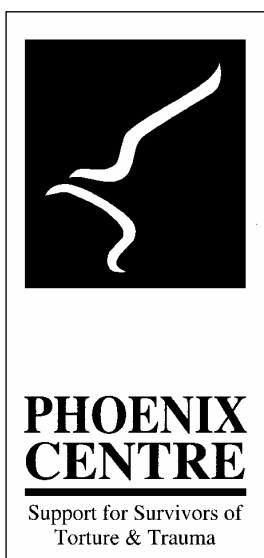


Health and Wellbeing Guide for Students from Refugee Backgrounds in Southern Tasmania

The *Health and Wellbeing Guide for Students from Refugee Backgrounds in Southern Tasmania* aims to provide current information about government and community support services available to students from refugee backgrounds and their families.

The guide provides information under the following areas:

Accommodation
CALD and Refugee Support Services
Counselling and Mental Health
Domestic Violence and Sexual Assault Support
Drug and Alcohol
Education and Employment
Financial
Gambling
General Health
Grief and Loss
Legal
Material Support
Recreation and Social Support



January 2010 Version 1.2

Phoenix Centre (Migrant Resource Centre)

49 Molle Street, Hobart TAS 7000

Ph: (03) 6234 9138 Fax (03) 6231 1264 Email: phoenix@mrchobart.org.au

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This guide is an update of the considerable work completed by Jenny Morgan (2006) for the document *Health and Wellbeing Services Guide for Refugee Students*.

The information in this guide is accurate at time of completion, September 2009, please email rvalentino@mrchobart.org.au if any inconsistencies or inaccuracies are found.

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Accommodation

Organisation	Service Description	Client Group	Referral Pathway	Cost	Contact Details
Anglicare	<p>Access</p> <ul style="list-style-type: none"> Provides practical assistance and support for people who are homeless or at risk of being homeless Can assist with stabilising existing accommodation, find crisis, emergency or temporary accommodation, find long term accommodation <p>Can provide information about housing options, connect with other services, assist in looking for housing</p>	All Ages (Suburbs North of Creek Road NewTown)	Call	Free	406 Main Road GLENORCHY TAS 7010 Phone: (03) 6273 5855 Web: www.anglicare-tas.org.au
	<p>PASS: Placement and Support Service</p> <ul style="list-style-type: none"> A service for young people who are homeless or at risk of homelessness Offers accommodation options for young people needing safe and secure accommodation including emergency, respite, short-term and long-term placement with volunteers Aims to support young people to reconcile with their parents / family where appropriate Provides mentors who can spend time with a young person 	Ages 13-18	call	Free	18 Watchorn Street HOBART TAS 7000 Phone: (03) 6213 3555 Freecall: 1800 243 232

Organisation	Service Description	Client Group	Referral Pathway	Cost	Contact Details
Anglicare	Staying Put <ul style="list-style-type: none"> Assists young people to maintain their own accommodation, in either public or private housing Provides support to set up a new tenancy or keep existing tenancy by providing: Assistance to deal with services such as Testra, Aurora, Housing Tas, Centrelink Assistance with budgeting 'Start up packs' including cleaning products, light globes, other items needed when starting in a tenancy 	Ages 16-24 (Suburbs North of Creek Road Newtown)	Call	Free	406 Main Road GLENORCHY TAS 7010 Phone: (03) 6273 5855 Web: www.anglicare-tas.org.au
	Youth Care <ul style="list-style-type: none"> Provides crisis accommodation for young people who are homeless or need a safe place to stay Can provide accommodation, food, laundry services, basic clothing and practical assistance Help to find long-term accommodation Assistance with legal, education, income support of health related issues 24 hours a day, 7 days a week 	Males aged 13-20	call	\$100 fortnight or negotiated with the person	Phone: (03) 6273 9215

Organisation	Service Description	Client Group	Referral Pathway	Cost	Contact Details
Annie Kenney	<p>Young Women's Refuge Inc.</p> <ul style="list-style-type: none"> A crisis accommodation service, for up to 6 weeks, for young women. No accommodation provided for children. Can assist with obtaining an income 	Females aged 13-20	Through emergency accommodation number 1800 800 588	With income: \$70 per week or \$10 per day \$50 bond No income cost negotiated	<p>MONTROSE TAS 7010 Phone: (03) 6272 7751 Emergency accommodation Number: 1800 800 588</p> <p>Email: annickenney@eftel.net.au</p>
Centacare	<p>CHILD: Children and Homelessness: Intervention, Learning and Development</p> <ul style="list-style-type: none"> Supports the individual needs of children to grow, develop, learn and have fun, strengthens wellbeing, enhances self-esteem Supports parents with challenging behaviour, family and social relationships 	For children and families participating in S.A.A.P. Program	Call	Free	<p>35 Tower Road NEW TOWN TAS 7008 Phone: (03) 6278 1660</p> <p>Email: ctss.south@aohtas.org.au</p>
	<p>CTSS: Centacare Transitional Support Service</p> <ul style="list-style-type: none"> Supports females either accompanied or unaccompanied by children currently living in emergency shelter Provides support for transitioning from shelters to independent living Support with issues around homelessness Crisis information and referral 	Females of all ages	Call	Free	<p>35 Tower Road NEW TOWN TAS 7008 Phone: (03) 6278 2689</p> <p>Email: ctss.south@aohtas.org.au</p>

Organisation	Service Description	Client Group	Referral Pathway	Cost	Contact Details
Centacare / Salvation Army	<p>Tenancy Support Office</p> <ul style="list-style-type: none"> • One-to-one support or group information sessions provide: • Information on a range of tenancy issues • Advocacy and mediation • Assistance and on-going support • Negotiating with landlords and real-estate agents for rent arrears, complaints, evictors, condition reports, leases and inspections 	All ages, people on low income	Call	Free	35 Tower Road NEW TOWN TAS 7008 Phone: (03) 6278 1660 Free Call: 1300 729 400
Colony 47	<p>COSS: Colony Outreach Support Service</p> <p>Helps people who are at risk of homelessness find and maintain accommodation through:</p> <ul style="list-style-type: none"> • Case management, tenancy support, emergency accommodation support, • Brokerage money to access other services • Community tenancies • Emotional support 	Age 16 and over (suburbs south of Creek Road New Town and Eastern Shore)	Call to make an appointment	Free	446 Elizabeth Street NORTH HOBART TAS 7000 Phone: (03) 6214 1486 Cnr Cambridge Road & Percy Street BELLERIVE TAS 7018 Phone: (03) 6245 7848 1800 265 669 Web: www.colony47.com.au

Organisation	Service Description	Client Group	Referral Pathway	Cost	Contact Details
Colony 47	Mara House <ul style="list-style-type: none"> Provides transitional supported accommodation for young women who are at risk of being homeless 	Females aged 13-18	Self-referral or through any service provider	Cost depends on individual circumstances	NEW TOWN TAS 7008 Phone: (03) 6214 9951 Email: mara@colony47.com.au
	Reconnect <ul style="list-style-type: none"> Youth homelessness early intervention program Aims to reconnect young people with their parents / carers Can connect young person to education, training and community Phone counselling available Capacity building community development 	Ages 12-18 Who are homeless or at risk of homelessness and their families	Call to self-refer, service providers can refer	Free	432 Elizabeth Street NORTH HOBART TAS 7000 Phone: (03) 6214 1481 Website: www.colony47.com.au

CALD and Refugee Support Services

Organisation	Service Description	Client Group	Referral Pathway	Cost	Contact Details
Centacare	IHSS: Integrated Humanitarian Settlement Strategy <ul style="list-style-type: none"> Refugee resettlement program On arrival provides new families with welcoming teams, accommodation, clothing and household set up After arrival provides case coordination, education enrolment, access to medical care, counselling, short term housing and financial advice for 6 months 	New entrants	Organised for new entrants on arrival to Australia	Free	35 Tower Road NEW TOWN TAS 7008 Phone: (03) 6278 1660 Email: centacare.hobart@aohtas.org.au
	Settlement Grants Program <ul style="list-style-type: none"> Offers individual or family centred case management aiming to support client to address barriers, achieve goals, and to support access to mainstream services Offers life skills, craft groups, information sharing groups for female humanitarian entrants 	Individuals and families who have been in Australia more than 6 months and less than 5 years	People can self-refer, service providers asked to provide a written referral with client consent	Free	35 Tower Road NEW TOWN TAS 7008 Phone: (03) 6278 1660 Email: centacare.hobart@aohtas.org.au

Organisation	Service Description	Client Group	Referral Pathway	Cost	Contact Details
Colony 47	<p>Reconnect NAYSS</p> <ul style="list-style-type: none"> • Works with young people and their families from diverse backgrounds who are newly arrived in Australia • Offers support with understanding Australian culture, schooling, looking for work, relationship difficulties, finding balance in rights and responsibilities • Helps young people engage with family, education, training, employment and the community • Individual and family counselling, group work, community development project 	Ages 12-21, who have been in Australia less than 5 years, are homeless or at risk of homelessness and their families	Young person or support person can call	Free	<p>432 Elizabeth Street NORTH HOBART TAS 7001</p> <p>PO Box 632 NORTH HOBART TAS 7002</p> <p>Phone: (03) 6214 1481 Free call: 1800 265 669</p> <p>Email: reconnect@colony47.com.au Web: www.colony47.com.au</p>
DHHS	<p>Multicultural Health Policy</p> <ul style="list-style-type: none"> • Advice and Support • Resources and training • Assists individuals, groups and agencies to find services they need within the DHHS 	All ages	Call or email	Free	<p>Phone: (03) 6222 7656 Mobile: 0427 554 264 Contact: Deborah van Velzen</p> <p>Email: Deborah.vanvelzen@dhhs.tas.gov.au Web: www.dhhs.tas.gov.au</p>

Organisation	Service Description	Client Group	Referral Pathway	Cost	Contact Details
Migrant Resource Centre	Bonza <ul style="list-style-type: none"> A recreational and sport group: including regular Wednesday soccer with PCYC and other activities as part of the RECLINK cooperative Meets every Friday afternoon at the MRC for a Discovery Trip Holiday and weekend activities are also conducted, including camps, excursions and day trips 	Ages 12-25	Call	Free	49 Molle Street HOBART TAS 7000 Contact: Georgi Marshall Phone: (03) 6234 9411 Email: gmarshall@mrchobart.org.au
	MY (Multicultural Youth) Group <ul style="list-style-type: none"> School's Voice Reference Group meets once a month with representatives from colleges and high schools across Hobart 				49 Molle Street HOBART TAS 7000 Contact: Georgi Marshall Phone: (03) 6234 9411 Email: gmarshall@mrchobart.org.au

Organisation	Service Description	Client Group	Referral Pathway	Cost	Contact Details
Migrant Resource Centre	Settlement Services Housing Outreach <ul style="list-style-type: none"> Provides outreach support to people from refugee backgrounds with housing information and support Practical assistance can be provided in their homes to reduce risk of homelessness Outreach worker can assist with maintaining current accommodation – preparing for inspections, mediating with landlords, information about tenancy rights and responsibilities Regular workshops are held e.g. do it yourself maintenance to fix holes in walls, leaking taps and other topics. 	All ages, people from refugee backgrounds who have lived in Australian from 6 months to 5 years.	Call or visit	Free	49 Molle Street HOBART TAS 7000 Contact: Anne Hamilton Phone: (03) 6221 0999 Email: reception@mrchobart.org.au
	Study Group <ul style="list-style-type: none"> volunteer tutors assist with school work and learning on Tuesday and Friday afternoons at the MRC 				49 Molle Street HOBART TAS 7000 Contact: Georgi Marshall Phone: (03) 6234 9411 Email: gmarshall@mrchobart.org.au
	Youth Group <ul style="list-style-type: none"> Provides information, advice and support to address the settlement needs of refugees and 'at risk' young migrants 	Ages 12-25	Call	Free	49 Molle Street HOBART TAS 7000 Contact: Georgi Marshall Phone: (03) 6234 9411 Email: gmarshall@mrchobart.org.au

Organisation	Service Description	Client Group	Referral Pathway	Cost	Contact Details
<p>Migrant Resource Centre</p>	<p>Workshops and Outreach</p> <ul style="list-style-type: none"> • Provides information to young people on services and linkages to other youth agencies, activities and opportunities • Includes agency visits and presentations by service providers on topics including health, finances, legal issues, government departments, employment and community activities • Life skills training and cross cultural awareness sessions • Regular Wednesday lunch time high school and Tuesday and Thursday lunch time college visits 	<p>Ages 12-25</p>	<p>Call</p>	<p>Free</p>	<p>49 Molle Street HOBART TAS 7000 Contact: Georgi Marshall</p> <p>Phone: (03) 6234 9411 Email: gmarshall@mrchobart.org.au</p>
<p>Phoenix Centre</p>	<p>CALD Community Connections</p> <ul style="list-style-type: none"> • Supports CALD communities and individuals to increase social connectedness and help-seeking behaviour • increases awareness of suicidal risk as well as appropriate responses to suicidal crises 	<p>All ages</p>	<p>Call</p>	<p>Free</p>	<p>49 Molle Street HOBART TAS 7000</p> <p>Phone: (03) 6234 9138 Email: phoenix@mrchobart.org.au</p>

Organisation	Service Description	Client Group	Referral Pathway	Cost	Contact Details
Phoenix Centre	Counselling and Advocacy <ul style="list-style-type: none"> Provides counselling and advocacy for adults and children from any country who have fled persecution, torture and war-related trauma to find safety in Australia 	All ages	Call	Free	49 Molle Street HOBART TAS 7000 Phone: (03) 6234 9138 Email: phoenix@mrchobart.org.au
	Early Intervention Scheme <ul style="list-style-type: none"> Provides support for early intervention to children and young people in regards to their mental health 	Ages 0-25 and their support people	Call	Free	49 Molle Street HOBART TAS 7000 Phone: (03) 6234 9138 Email: phoenix@mrchobart.org.au
	Families in Cultural Transition (FICT) <ul style="list-style-type: none"> A group program supporting family and community networks of new and emerging communities 	All Ages	Call	Free	49 Molle Street HOBART TAS 7000 Phone: (03) 6234 9138 Email: phoenix@mrchobart.org.au
	Natural Therapies Program <ul style="list-style-type: none"> Provides therapeutic massage, remedial exercises and lifestyle advice for those who have experienced war related trauma in their country of origin 	All Ages	Call	Free	49 Molle Street HOBART TAS 7000 Phone: (03) 6234 9138 Email: phoenix@mrchobart.org.au

Organisation	Service Description	Client Group	Referral Pathway	Cost	Contact Details
Phoenix Centre	<p>Transcultural Mental Health Network (TTMHN)</p> <ul style="list-style-type: none"> Improving access to mental health services for culturally and linguistically diverse clients, and providing specialist advice to health service providers 	All ages – and health service providers	Call	Free	<p>49 Molle Street HOBART TAS 7000</p> <p>Phone: (03) 6234 9138 Email: phoenix@mrchobart.org.au</p>
Red Cross	<p>Bi-Cultural Community Health Program</p> <ul style="list-style-type: none"> The program assists culturally and linguistically diverse people who are newly arrived in Tasmania, especially refugees, to make informed decisions and independently access appropriate health services Bi-cultural Community Health Workers assist the services to understand different cultural approaches to health and how to provide responsive and effective services to people from diverse backgrounds 	All ages	Call	Free	<p>40 Melville Street HOBART TAS 7000</p> <p>Phone: (03) 6331 2522 Email: tas_bicultural_health@redcross.org.au Web: www.redcross.org.au/TAS/</p>

Counselling and Mental Health Services

Organisation	Service Description	Client Group	Referral Pathway	Cost	Contact Details
Anglicare	Family Support Counselling <ul style="list-style-type: none"> Supports people who are experiencing difficulties or conflict in their relationship with a partner or family member Supports people adjusting to step families 	All ages	Call for an appointment	Free to healthcare card holders, otherwise % of annual income	18 Watchorn Street HOBART TAS 7000 Phone: (03) 6234 3510 406 Main Road GLENORCHY TAS 7010 Phone: (03) 6273 5855
	Tools for Men <ul style="list-style-type: none"> Provides support for men and family relationships Support for issues such as fathering, health or emotional issues Supporting during and after separation 	Ages 18 and over	Call to self-refer, or another service provider can refer	Free to healthcare card holders, otherwise % of annual income	Eastland Shopping Centre ROSNY PARK TAS 7018 Phone: (03) 6245 9228 Email: a.lutz@anglicare-tas.org.au Web: www.anglicare-tas.org.au
Baptcare	Gateway Service <ul style="list-style-type: none"> An intake and assessment service to help children, young people and their families find a service that will suit their needs. Can work with families who need support with managing children's behaviour, family conflict and breakdown, mental health issues or substance abuse, isolation 	Any age child and their families who live in the areas of Glenorchy, Hobart, Huon Valley and Kingborough	Call	Free	Phone: 1800 171 233 Web: http://www.baptcare.org.au/

Organisation	Service Description	Client Group	Referral Pathway	Cost	Contact Details
Centacare	Counselling for Kids <ul style="list-style-type: none"> Centacare counsellors can assist children with grief, separation/divorce, living in a step family, family violence, physically and mentally unwell parents, family conflict and more Can work with children individually, the child and family members, or in group programs Ongoing parental involvement in children's counselling is encouraged 	All ages	Parents call, usually attend first meeting to provide background information	Free	35 Tower Road NEW TOWN TAS 7008 Phone: (03) 6278 1660
	Family and Relationships Counselling <ul style="list-style-type: none"> Can assist with improving relationships, family breakdown, relationships separation, parenting issues, children's welfare and development, wellbeing, grief and loss, stress management 	Parents	Call	Free	35 Tower Road NEW TOWN TAS 7008 Phone: (03) 6278 1660
	Kids Express <ul style="list-style-type: none"> A group program that helps children understand, manage and express strong emotions including anger, sadness, frustration, fear Encourages children to express themselves in the company of other children and practice more helpful ways of communicating 	Ages 6-11	Parents, schools, other agencies can call to enrol children	Free	35 Tower Road NEW TOWN TAS 7008 Phone: (03) 6278 1660

Organisation	Service Description	Client Group	Referral Pathway	Cost	Contact Details
Centacare	Positive Parenting Program <ul style="list-style-type: none"> Promotes good communication and strong relationships between parents and their children Helps parents recognise causes of behaviour problems and encourage desirable behaviour in children 	Parents	Call	Fees Negotiated	35 Tower Road NEW TOWN TAS 7008 Phone: (03) 6278 1660
Clare House	Mental Health <ul style="list-style-type: none"> Counselling for children and adolescents Priority given to young people with significant mental health issues who are at risk of self-harm or harm to others A waiting period may apply 	Ages 0-17	Referrals accepted from teacher, doctors, guidance officer or social worker	Free	26 Clare Street NEW TOWN TAS 7008 Phone: (03) 6233 8612 Email: clare.house@dhhs.tas.gov.au
Kids Help Line	Counselling <ul style="list-style-type: none"> A free and confidential telephone and online counselling service specifically for young people Counselling respond on the telephone, email, and over the web to issues such as relationships breakdowns, bullying, sexual abuse, homelessness, suicidal thoughts, drug and alcohol use 	Ages 5-25	Call, email, online	Free	Free call: 1800 551 800 Web: www.kidshelp.com.au Email: admin@boystown.com.au

Organisation	Service Description	Client Group	Referral Pathway	Cost	Contact Details
Options	Counselling and Mediation <ul style="list-style-type: none"> Supports young people and their families or care givers 	Ages 11-21 and their care givers	Call or visit the office	Free to healthcare card holders, negotiated fee for income earners	18 Watchorn Street HOBART TAS 7000 GPO Box 1620 HOBART TAS 7001 Phone: (03) 6213 3555 Free Call: 1800 243 232
Positive Solutions	Counselling and Mediation <ul style="list-style-type: none"> For individuals, couples and families 	Over age 5	Call	Mediation \$30 Individual Counselling \$40 an hour Couples Counselling \$50 an hour Fees can be negotiated	11 Liverpool Street HOBART TAS 7000 Phone: (03) 6231 1301 Email: manager@positivesolutions.com.au Web: www.positivesolutions.com.au
PULSE	Youth Health Service <ul style="list-style-type: none"> Counselling, information and referral for young people Youth Health Nurses and social workers can support with physical, emotional, and other health needs in a non-judgement and holistic manner 	Ages 12-24	Call, email or visit the centre	Free	2 Terry Street GLENORCHY TAS 7010 Phone: (03) 6233 8900 Email: pulse@dhhs.tas.gov.au Web: www.beanbga.com.au/pulse

Organisation	Service Description	Client Group	Referral Pathway	Cost	Contact Details
Red Cross	Talk Out Loud <ul style="list-style-type: none"> Encourages young people to talk about emotions Identifies when further support may be needed 	Up to 25	Information provided through schools	Free	40 Melville Street HOBART TAS 7000 Phone: (03) 6235 6018 Email: mewington@redcross.org.au
Relationships Australia	Counselling <ul style="list-style-type: none"> Assists young people who are or at risk of being homeless, who have experienced recent family difficulties to reconnect with their families and community 	Over age 5	Call	Based on parents income - negotiable	20 Clare Street NEWTOWN TAS 7008 Phone: (03) 6211 4050 Email: admin@relias.com.au Web: www.relationships.com.au
	Family Dispute Resolution (Mediation) <ul style="list-style-type: none"> Assist separating families resolve their family law disputes 	All	Call	No income \$15, income \$30	20 Clare Street NEWTOWN TAS 7008 Phone: (03) 6211 4050 Email: admin@relias.com.au Web: www.relationships.com.au
	Just for Kids <ul style="list-style-type: none"> Supporting children after parents separation 	Over age 5	Referrals accepted from other agencies	Free	20 Clare Street NEWTOWN TAS 7008 Phone: (03) 6211 4050 Email: admin@relias.com.au Web: www.relationships.com.au

Organisation	Service Description	Client Group	Referral Pathway	Cost	Contact Details
Relationships Australia	Relationship Counselling <ul style="list-style-type: none"> Assist the couple to better understand the relationship they have 	All	Call	Based on parents income - negotiable	20 Clare Street NEWTOWN TAS 7008 Phone: (03) 6211 4050 Email: admin@reitas.com.au Web: www.relationships.com.au
	Tassie Male <ul style="list-style-type: none"> Support Group for young men Individual Counselling 	All	Call	Group: Free Individual: 3 free sessions then a cost	Contact: Herman Morris 20 Clare Street NEWTOWN TAS 7008 Phone: (03) 6211 4050 Email: admin@reitas.com.au Web: www.relationships.com.au
Road Trauma Support Program	Counselling Provides counselling and support for people who have been affected by road trauma: either in an accident personally or family / friend involved in car accident	All Ages	Call the mobile number to arrange an appointment	Free – cost covered by MAIB	Contact Graham Lunson Phone: 0427 487 251

Organisation	Service Description	Client Group	Referral Pathway	Cost	Contact Details
Tasmanian Men's Health and Wellbeing Association	<p>TASMEN</p> <ul style="list-style-type: none"> Promotes leadership on men's health and wellbeing issues Runs annual Tasmanian Men's Gathering in March Supports and promotes and can refer to men's groups Boys mentoring program 	Boys and Men	Call or Email	Free	PO Box 1 ROSNY PARK TAS 7018 Phone: (03) 6223 6900 Email: men@tasmen.org.au Web: www.tasmen.org.au
The Link	<p>Youth Health Service</p> <ul style="list-style-type: none"> Provides information and assists young people to access support for a range of health needs Counselling available for mental health issues 	Ages 12-24	Call or Visit	Free	57 Liverpool Street HOBART TAS 7000 Phone: (03) 6231 2927 Email: healthhelp@thelink.org.au
Working It Out	<p>Gender and Sexuality</p> <ul style="list-style-type: none"> Provides support, counselling and information, to lesbian, gay, transgender, bisexual and intersex people, their friends, family and support people. Also provide diversity education and training programs to schools and workplaces 	All ages	Call, text, email or visit	Free	39 Burnette Street NORTH HOBART TAS 7002 Phone: (03) 6231 1200 Mobile: 0429 346 122 Email: exec@workingitout.org.au Web: www.workingitout.org.au

Domestic Violence and Sexual Assault

Organisation	Service Description	Client Group	Referral Pathway	Cost	Contact Details
Centacare	<p>CAB: Men Taking Responsibility for their Behaviour</p> <ul style="list-style-type: none"> An educational program for men who have been angry, abusive or aggressive toward their partners For men who have to learn more respectful ways of relating in their families Group program where men learn from other men who are dealing with similar issues 	Men ages 18 and over	Call	Free	35 Tower Road NEW TOWN TAS 7008 Phone: (03) 6278 1660
	<p>CKC: Centacare Kids Club</p> <ul style="list-style-type: none"> A group program for children who experience family violence and abuse Aim of the groups are to provide a safe place to acknowledge their experiences, build safe connections with parents, enable feelings to be expressed constructively Counselling for children, education for parents about the impact of family violence, Groups run 6-10 weeks at nominated times during the year 	Children who experience family violence, and parents who are committed to change	Call	Free	35 Tower Road NEW TOWN TAS 7008 Phone: (03) 6278 1660

Organisation	Service Description	Client Group	Referral Pathway	Cost	Contact Details
Centacare	<p>Specialised Family Violence Service</p> <ul style="list-style-type: none"> • Family service for couples who are dealing with issues related to controlling, fighting, violent and abusive behaviours in their relationships • Provides help for all the family by focusing on the needs of each family member • Individual counselling and group programs • Counselling for men, women and children • Support with children through art, play, stories, toys, games and activities with other children to help them better cope with their experiences 	All ages	Call and an intake worker will take your details, then you will be contacted for an appointment	Fee negotiated with the families. Families who cannot pay can still access the service. Some child care available	35 Tower Road NEW TOWN TAS 7008 Phone: (03) 6278 1660

Organisation	Service Description	Client Group	Referral Pathway	Cost	Contact Details
<p>Family violence Response and Referral Line</p>	<p>Supports people who have experienced or witnessed domestic violence. An information and referral service to access the full range of response, counselling, information and other support services on a 24 hour basis</p> <ul style="list-style-type: none"> • If victim safety is at risk, the call will be transferred to the police radio dispatch for immediate police response • If victim safety is not at risk, the call will be transferred to appropriate counselling or support service for further assistance • Telephone line is staffed 24 hours a day 7 days a week • Has access to Telephone Interpreting Service 	<p>All ages</p>	<p>Call</p>	<p>Free initially</p>	<p>Response and Referral line: Phone: 1800 633 937</p> <p>Tasmania Police Police Headquarters 47 Liverpool Street HOBART TAS 7000 Phone: (03) 6230 2438</p> <p>Email: safeathome@justice.tas.gov.au</p> <p>In All Emergencies call 000</p>
<p>Galileo House</p>	<p>Child / Youth Sexual Assault Support Service</p> <ul style="list-style-type: none"> • Provides counselling and support to victims of sexual assault aged 0-18 years and their support people • Provides counselling and support to children up to age 12 who are displaying problem sexual behaviour • Provides community education and consultation to professionals • Open Monday to Friday 9.00-5.00 	<p>Males and Females aged 0-18</p>	<p>Call or drop in</p>	<p>Free</p>	<p>73 Federal Street NORTH HOBART TAS 7000 Phone: (03) 6231 0044</p> <p>Email: reception@sass.org.au</p>

Organisation	Service Description	Client Group	Referral Pathway	Cost	Contact Details
Melaleuca House	<p>Adult Sexual Assault Support Service</p> <ul style="list-style-type: none"> Provides individual counselling and group programs for female and male survivors of sexual assault over 18 years old Supports family members and other support people 	Males and Females aged 18 and over	Call, email or drop in	Free	95-97 Campbell Street HOBART TAS 7000 Phone: (03) 6231 1811 Email: reception@sass.org.au
SASS	<p>Sexual Assault Support Service</p> <ul style="list-style-type: none"> Provides counselling, advocacy, education and preventative strategies. Aims to facilitate the healing process that survivors of sexual trauma are engaged in Provides crisis counselling, support with police statements, and coordinates medical / forensic examinations if required 24 hours a day, 7 days a week phone line 	All ages	Call	Free	Phone: (03) 6231 1817 Email: reception@sass.org.au

Organisation	Service Description	Client Group	Referral Pathway	Cost	Contact Details
S.H.E.	<p>Support, Help & Empowerment</p> <ul style="list-style-type: none"> • Support services for women affected by abusive relationships, whether past or present. S.H.E. is a non-crisis service • Provides face-to-face counselling • Support groups / lunch time meetings • Information, resources, referrals 	Females aged 16 and over	Self-refer or service providers can refer	Free	<p>PO Box 300 NORTH HOBART 7002 Phone: (03) 6278 9090</p> <p>Email: admin@she.org.au Web: www.she.org.au</p>
Victim Safety Response Teams	<ul style="list-style-type: none"> • Provides a range of services with a focus on improving victim safety and support for victims in crisis situations 	All ages	Call	Free	<p>Response and Referral line: Phone: 1800 633 937</p> <p>Department of Justice GPO Box 825 HOBART TAS 7001 Phone: (03) 6233 2310</p> <p>Email: safeathome@justice.tas.gov.au</p>

Drug and Alcohol

Organisation	Service Description	Client Group	Referral Pathway	Cost	Contact Details
Holyoake Tasmania	Drum Beat <ul style="list-style-type: none"> A program using music and drumming designed to engage young people at risk of misuse of alcohol or other drugs 	School ages	Runs through schools	Free	127 Davey Street HOBART TAS 7000 Phone: (03) 6224 1777 Email: admin@holyoake.com.au Web: www.holyoake.com.au
	Get Real Program <ul style="list-style-type: none"> A program for young people who are experiencing difficulties related to their use of alcohol or other drugs 	Ages 12-24	Self-referral, or through any health professional	Free	127 Davey Street HOBART TAS 7000 Phone: (03) 6224 1777 Email: admin@holyoake.com.au Web: www.holyoake.com.au
	Young Persons Program <ul style="list-style-type: none"> A program for young people affected by drug or alcohol use of a parent or family member 	Ages 4-17	Self-referral, or through any health professional	\$15 with a health care card	127 Davey Street HOBART TAS 7000 Phone: (03) 6224 1777 Email: admin@holyoake.com.au Web: www.holyoake.com.au

Organisation	Service Description	Client Group	Referral Pathway	Cost	Contact Details
Red Cross	<p>Save-A-Mate</p> <ul style="list-style-type: none"> Promotes the health and wellbeing of young people by providing education, service and support on key current and emerging health issues, particularly related to alcohol and other drug use and mental health 	Ages up to 25	Email or call	Free	<p>40 Melville Street HOBART TAS 7000</p> <p>Phone: (03) 6235 6018 Email: newington@redcross.org.au</p>
The Link	<p>Youth Health Service</p> <ul style="list-style-type: none"> Provides information and assists young people to access health, alcohol and drug services, sexual health, dental health, general medical services A range of Alcohol and other Drugs counselling 	Ages 12-24	Call or Visit	Free	<p>57 Liverpool Street HOBART TAS 7000 Phone: (03) 6231 2927</p> <p>Email: healthhelp@thelink.org.au</p>

Education and Employment

Organisation	Service Description	Client Group	Referral Pathway	Cost	Contact Details
Colony 47	<p>Communities Supporting Families</p> <ul style="list-style-type: none"> For children and their parents / carers, aimed at supporting the individual and family strengths and promoting strong relationships in the school environment Group and Project work 	Ages 6-12 in Glenorchy primary schools	Need to be referred through schools	Free	<p>432 Elizabeth Street NORTH HOBART TAS 7000</p> <p>Contacts: Andrea Prins Phone: (03) 6214 1487 and</p> <p>Email: AndreaP@colony47.com.au Web: www.colony47.com.au</p>
	<p>Home Interaction Program for Parents and Youngsters – HIPPY</p> <p>An early childhood program helps parents to become child's first teacher</p> <ul style="list-style-type: none"> Promotes school readiness to maximise success at school Activities focus on literacy, numeracy, creative exploration and play Will use interpreters if needed 	Ages 3-5 and their caregivers in the 7019 post code area (Clarence Plains)	Self Refer or service providers can refer	Free	<p>432 Elizabeth Street NORTH HOBART TAS 7000</p> <p>Contacts: Andrea Prins Phone: (03) 6214 1487 and</p> <p>Email: AndreaP@colony47.com.au Web: www.colony47.com.au</p>

Organisation	Service Description	Client Group	Referral Pathway	Cost	Contact Details
<p>Colony 47</p>	<p>Youth Connections A support service that provides individual case management for young people, group work and community development</p> <ul style="list-style-type: none"> • Supports young people who have disengaged from education, or at risk of disengaging • Provides tailored case management to help young people re-connect with education or training • Helps build resilience, skills and abilities for positive life choices 	<p>Aged 10-17 who are at risk of, or have disengaged from education</p>	<p>Call</p>	<p>Free</p>	<p>Freecall: 1800 265 669 Contact: Jenny Reynolds Web: www.colony47.com.au</p>
<p>Commonwealth Respite & Carelink Centre</p>	<p>Young Carer Program</p> <ul style="list-style-type: none"> • Assists young carers who are at risk of prematurely leaving secondary education or the vocational equivalent to: • Improve their school attendance, educational opportunities and outcomes, • Improve employment skills and outcomes • Can assist improve financial position, • Helps with achieving family stability 	<p>Ages up to 18 who are caring for someone who is frail aged, has chronic illness, disability, mental illness, alcohol or drug dependence</p>	<p>Service providers can refer via email or fax, young carers can self refer through the 1800 number</p>	<p>Free</p>	<p>24 Sunderland Street MOONAH TAS 7009 Freecall: 1800 052 222 Phone: (03) 6208 6600 Fax: (03) 6208 6699 Website: www.youngcarersouthtas.com.au</p>

Organisation	Service Description	Client Group	Referral Pathway	Cost	Contact Details
Youth ARC	<p>Personalised Learning Program</p> <ul style="list-style-type: none"> Aims to re-engage young people in education and learning Undertake a 'big picture' project based on an area of interest <p>Develop strengths and qualities that will help the student to succeed in education, training, employment and community life</p>	Grades 7-10	Need to be referred through schools	Free	<p>44 Collins Street HOBART TAS 7000 Contact: Katrina Beams</p> <p>Phone: (03) 6212 3239 Web: www.youtharc.org</p>
Youth ARC	<p>Alt Ed</p> <ul style="list-style-type: none"> An alternative educational program for young people disengaged from education Students are supported by both teaching and youth work staff 	Ages 16-18	Need to be referred through schools	Free	<p>Elizabeth College 256 Elizabeth Street HOBART TAS 7001 Contact: Arlette Mercrae</p> <p>Phone: (03) 6231 5150 Mobile: 0417 575 603 Web: www.youtharc.org</p>
	<p>Connections</p> <ul style="list-style-type: none"> Assists young people who have become disconnected from mainstream schooling and supports them to re-engage with education or training Individually tailored, flexible education and training options Young person receives ongoing personal and social support and life skills training 	Ages 10 - 17 with personal barriers impacting on school participation, or at risk of or severely disengaging	Need to be referred through schools	Free	<p>47 Davey Street HOBART TAS 7000 Contact: Jenny Reynolds</p> <p>Phone: (03) 6223 6159 Email: jennyr@colony47.com.au Web: www.colony47.com.au</p>

Financial

Organisation	Service Description	Client Group	Referral Pathway	Cost	Contact Details
Anglicare	<p>Financial Counselling Service</p> <ul style="list-style-type: none"> • Provides information and support to individuals and families experiencing financial difficulties. • Can help to organise budget, manage your budget, advocate of your behalf • Can provide information about negotiating with creditors, bankruptcy, super, consumer debt, legal rights and responsibilities 	All ages	Call	Free	18 Watchorn Street HOBART TAS 7000 Phone: (03) 6213 3555 Freecall: 1800 243 232 Web: www.anglicare-tas.org.au
Colony 47	<p>CASH</p> <ul style="list-style-type: none"> • Offers financial assistance to households on low to moderate incomes who are experiencing difficulty securing or maintaining accommodation in the private rental market 	All ages	Call before visiting	Free	446 Elizabeth Street NORTH HOBART TAS 7000 Phone: (03) 6214 1492 Freecall: 1800 265 669 Email: cash@colony47.com.au Web: www.colony47.com.au

Gambling

Organisation	Service Description	Client Group	Referral Pathway	Cost	Contact Details
Anglicare	<p>Break Even</p> <ul style="list-style-type: none"> Designed to help both problem gamblers and their families Recognises gambling impacts families financially, as well as relationships and self-esteem 	All ages	Call	Free to healthcare card holders, otherwise % of annual income	<p>18 Watchorn Street HOBART TAS 7000 Phone: (03) 6234 3510</p> <p>406 Main Road GLENORCHY TAS 7010 Phone: (03) 6273 5855</p> <p>Eastland Shopping Centre ROSNY PARK TAS 7018 Phone: (03) 6245 9228</p> <p>Freecall: 1800243 232 Web: www.anglicare-tas.org.au</p>
DHHS	<p>Break even</p> <ul style="list-style-type: none"> Support services for people who are concerned about their own gambling, or worried for a friend or family member for whom gambling has become a problem Web based information Gambling Helpline Tasmania – 24 hour, questions and answers by phone 	All ages	Call, email or visit the website	Free	<p>Gambling Helpline free call: 1800 858 858</p> <p>Email: gambling@dhhs.tas.gov.au Web: www.gamblinghelponline.org.au</p>

General Health

Organisation	Service Description	Client Group	Referral Pathway	Cost	Contact Details
Centacare	<p>PRAM Program</p> <ul style="list-style-type: none"> • Information and support group for young women who are pregnant or first time mothers • Learning about pregnancy and parenting • Opportunities to meet other young mums • Provides education, life skills, health information and relaxation • Groups Thursday 11 am – 2 pm • Outreach workers can visit the home 	Ages 14-24	Call	No cost for support for mums, Childcare by donation - \$1 per child / \$2 lunch	<p>35 Tower Road NEW TOWN TAS 7008 Phone: (03) 6278 1660</p> <p>Email: centacare.hobart@aohtas.org.au</p>
Eating Disorders Phone Line	<p>Eating Disorder Information</p> <ul style="list-style-type: none"> • Information packs for people who are experiencing eating disorders • Information packs of parents and support people 	All ages	Call	Free	Contact Mental Health Services on: Freecall: 1800 332 388

Organisation	Service Description	Client Group	Referral Pathway	Cost	Contact Details
Family Planning Tasmania	Clinical services <ul style="list-style-type: none"> Clinical services for contraception, pregnancy testing Counselling, referral, testing and treatment for sexually transmitted infections Community education for schools and groups 	All ages	No referral needed	Bulk Billed	2 Midwood Street NEW TOWN TAS 7008 Phone: (03) 6228 5244 Email: info@hwhc.com.au
Good Beginnings	Bright Start Groups <ul style="list-style-type: none"> Play and Learn groups – supported workshops with childhood and family support workers Family support workers can do home visits 	Families with a child under age 8 in the Brighton Municipality	Any community service agency can refer, families can self refer, or through Gateway	Free	Bright Start 27 Greenpoint Road BRIDGEWATER TAS 7030 Phone: (03) 6268 4257
	Family and Parenting Support <ul style="list-style-type: none"> Provides support to families about parenting issues Volunteer support for families in their homes Employs Professional Family Support Workers 	Families with a child under age 8	Any community service agency can refer, families can self refer, or through Gateway	Free	6 Washington Street SOUTH HOBART TAS 7004 Phone: (03) 6223 5810 Email: gbahobart@goodbeginnings.net.au

Organisation	Service Description	Client Group	Referral Pathway	Cost	Contact Details
Hobart Women's Health Centre	<p>Health Services</p> <ul style="list-style-type: none"> • Provides accessible health service to women regardless of age, disability, geographical location, sexual orientation, financial status, ethnic origin and background. • Direct services, face-to-face, telephone, mail or electronically • Community education • GP sensitive to the needs of women • Birth and Beyond group for mums • Groups programs such as yoga, fitball, grandparents raising grandchildren 	All ages	Call or visit the office for an appointment	Some services are free, some a nominal amount, GP services bulk billed	<p>25 Lefroy Street NORTH HOBART TAS 7000 Phone: (03) 6231 3212 Freecall: 1800 353 212</p> <p>Email: info@hwhc.com.au Web: www.hwhc.com.au</p>
Men's Health	<p>Men's Health and Wellbeing Policy Officer</p> <ul style="list-style-type: none"> • Contact point for men's health related issues in the DHHS • Supports networking and sharing across men's health and wellbeing related organisations and programs 	All ages	Call or email	Free	<p>Men's Health Policy Officer GPO Box 125 HOBART TAS 7001</p> <p>3/25 Argyle Street HOBART TAS 7000 Phone: (03) 6222 7750 Email: jonathan.bedloe@dhhs.tas.gov.au</p>

Organisation	Service Description	Client Group	Referral Pathway	Cost	Contact Details
Sexual Health Branch	Sexual Health <ul style="list-style-type: none"> • Clinical services, counselling and education • A holistic service to enhance sexual health and wellbeing • Anonymous and confidential 	All ages	Self refer, Health care professionals can refer	Free GP bulk billed Pathology testing is free	Phone: (03) 6233 3557 Freecall: 1800 675 859 Email: sexual.health@dhhs.tas.gov.au
The Link	Youth Health Service <ul style="list-style-type: none"> • Provides information and assists young people to access health, alcohol and drug services, sexual health, dental health, general medical services • Youth health workers available • Psychologist available • An alternative therapist provides massage • Centrelink worker available • Has showers, laundry facilities • Free condoms • Needle and syringe outlet 	Ages 12-24	Call or visit	Free	57 Liverpool Street HOBART TAS 7000 Phone: (03) 6231 2927 Email: healthhelp@thelink.org.au
Women's Health Information Line	Information Line <ul style="list-style-type: none"> • Provides information to women about health issues and services • Provides referral information 	All ages	Call the 1800 number	Free	25 Lefroy Street NORTH HOBART TAS 7002 Phone: (03) 6231 3212 Freecall: 1800 675 028 Email: info@hwhc.com.au

Grief and Loss

Organisation	Service Description	Client Group	Referral Pathway	Cost	Contact Details
LifeLine	<p>StandBy Response Service</p> <ul style="list-style-type: none"> • A service for the families and friends of people who have died by suicide • Bereavement Response Service: Initial telephone response to suicide can provide counselling, information and referrals • Trauma Response Team: specialist crisis intervention team can provide 24 hour face to face outreach • Referral pathway: coordinated response to provide early intervention and links to on-going support 	Any person bereaved through suicide	Call	Free	5 Battery Square BATTERY POINT TAS 7004 Phone: (03) 6224 3450 Email: info.south@lifelinetasmania.com.au

Many Services in the Counselling and Mental Health Category can assist with issues relating to Grief and Loss

Legal

Organisation	Service Description	Client Group	Referral Pathway	Cost	Contact Details
Hobart Community Legal Service	<ul style="list-style-type: none"> Assists with child support issues and Centrelink disputes during the day Any legal matter Monday and Wednesday Evenings – arrive at 6pm, doors close at 6.30pm Sorell Office 9.30-12.30 Monday to Friday – any legal matter No appointment required 	All ages	Call or visit the offices	Free	166 Macquarie Street HOBART TAS 7000 Phone: (03) 6223 2500 7 Station Lane SORELL TAS 7172 Phone: (03) 6265 1911 Cove Hill Shopping Centre BRIDGEWATER TAS 7030 Phone: (03) 6263 4755
Hobart Volunteer Court Support Scheme	<ul style="list-style-type: none"> The service provides information about court procedures can arrange an interpreter to attend court, explain magistrates orders, assist in applying for legal aid Referral to other services such as Victims of Crime A volunteer can attend court with a person if requested 	All ages	Call	Free	Level 1, 54 Victoria Street HOBART TAS 7000 Phone: (03) 6233 5002

Organisation	Service Description	Client Group	Referral Pathway	Cost	Contact Details
Legal Aid commission of Tasmania	Clinical Advice Service <ul style="list-style-type: none"> Provides a short private consultation with a legal Aid Lawyer Appointments are not required Monday to Friday 10.30 to 2.30 	All ages	Call	Free to Healthcare Card holders	158 Liverpool Street HOBART TAS 7000 Phone: (03) 6236 3800
	Duty Solicitor Service <ul style="list-style-type: none"> Provides information about court procedures, bail applications, pleas and penalties The Duty Solicitor will appear for people who have been arrested and wish to apply for bail or are eligible for a grant of legal aid. Their office is located in the Court, near the Legal Aid Duty Solicitor signs 	All ages	Visit their office	Free	23-25 Liverpool Street HOBART TAS 7000 Phone: (03) 6233 3610
	Telephone Consultation <ul style="list-style-type: none"> Free advice is available from the telephone advice service, for the cost of a local call 	All ages	Call	Cost of a local call	Telephone Advice Service Phone: (03) 1300 366 611

Organisation	Service Description	Client Group	Referral Pathway	Cost	Contact Details
Salvation Army	<p>Changes – Your Choice</p> <ul style="list-style-type: none"> • A 10 week program offered to a young person involved in the police formal cautioning process. • The program aims to address the needs of each young person and the reason behind their offending behaviour 	Young people involved in the formal cautioning process	Referrals through the Police	Free	Level 1 / 250 Liverpool Street HOBART TAS 7000 Phone: (03) 6236 9933 Web: www.salvationarmy.org.au/SALV/LANDING
Tenants Union of Tasmania	<ul style="list-style-type: none"> • Offers tenancy advice, advocacy and referrals • Also offers workshops, seminars and information sessions to community groups / schools • Drop in Tuesday, Wednesday and Thursday 9.30 – 12.30 • Telephone Advice from 9.30-4.00 Monday to Friday 	All ages	Call or drop in	Free	166 Macquarie Street HOBART TAS 7000 Phone: (03) 6223 2641 Freecall: 1300 652 641
University of Tasmania	<p>Student Legal Service</p> <ul style="list-style-type: none"> • Coordinated by senior law students during semester times. Can offer legal advice and referrals for any staff or student of UTas • Open Tuesday and Thursday from 12.00 to 2.00, Wednesdays 2.00 to 4.00 	All ages	Call or drop in	Free for UTas students	Sandy Bay Campus Law Faculty Room 1.12 Phone: (03) 6226 2847

Organisation	Service Description	Client Group	Referral Pathway	Cost	Contact Details
<p>Women's Legal Service</p>	<ul style="list-style-type: none"> • This service is staffed and run by women, and the staff are sensitive to the diverse needs of individual women and groups. Provides information about any legal issue, via: • Legal advice over the telephone and face-to-face appointments • Information and legal and non-legal options • Referral to appropriate services • Can send out information via post, fax or email • Can provide ongoing legal assistance and limited representation 	<p>Females all ages</p>	<p>Call or email</p>	<p>Free</p>	<p>Women's Legal Service PO Box 707 NORTH HOBART 7002 Phone: (03) 6231 9466 Freecall: 1800 682 468 (Will not show up on phone bills)</p> <p>Email: admin@womenslegaltas.org.au</p>

Material Support

Organisation	Service Description	Client Group	Referral Pathway	Cost	Contact Details
Hobart City Mission	<p>Family Assistance</p> <ul style="list-style-type: none"> Offers material, physical and pastoral support to those people who need welfare assistance and have been long term recipients. Aims to encourage independence and self-reliance Welfare officers provide emergency relief with food and clothing, helps people create budgets and manage practical situations as well as cope during crises 	Ages 16 and over	Call	Free	50 Barrack Street HOBART TAS 7000 Phone: (03) 6231 0966 Email: mmenzie@hcm.asn.au
St. Vincent De Paul	<ul style="list-style-type: none"> Can provide relief for families in need Emergency relief: financial assistance, food vouchers Home visits Louie's Van: Sandwiches, hot drinks, soup: <ul style="list-style-type: none"> 7:15-8:15 pm Glenorchy Bus mall 8:30-9:00 pm Liverpool Street near RHH 	All ages	Call	Free	212 Argyle Street HOBART TAS 7000 Phone: (03) 6234 4244

Organisation	Service Description	Client Group	Referral Pathway	Cost	Contact Details
<p>Salvation Army</p>	<p>Hobart community support and outreach</p> <ul style="list-style-type: none"> • Offers material support for people in emergency crisis, food assistance • Budget advice • Referrals to appropriate services • Recreational activities and health services 	<p>All ages</p>	<p>Call or visit website</p>	<p>Free</p>	<p>180 Elizabeth Street HOBART TAS 7000 Phone: (03) 6231 1345</p> <p>73 Hopkins Street MOONAH TAS 7009 Phone: (03) 6228 0910</p> <p>135 Clarence Street HOWRAH TAS 7018 Phone: (03) 6244 4615</p> <p>Web: www.salvationarmy.org.au/tasmania</p>

Recreational and Social Support

Organisation	Service Description	Client Group	Referral Pathway	Cost	Contact Details
Colony 47	<p>Colony Mentoring Service</p> <ul style="list-style-type: none"> Provides positive experiences that improve health and wellbeing, relationships and connectedness to the community 	Ages 6-12	Call	Free	<p>446 Elizabeth Street NORTH HOBART TAS 7000 Phone: (03) 6231 9022</p> <p>Email: reception.cos@colony47.com.au Web: www.colony47.com.au</p>
Hobart City Council	<p>Youth ARC</p> <ul style="list-style-type: none"> This centre is for all young people aged 12-25 regardless of where they live Youth workers are available to talk with the young person about their needs and to refer to appropriate services Open from 3-6pm Wed, Thurs, Fridays. Provides sport and recreational activities: break dancing, DJ workshop, art workshops Play station, basketball Free massage on Fridays School holiday programs Free internet access, computers, photocopier, fax and phone for job searches Free tea and coffee 	Ages 12-25	Drop in	Free	<p>44 Collins Street HOBART TAS 7000 Phone: (03) 6231 5150</p> <p>Email: imberj@hobartcity.com.au</p>

Organisation	Service Description	Client Group	Referral Pathway	Cost	Contact Details
LinkZone	<ul style="list-style-type: none"> Tasmanian based web directory with links to information and services for young Tasmanians 	All ages	On line	Free	Web: www.linkzone.com.au
PCYC	<p>Police and Citizens Youth Club</p> <ul style="list-style-type: none"> Conducts a range of sport and recreational activities as well as a range of outreach programs Weight gym, self defence, school holiday program, boxing, basketball 	All ages	Visit the PCYC	Low cost activities	300 Liverpool Street HOBART TAS 7000 Phone: (03) 6230 2246 Email: hpcyc@netspace.net.au Web: www.pcyctas.org/hobart
Pulse	<p>Youth Access</p> <ul style="list-style-type: none"> Create Arts Worker organises art and music activities on Tuesdays and Wednesdays Computer and internet access, games, computers, DVDs, recording studio, video cameras, laundry and shower facilities, 	Ages 12-24	Call, email or visit the centre	Free	2 Terry Street GLENORCHY TAS 7010 Phone: (03) 6233 8900 Email: pulse@dhhs.tas.gov.au Web: www.beanbga.com.au/pulse

Organisation	Service Description	Client Group	Referral Pathway	Cost	Contact Details
The Wilderness Program	<ul style="list-style-type: none"> A primary prevention program, focusing on supporting young people on the journey to adulthood Provides opportunities for young people to participate in outdoor recreation activities which encourage personal and social development 	Ages 15 and over	Call	Some activities subsidised	18 Wentworth Street BELLERIVE TAS 7018 Phone: (03) 6233 3503 Fax: (03) 6233 2698 Email: wildernessprogram@development.tas.gov.au Web: www.development.tas.gov.au/sportrec/wilderness
YMCA	Fit and Fun Centre <ul style="list-style-type: none"> Fun factory and jumping castle 	Ages 1-12	Visit	\$8 Ages 1-3 \$10 Ages 4-12	8A Constance Avenue GLENORCHY TAS 7010 Phone: (03) 6272 8077 Email: chloe.bennett@ymca.org.au
	Gym and Recreation <ul style="list-style-type: none"> Provides opportunities for young people to participate in a range of sport and recreational activities Gym, aerobics 	Ages 13 and over	Call or visit	\$10.50 per session or \$42 per month	8A Constance Avenue GLENORCHY TAS 7010 Phone: (03) 6272 8077 Email: chloe.bennett@ymca.org.au

