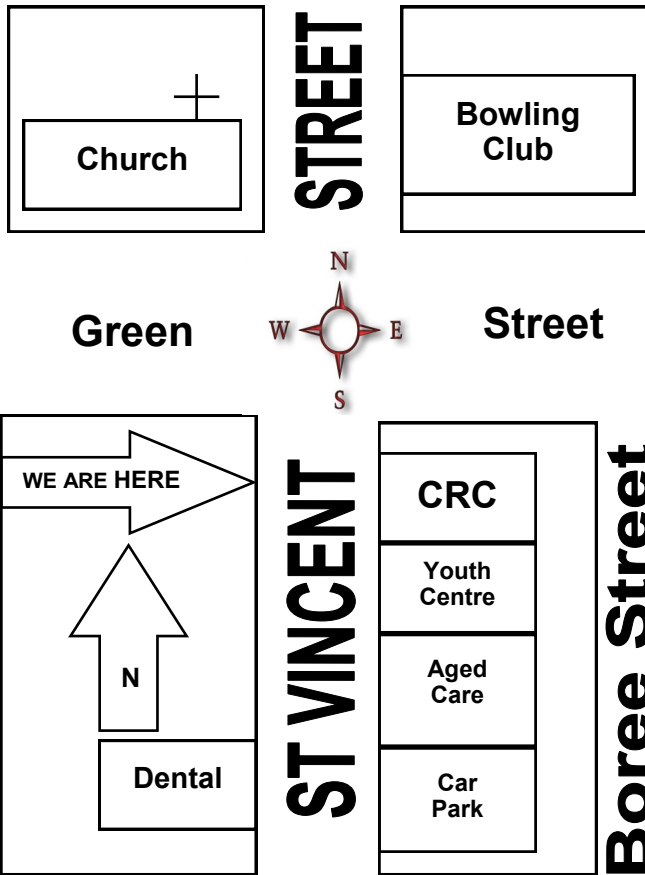


WEB ADDRESSES

- AA www.aa.org.au
- Aboriginal options www.waminda.org.au
- Aged Care www.agedcareonline.com.au
- Al Anon www.al-anon.org/australia
- Alzheimer's www.fightdementia.org.au
- Anglicare www.anglicare.org.au
- Bereavement www.grief.org.au
- Beyond Blue www.beyondblue.org.au
- Cancer Support www.redkite.org.au
- Carers www.caresouth.org.au
- Disability Support www.abilityoptions.org.au
- Domestic Violence www.ywcansw.com.au
- Drug & Alcohol www.islhd.health.nsw.gov.au
- Family D&A Support www.fds.org.au
- Family Services www.facs.nsw.gov.au
- Gambling Support www.missionaustralia.com.au
- Housing www.scch.org.au
- Homelessness www.path2home.org.au
- Lifeline www.lifeline.org.au
- Men's Line www.mensline.org.au
- Mental Health www.sfnsw.org.au
www.richmondpra.org.au
- Narcotics Anon www.na.org.au
- Parkinson's mupsgroup@yahoo.com.au
- Pregnancy Help www.health.gov.au
- Welfare my.salvos.org.au
- Youth Services www.syfs.org.au



**Ulladulla & Districts
Community Resources
Centre**



June 2016

**SUPPORT
GROUPS**



**Ulladulla &
Districts
Community
Resources
Centre**

78 ST VINCENT ST
ULLADULLA 2539

Ph: (02) 4454 0477
Fax: 4455 6084

Email: reception@ulladullacrc.org.au
www.ulladullacrc.org.au

Ulladulla Community Resources

SUPPORT GROUPS held at the CRC

- ◆ **Aftercare**
1st Thursday of month 1pm to 3pm
Phone: 4422 1547
- ◆ **Al-Anon**
Tuesdays 10am to 11.30am
Thursdays 1pm to 2.30pm
Phone: Joan 4454 3823
June 4455 3035
- ◆ **NA (Narcotics Anonymous)**
Mondays 12pm to 1.30pm
Phone: Carina 4454 2990
- ◆ **Respite Carers Group**
Tuesday fortnightly 1pm to 3.30pm
Phone: 4421 0231

Phone Numbers

ADHD Support Group	4455 5428
Alcoholics Anonymous	4454 3823
Bill	0416 89 740
Jan	0408 337 309
Alcohol & Drug Information	1800 442 599
Alzheimer's Australia	1800 100 500
Anxiety Disorders Alliance	1800 626 055
Arthritis	4454 0205
Bereavement	44255 5366
Beyond Blue	1300 224 636
Carelink Centre:	1800 052 222
Cancer Support Group	4454 0244
	0416 447 321
Carers Support Group:	4422 1547
Chronic Pain Self:	4455 4395
Deafness Support:	0406 940 899
Diabetic Support	4455 2452
D & A Adult Services	4454 2805
Domestic Violence hotline	1800 656 463
DV Intervention Service	0409 540 407
Elipsepsy Association:	1300 366 162
Family Relationship Centre	4429 1400
Family Support	4455 5428
Gambling Impact Society	4421 5077
Gambling Helpline	1800 858 858
Health Issues	4454 9110
Homelessness	1800 152 152
Housing Community	4455 4543

Lifeline	4421 5365
Life without Barriers	4455 7674
Mensline Australia	1300 789 978
Mental Health	1800 674 200
Narcotics Anonymous	1300 652 820
Noahs Ark (Children)	4455 1318
Meal on Wheels	4455 2861
Overeaters Anonymous	0415 155 741
Pain support Group	4456 4828
Palliative Care Outreach	4464 1001
Parkinson's Support Group	1800 644 189
Person Helpers and Mentors	4454 1833
Police (Ulladulla):	4454 2542
Pregnancy Support:	4455 5607
Pregnancy Help Line:	1300 139 313
Red Cross	4454 4125
Salvation Army	1300 371 288
SANE Helpline	1800 187 263
Sexual Health Clinic	4455 5366
SIDS & KIDS:	1800 138 300
Stroke Recovery	4454 5069
St. Vincent De Pauls	4455 5666
Sudden Infant Death	1800 651 186
Victims support	1800 633 063
Work Development Orders	4454 0477
Yard assist	4454 0477 or 4421 5145
Youth Support	44541961

Other Services that may run specific support groups

Ageing Disability & Home Care	4429 9100
Community Health Centre	4455 5366
Family Support	4455 5428
Mental Health	4455 1840
Sunflower House	4454 1811
Youth Centre	4454 1761