

Communities@Work

Weston 02 6288 4744
Tuggeranong 02 6293 6500

Location: Weston and Tuggeranong Community Centres

Open: Monday to Friday 9am to 11am.

Provides emergency relief for people on low incomes via food vouchers. Referral to support programs within Community Work programs also available. Call to arrange assistance.

Services for people under the age of 25

U-Turn Youth Services Belconnen 02 62640260

Parent body Belconnen Community service

Location: Corner of Chandler & Swanson courts, Belconnen

Open: **Emergency Relief** Monday to Friday 12pm to 6pm (food packs, bus tickets, personal hygiene, phone cards).

Drop in Centre: Monday to Thursday 2pm to 6pm (some food available), Friday 2pm to 7pm /hot meal at 5pm.

Youth in the City 02 62322401

Location: Cnr Cooyong St & Petrie St, Canberra City

Open: Monday to Friday 9am to 5pm.

Gungahlin Youth Services 02 6228 9211

Location: Gungahlin Youth Centre
Ernest Cavanagh St, Gungahlin

Open: Tuesday 9am to 5pm, Wednesday & Thursday to 6pm
Friday 9am to 9pm and Saturday 10am to 2pm.

Woden Youth Centre - Bus Stop Café 02 6282 3037

Location: Callam St, Woden

Open: Monday to Friday 9am to 5pm.

**Citizens Advice Bureau
Info Guide
Rm G02 Griffin Centre, Genge St Canberra City**



Citizens Advice Bureau ACT

www.citizensadvice.org.au

Phone: 02 6248 7988

Fax: 02 6257 7383



EMERGENCY RELIEF PROVIDERS

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**Organisations that can help with food
or financial assistance in an
emergency**

About these services...

These service providers offer a variety of assistance. You may need to make an appointment. Some organisations also provide counselling and support services.

MOST EMERGENCY RELIEF PROVIDERS

Canberra Community Care 02 6287 1480 **(operates out of the Retro Rack)**

Location: 12/14 Brierly St, Weston Creek (next to the Flight Centre)
Open: Monday to Friday - 9:30am to 5pm
Saturday - 10:30am to 2:30pm

Free food packs and clothing & Telstra phone bill assistance for emergency situations (ring for appointment).

Capital Healing Rooms 02 61621977

Location: Unit 1F of 169 Newcastle St., Fyshwick
Food parcels for those in need are available (must ring for appointment)
Open: Monday to Friday - 10am to 4pm

Salvation Army Community Services 02 6247 3635

Location: 4 Hawdon Place, Dickson
Open: Monday to Friday - 9:30am to 4:30pm
Provides crisis assistance and emergency relief through counselling, referral, family mediation, emotional support, food vouchers, furniture, clothing and emergency financial assistance. Service is by appointment only.

Adrac 02 62573890

Shop Location: Shop 2/ 14 Lonsdale St, Braddon,
Open: Monday to Friday 10am to 4pm
Clothing, food parcels, furniture.

Kippax Uniting Care 02 6254 1733

Location: Cnr Luke St and Hardwick Cres, Holt
Open: Monday to Friday 9:30am to 4:30pm & Sunday morning
For people & families in crisis in West Belconnen. Provides Food hampers and frozen dinners to take away (ring for appointment), plus community education and health support.

St John's Care (Parish Centre) 02 6248 7771

Location: Constitution Avenue, Reid
Open: Monday to Friday - 9:30am to 2pm
Operates a range of programs to assist and support people in need in the Canberra region, including crisis support, emergency food, clothing and material assistance, counselling referrals, support groups for be-reaved and separated people, marriage education courses and a toy repair workshop.

Ainslie All Saints (Anglican Parish) 02 62487420

Location: Parish office Cnr Cowper St & Bonney St, Ainslie
Emergency Food Parcels available (must provide health Care card)
Open: Weekdays - 9:30am to 12:30pm and 1:30pm to 3:30pm

St Vincent De Paul Society 02 6282 2722

Location: Ring to arrange a home visit (and emergency food packages)
Open: Monday to Friday - 9am to 5pm
Visits and assists those in need in their own homes. Assistance ranges from friendship to moral/material support. Established network of centres that provide free clothing, furniture and other household items to families and people in need.

Migrant & Refugee Settlement Services of ACT - MARSS 02 6248 8577

Location: Theo Notaras Multi Cultural Centre Lev 2, 180 London Circuit Canberra City
Open: Mon to Fri - 9am to 5pm
Can provide some emergency support for eligible migrants & refugees

The Verandah 02 6239 6148

Location: Block 6, Stuart Flats, Light St, Griffith.
Open: Sunday, Tuesday and Friday - 12pm to 2pm
Coffee and support group for residents and people in need, emergency food parcels can be provided. Call to arrange assistance.

Tuggeranong Link Ph Tue & Thu 02 6292 4477

For those in need— offering low cost clothing (mens, womens, teenagers, childrens clothing) at Isabella Plains Neighbourhood House opposite shops off Ellerston Ave. Please ring contact number above first, for appointment.