

Darwin City Council

Feeling Blue



A Guide to Support Services



I am pleased to introduce this 2008 edition of 'Feeling Blue - Guide to Support Services'.

When in doubt about a crisis situation, do not hesitate to turn to the organisations listed in this booklet, they are there to help and support you, your family and friends.

There is absolutely no need for embarrassment as these organisations have caring professionals on hand to listen and offer guidance – they are only a phone call away.

You can be assured of their confidentiality and sensitivity in your time of need. Help is at hand before a crisis situation develops. Please turn to the organisation that best suits your needs.

GRAEME SAWYER
LORD MAYOR



Darwin City Council is pleased to provide this booklet for your information. For general enquiries regarding Council services, contact:

Darwin City Council

Harry Chan Avenue Darwin NT 0800

GPO Box 84

Darwin NT 0801

Telephone 8930 0300

Email dcc@darwin.nt.gov.au

Website www.darwin.nt.gov.au

While considerable care has been taken to ensure that information contained in this booklet is correct, the publishers take no responsibility for any errors or omissions.

Please advise the Community and Cultural Services Department if any changes are necessary on Telephone: 8930 0409, Facsimile: 8930 0644 or at the above address.

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ACCOMMODATION

Anglicare Youth Housing Program (AYHP)

Location: 5 Namarluk Drive LUDMILLA
Postal: PO Box 36506 WINNELLIE NT 0821
Telephone: 8985 0000
Fax: 8985 0001
Email: anglicare@anglicare-nt.org.au
Website: www.anglicare-nt.org.au
Hours: 8:30am-5:00pm
Parent Body: Anglicare NT

Anglicare Youth Housing Program (AYHP) provides a range of services to homeless young people and those at risk of becoming homeless aged 15-19 and their dependants in Darwin urban region – Medium term accommodation, outreach support, emergency financial assistance, advocacy, and community education.

Bakhita Centre

Location: 107 Dick Ward Drive COCONUT GROVE
Postal: As above
Telephone: 8985 5333
Fax: 8985 6758
Email: bakhitacentre@svdpnt.org.au
Hours: Mon-Fri: 8:00am-5:00pm
Parent Body: St Vincent de Paul Society (NT) Inc

The Bakhita Centre offers short to medium term accommodation for males only. All applicants must make an appointment for assessment before admission. Residents are required to participate in supporting and assisting in the activities of the Centre.

Casy House

Location: Confidential
Postal: GPO Box 2586 DARWIN NT 0801
Telephone: 8948 2044
Freecall: 1800 799 226
Fax: 8948 3868
Email: casy@ywcaofdarwin.org.au
Website: www.ywcaofdarwin.org.au
Hours: 24 hours
Parent Body: YWCA of Darwin Inc

CASY House provides accommodation and support services for young people, aged 15 to 18 years, who are homeless or at risk of homelessness. It provides safe accommodation to help young people resolve crisis. Emergency Relief is also available for assistance with food, accommodation and limited travel.

Catherine House

Postal: GPO Box 189 DARWIN NT 0801
Telephone: 8981 5928
Fax: 8981 6402
Email: janet.seden@aus.salvationarmy.org
Website: www.thesalvationarmy.com.au
Hours: 24 hours 7 days
Parent Body: The Salvation Army

Catherine House is a crisis accommodation service for women over 18 years unaccompanied by children. They also offer accommodation support and referral. Cost is \$10.00 per night or \$70.00 per week.

Christian Outreach Centre

Location: 10 Crerar Road BERRIMAH
Postal: PO Box 39923 WINNELLIE NT 0821
Telephone: 8947 0633
Fax: 8947 0722
Email: darwinco@bigpond.net.au
Hours: Mon-Fri: 8:30am-5:00pm

Provides short term accommodation for indigenous clients with medical needs. There is a tariff which includes all meals. No alcohol, drugs or pets allowed.

Coral House

Location: 107 Bagot Road LUDMILLA
Postal: As above
Telephone: 8948 0050
Fax: 8985 4580
Email: coralvva@austarnet.com.au
Website: www.vvaant.org.au
Hours: 24 hour service
Parent Body: Vietnam Veterans Association of Australia
Northern Territory Branch

Coral House is an emergency/short term residential facility providing accommodation for male Vietnam veterans, male veterans and ex—service personnel and other homeless adult males. Three shared bedrooms provide seven beds in an elevated house.

Darwin Aboriginal and Islander Women's Shelter (DAIWS)

Postal: PO Box 215 SANDERSON NT 0813
Telephone: 8945 2284
Fax: 8945 1852
Email: daiws@bigpond.net.au
Hours: 24 hour service

Darwin Aboriginal and Islander Women's Shelter (DAIWS) is a 24 hour crisis centre for women and children escaping domestic violence and homelessness.

Dawn House

Postal: PO Box 41744 CASUARINA NT 0811
Telephone: 8945 1388
Fax: 8945 2626
Email: info@dawnhouse.org.au
Hours: 24 hours

Dawn House provides crisis accommodation and support to women and children experiencing domestic violence.

Independent Living Accommodation

Location: Confidential
Postal: GPO Box 2586 DARWIN NT 0801
Telephone: 8945 5015
Fax: 8945 6588
Email: ila@ywcaofdarwin.org.au
Website: www.ywcaofdarwin.org.au
Hours: Mon-Fri: 8:30am-4:30pm
Parent Body: YWCA of Darwin Inc

The Independent Living Program provides support to young people aged 15 to 24 years who are homeless or at risk of homelessness wishing to access affordable housing options in the Darwin and Palmerston areas. The young person must be assessed by the program coordinator, have good living skills and be receiving an income to participate in the program. Youth Community Housing Program is also available, providing affordable housing for young families requiring minimal support.

Medium-Term Accommodation

Location: Confidential
Postal: GPO Box 2586 DARWIN NT 0801
Telephone: 8945 5377
Fax: 8945 5431
Email: mta@ywcaofdarwin.org.au
Website: www.ywcaofdarwin.org.au
Hours: Mon-Fri: 8:30am-4:30pm
Parent Body: YWCA of Darwin Inc

Medium-Term Accommodation Program provides accommodation and support services for young people, aged 15 to 24 years, who are homeless or at risk of homelessness. It provides safe accommodation to help young people transition into independent housing. Accommodation is provided in separate properties for young single women, single men and women who are pregnant or have a baby up to the age of 12 months.

Queen of Peace Women's Refuge

Location: 23 Lampe Street FANNIE BAY
Postal: GPO Box 3615 DARWIN NT 0801
Telephone: 8981 3428
Hours: 9:00am-5:00pm
Parent Body: Missionaries of Charity

The Queen of Peace Women's Refuge accepts women and children domestic violence cases. They provide accommodation for at least two weeks (short term accommodation) for women with children – girls acceptable, boys until age 7 only. Dormitory style accommodation available, no TV and no washing machine.

Red Shield Hostel

Location: 49 Mitchell Street DARWIN
Postal: As above
Telephone: 8981 5994
Fax: 8981 0454
Email: hostel.darwin@aus.salvationarmy.org
Hours: Mon-Fri: 8:30am-4:30pm Main Office
Caretakers on duty after hours
Parent Body The Salvation Army

Budget accommodation for low income and disadvantaged people.

Salvation Army Homeless Men's Program

Location: Salonika Street STUART PARK
Postal: PO Box 37985 WINNELLIE NT 0821
Telephone: 8981 4199
Fax: 8981 1184
Parent Body: The Salvation Army NT

Provides crisis accommodation for single adult males. Own bedroom, shared bathroom between 2, capacity 20. Case worker provides support. Support includes practical help (finance, clothing, meals and transport), advice, referral, emotional support, counselling and advocacy. Only upstairs accommodation. Cost \$125.00 week or by capacity to pay as arranged with case worker.

Territory Housing Indigenous Liaison

Location: Ground Floor Construction House
Cnr Mitchell & Briggs Streets DARWIN
Postal: GPO Box 4621 DARWIN NT 0801
Telephone: 8999 8374 - Darwin
8922 5547 - Casuarina
8999 4994 - Palmerston
Fax: 8999 8844
Email: iclo.dighs@nt.gov.au
Website: www.territoryhousing.nt.gov.au
Hours: Mon-Fri: 8:00am-4:21pm
Parent Body: Department of Local Government, Housing & Sport

Territory Housing's Indigenous Client Liaison Officers (ICLO) provide:

- support to Indigenous people in accessing, maintaining and sustaining accommodation (including short, crisis or long term);
- a support network.

Yilli Rreung Housing Aboriginal Corporation

Location: 94 Boulter Road BERRIMAH
Postal: PO Box 36998 WINNELLIE NT 0821
Telephone: 8935 0111
Fax: 8935 0181
Email: info@yillihousing.com.au
Website: www.yillihousing.com.au
Hours: 8:00am-4:30pm

Provides housing management and support services for Indigenous people within the Darwin and rural area. The following services are provided:

- Indigenous Housing Assistance Service
- Emergency Relief
- Life skills.

YWCA of Darwin Palmerston Family Crisis Accommodation and Support Services (PFCASS)

Location: Ground Floor Highway House PALMERSTON
(next to the ANZ Bank)
Postal: GPO Box 2586 DARWIN NT 0801
Telephone: 8932 9155
Fax: 8932 9177
Email: palmerston@ywcaofdarwin.org.au
Website: www.ywcaofdarwin.org.au
Hours: Mon-Fri: 9:00am-3:30pm Office hours
24 hours contactable by phone
Parent Body: YWCA of Darwin

PFCASS is a crisis accommodation and support service for families escaping domestic and family violence. Women with children, men with children and families escaping family violence in the Palmerston and rural area may access PFCASS.

PFCASS provides crisis accommodation for families who are escaping violence, workers will support/provide or refer for legal (court support), housing, parenting and income support. A child support worker will support both the parent and children in group work and as necessary by other means to recover and progress to a safe, secure and positive outcome.

COUNSELLING

Aboriginal Development Foundation

Location: 1 Foundation Road HOLTZE
Postal: GPO Box 2784 DARWIN NT 0801
Telephone: 8984 3539
Fax: 8984 4889
Hours: Mon-Fri: 8:00am-4:00pm

The Aboriginal Development Foundation provides social development and community support.

Amity Community Services Inc

Location: 155 Stuart Highway PARAP
Postal: GPO Box 3628 DARWIN NT 0801
Telephone: 8944 6565
Freecall: 1800 684 372
Email: habitwise@amity.org.au
Website: www.amity.org.au
Hours: Mon-Fri: 8:30am-4:30pm
Parent Body: Amity Community Services Inc

Amity Community Services is a non-government organisation that provides a range of services relating to behaviours of habit.

Amity provides confidential counselling, information and education in the areas of alcohol use; tobacco use; other drug use; gambling; eating problems; stress management; anger management; assertion and communication skills.

The service is available to people who have issues about their own behaviour or are concerned about the behaviour of someone close to them.

The Drink Driver Education Course is also available on a user pays basis.

Centacare NT

Location: 17 Hidden Valley Road BERRIMAH
Postal: PO Box 132 BERRIMAH NT 0828
Telephone: 8944 2000
Fax: 8944 2099
Email: darwin@centacare-nt.org.au
Website: www.centacare-nt.org.au
Hours: Mon-Fri: 8:30am-5:00pm

Centacare NT provides a range of counselling, education and support services:

- Counselling for anyone having personal or relationship difficulties.
- Support for families with young children, including ante-natal information, parenting skills training and home visiting.
- Support and counselling for women considering options with an unplanned pregnancy.
- Counselling for people who have been a victim of or witnessed a violent crime or are family members of a victim of a violent crime.
- Support for anyone including adults, young people, children, couples and families, who have experienced or witnessed family violence.

Services are provided in Darwin, Palmerston, Wadeye and Nguiu with outreach programs to remote areas.

DAIWS Indigenous Men's Counselling

Location: 10/94 Boulter Road BERRIMAH
Postal: PO Box 215 SANDERSON NT 0813
Telephone: 0447 430 209
Email: michaeltorres8@bigpond.com
Hours: Mon-Fri: 8:30am-4:30pm
Parent Body: DAIWS Inc

Provides counselling and healing services for Indigenous men.

Danila Dilba Health Service

Location: 3/1 Malak Place MALAK
Telephone: 8986 7144
Fax: 8947 9002
Hours: Mon, Tues, Thurs, Fri: 8:00am-4:36pm
Wed: 8:00am-1:00pm

Danila Dilba is a community controlled health organisation providing a number of services to Aboriginal and Torres Strait Islander people. These services include men's and women's health, children's health, emotional and social wellbeing services. For more information, please contact the centre.

Danila Dilba, Emotional and Social Wellbeing Centre

Location: 3/1 Malak Place MALAK
Postal: GPO Box 2125 DARWIN NT 0801
Telephone: 8927 9335
Fax: 8947 9002
Website: www.daniladilba.org.au
Hours: Mon-Fri: 8:00am-4:00pm
Parent Body: Danila Dilba Health Service

The Danila Dilba Emotional and Social Wellbeing Centre provides professional, high quality and appropriate services to Indigenous communities. The ESWB centre is essentially based on 2 programs. The Dare to Dream program provides appropriate support and counselling services for carers and families, who experience the everyday concerns of living with someone who has a mental illness. It can provide support and counselling to youth who may be showing early signs of or existing behavioural and mental health problems. The program also provides the delivery of educational programs to schools, specifically targeting mental health concerns. The Bringing Them Home program involves the provision of mentoring, debriefing and counselling support for targeting individuals, workers, couples or families experiencing social and emotional concerns.

Employee Assistance Service Inc (EASA)

Location: Level 2 Highway Arcade
47 Stuart Highway STUART PARK
Postal: GPO Box 1031 DARWIN NT 0801
Telephone: 8941 1752
Freecall: 1800 193 123 – NT only
Fax: 8941 0746
Email: easadarwin@easa.org.au
Website: www.easa.org.au
Hours: Mon, Wed, Thurs, Fri: 8:30am-5:00pm
Tues: 10:30am-6:30pm

Employee Assistance Service Inc (EASA) provides confidential counselling by qualified Psychologists and Social Workers on a range of issues including work related issues; relationships; stress; grief; trauma; depression; anxiety; and alcohol and other drug issues. EASA also provides a 24 hour, seven a day week trauma service.

Kids Helpline

Location: 97 Castlemaine Street MILTON
Postal: PO Box 2000 MILTON QLD 4064
Telephone: (07) 3369 1588
Freecall: 1800 551 800
Fax: (07) 3367 7266
Email: admin@kidshelp.com.au
Website: www.kidshelp.com.au
Hours: 24 hours, 7 days a week
Parent Body: Boystown

Kids Helpline is Australia's only free, confidential and anonymous telephone and online counselling service especially for young people aged between 5 and 25 years. It is available 24 hours, 7 days a week. Callers may ask to speak to a male or female counsellor.

Lifeline Top End

Location: 3/4 Shepherd Street DARWIN
Postal: GPO Box 1363 DARWIN NT 0801
Telephone: 8941 2365
Freecall: 131 114 – 24 hours
Fax: 8941 8278
Email: admin@lifelinetopend.org.au
Website: www.lifelinetopend.org.au
Hours: Mon-Fri: 9:00am-5:00pm
Parent Body: Lifeline Australia

Lifeline nationally offers a 24 hour, 7 days a week telephone counselling service for people in crisis. Confidential professional assistance when it is most needed, with access to referral information for other services. Lifeline provides suicide intervention and post intervention support and offers training to individuals and corporations in suicide prevention.

Melaleuca Refugee Centre, Torture and Trauma Survivors Service of the NT Inc

Location: Shop 33 Rapid Creek Business Village
48 Trower Road RAPID CREEK
Postal: PO Box 1266 NIGHTCLIFF NT 0814
Telephone: 8985 3311
Fax: 8985 3322
Email: admin@melaleuca.org.au
Website: www.melaleuca.org.au
Hours: Mon-Fri: 9:00am-4:30pm

Melaleuca Refugee Centre is committed to assisting survivors of torture and trauma to gain a life enriched with dignity.

Melaleuca provides settlement services to newly arrived refugees. Confidential counselling, advocacy and information are offered throughout early resettlement, and are available to established members of the community as well. Youth-focussed services respond to the special needs of children, young people and their families. Outreach, through group work, community education and training seeks to promote community awareness.

Melaleuca Refugee Centre offers client focussed services and encourages connections between diverse communities.

Our Family, Our Kids

Location: 17 Hidden Valley Road BERRIMAH
Postal: PO Box 132 BERRIMAH NT 0828
Telephone: 8944 2000
Fax: 8944 2099
Email: darwin@centacare-nt.org.au
Website: www.centacare-nt.org.au
Hours: Mon-Fri: 8:30am-5:00pm
Parent Body: Centacare NT

Our Family, Our Kids is a home visiting program that provides a range of services including support, counselling and child development information. This service is available to parents as they adjust to babies, toddlers and pre-school age children. Families who feel socially isolated, with limited family support or who would like help developing their parenting skills further can be assisted by this program. This is a free service.

Parentline

Location: 97 Castlemaine Street MILTON
Postal: PO Box 2000 MILTON QLD 4064
Telephone: (07) 3369 1588 – Admin
1300 30 1300 – Cost of a local call
Fax: (07) 3367 7266
Email: admin@parentline.com.au
Website: www.parentline.com.au
Hours: 8:00am-10:00pm (7 days a week – QLD time)
Parent Body: Boystown

Parentline is a confidential telephone counselling service providing professional counselling and support for parents and care-givers in QLD and NT. For the cost of a local call, it is available from 8:00am-10:00pm 7 days (QLD time). Confidential and anonymous service.

Pregnancy Help

Location: 17 Hidden Valley Road BERRIMAH
Postal: PO Box 132 BERRIMAH NT 0828
Telephone: 8944 2000
Fax: 8944 2099
Email: darwin@centacare-nt.org.au
Website: www.centacare-nt.org.au
Hours: Mon-Fri: 8:30am-5:00pm
Parent Body: Centacare NT

Pregnancy Help supports women and families around pregnancy. Counselling, support and information is available as parents prepare for their baby. This service can be provided at Centacare or can be home based. Professional counselling is also available for women considering options with an unplanned pregnancy as well as post-abortion counselling. This is a free service.

Relationships Australia NT Inc

Location: 2nd Floor Cavenagh Centre
43 Cavenagh Street DARWIN
Postal: GPO Box 4193 DARWIN NT 0801
Telephone: 8923 4999
Fax: 8981 6190
Email: reception@ra-nt.org.au
Website: www.relationships.com.au
Hours: Mon-Fri: 8:00am-5:00pm
Thurs evenings until 6:30pm

Relationships Australia offers confidential counselling with qualified psychologists/social workers. Counselling can be with individuals, couples or families on any issue affecting relationships.

Family Dispute Resolution Services (Mediation):

- Mediation for property/financial matters.
- Child focussed and child inclusive mediation.
- Child consultation.
- Courses and seminars for people separating.
- Groups for children whose parents are separating.
- Counselling for separating parents and their children.

Relationship Education – programs and courses for the public such as:

- Building Better Relationships.
- What about the Children?
- Fathers after Separation.
- Spicing up your Relationship.
- Step Parenting.
- Crystal Clear Communications.
- What to do about Anger.

Please note that these courses can change time to time. For more information please contact reception on 8923 4999.

Ruby Gaea Darwin Centre Against Rape Inc

Location: Confidential
Postal: PO Box 42082 CASUARINA NT 0811
Telephone: 8945 0155
Fax: 8945 2783
Email: info@rubygaea.net.au
Website: www.rubygaea.org.au
Hours: Mon-Fri: 8:30am-5:00pm

Ruby Gaea offers:

- free confidential counselling for women and children who have been affected by sexual violence;
- medical, legal and resource information;
- emotional and practical support during police or court proceedings (if a woman chooses to report the rape) and related appointments;
- self-help groups are provided for survivors and for relatives;
- educational workshops and training lectures in the community on sexual violence;
- participation in public meetings and campaigns on issues of sexual violence; and
- lending library of books, videos and articles available on rape and related issues.

Sexual Assault Referral Centre (SARC)

Location: Ground Floor Casuarina Plaza
Cnr Trower Rd & Vanderlin Dve CASUARINA
Postal: Department of Health and Community
Services
PO Box 40596 CASUARINA NT 0811
Telephone: 8922 7156
Fax: 8922 7047
Email: sarc.ths@nt.gov.au
Hours: Mon-Fri: 8:00am-4:21pm Office Hours
24 hour on call service also available
Parent Body: Family and Children's Services

The Darwin Sexual Assault Referral Centre (SARC) provides a counselling service to anyone who may have experienced (recently or many years ago) any form of sexual assault. They see both adults and children (male and female).

For recent rape victims they provide free of charge the following services:

- 24 hour access to information regarding the medical, legal and counselling/support options available.
- 24 hour medical assistance by female doctors including – pregnancy prevention – screening and preventive treatment for Sexually Transmitted Infections (STI).
- Collection of forensic evidence.
- 24 hour confidential counselling including: supporting survivors if they choose to give a statement to Police.
- Medical examination for children where sexual assault is suspected; all children in the Top End are referred to SARC.
- Information, support and counselling for partners, family members and significant others – support through the legal process.

At SARC you can expect to – be believed – be treated with respect and dignity – receive prompt and professional assistance – receive confidential assistance within the limits of the law.

Somerville Community Services

Location: 147 Lee Point Road WAGAMAN
Postal: PO Box 42644 CASUARINA NT 0811
Telephone: 8920 4100
Fax: 8920 4101
Email: scs@somerville.org.au
Website: www.somerville.org.au
Hours: Mon-Fri: 8:30am-5:00pm

Somerville Family Services provides confidential and professional counselling and support for families and individuals in the Darwin, Palmerston and surrounding rural areas.

Counselling can assist with a wide range of issues including: relationship difficulties, depression, anxiety, stress, grief and loss, trauma, self esteem, parenting and emotional difficulties.

Financial counsellors provide information, options and advocacy and can assess your financial circumstances to organise a money plan to suit your lifestyle.

Services are provided free of charge.

VVCS – Veterans and Veterans Families Counselling Service

Location: Ground Floor Civic Plaza
2 Chung Wah Terrace PALMERSTON
Postal: PO Box 3374 PALMERSTON NT 0831
Telephone: 8927 9411
Freecall: 1800 011 046
Fax: 8927 0320
Email: vvcsnt@dva.gov.au
Website: www.dva.gov.au/health/vvcs/
Hours: Mon-Fri: 9:00am-5:00pm
Other times by appointment
Parent Body: Department of Veterans' Affairs

Target Population:

- Australian veterans of all conflicts and peacekeeping operations;
- Partners and dependent children (under 26 years of age) of veterans with issues arising from the veteran's service;
- War widows/widowers;
- Ex-partners within 5 years of separation;
- Ex-service personnel with a DVA-accepted mental health condition;
- Current serving members of the ADF who have been formally referred by the ADF.

Aims:

To improve the quality of life of veterans and their families through a service that promotes and maintains health and well being, independence and community integration.

Service:

- Individual, couple and family counselling;
 - After hours telephone crisis counselling;
 - Group programs;
 - Information and self-help resources;
- Referrals to other services.

Referrals:

- Veterans and their families can self-refer;

Medical practitioners, other health and welfare workers, the ADF and Ex-Service Organisations can refer by telephone, letter or recommend self-referral.

YMCA Drop-In Centre

Location: 11 Satepak Building
Palmerston Circuit PALMERSTON
Postal: GPO Box 1451 DARWIN NT 0801
Telephone: 8932 1096
Fax: 8932 1087
Email: john.mclean@ymca.org.au
Website: www.topend.ymca.org.au
Hours: Mon-Thurs: 2:30pm-5:00pm
Fri: 2:30pm-9:00pm
Sat: 12:00pm-4:00pm

The “Y” Drop-In Centre is a supervised, safe and friendly environment open to all young people between the ages of 10-17 years who want to hang out and have some fun after school and during the school holidays. Recreation activities and internet access is available at the Centre.

YMCA Indigenous Youth Counselling and Mentoring Service – The “Y” Chat Room

Location: 11 Satepak Building
Palmerston Circuit PALMERSTON
Postal: GPO Box 1451 DARWIN NT 0801
Telephone: 8932 1096
Fax: 8932 1087
Email: john.mclean@ymca.org.au
Website: www.topend.ymca.org.au
Hours: Mon-Fri: 9:00am-5:00pm

The “Y” Chat Room is a free and confidential counselling and mentoring service for indigenous young people aged between 10-17 years. As an early intervention and prevention program the service provides individual therapeutic counselling, group work, mentoring and educational workshops to assist young people to understand and begin to resolve some of the issues they are facing.

FAMILY SUPPORT

Alzheimer's Australia NT

Location: 3/18 Bauhinia Street NIGHTCLIFF
Postal: PO Box 515 NIGHTCLIFF NT 0814
Telephone: 8948 5228
Freecall: 1800 100 500
Fax: 8948 5229
Email: admin@alzheimersnt.org.au
Website: www.alzheimers.org.au
Hours: Mon-Thurs: 8:30am-4:30pm
Fri: 8:30am-4:00pm

Alzheimer's Australia NT provides many services for people with dementia, their families and carers, health care professionals and the general public.

Our Support Services provide information and many programs to assist the person diagnosed with memory loss or dementia, family carers, relatives, friends and people who are concerned about preserving their memory. Professional counsellors can assist with individual support and advice, and several support, therapeutic and social groups have been established for clients to access if interested.

Our Education Services have established several training programs about dementia for health professionals and the general public, as well as an information course for family carers. They also promote risk reduction and increase public awareness through community education sessions.

Breathing Space

Location: 45 Malak Crescent MALAK
Postal: PO Box 43120 CASUARINA NT 0811
Telephone: 8945 2945
Fax: 8945 2989
Email: b.space@daycaredarwin.com.au
Hours: Mon-Fri: 8:00am-4:30pm
Parent Body: Darwin Family Day Care

Helping families in difficulty or crisis access planned or emergency child care in a carer's home.

Carpentaria Disability Services Inc

Location: 37 Henbury Avenue TIWI
Postal: PO Box 41475 CASUARINA NT 0811
Telephone: 8945 4977
Fax: 8945 0518
Email: cds@capentaria.org.au
Hours: Mon-Fri: 8:30am-5:00pm

To provide quality services for Territorians with disabilities and high support needs to enable them and their families to have increased opportunities to participate in all aspects of community life.

Centrelink Social Work

Casuarina

Location: Centrelink Casuarina
Bradshaw Terrace CASUARINA
Postal: PO Box 3200 PALMERSTON NT 0831
Telephone: 131 021
Website: www.centrelink.gov.au
Hours: Mon-Fri: 7:45am-4:45pm
Parent Body: Centrelink

Darwin

Location: Centrelink Darwin
Knuckey Street DARWIN
Postal Address: PO Box 3200 PALMERSTON NT 0831
Telephone: 131 021
Website: www.centrelink.gov.au
Hours: Mon-Fri: 8:00am-4:30pm
Parent Body: Centrelink

Palmerston

Location: Centrelink Palmerston
Cnr Maluka St & Temple Tce PALMERSTON
Postal: PO Box 3200 PALMERSTON NT 0831
Telephone: 131 021
Website: www.centrelink.gov.au
Hours: Mon-Fri: 7:45am-4:45pm
Parent Body: Centrelink

Centrelink Social Workers are professionally trained to assist clients.
Social Workers can:

- offer short term counselling and support to individuals and families;
- give information about, or refer customers to other services in the community such as housing assistance, counselling, health, legal services, support groups and emergency financial assistance.

Cradle Inc

Postal: PO Box 175 PARAP NT 0804
Telephone: 0438 272 353
Email: robmofinn@bigpond.com
Website: www.cradle.org.au
Hours: 24 hour phone will take message and return call ASAP

Cradle Inc is a support group for parents and their families who have suffered the loss of a child. The loss can be from early miscarriage through to loss of a child of any age.

A group meeting is held at 10:00am on the second Saturday of each month at Darwin Private Hospital as well as counselling at any other time through a 24 hour phone contact. The phone contact is 0438272353. A library of books and some videos are available to help people who find themselves facing such a loss. A small committee works to provide funds for such publications.

There are brochures about the issues surrounding such losses and these are available in the appropriate areas of RDH and DPH as well as Katherine, Tennant Creek and Alice Springs Hospitals. A counsellor can be reached or more information given, on a 24 hour mobile phone 0438 272 353.

DAIWS Indigenous Family Violence Outreach Service

Location: 94 Boulter Road BERRIMAH
Postal: PO Box 215 SANDERSON NT 0813
Telephone: 8947 3210
Email: iwop@bigpond.net.au
Hours: Mon-Fri: 8:00am-5:00pm
Parent Body: DAIWS Inc

DAIWS Indigenous Family Violence Outreach Service provides ongoing case management support to women and children in the Darwin community.

Darwin Family Day Care

Location: 45 Malak Crescent MALAK
Postal: PO Box 43120 CASUARINA NT 0811
Telephone: 8945 2945
Fax: 8945 2989
Email: info@daycaredarwin.com.au
Website: www.daycaredarwin.com.au
Hours: Mon-Fri: 8:00am-4:30pm

Provider of quality home based child care.

Down Syndrome Association of the Northern Territory

Location: Shop 16 Rapid Creek Business Centre
Trower Road RAPID CREEK
Postal: PO Box 41545 CASUARINA NT 0811
Telephone: 8985 6222
Fax: 8985 6266
Email: dsant@octa4.net.au
Hours: Mon-Fri: 9:00am-4:00pm

The Down Syndrome Association of the Northern Territory started as a parent group and was founded in 1976 with the principal aim being to help individuals with down syndrome reach their full potential. Today, the Association continues to offer support to families, access to resources and information, and awareness programs in the community.

Energy Cruz

Location: 19 Lambell Terrace LARRAKEYAH
Postal: GPO Box 81 DARWIN NT 0801
Telephone: 8924 3942
Fax: 8924 3909
Email: skavanagh@redcross.org.au
Website: www.redcross.org.au
Hours: 2:30pm-5:00pm School Days
Parent Body: Australian Red Cross

Energy Cruz is a youth recreation program provided by Red Cross. It is aimed at young people between the ages of 10 – 15 years old. A bus picks up participants after school from the Nightcliff region and takes them to recreational activities around Darwin. Activities include sailing, football, circus classes, and arts and crafts. Energy Cruz encourages participants to explore their interests and gives them the opportunity to be involved in activities that otherwise might be difficult to access.

Family and Children's Services

Location: 1st Floor Casuarina Plaza
Trower Road CASUARINA
Postal: PO Box 40596 CASUARINA NT 0811
Telephone: 8922 7111
1800 700 250 – After hours (24 hours)
Fax: 8922 7122
Hours: Mon-Fri: 8:00am-4:21pm
Parent Body: Department of Health & Community Services

Family and Children's Services is a service of Territory Health Services. The office provides child protection services for the Darwin urban area and is also available for other family crisis situations where children are seen to be in need of care or protection. The responsibilities of the service are derived from the Community Welfare Act 1983.

Key objectives of the service are:

- to ensure the safety of children;
- to receive and respond to reports of child maltreatment;
- to provide support to ensure children remain with their families;
- to secure care and guidance for children in care.

Palmerston and Rural Parenting Support Service

Location: 29 Driver Avenue DRIVER
Postal: PO Box 2860 PALMERSTON NT 0831
Telephone: 8932 6866
Fax: 8932 8073
Email: parps@ywcaofdarwin.org.au
Website: www.ywcaofdarwin.org.au
Hours: Mon-Fri: 8:00am-2:20pm
Parent Body: YWCA of Darwin

- Parenting Support and Information
- Resource Borrowing Library
- Outreach Education
- SHEIRA Young Mothers
- Children's Behavioural Management
- Community Linkages.

Parenting Puzzle

Location: 45 Malak Crescent MALAK
Postal: PO Box 43120 CASUARINA NT 0811
Telephone: 8945 2945
Fax: 8945 2989
Email: info@daycaredarwin.com.au
Website: www.daycaredarwin.com.au
Hours: Mon-Fri: 8:00am-4:30pm
Parent Body: Darwin Family Day Care

The Parenting Puzzle provides a range of parenting solutions for all families including free parenting workshops, the Parenting Puzzle Newsletter (quarterly), parenting resource library and weekly baby playgroup.

Personal Helpers & Mentors Program (PHaM)

Location: 3/21 Vanderlin Drive CASUARINA
Postal: PO Box 218 NIGHTCLIFF NT 0814
Telephone: 8945 2417
Fax: 8945 6406
Email: hallidayc@missionaustralia.com.au
Website: www.missionaustralia.com.au
Hours: Mon-Fri: 8:00am-4:00pm
Parent Body: Mission Australia

This program takes a strengths based, recovery approach to supporting people with severe functional limitation resulting from a severe mental illness. A strengths based approach focuses on a person's strengths rather than deficits. A recovery approach recognises that a person can recover from a mental illness to live a fulfilled life. The program is voluntary. The program engenders wellness and focuses on providing assistance to people who have a severe functional limitation as a result of mental illness at various stages in their recovery, with support from the PHaM program.

Resolve Anglicare NT Counselling and Dispute Resolution

Location: Units 1 & 5 Goyder Road PARAP
Postal: PO Box 36506 WINNELLIE NT 0821
Telephone: 8946 4800
Freecall: 1800 898 500
Fax: 8946 4801
Email: resolve@anglicare-nt.org.au
Website: www.anglicare-nt.org.au
Hours: Mon-Fri: 8:30am-5:00pm
After hours by appointment
Parent Body Anglicare NT

Resolve is a division of Anglicare NT serving Darwin, Katherine and Nhulunbuy regions. Mediation programs have a sliding fee scale, counselling and parenting programs have a flat rate fee.

Family Dispute Resolution (also known as mediation) provides a way of resolving difference after separation and divorce, and is a viable alternative to the Family Court. Professional practitioners assist separating couples to define and work through parenting and/or property issues in dispute. Resolve offers a Child Consultancy Service – interviews with children to assist with the preparation of parenting plans.

Family Skills Training – a service offering parenting education/training such as Triple P and 123 Magic which run as groups or individual sessions.

Parenting Orders Program (POP) – “Putting Kids First” is an education program assisting separated parents to strengthen their parental alliance, for the best interest of their children.

Family and Relationship Counselling – is available for individuals, couples, families, children and adolescents. We assist with a range of issues including: relationship breakdown, children/adolescent counselling, parenting difficulties, depression, grief and loss, anxiety, anger, violence or abuse in the home.

SHEIRA – Support Health Entertainment Independence Relations Art

Location: 29 Driver Avenue DRIVER
Postal: GPO Box 2586 DARWIN NT 0801
Telephone: 8932 6866
Fax: 8932 8073
Email: parps@ywcaofdarwin.org.au
Website: www.ywcaofdarwin.org.au
Hours: Fri: 10:00am-12:00pm
Parent Body: YWCA of Darwin

SHEIRA – Peer Group Support Group provides activities and information on request for young women as parents/caregivers. SHEIRA aims to enhance life skills, promote self empowerment, and strengthen young women as parents/caregivers to make informed decisions that positively affect their children and encourage healthy, safe and fulfilling lives. Split into a PLUS and First Time Mum (FTM) Group.

SIDS & Kids NT

Location: Shop 19 Rapid Creek Business Village
Trower Road RAPID CREEK
Postal: GPO Box 3414 DARWIN NT 0801
Telephone: 8948 5311
Fax: 8948 5244
Email: darwin@sidsandkids.org
Website: www.sidsandkids.org
Hours: 0448 849 234 - 24 hour counselling
Part time office hours

Counselling Services:

SIDS & Kids NT provides a counselling and bereavement support service to anyone affected by the death of a child (regardless of age) through any cause including miscarriage, stillbirth, accident or illness. This service is provided free of charge 24 hours a day 7 days a week by a qualified counsellor/psychologist.

Education Services:

The SIDS & Kids education and health promotion program, *SIDS and Kids Safe Sleeping* provides expectant and new parents, health professionals, emergency response workers, child care workers, university students and other interested community groups with the latest information on ways to reduce the risks of SIDS, infant care practices and issues relating to the loss of a child.

Fundraising:

SIDS & Kids NT is also actively involved in fundraising activities, the principal one being the nationally conducted Red Nose Day Campaign held annually in June.

St Vincent De Paul

Location: 2 Westralia Street STUART PARK
Postal: As above
Telephone: 8981 7783
Fax: 8981 6618
Email: darwin@sudpnt.org.au
Hours: Mon-Fri: 10:00am-12:00pm Emergency Relief
9:30am-4:00pm Shop Hours

St Vincent De Paul helps families in extreme situations, with food vouchers and parcels, Telstra vouchers, Power vouchers, clothing, household items and furniture.

No appointment needed. St Vincent De Paul takes 6 people a day and they must have ID and be a Darwin resident.

Telecross (Red Cross)

Location: Darwin Care Services
84 Malak Crescent MALAK
Postal: PO Box 323 SANDERSON NT 0813
Telephone: 8920 3709
Fax: 8920 3777
Email: pbradford@redcross.org.au
Hours: 7:30am-9:00am

Telecross is a community program which provides people with a free reassuring daily phone call to confirm they are safe and well. Telecross runs 365 days a year throughout Australia.

With more people living on their own, Red Cross is helping Australians to remain connected with their community and live independently.

HEALTH SERVICES

Asthma Foundation Northern Territory Inc

Location: 14/16 Charlton Court WOOLNER
Postal: PO Box 39962 WINNELLIE NT 0821
Telephone: 8981 6066
Freecall: 1800 645 130
Fax: 8981 9066
Email: asthma@asthmant.org.au
Website: www.asthmant.org.au
Hours: Mon-Fri: 9:00am-5:00pm

Asthma Foundation NT enhances the quality of life of people with asthma by providing education and support to the person with asthma, their families and carers.

Office hours are Monday–Friday 9:00am-5:00pm or by negotiation.

An asthma clinic runs weekly at Palmerston Community Care Centre on Wednesday afternoon 1:00pm-4:00pm. Please call 89816066 to arrange an appointment.

Lung function testing (spirometry) is also available.

Cancer Council Northern Territory Inc, The

Location: Casi House
2/25 Vanderlin Drive CASUARINA
Postal: PO Box 42719 CASUARINA NT 0811
Telephone: 8927 4888
Freecall: 1800 678 123
Fax: 8927 4990
Email: admin@cancernt.org.au
Website: www.cancercouncilnt.com.au
Hours: Mon-Fri: 8:30am-4:30pm

A Territory wide service focused on meeting the cancer related needs of the community. The Cancer Council provides information, support and counselling services as well as public education programs and caters to anyone touched by cancer. Support services provided by health professionals include: one on one counselling; treatment information (including radiation therapy interstate); support group meetings; one on one peer support; wig and turban service, professional fittings for breast prosthesis and mastectomy bras and referral to other agencies. Through support service staff, clients can register for programs such as Look Good...Feel Better and Encore. Public education includes: SunSmart information and cancer prevention, including lifestyle options. Programs have been designed to empower clients to achieve best outcomes.

Care Services

Location: 84 Malak Crescent MALAK
Postal: PO Box 323 SANDERSON NT 0813
Telephone: 8920 3700
Fax: 8920 3777
Hours: Mon-Fri: 8:00am-4:30pm
Parent Body: Australian Red Cross

Provides a range of support services to the elderly, disabled and their carers. These services include: domestic assistance, personal care, food services and community respite. These services are provided to prevent people from having to be prematurely admitted to an aged care home or institution and to assist in improving their quality of life. The Home and Community Care HACC program is a joint Australian, State and Territory Government initiative.

Carers NT

Location: The Clock Tower
4/1 Caryota Court COCONUT GROVE
Postal: GPO Box 1861 DARWIN NT 0801
Telephone: 8948 4877
Freecall: 1800 242 636
Fax: 8948 5288
Email: carersnt@carersnt.asn.au
Website: www.carersnt.asn.au
Hours: Mon-Fri: 8:30am-4:30pm
Parent Body: Carers Australia

About Carers NT

Carers NT is a not-for-profit community based organisation dedicated to improving the lives of family carers living in the Northern Territory. Part of the National Carers' Association, Carers NT is the peak body recognised, at Territory, State and Federal levels, as the voice of family carers, representing carers' interests in the NT community. Carers NT provide a range of services to family carers.

Who are Carers?

A carer is someone who provides unpaid care and support to family members and friends who have a disability, mental illness, chronic condition, terminal illness or who are frail. Most people will give or receive care at some time in their life.

Caryota Place Sobering Up Shelter

Location: 2 Caryota Court COCONUT GROVE
Postal: PO Box 218 NIGHTCLIFF NT 0814
Telephone: 8948 0523
Fax: 8948 1633
Website: www.missionaustralia.com.au
Hours: Mon-Fri: 2:00pm-8:00am
Admissions from 2:00pm-2:00am
Sat: 4:00am-8:00am
Admissions from 4:00pm-2:00am
Parent Body: Mission Australia

Caryota Place Sobering Up Shelter provides safe, alternate accommodation for intoxicated people and reduces the risk of harm to individuals and the community.

Community Visitor Program

Location:	c/- Anti-Discrimination Commission 7 th Floor 9-11 Cavenagh Street DARWIN
Postal:	c/- Anti-Discrimination Commission LMB 22 DARWIN NT 0801
Telephone:	8999 1451
Freecall:	1800 021 919
Fax:	8981 3812
Email:	cvpprogram.adc@nt.gov.au
Website:	www.cvp.nt.gov.au
Hours:	Mon-Fri: 8:00am-4:30pm
Parent Body:	Anti-Discrimination Commission

The Community Visitor Program (CVP) is an independent service located in the Anti-Discrimination Commission. Its purpose is to protect the rights of people receiving treatment under the Mental Health and Related Services Act (NT) 1998.

The program:

- offers a specialist mental health complaints service;
- provides advocacy and support for people receiving treatment and their carers; and
- monitors services in inpatient facilities (such as Cowdy Ward and JRU in Darwin and the Mental Health Unit in Alice Springs).

The functions of the CVP are achieved through two mechanisms, community visitors and community visitors panels. Community visitors visit Cowdy Ward and JRU in Darwin and the Mental Health Unit in Alice Springs regularly.

GROW

Location: Rapid Creek Business Village
48 Trower Road RAPID CREEK
Postal: PO Box 41603 CASUARINA NT 0811
Telephone: 8985 4799
Freecall: 1800 558 268
Fax: 8985 6799
Email: nt@grow.net.au
Website: www.grow.net.au
Hours: Mon-Fri: 10:00am-3:00pm
Day to day living drop-in centre
Parent Body: GROW

GROW has mutual help groups for people who want to recover from emotional breakdown or mental illness or who want to prevent breakdown. GROW uses a proven 12-step program based on the principles of self activation and mutual help that contributes to improving quality of life. Groups meet weekly, are anonymous non-denominational and free. Phone our office for meeting places and times.

Guide Dogs Association of SA & NT

Location: 4/5 Keith Lane FANNIE BAY
Postal: PO Box 154 PARAP NT 0804
Telephone: 8981 5488
Freecall: 1800 738 855
Fax: 8981 0820
Email: info@guidedogs.org.au
Website: www.guidedogs.org.au
Hours: Mon-Fri: 9:00am-5:00pm
Parent Body: Guide Dogs Association SA

Vision Services (orientation and mobility).

Headspace Top End

Location: Shop 15 Palmerston Oasis Shopping Centre
Postal: PO Box 36506 WINNELLIE NT 0821
Website: www.headspace.org.au/topend
Hours: Mon-Fri: 8:30am-5:00pm
Parent Body: Anglicare NT

A youth friendly community based health service for young people aged 12-25 years of age. A place young people can receive help for a range of issues including health, mental health, education, work and drug and alcohol problems. A confidential low cost or free service depending on situation.

A locally run service that has been set up by organisations that understand your community. A place where young people and their families are encouraged to become involved.

Health Connections for Youth

Location: 5 Namarluk Drive LUDMILLA
Postal: PO Box 36506 WINNELLIE NT 0821
Telephone: 8985 0000
Fax: 8985 0001
Email: anglicare@anglicare-nt.org.au
Website: www.anglicare-nt.org.au
Hours: 8:30am-5:00pm
Parent Body: Anglicare NT

Assists young people aged 12-25 years who are homeless or at risk and have health issues. HCY provides information referral, advocacy and support to young people accessing health services. Young people are supported to address their physical, emotional and social health needs via a case management model or group work.

Integrated Disability Action Inc (IdA)

Location: 4/18 Bauhinia Street NIGHTCLIFF
Postal: PO Box 645 NIGHTCLIFF NT 0814
Telephone: 8948 5400
Fax: 8948 5409
Email: ida1@bigblue.net.au
Website: www.idainc.org.au
Hours: Tues, Wed, Thurs: 10:00am-3:00pm

IdA provides representation and support to people with disabilities, their families, carers and guardians. Their primary objective is to encourage and assist people with disabilities to become empowered and ensure their voices are heard resulting in a better quality and equality of life for people who have a disability. IdA lobbies and advocates across the three levels of Government and also Non Government organisations, concerning all disability issues. Members meetings are held bi-monthly where they invite guest speakers, provide information and socialise. IdA also distributes a newsletter every second month. IdA invites you to become a member now. Only through membership and support, can they speak with a strong and united voice to all 3 levels of Government.

Medical Transport Service

Location: 2 Caryota Court COCONUT GROVE
Postal: PO Box 218 NIGHTCLIFF NT 0814
Telephone: 8948 0042
Fax: 8948 1633
Website: www.missionaustralia.com.au
Hours: Mon-Fri: 8:00am-4:00pm
Parent Body: Mission Australia

The Medical Transport Service provides a transport and driver liaison service to Aboriginal and Torres Strait Islander people, individuals with limited financial means, and individuals who are disadvantaged. The service provides for Renal patients, Aerial Medical patients, Northern Rehabilitation Network clients and HACC clients. Other limited services are provided to people with disabilities and wheelchair clients.

Northern Territory AIDS and Hepatitis Council

Location: 46 Woods Street DARWIN
Postal: GPO Box 2826 DARWIN NT 0801
Telephone: 8941 1711
Freecall: 1800 880 899
Fax: 8941 2590
Email: info@ntahc.org.au
Website: www.ntahc.org.au
Hours: Mon-Fri: 9:00am-5:00pm
Needle Syringe Program –
Mon-Fri: 9:00am-5:00pm
Sat: 9:00am-2:00pm

The NT AIDS and Hepatitis Council (NTAHC) provides information and education on HIV, Hepatitis C, safe sex, harm reduction and treatments. Additionally the Council provides support and advocacy services for people who are HIV or Hepatitis C positive. Safe sex and injecting equipment are available through the needle and syringe services located in Darwin at the above address and also within the Palmerston Health Precinct.

Other services include: support for same sex attracted youth, gay, lesbian, bi-sexual, transgender and intersex (GLBTI) and men who have sex with men (MSM).

NT Friendship and Support

Location: 10/18 Randazzo Plaza
Katherine Terrace KATHERINE
Postal: PO Box 626 KATHERINE NT 0851
Telephone: 8971 0027
Fax: 8971 2747
Email: nfriendship6@bigpond.com

Providing respite and friendship programs for aged and disability clients in the Katherine region.

Palmerston Community Care Centre

Location: Palmerston Health Precinct
Cnr Temple Terrace & Roystonea Avenue
PALMERSTON
Postal: PO Box 40596 CASUARINA NT 0811
Telephone: 8999 3344
Fax: 8999 3333

Primary Health Care

Mon, Tues, Thurs, Fri: 8:00am-5:00pm

Wed: 8:00am-12:30pm

Child & Maternal Health

Mon, Thurs, Fri: 8:10am-4:30pm (appointment only)

Tues: 8:00am-4:00pm (drop in only)

Wed: 8:10am-12:00pm (appointment only)

NT Pensioner & Carer Concession Enquiries

Mon-Fri: 8:00am-4:00pm (telephone 8999 3344)

Palmerston Recreation Centre YMCA

Location: 11 The Boulevard (Cnr Frances Mall)
PALMERSTON (opp Palmerston City Council)
Postal: PO Box 2023 PALMERSTON NT 0831
Telephone: 8935 9777
Fax: 8931 0122
Email: recreationcentre.palmerston@ymca.org.au
Website: www.topend.ymca.org.au
Hours: Mon-Thurs: 6:00am-8:00pm
Fri: 6:00am-7:00pm
Sat: 8:00am-3:00pm
Sun & Public Holidays: 9:00am-1:00pm
Parent Body: YMCA of the Top End

The Palmerston Recreation Centre YMCA has a variety of programs and facilities for all ages.

Facilities:

- Health Club (weights room & cardio café)
- Multipurpose room
- Sports stadium
- Upstairs court view seats
- Child minding room
- Conference room
- Kiosk
- Kiosk seating
- Paved outdoor function area
- Outdoor basketball hoop
- BBQ hire
- Close to public transport & car parks

Wheelchair accessPrograms:

- Group Fitness classes (members & casuals welcome)
- Health Club (personal training, health consults, members & casuals welcome)
- Social Sports – basketball, netball, volleyball, indoor soccer
- Palmerston YMCA Badminton Club
- Children’s Sport Clinics
- Teen Gym

TEAMhealth (Top End Association for Mental Health Inc)

Location: Level 5
62 Cavenagh Street DARWIN
Postal: GPO Box 4050 DARWIN NT 0801
Telephone: 8943 9600
Fax: 8943 9601
Email: teamhealth@teamhealth.asn.au
Website: www.teamhealth.asn.au
Hours: Mon-Fri: 9:00am-5:00pm
excluding public holidays

Parent Body

TEAMhealth offers a range of programs for people affected by mental illness. TEAMhealth's services are strength based recovery focussed and consistent with the framework of the National Mental Health Plan and Standards. Programs include:

- Byte Café and Sparkle Laundromat at Rapid Creek Business Village Darwin, managed by TEAMhealth: training/employment opportunities for people who access our services;
- Community Housing Program;
- Day to Day Living (D2DL) Program - drop-in, support groups;
- Family & Youth Service;
- Personal Helpers and Mentors (PHaM) Program - servicing Darwin's wider rural area;
- Recovery Assistance Program;
- Respite Program;
- Sub Acute Care Program - residential and community based services;
- The Manse.

Referral criteria vary for each program. Please contact Program Team Leaders for more information.

Vision Australia

Location: 13-17 Scaturchio Street CASUARINA
Postal: PO Box 43056 CASUARINA NT 0811
Telephone: 8927 1133
Fax: 8927 8431
Email: camille.fonglim@visionaustralia.org
Website: www.visionaustralia.org.au

Vision Australia is a living partnership between people who are blind, sighted or have low vision. We are united by our passion that in the future people who are blind or have low vision will have access to and fully participate in every part of life they choose.

YMCA Palmerston Aquatic & Lifestyle Centre

Location: 31 Tilston Avenue MOULDEN
Postal: PO Box 2023 PALMERSTON NT 0831
Telephone: 8932 3474
Fax: 8932 3470
Email: leisure.palmerston@ymca.org.au
Website: www.topend.ymca.org.au
Hours: Mon-Fri: 6:00am-7:00pm
Weekends & Public Holidays: 9:00am-7:00pm
Closed – Christmas Day, Boxing Day & New Years Day
Parent Body: YMCA of the Top End

The YMCA Palmerston Aquatic and Lifestyle Centre offers a variety of options including Health and Fitness facilities, Aquatic Education and a selection of activities and programs to the wider community. With fully qualified lifeguards on pool deck and helpful customer service staff, the centre is a safe and enjoyable environment for all ages.

The facility features:

- 8 lane 50m Olympic size swimming pool – equipped with a retractable shade covering.
- Toddler pool with a central mushroom water feature.
- Group Fitness Classes – YMAX, Deep Water Running, Fast N Furious Boot Camps.
- Lifestyle Gym & Personal Training Studio.
- Dance Classes – Hip Hop & Groove.
- Wet N Wild Holiday Program.
- Birthday Parties & Waterrockety.
- Massage & Sports Rehabilitation Therapy.
- Under cover areas – equipped with metal table settings, shaded grass areas, barbeque hire, kiosk, open grass spaces & large change rooms.

LEGAL ASSISTANCE

Community Justice Centre

Location: 7th Floor 9/11 Cavenagh Street DARWIN
Postal: GPO Box 1722 DARWIN NT 0801
Freecall: 1800 000 473
Fax: 8981 3812
Email: cjc.doj@nt.gov.au
Website: www.communityjusticecentre.nt.gov.au
Hours: Mon-Fri: 8:00am-4:21pm
Parent Body: Department of Justice

The Community Justice Centre (CJC) has been established by the Northern Territory Government to provide mediation services to the community to help people resolve their own disputes without legal action. Our service is free, confidential, voluntary, timely and easy to use.

The CJC can assist you with a wide range of disputes including:

- Local community/neighbourhood disputes over such things as a fence, noise, pets, trees, property damage and people's behaviour;
- Workplace communication;
- Clubs and organisations whose members are in conflict;
- Relationships between family members;
- Small claims/civil claims;
- Victim Offender Conferencing;
- Many other types of disputes.

Mediations can be arranged during the day, evening or weekends. Free Interpreter services are available for mediations.

Darwin Community Legal Service

Location: 8 Manton Street DARWIN
Postal: GPO Box 3180 DARWIN NT 0801
Telephone: 8982 1111
Freecall: 1800 812 953
Fax: 8982 1112
Email: info@dcls.org.au
Website: www.dcls.org.au
Hours: Mon, Tues, Thurs, Fri: 9:00am-5:00pm
Wed: 9:00am-1:00pm

Darwin Community Legal Service (DCLS) is a community organisation that promotes social justice and community legal education.

DCLS provides a range of free services, including:

- Legal Advice and Referral
- Aged and Disability Rights
- Welfare Rights
- Tenants' Advice Service
- Community Education and Publications
- Human Rights and Public Interest Law.

DCLS provides free legal advice at weekly advice sessions in Darwin, Casuarina and Palmerston and monthly in Katherine.

A limited telephone advice service is also available for people unable to attend these advice sessions. Please contact DCLS for information.

Darwin Financial Counselling

Location: 5 Namarluk Drive LUDMILLA
Postal: PO Box 36506 WINNELLIE NT 0821
Telephone: 8985 0000
Fax: 8985 0001
Email: anglicare@anglicare-nt.org.au
Website: www.anglicare-nt.org.au
Hours: 8:30am-5:00pm
Parent Body: Anglicare NT

Financial Counselling is the provision of free, confidential and non judgemental service for those experiencing financial hardship, specialising in credit law, advocacy, money management skills, and the provision of bankruptcy information.

Domestic Violence Legal Service

Location: NT Legal Aid Commission
5th Floor 9-11 Cavenagh Street DARWIN
Postal: Locked Bag 11 DARWIN NT 0801
Telephone: 8999 3000
Freecall; 1800 019 343
Fax: 8999 3060
Email: info@ntlac.nt.gov.au
Website: www.ntlac.nt.gov.au
Hours: Mon-Fri: 8:00am-4:30pm
Parent Body: NT Legal Aid Commission

The Domestic Violence Legal Service (DVLS) provides free legal advice and, where appropriate, legal representation or referral to people experiencing or at risk of domestic and family violence. Appointments are available in both Darwin and Palmerston.

North Australian Aboriginal Family Violence Legal Service (NAAFVLS)

Location: Level 2 Qantas Building
16 Bennett Street DARWIN
Postal: GPO Box 1430 DARWIN NT 0801
Telephone: 8923 8200
Freecall: 1800 041 998
Fax: 8941 6020
Email: info@naafvls.com.au
Hours: Mon-Fri: 8:30am-4:30pm

NAAFVLS is based in Darwin and provides an outreach service to Wadeye, Angurugu, Kunbarlanjinja, Nhulunbuy, Yirrkala, Ski Beach, Nguiu, Milikapiti and Pirlangimpi. They provide legal advice and casework assistance; assistance and support to victims of family violence; support and referral services; and community awareness and prevention initiatives.

North Australian Aboriginal Justice Agency (NAAJA)

Location: 1 Gardiner Street DARWIN
Postal: GPO Box 1064 DARWIN NT 0801
Telephone: 8982 5100
Freecall: 1800 898 251
Fax: 8982 5199
Email: mail@naaja.org.au
Website: www.naaja.org.au
Hours: 8:00am-4:30pm

NAAJA provides a range of services for Indigenous people in the Top End, including legal aid (criminal, civil and family law), community legal education and advocacy for the rights of Aboriginal people before the law.

Top End Women's Legal Service

Location: Ground Floor Deloitte Building
62 Cavenagh Street DARWIN
Postal: GPO Box 1901 DARWIN NT 0801
Telephone: 8982 3000
Freecall: 1800 234 441
Fax: 8941 9935
Email: tewls@clc.net.au
Hours: Mon-Fri: 8:30am-4:30pm

TEWLS is a specialist service that offers free confidential legal advice and referral for women. Free telephone legal advice is available for women outside the Darwin area. The service provides community legal education and is active on law reform issues relevant to women. TEWLS is committed to promoting women's equality before the law and Women's Justice.

Legal advice session times:

Mon: 10:00am-12:00pm, Palmerston Community Care Centre.

Wed: 5:15pm-6:00pm, Ground Floor Deloitte Building.

Please contact TEWLS for an appointment for both sessions. TEWLS will arrange for an interpreter prior to an appointment request.

Victims of Crime NT Inc

Location: 1/8 Knuckey Street DARWIN
Postal: GPO Box 1258 DARWIN NT 0801
Telephone: 8941 0995
Freecall: 1800 672 242
Fax: 8941 0459
Email: manager@victimsofcrime.org.au
Website: www.victimsofcrime.org.au
Hours: Mon-Fri: 9:00am-4:30pm Officer hours
24 hour phone support

Victims of Crime NT is a community based organisation, established in 1995 to support victims in the NT affected by crime. The organisation provides support, information, referral and advocacy to victims of crime that access their Toll free phone number 1800 672 242, 24 hours a day 7 days a week.

Witness Assistance Service

Location: Level 3 Old Admiralty Tower
68 Esplanade DARWIN
Postal: GPO Box 3321 DARWIN NT 0801
Telephone: 8935 7500
Freecall: 1800 659 449
Fax: 8935 7552
Email: wasdpp.doj@nt.gov.au
Website: www.nt.gov.au/justice/dpp
Hours: Mon-Fri: 8:00am-4:21pm
Parent Body: Office of the Director of Public Prosecutions

As a victim or witness you, or members of your family, may be involved in a criminal prosecution. You will deal with many different people before the case comes to court. You may have questions. You can contact the Witness Assistance Service at the Director of Office of the Public Prosecutions (ODPP) for assistance. We can help you understand how the legal and court systems work.

RESOURCES & INFORMATION

Aged and Disability Rights Team (ADRT)

Location: 8 Manton Street DARWIN
Postal: GPO Box 3180 DARWIN NT 0801
Telephone: 8982 1111
Freecall: 1800 812 953
Fax: 8982 1112
Email: info@dcls.org.au
Website: www.dcls.org.au
Hours: Mon, Tues, Thurs, Fri: 9:00am-5:00pm
Wed: 9:00am-1:00pm

The ADRT is a free, independent, confidential advocacy service. The ADRT promotes and protects the rights of people receiving care and services in an aged care facility or in the community, anyone with a disability, and their representatives, who

- cannot exercise their rights without assistance
- do not have access to any other assistance in exercising their rights
- are dependent on services over which they may have little control.

The ADRT supports people who have rights issues about

- where they live
- their work
- the care they receive
- abuse
- privacy.

The ADRT can provide

- information about rights
- referral to other services
- support and representation of your interests.

Anti-Discrimination Commission

Location:

Darwin	Level 7 9-11 Cavenagh Street DARWIN
Alice Springs	Ground floor Centre Point Building 54 Hartley Street ALICE SPRINGS
Postal:	LMB 22 GPO DARWIN NT 0801
Telephone:	8999 1444
Freecall:	1800 813 846
Fax:	8981 3812
Email:	administrationadc@nt.gov.au
Website:	www.adc.nt.gov.au
Hours:	Mon-Fri: 8:00am-4:21pm
Parent Body:	NT Government

The Anti-Discrimination Act promotes equality of opportunity in the Territory by protecting people from unlawful discrimination in the specific areas of education; work; accommodation; goods, services and facilities; clubs; insurance and superannuation; and from sexual harassment.

If you feel you have been discriminated against or treated unfairly; or for information on your rights and responsibilities or to organise training, contact the Anti-Discrimination Commission.

Arthritis & Osteoporosis NT

Location: 6 Caryota Court COCONUT GROVE
Postal: PO Box 452 NIGHTCLIFF NT 0814
Telephone: 8948 5232
Freecall: 1800 011 041
Fax: 8948 5234
Email: health.educator@aont.org.au
Hours: Mon-Fri:9:30am-2:30pm
Parent Body: Arthritis Australia and Osteoporosis Australia

Arthritis and Osteoporosis are two very different diseases. They occur in the muscles, bones and joints of our body. When we manage a disease like this our body becomes tired and sore. Our feelings also change. Our health educator takes the time, in private consultation, to listen to the many changes that may be happening for each person. Sometimes it is worthwhile seeking a counsellor. We offer courses that provide techniques that are simple and beneficial to use to manage your feelings and the changes in your body. The course is 2.5 hours a week for 6 weeks. Meeting others with similar changes is useful in understanding there are many people seeking help, and we are not alone. A book is used with the course and can be purchased separately or borrowed from our member library. We try to make our services affordable and our members always receive a discount. The consultations are free. The 6 week self management course costs about \$60.

Autism NT

Location: Shop 19 Nightcliff Shopping Centre
Dick Ward Drive NIGHTCLIFF
Postal: PO Box 36595 WINNELLIE NT 0821
Telephone: 8948 4424
Fax: 8948 4014
Email: autismnt@bigpond.net.au
Website: www.autismnt.com.au
Hours: Mon-Fri: 9:00am-2:30pm
Sat: 9:00am-1:00pm

Autism Northern Territory Inc provides access to information, resources and support for parents, carers, professionals and therapists of individuals on the Autism Spectrum across the Northern Territory. Parent support groups are facilitated fortnightly across the Darwin, Palmerston and rural area for all parents and carers. Monthly meetings are held in Alice Springs which is a good opportunity to meet with other parents/carers. Check our website for our newsletter and upcoming workshops and events.

CAAPS

Location: 60 Boulter Road BERRIMAH
Postal: PMB 22 BERRIMAH NT 0828
Telephone: 8922 4800
Fax: 8922 4832
Email: caaps@caaps.org.au
Website: www.caaps.org.au
Hours: Mon-Fri: 8:00am-5:00pm
Client contact hours on request

CAAPS is an Alcohol and Other Drugs residential service that caters for the whole family. CAAPS believes in a holistic approach to recovery and encourages family members to participate in their family member recovery process.

Young people with Volatile Substance Misuse are catered for through our Youth Well Being Program. CAAPS also offers training through its own RTO.

Please access our website or call CAAPS for further information regarding our programs.

Darwin Public Libraries

Casuarina Library

Location: 17 Bradshaw Terrace CASUARINA
Postal: GPO Box 84 DARWIN NT 0801
Telephone: 8930 0200
Fax: 8945 0004
Email: dccl@darwin.nt.gov.au
Website: www.darwin.nt.gov.au
Hours: Mon, Tues, Thurs, Fri: 9:00am-5:45pm
Wed: 9:00am-7:30pm
Sat: 9:00am-12:00pm
Sun: 1:00pm-4:00pm

Parent Body: Darwin City Council

City Library

Location: Civic Centre
17 Harry Chan Avenue DARWIN
Postal: GPO Box 84 DARWIN NT 0801
Telephone: 8930 0230
Fax: 8930 0233
Email: dccl@darwin.nt.gov.au
Website: www.darwin.nt.gov.au
Hours: Mon-Fri: 9:00am-5:30pm
Sat: 9:00am-12:00pm

Parent Body: Darwin City Council

Karama Library

Location: Karama Shopping Centre
Kalymnos Drive KARAMA
Postal: GPO Box 84 DARWIN NT 0801
Telephone: 8927 2505
Fax: 8927 2599
Email: dccl@darwin.nt.gov.au
Website: www.darwin.nt.gov.au
Hours: Mon-Thurs: 10:00am-5:30pm
Fri: 1:00pm-5:30pm
Sat: 9:00am-12:00pm

Parent Body: Darwin City Council

Nightcliff Library

Location: 10-12 Pavonia Place NIGHTCLIFF
Postal: GPO Box 84 DARWIN NT 0801
Telephone: 8985 1461
Fax: 8948 0635
Email: dccl@darwin.nt.gov.au
Website: www.darwin.nt.gov.au
Hours: Mon-Thurs: 10:00am-5:30pm
Fri: 1:00pm-5:30pm
Sat: 9:00am-12:00pm

Parent Body: Darwin City Council

Darwin City Council libraries offer a huge selection of fiction and non-fiction books, newspapers, magazines, CDs and DVDs. Up to 15 items may be borrowed at any one time. A wide range of facilities such as free access to Email and the Internet, and online resources are available as well as periodic word processing and Internet training.

Regular age-specific Storytime sessions are held at all libraries plus Babes 'n' Books, an educational program for parents to encourage a love of language and literacy in their new babies.

During the school holidays, comprehensive holiday programs cater for children of all ages including special youth programs and events. Each library has easy wheelchair access; hand held magnifying readers; push trolleys for carrying books; and Multi Walkers with lockable brakes, padded seat and wire basket providing easier mobility for elderly and infirm customers.

Modified computers are available specifically designed for people with visual impairment and physical and intellectual disabilities. A Housebound Service is offered to customers unable to visit their library personally due to frailty, injury or disability. Temporary Housebound Membership can also be extended to those who are only housebound due to a temporary injury or operation.

DeafNT Inc

Location: Shop 14 Casuarina Plaza
258 Trower Road CASUARINA
Postal: As above
Telephone: 8945 2016
TTY: 8945 1880
Fax: 8945 2016
Email: deafnt@bigpond.net.au
Website: www.deafnt.org.au
Hours: Mon-Fri: 9:00am-1:00pm
Other times by appointment

DeafNT is a not for profit information and referral service, which provides support to deaf and hard of hearing people of all ages. DeafNT provides referrals to relevant organisations, Australian Sign Language (Auslan) classes, individual advocacy, social opportunities and more. We facilitate support groups as the need is identified, such as for parents, tinnitus sufferers and Indigenous deaf and hard of hearing people.

DeafNT has information and resources on TV captioning, hearing loss, Auslan, deaf history and culture, assistive technology and Auslan interpreters.

DeafNT also advocates for access to communication and education for children who are deaf and hard of hearing.

DeafNT has links with organisations such as Deaf Australia, Better Hearing Australia, Deaf Children Australia, and Australian Tinnitus Association.

Family and Children's Services Adoption Unit

Location: Shop 9 Ground Floor Casuarina Plaza
Cnr Trower Rd & Vanderlin Dve CASUARINA
Postal: PO Box 40596 CASUARINA NT 0811
Telephone: 8922 7077
Freecall: 1300 360 208
Fax: 8922 7480
Email: adoptions.ths@nt.gov.au
Website: www.health.nt.gov.au
intercountryadoption@ag.gov.au
Hours: Mon-Fri: 8:00am-4.21pm
Parent Body: Department of Health & Community Services

The Adoption Unit has two main functions.

1. To facilitate the adoption of babies/children to prospective parents and
2. The linking of adopted and relinquishing persons with their birth families.

Adopted persons and birth parents may obtain information about their birth families once the children turn 18 years of age. Counselling is available to persons seeking any of our services. We also offer support to women who experience unplanned pregnancies.

The adoption of babies/children born either locally or overseas is an involved process and prospective parents should be committed to their decision as the adoption process often takes several years. We are the only accredited body to perform adoption functions in the Northern Territory. For further information please refer to contact details.

FREEPS (Free Recreation and Entertainment for Everyone in the Parks)

Postal: GPO Box 84 DARWIN NT 0801
Telephone: 8930 0300
Fax: 8930 0311
Email: dcc@darwin.nt.gov.au
Website: www.darwin.nt.gov.au
Hours: 3:00pm-6:00pm (on average)
Monthly during the dry season
Parent Body: Darwin City Council

FREEPS is a family oriented recreation program of the Community Services Department of Darwin City Council.

FREEPS provides FREE entertainment and activities for families and children up to 13 years. FREEPS is held monthly on average on a Saturday or Sunday during the dry season in Darwin's beautiful parks and exciting public venues with each event making the most of its location.

Bring a picnic for the family to enjoy or light refreshments are also available for purchase.

Venue details are advertised on Council's website and flyers can be obtained from Council's four public Libraries and Customer Services Section.

Fun Bus

Location:	Refer below
Postal:	GPO Box 84 DARWIN NT 0801
Telephone:	8930 0300
Fax:	8930 0311
Email:	dcc@darwin.nt.gov.au
Website:	www.darwin.nt.gov.au
Hours:	Mon-Fri: 9:30am-11:30am
Parent Body:	Darwin City Council

The Fun Bus is a mobile playgroup service that is jointly funded by the Department of Health and Community Services and Darwin City Council. Playgroup sessions are conducted for children aged 0 - 5 years of age to attend with their parents and carers. The Fun Bus provides programmed activities such as water play, craft and story time as well as ride-on toys and more.

The Fun Bus operates Monday to Friday between 9:30 and 11:30 am except for the December/January School holidays and public holidays. During the dry season, the Fun Bus operates from five outdoor venues each week.

- Monday at The Bagot Community – Bagot Road Ludmilla
- Tuesday at Old McMillans Park – Old McMillans Road Coconut Grove
- Wednesday at The Water Gardens – Trower Road Rapid Creek
- Thursday at Malak Caravan Park – McMillans Road Malak
- Friday at Civic Park – Smith Street Darwin.

From February until mid March each year, a wet season program is conducted at the Malak Community Centre.

There is no charge for activities, however, families are asked to bring a piece of fruit to share at morning tea (one only per family). Sunscreen and cold drinking water are also available.

Fun In The Parks

Postal: GPO Box 84 DARWIN NT 0801
Telephone: 8930 0300
Fax: 8930 0311
Email: dcc@darwin.nt.gov.au
Website: www.darwin.nt.gov.au
Hours: Mon, Wed, Fri: 10:00am-12:30pm
During school holidays
Parent Body: Darwin City Council

Fun in the Parks is funded by Darwin City Council and provides a range of free activities for primary school aged children at various ovals and parks in the municipality so that all children can attend at a venue near to their home.

We welcome and encourage parent/carer attendance and participation. Activities include water play including a slide (depending on the weather), ball games, face painting and lots of other fun. Activities are supervised and cold drinking water and sunscreen are also available.

Fun in the Parks operates between 10.00am and 12.30pm each Monday, Wednesday and Friday during school holidays except public holidays and the 2 weeks over Christmas and the New Year.

Venues details are advertised on Council's website and flyers can be obtained from Council's four public Libraries and Customer Services Section.

Mental Health Carers NT Inc

Location: 1/18 Bauhinia Street NIGHTCLIFF
Postal Address: PO Box 40556 CASUARINA NT 0811
Telephone: 8948 1051
Fax: 8948 2473
Email: mentalhealthcarers@inet.net.au
Website: www.mentalhealthcarersnt.org
Hours: Mon-Fri: 8:30am-4:30pm

Mental Health Carers NT Inc provides support to carers (relatives or friends) of people living with a mental illness. We provide education, information, emotional support, advocacy, and respite to mental health carers and drop-in social and recreational programs for those living with a mental illness.

Multicultural Council of the NT

Location:	Shop 15 Malak Shopping Centre Malak Place MALAK
Postal:	PO Box 299 SANDERSON NT 0813
Telephone:	8945 9122
Fax:	8945 9155
Email:	admin@mcnt.org.au
Website:	www.mcnt.org.au
Hours:	Mon-Fri: 8:30am-5:00pm (except public holidays)
Parent Body:	Federation of Ethnic Communities Council of Australia (FECCA)

The Multicultural Council of the NT is the peak body dedicated to advocacy and representing the interest, concerns and aspirations of Territorians from culturally and linguistically diverse (CALD) backgrounds, newly arrived migrants and refugees particularly those from non-English speaking background (NESB). The aim of MCNT is to promote multiculturalism as a policy for all Australians and to work for social justice.

Services offered:

- Community Migration Assistance Service – free advice for low-income earners dealing with family and humanitarian visa applications only.
- Provision of up-to-date information on events, services available and referrals.
- Represents and provides support services to its members.
- Provide services and cultural support groups and workshops in response to identified service gaps and needs in particular of NESB communities in the Territory.
- Undertake specific projects aimed at addressing the needs of CALD communities and NESB people.

NT Working Women's Centre

Location: 1/98 Woods Street DARWIN
Postal: GPO Box 403 DARWIN NT 0801
Telephone: 8981 0655
Freecall: 1800 817 055
Fax: 8981 0433
Email: admin@ntwwc.com.au
Website: www.ntwwc.com.au
Hours: Mon-Fri: 9:00am-5:00pm

The NT Working Women's Centre provides free and confidential information, advice and support to women about work related matters. Women with questions about their pay, discrimination, sexual harassment, unfair dismissal or other work related issues should call for an appointment.

Ozanam Outreach Centre

Location: 2 Westralia Street STUART PARK
Postal: PO Box 910 PARAP NT 0804
Telephone: 8981 4374
Fax: 8981 1950
Email: ozanamhouse@svdpnt.org.au
Hours: Mon-Fri: 8:00am-4:00pm
Sat & Sun: 11:00am-1:00pm
Parent Body: St Vincent De Paul

Ozanam House provides breakfast 8:30am-9:30am and lunch 11:30am-12:30pm. A self service laundry, toilets and showers, a library, a daily mail service and post box, storage, free bread, case management, referral to specialist services, advocacy, a music program, Centrelink attendance, an arts program, transport to appointments, a safe and secure environment, a place to relax. Ozanam House is an Outreach Service for all people who are homeless and/or disadvantaged. We welcome everyone in genuine need.

The SHAK

Location: 3/58 Bradshaw Terrace CASUARINA
Postal: GPO Box 81 DARWIN NT 0801
Telephone: 8927 8371
Fax: 8924 3939
Email: theshak@bigpond.net.au
Website: www.beanbag.net.au/shak
Hours: Tues: 3:00pm-8:00pm
Wed: 3:00pm-8:00pm
Thurs: 3:00pm-8:00pm
Fri: 3:00pm-9:00pm
Sat: 12:00pm-6:00pm
Parent Body: Australian Red Cross

The SHAK provides recreational and developmental activities after school 5 days a week. As well as dance parties and holiday programs. The SHAK can provide referrals and general advice.

Total Recreation

Location: 2/98 Woods Street DARWIN
Postal: GPO Box 3217 DARWIN NT 0801
Telephone: 8981 3686
Fax: 8981 3616
Email: totalrecreation@bigpond.com
Website: www.totalrecreation.org.au
Hours: Mon-Fri: 9:00am-5:00pm

Mission Statement:

'To create opportunities for people with a disability to be involved and included in sport and recreation activities within the community'.

Total Recreation is a not for profit service providing access to sport and recreation throughout the NT. We offer support to persons with a disability (intellectual, physical, sensory or psychiatric) aged 9 years onwards who wish to access community recreation. The recreational activity is the choice of the individual based on the goals they wish to achieve. Support is offered on both group and individual programs. We strive to create pathways for our members in their sporting recreational pursuits, which has lead to many of our members representing the NT at National Championships, such as basketball, tenpin bowling and lawn bowls.

SEXUALITY

Sisters Project

Location: 11 Malak Crescent Malak NT 0812
Postal: As above
Telephone: 8945 1372
Fax: 8945 6588
Email: sistersproject@ywcaofdarwin.org.au
Hours: Tues, Thurs & Fri
Parent Body: YWCA of Darwin

Support services project, outings and activities for young women
12 – 25. Young mums welcome.

SUBSTANCE ABUSE

Alcohol and Other Drugs Services – Centacare NT

Location: 17 Hidden Valley Road BERRIMAH
Postal: PO Box 132 BERRIMAH NT 0828
Telephone: 8944 2000
Fax: 8944 2099
Email: darwin@centacare-nt.org.au
Website: www.centacare-nt.org.au
Hours: Mon-Fri: 8:30am-5:00pm

Centacare NT's Alcohol and Other Drugs Services provide group sessions, counselling, education and information for families where alcohol or other drug use is causing problems. We also provide a free and confidential service known as DAISY which supports young people aged 12 to 19 who are affected by their own drug and/or alcohol issues or impacted by a family member's use. Services are provided in Darwin, Palmerston, Wadeye and Nguiu with outreach programs to remote areas.

Alcoholics Anonymous (AA)

Location: Room 5A Nightcliff Community Centre
18 Bauhinia Street NIGHTCLIFF
Postal: PO Box 40760 CASUARINA NT 0811
Telephone: 8948 5202 – 24 hours
Hours: Mon-Fri: 11:00am-2:00pm

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self supporting through our own contributions. AA is not allied with any sect, denomination or politics, organisation or institution; does not wish to engage in any controversy, and neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics achieve sobriety.

Banyan House (Alcohol & Drug Rehabilitation)

Postal: PO Box 312 BERRIMAH NT 0828
Telephone: 8947 0832
Fax: 8947 1093
Email: admin@banyanhouse.org.au
Hours: Mon-Fri: 9:00am-5:00pm
Parent Body: Forster Foundation for Drug Rehabilitation Inc

Banyan House is a medium to long-term residential facility. Therapeutic Community Services are provided for adult (over 18) men and women, including women with children. Services include residential withdrawal and rehab programs, DOA assessments, parents and children program, community education and information and court and Police diversion services.

The Salvation Army Drug & Alcohol Services

Location: Salonika Street STUART PARK
Postal: PO Box 37985 WINNELLIE NT 0821
Telephone: 8981 4199
Fax: 8981 1184
Email: d&ast@aus.salvationarmy.org
Hours: Mon-Fri: 8:00am-4:00pm
Parent Body: The Salvation Army

Withdrawal services 5-7 days for males only.

Rehabilitation services 12 weeks – male and female residential or day attendance. Program includes counselling, group classes and discussions, social and recreational activities.

The service has an integrated approach covering physical, mental, emotional and spiritual recovery from drug and alcohol misuse. A harm minimisation approach is presented. Post-After program support and practical help is given to assist integration back into the community.

USEFUL CONTACTS

Aged Care Assessment Team	8922 7392
Alcoholics Anonymous.....	8948 5202
Alzheimer's Australia NT	8948 5228
Anglicare Respite Services.....	8985 0000
Arthritis Foundation	8948 5232
Asthma Foundation	8981 6066
Autism NT.....	8948 4424
Australian Breastfeeding Association	8411 0050
Billings Ovulation Method Centre	1800 812 722
Breast Screen NT	13 2050
Camp Quality	8985 4433
Cancer Council of the NT	8927 4888
Casuarina Community Care Centre	8922 7301
Childbirth Education Association	8948 3043
Council on the Ageing.....	8941 1004
Darwin City Council	8930 0300
Darwin City Council Children & Community	8930 0561
Darwin City Council TTY (Hearing Impaired).....	8930 0577
Darwin Community Legal Service	8982 1111
Darwin Dental Clinic	8922 6466
Darwin Family Day Care	8945 2945
Deafness Association NT (Voice and TTY)	8945 2016
Defence Community Organisation	8935 7900
Department of Consumer Affairs	8999 1999
Disability Hotline (Darwin City Council)	8930 0556
Down Syndrome Association.....	8985 6222
Family Planning Welfare Association	8948 0144
Guide Dogs Association.....	8981 5488
Healthy Living of the Northern Territory.....	8927 8488
Heart Foundation	8981 1966
Integrated Disability Action Inc (IdA)	8948 5400
Karama Community Care Centre	8927 7532
Linkcare.....	8928 1442
Mastectomy and Breast Cancer Support Group.....	8927 4888
Meals on Wheels	8920 3716

Multiple Sclerosis Society	8948 5300
Nightcliff Community Care Centre	8948 9088
NT Government Switchboard	8999 5511
NT Interpreter and Translation Service	8999 8506
NT Legal Aid Commission	8999 3000
NT Working Women's Centre	8981 0655
Parenting Puzzle	8945 2945
Playgroup Association NT.....	1800 171 882
Red Cross Care Service	8945 3588
Relationships Australia	8923 4999
Repromed	8945 4211
Royal Darwin Hospital.....	8922 8888
Sisters Project	8945 1372
St John Ambulance	8922 6200
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