

Newsletter

TERM 1

FEBRUARY TO APRIL 2026



PORT STEPHENS
FAMILY AND
NEIGHBOURHOOD
SERVICES



See more online -
scan QR Code

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THIS NEWSLETTER COMES TO
YOU FROM WORIMI COUNTRY

We at Port Stephens Family & Neighbourhood Services Acknowledge the Traditional Custodians of the land on which we work and live; we recognise the Worimi peoples continued connection to this land and we pay our Respect to Elders past, present and emerging.

Contact Us:

Jacaranda Ave office

4987 1331



- Neighbourhood Centre
- Homelessness support
- Food and financial assistance
- Information & referral

Phillip St office

49 800 800

- Domestic and Family Violence (DFV) support
- Child, Youth & Family support
- Supported playgroups & Cultural groups
- Parenting & DFV programs

Find us on socials:

Facebook

- Port Stephens Family and Neighbourhood Services
- The Deck - Youth Venue
- Tilligerry Family Network



Instagram



- familyandneighbourhoodservices
- thedeck2324
- tilligerryfamilynetwork



LinkedIn

- Port Stephens Family and Neighbourhood Services

All our services are FREE

A safe place for all



TILLIGERRY PLAY & AFTER SCHOOL GROUPS

PSFaNS groups run in school terms (excluding week 1).



HABITAT KIDS CLUB - TILLIGERRY

Habitat Kids Club is an after school group that aims to facilitate self-esteem and confidence building in its participants.

The children, whilst learning about their local environment, are also learning valuable things about themselves.

For children in years 3 & 4.

Booking required. Call 4984 5298 to book.



MONDAYS

After school til 5pm

Lemon Tree Passage Rd, Mallabula

PLAYTIME PLUS - TILLIGERRY

Fun activities including painting, play dough, puzzles, outdoor play and craft.

Parents / carers can access a range of learning experiences to promote children's development as well as information about health and child safety.

No booking required, just drop in!

For more info, call 49845298 or text 0438977703 (we can only be contacted Mondays, Tuesdays and Wednesdays).



TUESDAYS

10am - 12pm

Mallabula Hall

Lemon Tree Passage Rd, Mallabula

TILLY LEGENDS

Tilly Legends is an after school group for children in years 5 & 6.

The aim of this group is to provide after school activities for children and support in their senior primary school years.

Booking required.

Call 4984 5298 to book.



TUESDAYS

After school til 5pm

Mallabula Hall

Lemon Tree Passage Road, Mallabula

WALK N TALK WEDNESDAYS

A morning to walk and talk, debrief and reset.

All welcome.

Children welcome (bring your prams).

Booking required.

To book, phone Tilligerry Family Network on:

0438 977 703 (Mon-Wed)



WEDNESDAYS

9.15am (after school drop off)

Tanilba Bay Boardwalk Peace Pde

NATURE PLAY

TILLIGERRY FAMILY NETWORK INVITES YOU

Free guided nature play to assist your child (aged 0-5) to support their learning, build confidence and develop friendships.
Story Time and picnic provided.



MONDAYS
9:30 - 11:30AM

**For more info, call
4984 5298 or text
0438 977 703**

(we can only be contacted Mondays,
Tuesdays and Wednesdays)



LOCATIONS

- 9th February**
Henderson Park
Lemon Tree Passage
- 16th February**
Sunset Park, Tanilba Bay
- 23rd February**
Habitat Building (Across the road from Tanilba Bay Public School)
- 2nd March**
Caswell Reserve, Mallabula
- 9th March**
Flying Fox Park, Tanilba Bay
- 16th March**
Secret Garden, Tanilba Bay
(meet out the front of Tanilba Bay Public School and we will show you where it is)
- 23rd March**
Henderson Park
Lemon Tree Passage
- 30th March**
Caswell Reserve, Mallabula

PLAYTIME PLUS - RAYMOND TERRACE

Fun activities including painting, play dough, puzzles, outdoor play and craft.

Parents / carers can access a range of learning experiences to promote children's development as well as information about health and child safety.

For more info call
49 800 800.

No booking required, just drop in!



WEDNESDAYS

10am - 12pm

3 Phillip St, Raymond Terrace

YOUNG PARENTS GROUP

Young Parents Group is a fun, relaxed space for Young Parents under 25 years and their bubs.

Come along and meet other parents, share your experiences, join in some activities or sit back and take it easy - it's up to you! Morning tea provided.

For more info call Nichola on 49 800 800.

No booking required, just drop in.



THURSDAYS

10am - 12pm

3 Phillip St, Raymond Terrace

ART THERAPY

Art therapy can provide therapeutic interventions through the use of visual arts, including drawing, painting, art journaling, mixed media and sculpture, for mental health diagnoses, wellbeing, early intervention and developmental disorders.

There are multiple groups run weekly both for adults and for young people after school.

Contact Mardi on 49 800 800 for more information.

Art Therapy is offered only to current PSFaNS clients.



THURSDAYS & FRIDAYS

The Deck Youth Venue

1a Kangaroo St,

Raymond Terrace

SCHOOL HOLIDAYS

PSFaNS often run school holiday groups and activities for children and young people.

Check our social pages to see what's on in the upcoming school holidays (events will be posted at the start of the holidays or just before).



Port Stephens Family and Neighbourhood Services
The Deck - Youth Venue
Tilligerry Family Network



familyandneighbourhoodservices
thedeck2324
tilligerryfamilynetwork



Free to be you



Free To Be You is a drop in afternoon for young people (**aged 12 - 20**) in Port Stephens who identify as LGBTQIA+ or who are questioning their sexuality or gender identity.

Free To Be You aims to provide:

- a safe, autonomous, supervised space for LGBTQIA+ young people;
- a social network and friendships between young people which may not be available to them otherwise. This connection aims to reduce stigma, social isolation and increase self-esteem and connectedness;
- group activities;
- positive role models;
- discussions on current LGBTQIA+ politics or topics relevant to this group;
- resources on local LGBTQIA+ services, resources, supports and other youth services.

**For more information,
phone 49 800 800 or text 0498 118 335.**

**Every 2nd MONDAY
2pm - 5pm
1a Kangaroo St,
Raymond Terrace**

Wednesday Youth Drop In



'The Deck' Youth Venue is a place to drop in with friends, to make friends or to come and grab a feed.

We offer a safe space for all young people aged strictly from 12 to 17 to hang out, play Xbox, PlayStation, computer games, pool, watch Netflix, use the internet, join in art & craft & jewellery making and much more!

Come & join in with regular events and activities such as movie nights, holiday activities, cooking and heaps more!

**For more information,
phone 49 800 800 or text 0498 118 335.**

**WEDNESDAYS
2.30pm - 5pm
1a Kangaroo St,
Raymond Terrace**

Multicultural Women's GROUP

Our Women's Multicultural Group is a warm and welcoming space for women from all cultural backgrounds. A place to come together to connect, share stories, exchange information, and enjoy some delicious food in good company. We would love for you to join us for afternoon tea and meet other women in the local area. Children's play area available.

First time to group?

Call 49 800 800 to register. We will then include your phone number on our monthly text reminder list.

Return visitors?

Text your RSVP to Sarah 0448275222, Ellen 0429553496 or Angelique 0457087488.

First THURSDAY of the month
1pm - 2.30pm
3 Phillip St, Raymond Terrace

KARUAH COMMUNITY
MONDAYS
10AM - 12PM

To come along, call:
Aunty Michelle 0434 212 480

‘Wubalgan’ in Gathang (Worimi language) translates to “Women doing”

WUBALGAN GROUP

Are you keen to learn new skills, have a yarn, eat some food and just hang with your sistas?

PARENTING PROGRAMS

CIRCLE OF SECURITY PARENTING

An eight session parenting program for parents of children 0 - 12 years who want to strengthen the bonds with their children.

Would you like to learn how to:

- Understand your child's emotional world?
- Learn to 'read' your child's emotional needs?
- Enhance the development of their child's self-esteem?

Bookings essential, call 40160550



THURSDAYS
19th February - 26th March 2026
10am - 12pm
The Deck Youth Venue,
1a Kangaroo St Raymond Terrace



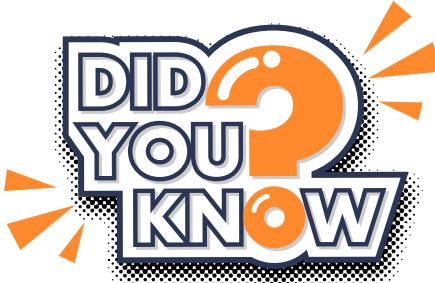
THURSDAYS
12th February to 2nd April 2026
10am - 12pm
5 Phillip St, Raymond Terrace

TUNING IN TO RAINBOW TEENS

A 6-session evidence-based parenting program for parents of LGBTQI+ and gender diverse adolescents.

- Understanding and supporting your teen's emotions
- Communicating with empathy and confidence
- Managing your own responses to new information or emotions
- Creating a safe, affirming, and connected home environment

Booking required
Call 49 800 800



Tuning in to Kids and Tuning in to Teens run most school terms (provided we have the numbers). We have a year round waitlist, give us a call to put your name down for future programs.

From time to time we collaborate with other services to co-facilitate programs at our service. Some of these include Circle of Security and Bringing up Great Kids.

DOMESTIC VIOLENCE PROGRAMS



*Are you living
with someone who
uses power and
control over you?*

Domestic and Family Violence is when one person exerts power and control over another. It is widespread in our society and affects many women and children's lives.

Women have fought for many years to have services available to women and children who are living with Domestic and Family Violence. PSFaNS is funded to provide assistance for women and children in these circumstances - you don't need to do it alone.

Some of what we can help with at PSFaNS:

(it all depends what's right for you)



Legal support

Talking to Police and getting an Apprehended Violence Order (AVO) and help with the legal process



Help with housing

To stay in your home, to move or to temporarily move out



Home & personal security devices

Helping you and your children to feel more safe and secure



Managing finances

Financial counselling, Centrelink help, food and bill help, rental subsidies for those eligible



Women Speak

A supportive group (Children Speak is offered at the same time)



Supported Groups

Playgroups, children's groups & parenting programs, counselling and more...

Phone: 49 800 800 Referrals: shlv@psfans.org.au

If you are homeless because of Domestic and Family Violence, ring our Homelessness Team - 4987 1331 (9am - 5pm Monday to Friday).

After hours - the Domestic Violence Line 1800 65 64 63 (24 hours) will find you somewhere to stay and will let us know so we can contact you the next day to see what support you need. Domestic Violence Line - A trained female counsellor will answer your call. She is sensitive to the needs of women who have experienced domestic and family violence. You can ring as often as you need to at any time, day or night. The female counsellor will listen to you, without judgement and won't make you do anything you don't want to do. She can give you information on what you can do and help you decide on your options.

WOMEN SPEAK

Women Speak is a program for women who have or who are experiencing Domestic and Family Violence.

Domestic and Family violence affects people from all cultures, ages, genders, religions and sexual orientations. It is a pattern of behaviour in which a family member (partner, parent, child) tries to seek power or control over the other.

Women Speak runs for 6 sessions and enables women to support each other.

Childminding available but places are extremely limited and assessed on a case by case basis



**Not running in Term 1
Bookings essential. Call
4987 1331 for more
information.**

YOU SPEAK

An 8-week program about gender, violence, and injustice for young women and gender non-conforming individuals.

You Speak is developed by Port Stephens Family and Neighbourhood Services (PSFaNS) in collaboration with our community to address gender inequality and violence.

The program aims to educate young people about the nature of violence. We hope to empower young people to have meaningful conversations with their peers and develop respectful relationships with those around them.

We run workshops in and/or with Port Stephens High Schools each term. If you are interested in accessing this program for your school or group give us a ring on 49800800.



TALKING RESPECT

Talking Respect seeks to support communities to develop the capacity of their local young people to:

- understand the characteristics of respectful relationships;
- identify and understand the characteristics of unhealthy relationships;
- critique the messages about gender, sex, relationships, power and aggression that are conveyed through a range of media and in other places in society;
- develop knowledge, attitudes and practical skills that support healthy, respectful relationships.

In doing so, Talking Respect seeks to contribute to broader efforts to prevent violence, particularly violence against women and children, and to promote safety, respect and equality.

We run workshops in and/or with Port Stephens High Schools each term. If you are interested in accessing this program for your school or group give us a ring on 49800800.



MENS FAMILY SAFETY

Our Men's Family Safety Worker provides supports to men and young men in the Port Stephen's LGA who have previously used or are currently using violence including domestic or family violence.

Is this you?

- Do you, your partner, family or friends have any worries about your behaviours towards your family?
- Have difficulty managing your feelings and making safe choices when you're angry?
- Would you like things to be different for you as a person, a father, a partner, a family or friend?

Services include:

- Assist in making safer choices and managing feelings;
- Assist in adjusting to life changes in response to any AVO or ADVO conditions in place;
- Assist with any housing challenges or crisis including homelessness or at risk of becoming homeless;
- Assist the man or young man in becoming the person, father or partner they want to be and achieve what is important to them;
- Assist in managing mental health and stresses through discussion and exploring the services available.

Asking for assistance can be a difficult step and it starts with a chat – it's a free and voluntary service. If you are not sure but would like to find out more, please call for a chat with the men's worker to see if this is for you.

PSFaNS Men's Family Safety Worker - Supports men to work towards respectful relationships and family safety



Phone: 4987 1331

Referrals:

shs@psfans.org.au

I RESPECT PROGRAM

I Respect is a program to educate and encourage high school boys (or groups of boys in sports clubs for example) to examine their attitudes and beliefs about manhood.

It is about teaching men and boys about healthy and respectful manhood to better support each other emotionally and hold each other to account, while ensuring girls and women are safe and considered equal.

The authors of the program recognise that the underlying causes of violence and discrimination against women and girls are rooted in the ways women have been traditionally viewed and treated in our society. The goal of the I Respect program is to raise awareness about healthy, respectful manhood and prevent violence and discrimination against all women and girls.

In summing up, it:

- promotes healthy, respectful manhood;
- decreases language and actions that degrade women, girls and other marginalised groups;
- challenges harmful cultural and social norms;
- decreases instances of bullying and homophobia.



We run workshops in and/or with Port Stephens High Schools each term. If you are interested in accessing this program for your school or group give us a ring on 49800800.

SPECIALIST HOMELESSNESS SERVICES (SHS)

WHAT WE CAN DO TO HELP YOU

We offer a case management service for anyone who is 'at risk' of becoming homeless, this could mean you have received or are about to receive an eviction notice, or you are homeless with no immediate accommodation in place. We assist you with applying for private rentals, navigating the social and community housing pathways to apply for subsidies for clients that meet their eligibility requirements and advocating with other services and agencies to access supports.

EARLY INTERVENTION

For example, you may be experiencing domestic violence and have not left because you cannot see any way out. We will support you to find alternative accommodation and other services to help you and your children. Or you may have experienced some challenges that have impacted your rent payments. In this situation we would assist you with finding assistance to get back on track.

THOSE PEOPLE WE CAN HELP INCLUDE

Single people, partnered people with and without children in their care, young parents, young people, single parents, and anyone escaping domestic or family violence.

WHO IS ELIGIBLE

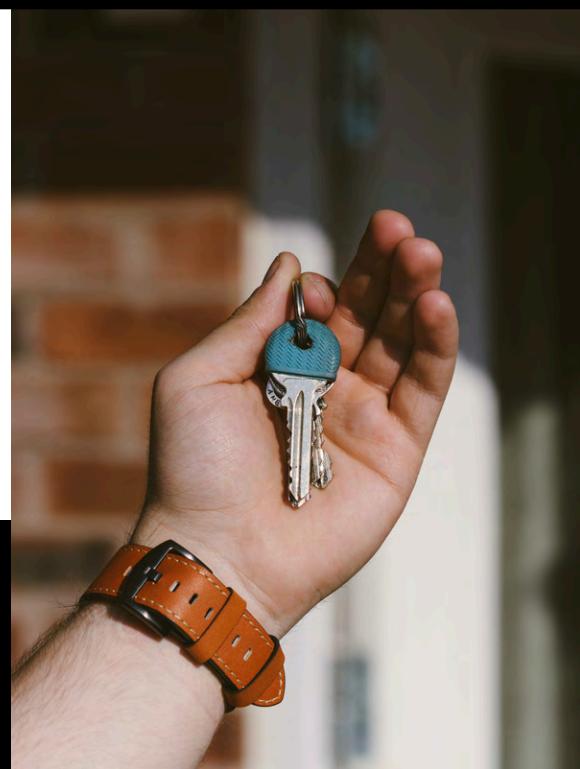
We assist anyone who lives in the Port Stephens LGA.

RENT IT TO KEEP IT

A short course about the private rental market and you!

- Thinking about renting a place?
- Want some tips on how to find and keep a place?
- Need to know your rights and responsibilities as a tenant?

Bookings essential. Call 4987 1331 for more information.



Phone: 4987 1331
Referrals: shs@psfans.org.au

CHILD & FAMILY COUNSELLING

Our counsellors/caseworkers are all qualified and experienced. They can meet with you in your home, at one of our centres or other venues convenient to you.

To arrange to meet with a counsellor/caseworker you can call the centre or drop in. We do usually have a waiting list but we will make every effort to see you as soon as possible – and you can always speak with a worker at our group programs.

We have close links with local schools and other organisations/agencies that support children and young people. Coming to see someone for the first time can be a difficult step.

If you are not sure if you want to see someone, but would like to find out more, please give us a ring and have a chat with one of our friendly counsellors/caseworkers.



Phone: 49 800 800
Referrals: caf@psfans.org.au

YOUTH & FAMILY COUNSELLING

Is this you?

- Want some information
- Not happy
- Sad too often
- Need some help getting back to school
- Can't talk to anyone
- Being bullied
- No one listening
- Something big has happened
- Angry too often
- Keep getting in to trouble

Who Is This For?

Young people between the ages of 12 and 17 years and their families and carers.

What do we do?

- Counselling;
- Casework - which is working with someone to achieve things that are important to them;
- Referral to another service that may be useful or better placed to assist you.



Phone: 49 800 800
Referrals: yaf@psfans.org.au

ERF (EMERGENCY RELIEF FUNDING)

Anyone can experience hard times, and at PSFaNS, we are here to help.

Our 'Neighbourhood Centre' at 3 Jacaranda Ave, Raymond Terrace, provides financial assistance, information and referrals to a range of local programs and services.



Grocery or fuel vouchers

If you are struggling financially, we may be able to provide assistance with grocery or fuel vouchers.

Appointments can only be made on the day, and can be conducted either in person or by phone, with vouchers able to be sent via email or collected in person from the office.

Due to the high demand, it is suggested people call at 9am to make an appointment.



Short term financial hardship

If you are experiencing a change in circumstances, or short term financial crisis, we may be able to provide assistance to help with your electricity and gas bills. We can also provide assistance with Council and Water rates (if you own your own home).



Phone: 4987 1331 for an appointment

WORK & DEVELOPMENT ORDERS (WDO'S)

Do you have a debt with Revenue NSW?

You may be eligible to "pay off" your debt by coming to any of our groups/programs, or seeing one of our workers (e.g Aboriginal/Early Childhood/Child, Youth & Family/Homelessness/Domestic and Family Violence).

By coming to just one playgroup, parenting group, one of our programs or engaging in casework, you will earn \$50 per hour of attendance off your debt.

If you are eligible, any payments (e.g through Centrepay) will stop immediately and you will begin to "pay off" your debt. Any license restrictions (for non-payment of fines) will lift overnight.

Ask your PSFaNS worker or call 4987 1331 for more information.



HARM MINIMISATION SERVICE

The NSW Needle and Syringe Program (NSP) is an evidence based public health program that aims to protect the community from the spread of infections such as of HIV and Hepatitis C.

3 Jacaranda Ave, Raymond Terrace provide free and confidential access to new injecting equipment in order to prevent the sharing of equipment.

Condoms are also available.



MEDICATION PROGRAM FOR HOMELESS AND THOSE ESCAPING DOMESTIC AND FAMILY VIOLENCE

DO YOU NEED HELP PAYING FOR YOUR PBS PRESCRIPTION MEDICATION?

- AND are you homeless, living in temporary accommodation, couch surfing, escaping domestic or family violence?
- AND do you have a health care card/number?
- AND a MEDICARE Card/number?

Call 49871331 or 49800800 to arrange.

Scripts will be processed through Capitol chemist Raymond Terrace



MORE FINANCIAL SUPPORTS AVAILABLE FOR ELIGIBLE* CLIENTS

For those experiencing domestic and family violence:

Removal costs;
Bond / rental payment for a new house;
Rent assistance;
Security equipment, new locks & safety measures to current house;
New furniture and household items;
Dignity bags;
Clothing;
Safe phones and sim cards;
Uber / taxi rides;
Driving lessons;
Car repairs and rego;
Victims services application (funding for counselling).



For those experiencing homelessness:

Rent assistance subsidies;
Rental Bond Loans;
Short Term Accommodation;
Swags / blankets / clothing;
Birth Certificate;
ID;
Car registration;
Furniture, household items, essentials



For vulnerable children and youth:

School supplies;
School backpacks;
School uniforms;
Lunchbox hampers;
Clothing;
Nappies;
Birth Certificates;
Driving lessons;
Trauma bags;
Furniture.



* Eligibility dependent on the need & individual circumstances of each client. In some cases, where items are provided by a third party, eligibility will be assessed by the third party during the application process

For food vouchers, see ERF in Financial Assistance



Oz Harvest is an Australian food rescue organisation which collects surplus food from local businesses and supermarkets and distributes it throughout the community.

Oz Harvest is available from the Neighbourhood Centre, 3 Jacaranda Ave, Raymond Terrace on Mondays.

Call 4987 1331 at 10am on Monday morning to register.

Pick up of hampers at the door on Monday afternoon (3pm - 4pm).

Hampers can only be received once per fortnight.

FOOD HAMPERS

Monday morning before 10.30am, families (max 8 per week) can receive a referral for a food hamper at St Johns Anglican Church.

Can be accessed once a month only.

Call 4987 1331 to register.



SECONDBITE

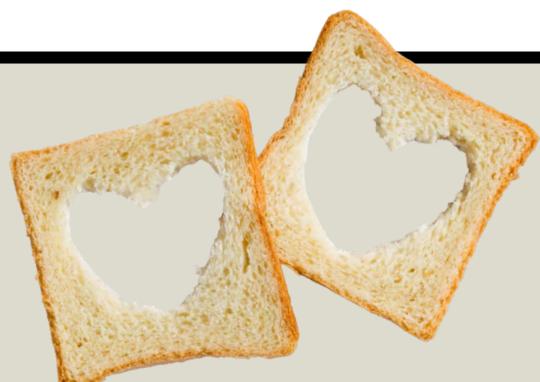
SecondBite is a Food Charity and Rescue organisation. Dedicated to rescuing surplus food for Australian charities, community groups & food banks nationwide.

Secondbite is available for our Tillygerry families on Mondays.

Speak to your Tillygerry team for more info.

BREAD

Loaves of bread are delivered to 3 Jacaranda Ave, Raymond Terrace on Wednesdays and people can come in during open hours and get a loaf.



HELP WITH CENTRELINK

For those facing barriers to accessing Centrelink who are linked in with PSFaNS.

A worker from the Centrelink Community Outreach Team conducts appointments every 2nd Friday at 3 Jacaranda Ave, Raymond Terrace from 10.00am to 12.00pm.

Talk to your Caseworker about making an appointment.



HEADSPACE EXTRA

YOUTH EXTRA

mental health service

This program aims to support young people between the ages of 12-25 years who may be experiencing more chronic and episodic moderate to severe mental illness and other psychosocial stressors impacting on a young person and their families' level of functioning. It specifically targets young people with more complex needs, in particular Aboriginal and Torres Strait Islander young people.

Youth Extra will provide a longer term level (up to 12 months) of support involving both clinical and psychosocial support to assist with reducing the impact level of chronic severe mental health impairment on young people and their families. Youth Extra is based at 3 Jacaranda Ave, Raymond Terrace.

Eligibility Criteria—

Any clients aged 12-25 years who are assessed as having chronic and episodic moderate to severe mental illness and other psychosocial stressors, with moderate or severe functional impacts on young people and their families.

The referral pathway into the program is the same as a Headspace Newcastle referral by way of completion of the referral form located on the website <https://headspace.org.au/headspace-centres/newcastle/>.

To refer to Youth Extra, please call 4929 4201 or speak with the intake team if you are uncertain.



SUPPORTING HEALING AND RECOVERY

from Domestic, Family and Sexual Violence

Trauma-informed, free mental health care made available for people who have experienced domestic, family or sexual violence. This journey will support individuals and families to heal.

A local care team worker will be at Phillip St every second friday for appointments. To book:

Relationships Australia NSW

Phone: 1300 364 277

Email: supportingrecovery@ransw.org.au

Website: relationshipsnsw.org.au

*Relationships
Australia®*



BaptistCare

The logo for BaptistCare features a stylized graphic of three interlocking human figures in blue and yellow, with the word "BaptistCare" in a bold, sans-serif font below it.

FINANCIAL COUNSELLING

- Are you spending more than you earn?
- Are you finding it difficult to make ends meet?
- Are you behind in your house or car payments?
- Do you think you may have a gambling problem?
- Are you thinking you may need to consider bankruptcy?

A financial counsellor from Hunter Valley Project Inc provides free financial counselling at 3 Jacaranda Ave, Raymond Terrace on Tuesdays.

Appointments are necessary.

Phone: 4933 8999 to make a booking



HRNILS

The Hunter Region No Interest Loan Scheme (HRNILS) provides individuals and families on low incomes access to safe, fair and affordable credit. No Fees ~ No Interest ~ No Charges

Loans for amounts of up to \$1500 are available for essential goods and services and repayments are set up at an affordable amount for 12 to 18 months.

For more information call the HRNILS Head Office on 4987 7660

ALS LEGAL ASSISTANCE

The ALS Care & Protection and Family team can assist Aboriginal and Torres Strait Islander people with free legal advice and social work support.

Come and have a cup of tea and a yarn.

WHERE: 3 Jacaranda Ave, Raymond Terrace, NSW 2324

WHEN: 11th February 2026, 11th March 2026, 8th April 2026

TIME: 10am to 12pm

CONTACT: Newcastle office: (02) 4914 6565
Email: law@alsnswact.org.au



Our service is committed to strengthening families and providing the best quality services to the community by having Social Justice principals, rights, equity, access and participation underpinning the service aims and objectives.

Port Stephens Family and Neighbourhood Services is an incorporated not for profit organisation providing community services in the Port Stephens LGA.

Port Stephens Family and Neighbourhood Services is an amalgamation of Port Stephens Family Support Service and the Raymond Terrace Neighbourhood Centre; both centres delivering service to the Port Stephens Community for over 35 years.

While our offices are located in the Raymond Terrace and Mallabula vicinity, our service provides support to people in Fingal Bay, Soldiers Point, Anna Bay, Swan Bay, Tomago, Karuah, and all the suburbs in between!!



OUR LOCATIONS + Providing outreach to all areas in Port Stephens



Address:
3 Jaccaranda Ave,
Raymond Terrace
NSW 2324
Postal Address:
Po Box 391,
Raymond Terrace
NSW 2324
Phone: **4987 1331**

Address:
3 Phillip Street,
Raymond Terrace
NSW 2324
Postal Address:
Po Box 391,
Raymond Terrace
NSW 2324
Phone: **49 800 800**

Address:
1a Kangaroo St,
Raymond Terrace
NSW 2324
Postal Address:
Po Box 391,
Raymond Terrace
NSW 2324
Phone:
c/- 49 800 800

Address:
Mallabula Hall,
Lemon Tree
Passage Rd,
Mallabula NSW 2319
Postal Address:
Po Box 391,
Raymond Terrace
NSW 2324
Phone: **4984 5298**

IMPORTANT PHONE NUMBERS



Link2Home 1800 152 152

Domestic Violence Line 1800 656 463

Kids Helpline 1800 551 800

Child Protection Helpline 132 111 (TTY 1800 212 936)

Parent Line 1300 1300 52

24 Hour Mental Health Line 1800 011 511

MensLine 1300 78 99 78

Emergency 000



www.psfans.org.au