

# TERM 4 NEWSLETTER

October - December 2020

## Inside this issue... Page

## Covid-19 Update

Playgroups	2-3
After School Groups	4
Youth Drop in Centre & YFM	5-6
Art Therapy	7
Parenting Programs	8-9
Domestic Violence Programs	10
Domestic Violence Support	11
Homelessness Support	12
Counselling Services	13-14
Food & Financial Assistance	15-17
About Us	18

## We are doing things a little differently but we are still here!

All our services continue.

Because we need to limit numbers in groups, all groups are now via a booking. Please call 49874674 to book into any group program in Raymond Terrace or 4984 5298 for groups in Mallabula. PSFaNS Emergency Relief as well as EAPA, TELSTRA etc for utilities, is now provided online with assessments done over the phone. The process is the same as usual i.e. the customer needs to ring our Neighbourhood Centre office on 4987 1331 from 9am and book in an appointment for that day. This service operates Monday to Thursday from 9am to 3pm.

### As usual please ring:

**4987 1331** for Homelessness Support Team and Financial Help

**4987 4674** for Staying Home Leaving Violence Team, Aboriginal Programs, Early Childhood Services, Child, Youth and Family Team, Parenting Programs

**4984 5298** for Mallabula Hall

### OR email:

Domestic and family violence support: [shlv@psfans.org.au](mailto:shlv@psfans.org.au)

Homelessness support: [shs@psfans.org.au](mailto:shs@psfans.org.au)

Child and family: [caf@psfans.org.au](mailto:caf@psfans.org.au)

Youth and family: [yaf@psfans.org.au](mailto:yaf@psfans.org.au)

### From your team at PSFaNS

*We would like to Acknowledge the Traditional Custodians of the land on which we live and work, the Worimi People, and pay our respects to all Elders past and present.*



## What areas we cover

While our offices are located in the Raymond Terrace and Mallabula vicinity, our service provides outreach support to ALL AREAS in Port Stephens. From Fingal Bay to Soldiers Point, Anna Bay to Swan Bay, Tomago to Karuah and all the suburbs in between!!

*Proudly funded by*



Communities  
& Justice



Brotherhood of St Laurence  
Working for an Australia free of poverty





## BA-RA BOOLARNG PLAYGROUP

Children are offered culturally enriching play opportunities such as painting, playdough, arts and crafts, story time and outdoor activities. This is a great place for children to make new friends and have fun together.

**TUESDAYS**  
**10am - 11:30am**  
**PLAYGROUP IN THE PARK**  
**Call 4987 4674 for more info**



## TILLIGERRY PARENT GROUP

A cuppa and conversation for parents / carers. Themes covered have included: Healthy lunch boxes; managing during difficult times; balancing your budget; mindfulness and dealing with stress to name just a few. The group has a children's group that is run alongside the parents group which is staffed by early intervention children's workers.

**Bookings required - call 4984 5298**



**TUESDAYS**  
**10am - 12pm**  
**Mallabula Hall, 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.

**VIA BOOKINGS IN SMALL  
GROUPS**  
**Days and times vary**





## 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.

**Bookings required - call 4984 5298**

**WEDNESDAYS  
10am to 12pm  
Mallabula Hall, Mallabula**



## 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!  
Yummy morning tea provided with a recipe so you can make at home too.



**NOT CURRENTLY RUNNING BUT  
WILL RETURN SOON**

## KINDY REC



Have fun!  
Be active!  
Grow fit and strong!

For children 4yrs to school age.

\$5 per child per week - transport available

**Bookings essential - Call Emma on 4987 4674**

**FRIDAYS  
12pm - 12:30pm  
PCYC RAYMOND TERRACE**







## 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.

**Bookings essential - Call 4984 5298**

**MONDAYS**  
**3pm to 4.45pm**  
**Tilligerry Habitat Centre**  
**2E King Albert Ave, Tanilba Bay**



## 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 (years 5 & 6).

**Bookings essential - Call 4984 5298**



**TUESDAYS**  
**10am to 12pm**  
**Mallabula Hall, Mallabula**



## HOMEWORK GROUP

A quiet place to do your homework, have a bite to eat and have some **FUN!**

Come along and join Karen on Wednesdays.

Don't forget your homework!!

**Bookings essential - Call 4987 4674**

**POSTPONED UNTIL 2021**



# The DECK

## YOUTH VENUE



### A safe space for 12 to 18 year olds

'The Deck' Youth Venue is a place to drop in and hang out, play Xbox, PlayStation, computer games, ping pong, pool, watch dvds, use the internet, join in art & craft & jewellery making and much more!

Come & join in with regular events and activities such as movie nights, band nights, cooking and heaps more! For anyone aged 12-18 years of age.

**Drop in for a chat or call 4987 1331 for more information!**

**WEDNESDAYS  
2.30pm - 6.00pm  
THE DECK YOUTH  
VENUE**

## UPCOMING WORKSHOPS AND EVENTS:

### September

- 9th - Resume Writing and Job Skills
- 16th - Basketball Comp
- 23rd - Tax File Number Info Session
- 30th - Pizza Oven & Arts and Crafts

### October

- 7th - Cyber Safety and Bullying
- 14th - Movie Night!
- 21st - Sexual Health & Relationships
- 28th - DECK Pool Comp!

### November

- 4th - Centrelink Info Session
- 11th - Water Balloon Fight
- 18th - Housing Information Session
- 25th - Scavenger Hunt

### December

- 2nd - Education Options
- 9th - Christmas Party



# YOUTH FOCUSED MONDAYS

## Services and programs available:

- Support for young people sleeping rough, couch surfing, or at risk of homelessness
- Shared housing registry and accommodation tips
- Referrals to counselling & mental health services
- Subsidised rental programs for eligible applicants
- Help with Centrelink / Centrelink appointments
- Brokerage assistance
- Referrals to legal services
- Rent It, Keep It' – a program designed to help participants understand a tenants rights & responsibilities
- Living skills program
- Job ready program
- Computer and internet access
- Access to WDO's – pay your fines through participation in programs or case management
- Referral to support groups such as Women Speak, Tuning in to Kids and more...

Please call or email for further information or referrals.

**Phone :** 4987 1331 **Email:** yfm@psfans.org.au





**1a Kangaroo St  
Raymond Terrace  
4987 1331**

**EVERY MONDAY**  
**10am - 4pm**  
**THE DECK YOUTH VENUE**

For young people aged 15-24 looking for support.

## UPCOMING WORKSHOPS

26TH OCT - LIVING SKILLS

9TH NOV - RENT IT, KEEP IT

23RD NOV - MONEY MATTERS

7TH DEC - HEALTH & WELLBEING

WORKSHOPS ARE FREE AND AVAILABLE FOR ALL THOSE AGED 15-24. TEA, COFFEE, AND SNACKS PROVIDED.

EMAIL YFM@PSFANS.ORG.AU TO RSVP



Art Therapy is a way to build self esteem and self awareness, and to help resolve conflict and stress through drawing, painting, art journalling, collaging, mixed media and sculpting. It is a fun and alternate way to explore personal issues, and to help manage stress and anxiety.

Art therapy is for those wanting a different approach to achieve therapeutic goals and objectives.

Art therapy can be useful for many reasons, including

- to express feelings that may be difficult to verbalise
- to develop healthy coping skills and focus
- to improve self-esteem and confidence
- to increase communication skills
- to share in a safe nurturing environment
- to improve motor skills and physical co-ordination
- to identify blocks to emotional expression and personal growth.

Groups run both during school hours and after school

**For more information or to register interest, contact Mardi on 4987 4674. Places are limited.**



3 Phillip St  
Raymond Terrace  
4987 4674

**DAYS VARY  
TIMES VARY  
3 PHILLIP ST, RAYMOND TERRACE**





**HAVE YOU HEARD ABOUT  
THE HIPPY PROGRAM?**

**Do you have a child who  
is turning 4 years old  
next year?**

**The Home Interaction Program for Parents and  
Youngsters (HIPPY) is a two year home based  
program that empowers parents and carers to be  
their child's first teacher.**

HIPPY offers families with children aged 4 & 5 years of age a foundation for learning in the home, supporting successful transition to school and future school participation.

The HIPPY program is delivered to the parents and carers by home tutors through home visits and parent groups. Families from Raymond Terrace and surrounding areas are encouraged to participate in this free program.

**IF YOU WOULD LIKE TO KNOW MORE OR WOULD LIKE TO JOIN THE  
PROGRAM PLEASE CONTACT:**

**Rachel Small On 4987 4674 or  
0431 580 086**



**THIS IS A FREE PROGRAM**



## HIPPY PARENT GROUP

A fortnightly parenting group for those enrolled in the HIPPY program.

As a learning program, HIPPY aims to instil a love of learning in both children and their HIPPY parents by:

- Ensuring children acquire skills and values that promote a desire to learn, which enables school-readiness;
- Improving children's literacy, numeracy and social skills;
- Increasing the HIPPY parents' awareness of their role as their child's first teacher



**Smaller groups running weekly in Term 4 - Ask your HIPPY Tutor for details**





## TUNING IN TO KIDS

A six session parenting program for parents of children 2 - 12 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?

**Bookings essential - Call 4987 4674**

**THURSDAYS**

**22/10/20 - 26/11/20**

**10AM - 12PM**

**3 PHILLIP ST, RAYMOND TERRACE**



**3 Phillip St  
Raymond Terrace  
4987 4674**

## 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?

**Bookings essential - Call 4987 4674**



**3 Phillip St  
Raymond Terrace  
4987 4674**

**THURSDAYS**

**22/10/20 - 26/11/20**

**12:30PM - 2:30PM**

**3 PHILLIPST, RAYMOND TERRACE**



## CIRCLE OF SECURITY

*When 'good enough' parenting is good enough*

A 8 week relationship Based Parenting Program

- meet with other families and yarn about the joys and challenges of raising young children
- learn about a simple idea that helps us understand the concept of and develop 'secure attachments'

**Bookings essential - Call 4987 4674**

**WEDNESDAYS**

**DATE TBA**

**10AM - 12PM**

**3 PHILLIPST, RAYMOND TERRACE**



**3 Phillip St  
Raymond Terrace  
4987 4674**



## WOMEN SPEAK

Women Speak is a six week program for women who have experienced or are experiencing domestic violence.

The program runs most school terms and bookings are essential.

Child minding and shuttle available.

**Contact 49874674 to enquire or register.**

**TUESDAYS**  
**20/10/20 - 24/11/20**  
**10AM - 12PM**  
**3 PHILLIP ST, RAYMOND TERRACE**



## 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 provide coaches, educators and mentors with tools to help raise awareness about healthy, respectful manhood and prevent violence and discrimination against all women and girls.

The program looks not only at the difficulties caused for women and girls by the rigid gender construct, but for the boys and men as well.

### **In summing it 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 49874674.**



# 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.

There are also teams of volunteers who have your back. For example, if you need to move, Friends with Dignity will furnish and outfit your new home (you never meet them - they come in and do the work and afterwards you move in to a lovely space for you and your children (or just you)).

## STAYING HOME LEAVING VIOLENCE

Leaving a violent and abusive relationship can be hard. It may mean having to move to a new area and having to start life over with a new home, new job and new school for the kids. You may also be short on money and not in a good mental health headspace.

These are only some of the reasons why women stay in an abusive relationship. Leaving the situation can be pretty stressful and overwhelming, especially with little or no support.

**Some of what we offer at PSFaNS (and it all depends on what's right for you):**

- Help with talking to the Police and getting an Apprehended Violence Order (AVO)
- Help with housing - to stay in your home or to move or temporarily move out
- Help with making you and your children feel safe and secure and your home secure
- Personal security devices
- Help with finances - financial counselling to help sort through any debts and budgeting with what you have, help with Centrelink and help with food, financial assistance & subsidies for those eligible
- Not in my House - a supportive group each Tuesday at 12.30pm (free child care)
- Counselling for adults, young people, children and families
- Legal advice
- Playtime groups for parents with preschoolers
- Children's groups
- Parenting Programs

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

**Phone: 4987 4674**

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

**If you are homeless because of domestic violence, ring our Homelessness Team - 4987 1331 (9-5 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. She won't blame you or 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.

## EARLY INTERVENTION & HOMELESSNESS SERVICE

### WHAT WE CAN DO TO HELP YOU

We offer services that may prevent you from becoming Homeless. For example, helping you find affordable accommodation, free financial counselling, referral and access to Housing Pathways products (Hume), building a relationship with local real estate agencies so that if you get in trouble with rental payments, maintenance etc. they contact us so we can help you get back on track.

### EARLY INTERVENTION

For example, you may be in a situation such as 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.

### THOSE PEOPLE WE CAN HELP INCLUDE

Single men & women, young parents, young people, women and children or single women escaping domestic violence.

### WHO IS ELIGIBLE

Those who are 'at risk' of becoming homeless or be homeless with no immediate accommodation in place, this could mean you have received or are about to receive an eviction notice.



**Phone: 4987 1331**  
Referrals: [shs@psfans.org.au](mailto:shs@psfans.org.au)

**FOR YOUTH HOMELESSNESS - SEE ALSO 'YOUTH FOCUSED MONDAYS' ON PAGE 5**



## RENT IT TO KEEP IT

A short course about the private rental market and you!

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

**Bookings essential - Call 4987 1331**

**MONDAYS**  
**DATE TBA**  
**11am - 3pm**  
**THE DECK YOUTH VENUE**





## 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 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: 4987 4674**  
**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 18 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: 4987 4674**  
**Referrals: [yaf@psfans.org.au](mailto:yaf@psfans.org.au)**



## WOMEN'S COUNSELLING

A counsellor from the Hunter Women's Centre has appointments at 3 Jacaranda Ave every second Thursday.

**Phone the Hunter Women's Centre on 4968 2511 for an appointment.**

## LIFELINE COUNSELLING

Are you:

- Feeling anxious or depressed?
- Sad after losing a loved one?
- Experiencing relationship problems?
- Struggling with employment issues?
- Needing help with work/life balance?
- Experiencing mid-life transitions?
- Thinking that life is no longer worth living?



Counselling can help you find solutions to improve your mental health and wellbeing. It can also help you in overcoming emotional, social and behavioural difficulties. Lifeline provides a free counselling service at the Neighbourhood Centre, 3 Jacaranda Ave Raymond Terrace, each Monday.

**Appointments can be arranged by calling the Lifeline Newcastle Office on 4940 2000.**

## HEADSPACE EXTRA



### Aims of the program

In particular, 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. Headspace Extra will provide a longer term level 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.

Headspace 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 any headspace referral by way of completion of the referral form located on the website <https://headspace.org.au/headspace-centres/newcastle/>.

**It is best to contact headspace on 4929 4201 to discuss the referral with our Support Coordinator Marie or our intake team if you are uncertain.**



## ERF (EMERGENCY RELIEF FUNDING)

**ERF is financial assistance.** Assistance is also available with Electricity, Gas and Hunter Water (for home owners), and Telstra phone bills (when available) .

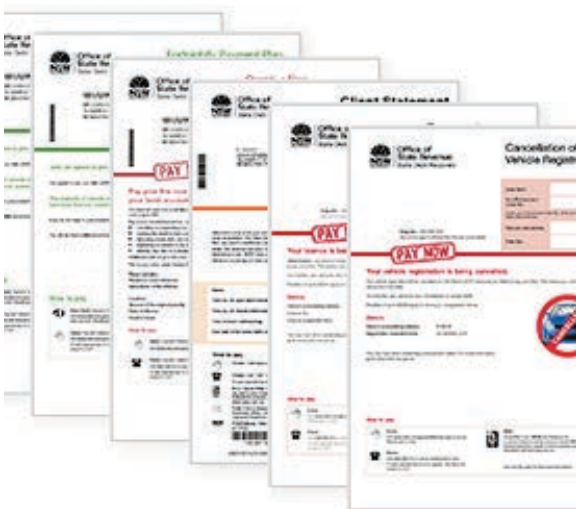
Appointments can only be made on the day and can be made by phone.

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



**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, seeing a children's or family worker or by volunteering.

### Talk to us, we can help!

If you are eligible, any payments (eg through Centapay) will stop immediately and you will begin to "pay off" your debt. Any license restrictions\* will lift overnight.

By coming to even one playgroup or parenting group, \$100 will come off your debt.

**Phone: 4987 4674 for more information**

## FINANCIAL COUNSELLING

Financial counsellors Vicki Murchison & Sheryl Roe from Hunter Valley Project Inc provide financial counselling on Tuesdays.

**Appointments are necessary. To make an appointment, call:**

**4933 8999**

or

**Vicki 0479 078 735 (for Phillip St)**

or

**Sheryl 0444 525 315 (for Jacaranda Ave)**



**Free financial counselling in Raymond Terrace**



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.**



**centrelink**

Having trouble?

A worker from Centrelink Community Outreach team comes to the centre every 2nd Wednesday from 10.30am to 12.00pm for appointments.

**Appointments can be made by calling 3 Jacaranda Ave on 4987 1331.**

## 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 people who inject drugs with free and confidential access to new injecting equipment in order to prevent the sharing of equipment. Condoms are also available.



## TAX AGENT

From July to October, a tax agent is available to help with straightforward tax returns.

Appointments essential.

**To make an appointment phone 3 Jacaranda Ave on 4987 1331**





Oz Harvest is an Australian food rescue organisation which collects surplus food from local business and supermarkets and distributes it throughout the community. Oz Harvest delivers to 3 Jacaranda Ave on Mondays.

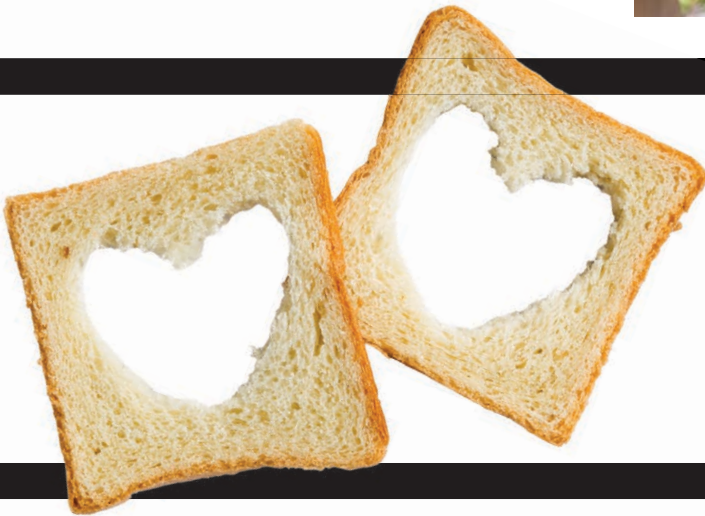
**Call 4987 1331 from 10am on Monday morning to register.**

Pick up hampers at the door between 3-4pm on Monday afternoon.

Hampers numbers are limited to 15 per week. 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.



## BREAD

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

## THE SANDWICH CLUB

Every Tuesday morning, a group of volunteers make sandwiches for both local high schools. They make enough sandwiches not only for the day, but to be frozen and toasted on the other days. Students who come to school without breakfast and/or lunch are catered for each day. We also supply breakfast to children who are going to school at Karuah Aboriginal Community.



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

*Building caring, healthy and inclusive communities across the Port Stephens region*

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 30 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



**3 Jacaranda Ave  
Raymond Terrace  
4987 1331**

**Address:**

3 Jacaranda Ave,  
Raymond Terrace  
NSW 2324

**Postal Address:**

Po Box 391,  
Raymond Terrace  
NSW 2324

**Phone: 4987 1331**

**Fax: 4983 1794**



**3 Phillip St  
Raymond Terrace  
4987 4674**

**Address:**

3 Phillip Street,  
Raymond Terrace  
NSW 2324

**Postal Address:**

Po Box 391,  
Raymond Terrace  
NSW 2324

**Phone: 4987 4674**

**Fax: 4987 3938**



**1a Kangaroo St  
Raymond Terrace  
4987 1331**

**Address:**

1a Kangaroo St,  
Raymond Terrace  
NSW 2324

**Postal Address:**

Po Box 391,  
Raymond Terrace  
NSW 2324

**Phone: 4987 6204**



**Mallabula Hall  
Lemon Tree Passage Rd  
4984 5298**

**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

**Child Protection Helpline** 132 111 (TTY 1800 212 936)

**Kids Helpline** 1800 551 800

**Parent Line** 1300 1300 52

**24 Hour Mental Health Line** 1800 011 511

**Emergency** 000



[www.psfans.org.au](http://www.psfans.org.au)