it.