

# Newsletter

## TERM 2

APRIL TO JULY 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.*

### Which office to call for which service:

#### Jacaranda Ave office

**4987 1331**

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

#### Phillip St office & The Deck

**49 800 800**

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

#### Mallabula Community Centre

**4984 5298**

- Supported playgroups (Tilligerry)
- Childrens groups (Tilligerry)
- Parenting programs (Tilligerry)

### 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

#### YouTube

- Family and Neighbourhood Services

**All our services are FREE**

*A safe place for all*





## 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 until 5pm



Mallabula Community Centre  
 Lemon Tree Passage Road

## 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 Community Centre  
 Lemon Tree Passage Road

## 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 Community Centre  
 Lemon Tree Passage Road

## 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 Boadwalk 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**  
10:00 - 11:30AM

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

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

## LOCATIONS

**4<sup>th</sup> May**

*Gula Park (next to the duck pond) Tanilba Bay*

**11<sup>th</sup> May**

*Henderson Park,  
Lemon Tree Passage*

**18<sup>th</sup> May**

*Caswell reserve,  
Mallabula*

**25<sup>th</sup> May**

*Gula Park (next to the duck pond) Tanilba Bay*

**1<sup>st</sup> June**

*Henderson Park,  
Lemon Tree Passage*

**8<sup>th</sup> June**

*Caswell reserve,  
Mallabula*



@TilligerryFamilyNetwork

## PAL PLUS PLAYGROUP

Firstchance offers the PaL (Parents and Learning) Program. Delivered by Aboriginal people for Aboriginal families, aiming to support children aged 2–5 in a culturally connected, fun learning environment.

- Developing early literacy and numeracy skills through play;
- Celebrating Aboriginal culture and identity;
- Sharing practical tips for at-home learning;
- Building confidence in children for preschool and school readiness;
- Fostering family connections and mutual support.

**Contact Kerrie Mullard from Firstchance on 49103130 for more information.**



**TUESDAYS**



10:00am – 11:30am



3 Phillip St, Raymond Terrace

## 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 800800.**

**No booking required, just drop in.**



**THURSDAYS**



10am – 12pm



3 Phillip St, Raymond Terrace

## THE HANGOUT @ KARUAH

Join us for a fun, hands-on hangout. Learn to craft something unique and totally handmade by you! Open to all children and young people under 18 and their families.

Food provided.

For more information, contact Jordyn or Julia on 49 800 800.

**No booking required, just drop in!**



**THURSDAYS**



3:30pm – 5:30pm



Karuah Aboriginal Community

## 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**



Varied times



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.

**Been before?**

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



First THURSDAY of the month



1pm - 2.30pm



3 Phillip St, Raymond Terrace

## WUBALGAN GROUP

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

KARUAH COMMUNITY  
MONDAYS  
10AM - 12PM

To come along, call:  
Aunty Michelle 0434 212 480

'Wubalgan' in Gathang (Worimi language) translates to "Women doing"



## TUNING IN TO KIDS

A six session parenting program for parents of children 4 - 11 years.

Would you like to learn how to:

- help your child learn to manage their emotions?
- help to prevent behaviour problems in your child?
- teach your child to deal with conflict?

Childminding not available.

**Booking required -  
Call 49 800 800**



**THURSDAYS**  
28th May to 2<sup>nd</sup> July 2026



10am - 12pm



5 Phillip St, Raymond Terrace



## TUNING IN TO TEENS

A six-session parenting program for parents of adolescents.

Would you like to learn how to:

- Be better at talking with your teen?
- Be better at understanding your teen?
- Help your teen learn to manage their emotions?
- Help to prevent behaviour problems in your teen?
- Teach your teen to deal with conflict?



**THURSDAYS**  
21<sup>st</sup> May to 25<sup>th</sup> June 2026

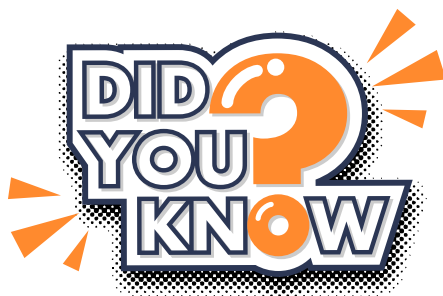


10am - 12pm



The Deck Youth Venue  
1a Kanagroo St, Raymond Terrace

**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.



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: [dfv@psfans.org.au](mailto:dfv@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.

## **RESPONDING TO CHILD SEXUAL ABUSE AND CHILDREN WHO HAVE DISPLAYED PROBLEMATIC/HARMFUL SEXUALISED BEHAVIOURS PROGRAM**

This program accepts referrals from the community and services.

We respond to worries parents/carers might hold, and worries that services, schools and agencies have about children and young people's behaviours. The program works with those who have experienced sexual harm as well as children or young people who display problematic/harmful sexualised behaviours.

We can also provide support/education to schools or other agencies who support the family.

### **Making a Referral**



**Referring yourself or a family member:** Call 49 800 800



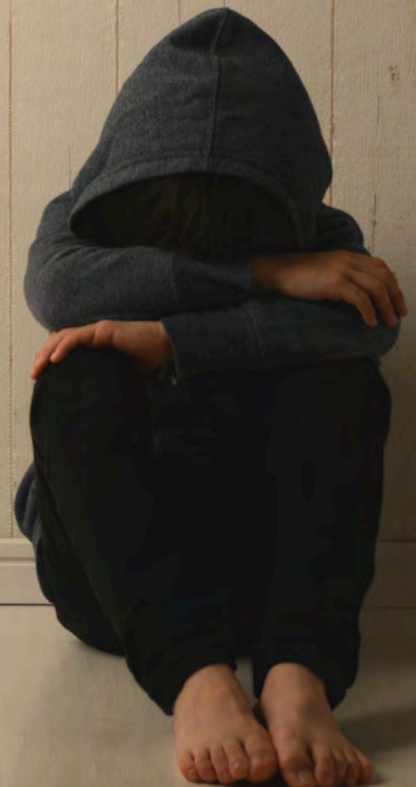
**Referring Agencies:** Email referral to [caf@psfans.org.au](mailto:caf@psfans.org.au) (5-11yrs) or [yaf@psfans.org.au](mailto:yaf@psfans.org.au) (12-17yrs)

### **24/7 Helplines**

**1800RESPECT Ph: 1800 737 732** - 24/7 support to people impacted by sexual violence, including safety planning, counselling, information, and referral.

**Child Protection Helpline 13 21 11** - The NSW Child Protection Helpline is open 24/7 and staffed by child protection caseworkers who will record any concerns you have about a child or young person. You can report information anonymously.

**Kids Helpline Ph: 1800 551 800** - provides free, confidential 24/7 online and phone counselling for young people aged 5 to 25.



## 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.



Bookings essential.  
Call 49800800 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.**



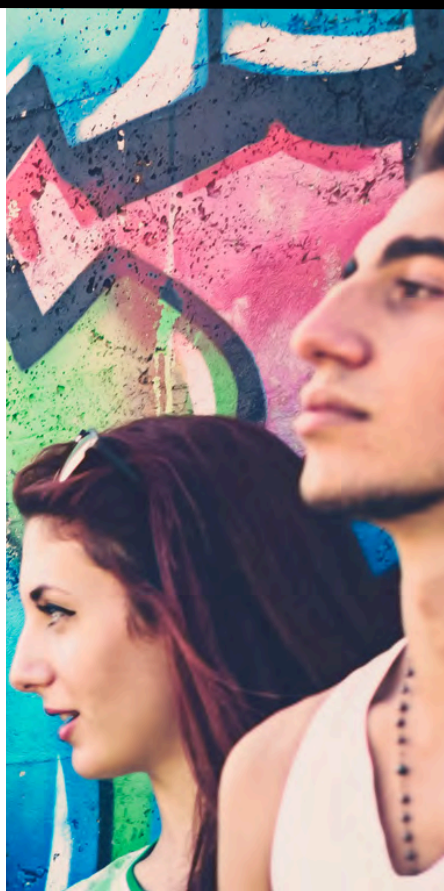
## TALKING RESPECT

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 Stephens'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](mailto: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.



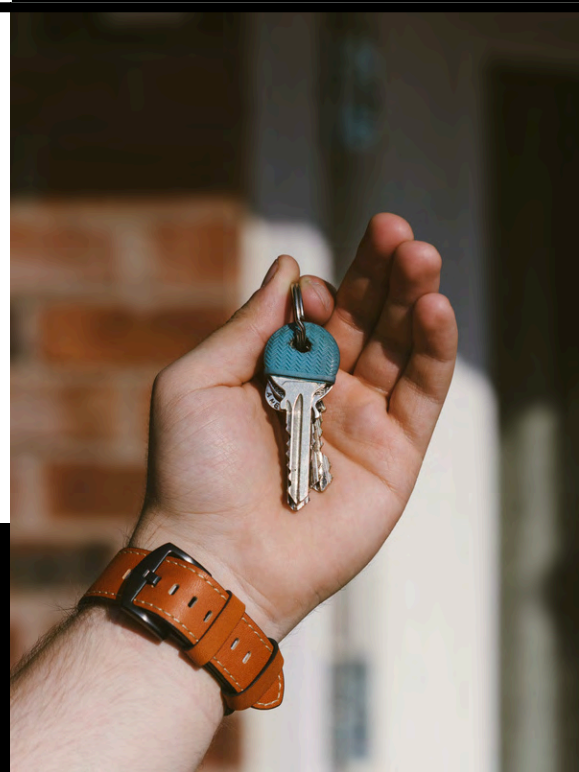
**Phone:** 4987 1331

**Referrals:** [shs@psfans.org.au](mailto:shs@psfans.org.au)

## 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.

## 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](mailto: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](mailto: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

\* 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 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.





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



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](mailto:supportingrecovery@ransw.org.au)

Website: [relationshipsnsw.org.au](http://relationshipsnsw.org.au)

Relationships  
Australia



BaptistCare

## 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:** 13<sup>th</sup> May 2026

**TIME:** 10am to 12pm

**CONTACT:** Newcastle office: (02) 4914 6565  
Email: [law@alsnswact.org.au](mailto: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!!



Industry  
Partnership

Homelessness NSW  
Domestic Violence NSW  
Foundations

## 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



*Every child deserves  
to feel safe*



The **new Port Stephens refuge** for women and children impacted by domestic and family violence is opening soon!

**You can help create a place of  
safety, healing and hope.**

Scan the QR code to visit our online registry and contribute towards essential items that will help women and children begin to heal and recover.



*Port Stephens*  
**REFUGE**

For more information contact Port Stephens Family and Neighbourhood Services 4980 0800

# FAQ'S

- Who do you help?** Anyone residing in the Port Stephens LGA. Single people, partnered people with and without children in their care, young parents, young people and single parents.
- Do you only help people in Raymond Terrace?** No, we outreach to ALL areas in the Port Stephens LGA. From Fingal Bay to Karuah, Anna Bay to Williamtown and all places in between!
- What if I have no way to get to you?** Our counsellors / caseworkers can meet you in your home, at one of our centres or somewhere else convenient to you. We can now also provide Emergency Relief appointments over the phone. Transport is available to some groups.
- Why do you have 2 offices in Raymond Terrace?** Port Stephens Family and Neighbourhood Services is an amalgamation of Port Stephens Family Support and Raymond Terrace Neighbourhood Centre since 2014. Until we find a space big enough to fit us all, we are based out of our previous service offices.
- How do I know which office to call?** It can be confusing as Google only allows us 1 main listing, but we have 4 service locations. Details for all 4 sites on page 17. The phone number to call is listed under each individual service / program.
- Are all your services really free?** Yes. Port Stephens Family and Neighbourhood Services are a not for profit, non-government organisation. All of our services are free thanks to our funding bodies.
- Do you accept donations?** Yes. We accept new or as new clothing that is clean, very good condition (without stains, pilling, holes or tears). Larger items we can accept but we do not have any storage space so we will try to find someone who needs your bulky items before accepting them on site (if you have the time to wait while we do that). If making a cash donation, you can select where you would like your funds to go. Supporting the homeless, trauma packs for children, support for families escaping domestic violence, food help for those in need, supporting disadvantaged kids to join after school sports or music lessons. So many options! All donations over \$2 are tax deductible. Head to our donations page for more info  
<http://www.psfans.org.au/make-a-donation/>
- Can I volunteer?** Yes. We value volunteers and it is important to us that you take on roles that you are comfortable with and that you enjoy. For more information on volunteering, head to our website <http://www.psfans.org.au/contact/volunteering/>

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