

# City of Kwinana Community Directory

Updated 31 August 2021

An up-to-date community resource for the City of Kwinana region



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# Welcome to the City of Kwinana Directory

This directory has been brought to you by City of Kwinana as a community resource to connect everybody in the City of Kwinana region.

The information in this Directory Resource is linked to My Community Directory, an Australia-wide online community Directory. Any health or community service can list their information for free on My Community Directory and manage their information to make sure that it is accurate and up to date. The purpose of this resource is to provide you with an easy way to see all of the information listed in the directory in the region. Information in the online version of this document is updated nightly with the latest available information from the My Community Directory Platform.

If you notice information is incorrect, please send an email to [support@mycommunitydirectory.com.au](mailto:support@mycommunitydirectory.com.au) or call 1300 762 515. You can also update your own information by logging in to My Community Directory yourself at [mycommunitydirectory.com.au/Account/Login](https://mycommunitydirectory.com.au/Account/Login).

If you would like to see events that are happening in the area or you are a service provider who would like to list events yourself for free, you can visit [mycommunitydiary.com.au](https://mycommunitydiary.com.au). Event and directory information is also available on the **Access My Community App** available for download for free on iOS or Android devices.

We hope that you find this a valuable resource to connect with your local community.



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# Information about the Region

The City of Kwinana is a unique community, set among extensive native bushland and public open space. The City is currently undergoing rapid growth in population, investment and industrial expansion, including Western Australia's premier heavy industry zone - the Kwinana Industrial Area - generates billions of dollars each year for the state's economy.

Kwinana is amongst the most culturally and linguistically diverse municipalities in the Perth metropolitan region. The population in Kwinana is made up of residents from more than 50 different countries with one in three residents born overseas. In the past 10 years our multicultural population has grown rapidly from 25.6% of residents born overseas in 2006 to over 42% of all residents born overseas in 2016 [Source: 2011 & 2016 Census]. Kwinana is embracing cultural diversity through actions in our Multicultural Action Plan.

Kwinana is the second fastest growing local government area in Western Australia, with the population predicted to double in the next 20 years.



**Rich in spirit, alive with opportunities, surrounded by nature - it's all here!**

Our vision statement succinctly represents the community's aspirations for the future and is derived directly from the community visioning priorities.

It's about where the Kwinana community want to be in the year 2030 and captures the essence of what it will be like to live in Kwinana at that time.

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## Community and Economic Profile

More information about our community and economic profile can be found in our Strategic Community Plan.

### Some key takeaways include:

- Population in 2016: 38,918.
- Projected population in 2036: 84,517.
- Average household size is 2.7 people.
- Median age in Kwinana is 32.
- 70% of people living in Kwinana own or are purchasing their own home.

### Kwinana Council

The Kwinana Council began through passing the Kwinana Roads Districts Act of 1953 on 15 February 1954. The district was originally administered by the Commissioner until a board of seven members was elected in on 11 February 1961.

After the proclamation of the Local Government Act of 1960, the Kwinana Road District became the Municipality of Kwinana and two additional Councillors were elected in 1970 making a total of nine Councillors - one more than the present number. In 1977, the Council acquired Town status and on 17 September 2012 His Excellency Governor Malcolm McCusker declared Kwinana a City.



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# City of Kwinana Contacts

## **City of Kwinana Administration Building**

*Corner Gilmore Avenue and Sulphur Avenue, Kwinana WA 6167*

P: (08) 9439 0200

E: [customer@kwinana.wa.gov.au](mailto:customer@kwinana.wa.gov.au)

## **Bright Futures Children's Services**

*26 Bolton Way, Orelia WA 6167*

P: (08) 9236 4120

E: [fdc@kwinana.wa.gov.au](mailto:fdc@kwinana.wa.gov.au)

## **City Assist**

*Corner Gilmore Avenue and Sulphur Avenue, Kwinana WA 6167*

P: (08) 9439 0400

E: [cityassist@kwinana.wa.gov.au](mailto:cityassist@kwinana.wa.gov.au)

## **City of Kwinana Animal Management Facility**

*Beacham Crescent, Medina WA 6167*

P: (08) 9439 0400

## **City of Kwinana Media Enquiries**

E: [media@kwinana.wa.gov.au](mailto:media@kwinana.wa.gov.au)

## **Darius Wells Library and Resource Centre**

*Corner Chisham Avenue and Robbos Way, Kwinana WA 6167*

P: (08) 9236 4320

E: [community.centres@kwinana.wa.gov.au](mailto:community.centres@kwinana.wa.gov.au)

## **Graffiti Hotline**

P: 1800 442 255

## **John Wellard Community Centre**

*Corner Runnymede Gate and The Strand, Wellard WA 6167*

P: (08) 9236 4340

E: [bookings@kwinana.wa.gov.au](mailto:bookings@kwinana.wa.gov.au)

## **Koorliny Arts Centre**

*10 Hutchins Way, Kwinana WA 6167*

P: (08) 9236 4320

E: [admin@koorliny.com.au](mailto:admin@koorliny.com.au)

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**Kwinana Adventure Park**  
*Walgreen Crescent, Calista WA 6167*

**Kwinana Library**  
*Corner Chisham Avenue and Robbos Way, Kwinana WA 6167*  
P: (08) 9236 4300  
E: [library@kwinana.wa.gov.au](mailto:library@kwinana.wa.gov.au)

**Kwinana Recquatic**  
*Corner Robbos Way and Skerne Street, Kwinana WA 6167*  
P: (08) 9236 4700  
E: [recquatic@kwinana.wa.gov.au](mailto:recquatic@kwinana.wa.gov.au)

**Kwinana Volunteer Centre**  
*Corner Chisham Avenue and Robbos Way, Kwinana WA 6167*  
P: (08) 9236 4314  
E: [volunteering@kwinana.wa.gov.au](mailto:volunteering@kwinana.wa.gov.au)

**Kwinana Works Depot**  
*Beacham Crescent, Medina WA 6167*  
P: (08) 9236 4350

**William Bertram Community Centre**  
*Corner Johnson Road and Hero Crescent, Bertram WA 6167*  
P: (08) 9236 4335  
E: [bookings@kwinana.wa.gov.au](mailto:bookings@kwinana.wa.gov.au)

**Zone Youth Space**  
*Corner Gilmore Avenue and Darius Drive, Kwinana WA 6167*  
P: (08) 9236 4550  
E: [zone@kwinana.wa.gov.au](mailto:zone@kwinana.wa.gov.au)

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# Elected Members

## **Her Worship the Mayor**

*Carol Adams*

P: (08) 9419 1603

E: [carol.adams@kwinana.wa.gov.au](mailto:carol.adams@kwinana.wa.gov.au)

## **Deputy Mayor**

*Peter Feasey*

P: 0411 429 523

E: [peter.feasey@kwinana.wa.gov.au](mailto:peter.feasey@kwinana.wa.gov.au)

## **Councillor**

*Wendy Cooper*

P: 0414 764 435

E: [wendy.cooper@kwinana.wa.gov.au](mailto:wendy.cooper@kwinana.wa.gov.au)

## **Councillor**

*Merv Kearney*

P: 0407 776 459

E: [merv.kearney@kwinana.wa.gov.au](mailto:merv.kearney@kwinana.wa.gov.au)

## **Councillor**

*Sandra Lee*

P: (08) 9419 5940

E: [sandra.lee@kwinana.wa.gov.au](mailto:sandra.lee@kwinana.wa.gov.au)

## **Councillor**

*Sherilyn Wood*

P: 0459 191 964

E: [sherilyn.wood@kwinana.wa.gov.au](mailto:sherilyn.wood@kwinana.wa.gov.au)

## **Councillor**

*Matthew Rowse*

P: 0400 206 008

E: [matthew.rowse@kwinana.wa.gov.au](mailto:matthew.rowse@kwinana.wa.gov.au)

## **Councillor**

*Dennis Wood*

P: (08) 9439 4602

E: [dennis.wood@kwinana.wa.gov.au](mailto:dennis.wood@kwinana.wa.gov.au)



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# A-Z Guide

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## Aboriginal Services

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### Aboriginal Support Services & Counselling

#### Wungening Aboriginal Corporation

E [info@wungening.com.au](mailto:info@wungening.com.au)

W [wungening.com.au](http://wungening.com.au)

P (08) 9221 1411

Wungening Aboriginal Corporation offer culturally secure and holistic services that improve the health and wellbeing of individuals and families in the Aboriginal community by strengthening and healing the mind, body and spirit.

#### Wungening Aboriginal Corporation - Armadale

E [info@wungening.com.au](mailto:info@wungening.com.au)

W [wungening.com.au](http://wungening.com.au)

P (08) 6558 1000

Wungening Aboriginal Corporation offer culturally secure and holistic services that improve the health and wellbeing of individuals and families in the Aboriginal community by strengthening and healing the mind, body and spirit.

### Aboriginal Health Services

#### Mental Health Outreach Service for Aboriginal People

E [admin@laalangford.org.au](mailto:admin@laalangford.org.au)

P (08) 9451 1424

Moorditj Moort (Strong Family) Outreach Service is a program for Aboriginal and Torres Strait Islander Peoples (aged 18+) who live in Langford, Gosnells, and surrounding suburbs.

#### Integrated Team Care - Perth North East and South West

150 Gilmore Avenue, MEDINA WA 6167

E [info@moorditjkoort.com.au](mailto:info@moorditjkoort.com.au)

W [moorditjkoort.com.au](http://moorditjkoort.com.au)

P (08) 6174 7000

Assists Aboriginal and Torres Strait Islander people to obtain primary health care as required. Provides care coordination services to eligible Aboriginal and Torres Strait Islander people with chronic disease/s who require coordinated, multidisciplinary care, and improve access to culturally appropriate mainstream primary care.

#### Aboriginal Mental Health Outreach Service

E [admin@rw.org.au](mailto:admin@rw.org.au)

W [rw.org.au](http://rw.org.au)

P 1800 742 466

"Richmond Wellbeing" - Designed to support Aboriginal and Torres Strait Islander people and their families. We specialise in providing inclusive, community-based mental health, alcohol and other drug issues and wellbeing support services across Western Australia.

#### 50 Lives 50 Homes

E [connecting@ruah.org.au](mailto:connecting@ruah.org.au)

W [ruah.org.au](http://ruah.org.au)

P 13 78 24

Wrap-around support service assisting with retention of housing and improvements in quality of life, for people with tri-morbidities. Providing psychosocial and nursing support.

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## Accommodation Services

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### Aged Care Accommodation Services

#### Aegis Orelia

14 Burke Place, ORELIA WA 6167

E [orelia@aegiscare.com.au](mailto:orelia@aegiscare.com.au)

W [aegiscare.com.au](http://aegiscare.com.au)

P (08) 9419 1224

Provides places for elderly people in need of care pending admission to a residential facility. A social worker is available to assist in assessing CAP options and for assisting families in finding a permanent place of residence.

### Disability Accommodation Services

#### #Harry's House

E [hello@harrys-house.com.au](mailto:hello@harrys-house.com.au)

W [harrys-house.com.au](http://harrys-house.com.au)

P 0488 037 785

#Harry's House is a residential respite house located in Perth hills area. We specialise in providing 1:1 support for children and young people with complex disabilities. Our mission is to provide a home away from home that is welcoming and deliver experiences that are tailored to individual need

#### Bertram Cottages

E [admin@bertramcottages.com](mailto:admin@bertramcottages.com)

W [bertramcottage.com](http://bertramcottage.com)

P 0423 862 637

- A service which provides respite and other services to people in-need within the community. - Catering to people with varying abilities. - Providing planned and emergency respite. - Providing transportation services for clients e.g. to and from the respite, to school (if applicable). - Staffed 24/7 with experienced support workers and registered nurse if required.

#### Infinite Ability

E [info@infiniteability.com.au](mailto:info@infiniteability.com.au)

W [infiniteability.com.au](http://infiniteability.com.au)

P (08) 6498 8009

Infinite Ability is a NDIS Registered Service Provider. We offer range of support services for NDIS participants that helps to meet participants need and achieve their goal. We offer Home and community support, Support Coordination, Skill Development and Training, Supported Independent Living, Community Participation and Short term Accommodation and Assistance.

### General Accommodation Services

#### Housing Choices WA

E [info-wa@hcau.org.au](mailto:info-wa@hcau.org.au)

W [housingchoices.org.au](http://housingchoices.org.au)

P (08) 9430 0900

Housing Choices WA is one of Western Australia's leading Community Housing providers. We are one of WA's largest non-government and not-for-profit social and affordable housing property managers, with more than 1,800 homes across the Perth metropolitan area and Peel and South West regions under management.

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## Advocacy Services

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### General Advocacy Services

#### Consumers of Mental Health WA

**E** admin@comhwa.org.au

**W** comhwa.org.au

**P** (08) 9258 8911

CoMHWa provides: systemic advocacy to improve mental health services and support consumer wellbeing; promotes education and training; provides and facilitates consumer representation; consults with consumers and stakeholders in mental health; provides public education; and provides policy advice on mental health services in WA. Main activities relate to Mental health and crisis intervention.

#### Mental Health Advocacy Service (MHAS)

**E** contactus@mhas.wa.gov.au

**W** mhas.wa.gov.au

**P** (08) 6234 6300

The Mental Health Advocacy Service (MHAS) provides independent advocacy to assist consumers of mental health services protect their rights. The MHAS includes a dedicated youth advocate for children and advocates in Albany, Broome, Bunbury and Kalgoorlie.

#### PWDWA/Albany

**E** info@pwdwa.org

**W** pwdwa.org

**P** (08) 9420 7279

Our advocacy services are available to any person with a disability. You do not have to be a member to access advocacy. All of the advocacy work that PWDWA does follows the principals of the National Disability Strategy

## Local Advocacy Services

#### Kwinana Alliance Against Depression

**E** kwinanaaad@gmail.com

Kwinana Alliance Against Depression is leading the local implementation of the European Alliance Against Depression (EAAD) framework. The EAAD is an approach based on evaluated trials and is recognised as the worlds best practice for the care of people with depression and in the prevention of suicide. It is being adapted to meet the needs of the Kwinana community.

## National & International Advocacy Services

#### Australian Financial Complaints Authority

**E** info@afca.org.au

**W** afca.org.au

**P** 1800 931 678

The Australian Financial Complaints Authority (AFCA) helps individuals to resolve complaints about financial products and services. It's free to the public and you don't need to pay someone to help you lodge a complaint.

#### Australian Sickle Cell Advocacy Inc

**E** mail@aussicklecelladvocacy.org

**W** aussicklecelladvocacy.org

**P** 0414 309 995

Australian Sickle Cell Advocacy Inc (ASCA) Inc is an independent not for profit organisation dedicated to supporting and representing those affected by Sickle Cell Disease (SCD) in Australia. ASCA offers support to families and individuals of African and other culturally diverse backgrounds that are affected by SCD in Australia. We have chapters / representatives Australia wide.

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**Cataract Kids Australia**

E [info@cataractkids.org.au](mailto:info@cataractkids.org.au)

W [cataractkids.org.au](http://cataractkids.org.au)

P 0407 885 580

Our goal is ultimately to improve the visual outcomes of children affected by cataract. We aim to enhance the support and information provided to families, work with clinicians to optimise treatment outcomes and link with researchers to improve the flow of information.

**Older Persons Advocacy Network**

E [enquiries@opan.com.au](mailto:enquiries@opan.com.au)

W [opan.org.au](http://opan.org.au)

P 1800 700 600

Older Persons Advocacy Network offer free, independent and confidential services that focus on supporting older people and their representatives to raise and address issues relating to accessing and interacting with Commonwealth funded aged care services.

**Parkinson's Australia**

E [ceo@parkinsons.org.au](mailto:ceo@parkinsons.org.au)

W [parkinsons.org.au](http://parkinsons.org.au)

P 0419 770 010

Parkinson's Australia is the national peak body and charity representing more than 70,000 Australians living with Parkinson's. We advocate for the needs of people living with Parkinson's, and for their families and carers. Parkinson's Australia represents, at the national level, the interests of its federation of state and territory members on all matters relating to Parkinson's and carer issues.

**The Trustee For The M Jp B Trust**

E [blaacktide@gmail.com](mailto:blaacktide@gmail.com)

P 0415 332 606

provide daily pet visits by appointment only We will visit and feed water and comfort your pet daily

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## Ageing Services

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### Ageing Accommodation

**Residential Aged Care**

20 Bright Road, CALISTA WA 6167

E [banksiapark@aegiscare.com.au](mailto:banksiapark@aegiscare.com.au)

W [aegiscare.com.au](http://aegiscare.com.au)

P (08) 9419 1244

Residential aged care services. Formerly the Kwinana Village Nursing Home. Grevillea Hostel is under the same roof as the nursing home. On this site are the Independent Living Units of Banksia Park and Callistemon Court. Orelia Hostel at 14 Burke Place, Orelia, is now a Care Awaiting Placement Facility. Includes Banksia Park Social Club within the village - small fee applies.

### Ageing Respite & Activity Centres

**Bethanie Living Well Centre - Kwinana**

28 Christmas Avenue, KWINANA WA 6167

W [bethanie.com.au](http://bethanie.com.au)

P 13 11 51

At Bethanie Kwinana Social Centre you'll find a friendly, welcoming community who share your interests. This active centre for mature aged people. Here you have the opportunity to make community connections with like-minded people, enjoy a range of social activities and outings, or simply get together for a leisurely chat. The Bethanie team is on hand to help you maintain your general wellbeing.

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### **Seniors Centre**

Harley Way, MEDINA WA 6167

E [kwinanaseniorsclub@gmail.com](mailto:kwinanaseniorsclub@gmail.com)

P (08) 9419 7528

A place for seniors aged to meet.

Activities include: exercise walk followed by exercises Wed 9-10:15am includes walking groups; indoor carpet bowls Tues, Thur 9-11:30am; ballroom dancing Mon 7:30-9:30pm; tai chi Tues 1:30-3pm; bingo Mon, Wed 12:45-3:30pm; mah-jong Tues 1:15-4:30 and more.

## **General Ageing Services**

### **abbicare**

E [info@abbicare.com.au](mailto:info@abbicare.com.au)

W [abbicare.com.au](http://abbicare.com.au)

P 1300 884 975

abbicare supplies and services mobility products, SOS emergency devices and security alarms and cameras to help stay on the move and safe at home.

### **Acorn Stairlifts Pty Ltd**

E [info@acornstairlifts.com.au](mailto:info@acornstairlifts.com.au)

W [acornstairlifts.com.au](http://acornstairlifts.com.au)

P (08) 6161 4571

We supply and install stairlifts in private residences and commercial properties to enable the user to safely navigate the staircase. We are the only direct manufacturers in Australia and can install with 7 - 10 days. Our stairlift is the slimmest on the market, we have everything in stock in our warehouse in O'Connor and have a number of demonstration lifts to view.

### **Comfort Keepers**

E [jearyly@comfortkeepers.com.au](mailto:jearyly@comfortkeepers.com.au)

W [comfortkeepers.com.au](http://comfortkeepers.com.au)

P (08) 9492 8920

At Comfort Keepers, nothing is more important to us than assisting clients to live full, independent and happy lives within the comfort of their own home, whilst remaining connected to their families and communities, Comfort Keepers have been providing services to the WA community for over 15yrs in the areas of Disability, Aged Care and Mental Health Services.

### **Delivery**

E [shentonpark@daily.com.au](mailto:shentonpark@daily.com.au)

W [daily.com.au](http://daily.com.au)

P (08) 9388 8800

Your local mobility, assistive living & daily living aids retailer. NDIS registered provider

### **Hendercare - West Perth**

E [hello@hendercare.com.au](mailto:hello@hendercare.com.au)

W [hendercare.com.au](http://hendercare.com.au)

P 1300 764 433

We've been supporting older Australians since 2004. We provide care in your home, in hospitals and in aged care facilities. It's our job to find the right person to come and work with you. And it's a job we take very seriously. Get in touch with our friendly team today.

### **General Ageing Services**

E [mailpe@justbettercare.com](mailto:mailpe@justbettercare.com)

W [justbettercare.com](http://justbettercare.com)

P (08) 6119 9137

In-home Aged & Disability care support

### **In-home Aged and Disability Care**

E [mailpe@justbettercare.com](mailto:mailpe@justbettercare.com)

W [justbettercare.com](http://justbettercare.com)

P (08) 6119 9137

In-home Aged and Disability Care

### **In-home Aged and Disability Care**

E [mailpe@justbettercare.com](mailto:mailpe@justbettercare.com)

W [justbettercare.com](http://justbettercare.com)

P (08) 6119 9137

In-home Aged and Disability Care support

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**Youngster.co**

E info@youngster.co

W youngster.co

We provide digital education for seniors and create jobs for youngsters. We bring generations together!

## Home Care & Safety Services

**At Home Care WA**

E hello@athomehealth.com.au

W athomehealth.com.au

P (08) 9381 3344

At Home Care is a registered NDIS service provider specialising in the delivery of in-home care and nursing services to adults and children with spinal cord injuries, acquired brain injuries and other complex care needs. At Home Care provides 24/7 support, ranging from complex high care to social support, daily living assistance and community access.

**Baptistcare Home Care Services - Perth Metro**

E welcome@baptistcare.com.au

W baptistcare.com.au

P 1300 660 640

Choose the support you need to stay independent and well at home and in your community. We can help with everything from nursing care to jobs around the home, meals, personal care, shopping and even getting you out and about in the community so you can pursue your interests.

**Brightsky Australia**

E orders@brightsky.com.au

W brightsky.com.au

P 1300 886 601

BrightSky Australia is your one-stop-shop for specialist healthcare products. BrightSky offers Australia-wide home delivery of an extensive range of everyday and "hard-to-find" healthcare products

**Brightwater At Home - South**

E welcome@brightwatergroup.com

W brightwatergroup.com

P 1300 223 968

Brightwater At Home provides domestic, social and specialist health services to seniors all over Perth. Our Rockingham office is a hub for our team of care workers and allied health professionals who visit our south-of-the-river clients.

**Daily Safety Check-in Call**

E admin@carecallingnow.com

W carecallingnow.com

P 0422 989 163

Most people have a parent or grandparents. Are you one of them? Our clients are children like you who are WORRIED about a Loved One, Help I've fallen & can't get up. WE HELP people know that all is well we check-in with a care call every day

**Comfort Keepers South**

E adminsouth@comfortkeepers.com.au

W comfortkeepers.com.au

P (08) 9315 2200

We provide a range of support services that can be tailored to meet your specific needs and requirements. Home Care Packages (HCP), Private Services, Registered NDIS provider, Interim Hospital Packages (IHP), Veterans Home Care Services (DVA), Commonwealth Home Support Program for Flexible Respite (CHSP)

**Freedom Scooters**

E enquiries@freedom scooters.com.au

W freedom scooters.com.au

P (08) 9375 3755

A registered provider under the National Disability Insurance Scheme (NDIS)

**Home Instead - Osborne Park**

E perth@hiscperth.com.au

W homeinstead.com.au

P (08) 6310 0400

In-Home Care For Seniors

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### **InteliCare**

**E** jenny.spring@intelicare.com.au

**W** intelicare.com.au

**P** 1300 001 145

Live independently safely with InteliCare smart home sensors and intelligent mobile phone app. InteliCare turns any home into a smart home using non-invasive smart sensors (no cameras). No buttons to press, no devices to wear. InteliCare works silently in the background gathering information from the household and alerting through the mobile phone app if behaviours change.

### **In-home Aged and Disability Care**

**E** mailpe@justbettercare.com

**W** justbettercare.com

**P** (08) 6119 9137

In-home Aged & Disability Care

### **In-home Aged and Disability Care**

**E** mailpe@justbettercare.com

**W** justbettercare.com

**P** (08) 6119 9137

In-Home Aged & Disability Care. Getting out and about is a huge part of everyday life. Being able to get around means retaining control over those aspects of life that need regular attention, like going to the shops, getting to work

### **General Disability Services**

**E** mailpe@justbettercare.com

**W** justbettercare.com

**P** (08) 6119 9137

In-home Aged Care and Disability care support

## **Seniors Clubs & Social Groups**

### **Connected AU**

**E** connect@connectedau.com.au

**W** connectedau.com.au

**P** 0437 570 585

Connected AU was born out of this concern, with a focus on helping people who might be isolated, vulnerable and lonely. Mea built a free online platform to connect and engage people, and The Letterbox Project became the foundation of this platform.

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## **Animal Services**

### **Animal Clubs & Hobbies**

#### **Dressage Association of WA**

De Haer Road, WANDI WA 6167

**E** dressageassocwa@gmail.com

**W** dressageassocwa.com.au

**P** 0414 617 339

The Dressage Association of Western Australia was formed in 1978 as an incorporated body to provide top level coaching at a reasonable cost to people of all ages and abilities to assist the development of dressage riders, trainers and judges in WA. To put your name down for the next rally, contact Rally organiser on 9453 6336 or 0414 617 339.

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## General Animal Services

### Assistance with Domestic Duties for NDIS Pet Owners

**E** [service@petcloud.com.au](mailto:service@petcloud.com.au)

**W** [petcloud.com.au](http://petcloud.com.au)

**P** 1300 667 785

PetCloud provides Assistance with Domestic Duties to help keep homes of NDIS Pet Owners in order and hygienic. PetCloud helps with Poo Patrol & Kitty Litter change, Home Visits to feed & water pets, Dog Walks, Dog Washing, Brushing, Clipping & Grooming, Doggy Day Care, Pet Sitting, House Sitting, Pet Taxis (to vet or grooming appointments).

### PETCLOUD

**E** [service@petcloud.com.au](mailto:service@petcloud.com.au)

**W** [petcloud.com.au](http://petcloud.com.au)

**P** 1300 667 785

PetCloud is Australia's most trusted Pet Care Services booking website to book Pet Sitting, Home Visits, House Sitting, Dog Walking, Day Care, Pet Taxis, Grooming, Washing and Brushing, 24hr supervision, and Dog Training. To connect with a Pet Sitter, Post a Job, and available Pet Sitters in your area will apply <https://www.petcloud.com.au>

### Pets Of Older Persons (Poops) WA

**E** [marketing@poopswa.org.au](mailto:marketing@poopswa.org.au)

**W** [poopswa.org.au](http://poopswa.org.au)

**P** 1300 110 092

POOPS (PetsOfOlderPersons) is a not-for-profit organisation completely run by volunteers. Our volunteers help elderly or disabled people to care for their pets (walking dogs, transport to vet etc). Our aim is to help in keeping people together with their pets. Our free service has been operating in Perth for over a decade, and we cover the metropolitan area, and Busselton.

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## Arts & Creatives

### Crafts

#### Koorliny Leisure Painters

20 Sulphur Road, KWINANA WA 6167

**W** [koorlinyleisurepainters.weebly.com](http://koorlinyleisurepainters.weebly.com)

**P** (08) 9467 7118

Discover hidden artistic talent in a relaxed, social atmosphere. The group exhibits work regularly at Koorliny. Open to adults only; members are required to supply their own art materials.

### Literary Arts

#### Jen Robe Writes

**E** [jenrobewrites@gmail.com](mailto:jenrobewrites@gmail.com)

**W** [organizablelife.com](http://organizablelife.com)

I write memoirs and biographies based on people's lives. I will interview you or your loved one in a conversational style and write your life story. It is a perfect way to preserve your family's history. I can also work to record the stories of those unable to speak, due to injury, illness, or death. I have a background in elder and disability care.

### Performing Arts & Music

#### Attaboi Music Magazine

**E** [info@wildoatsrecords.net](mailto:info@wildoatsrecords.net)

**W** [attaboi.online](http://attaboi.online)

**P** 0467 955 772

Attaboi is a community music organisation working to push minority voices and issues currently affecting the Australian music industry.

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### **Fremantle Fairground Association**

**E** fairground@bigpond.com  
**W** fairgroundproductions.com  
**P** 0437 807 329

The Fremantle Fairground Assoc. Inc was formed in 2007 to nurture positive social outcomes through the provision of arts, education and cultural exchange. The fairground production house provides best practice arts performers, trainers, events and programs.

### **Wellard School of Music**

Koorliny Arts Centre, 10 Hutchins Way,  
KWINANA WA 6167

**E** admin@wsom.com.au  
**W** wsom.com.au  
**P** (08) 9523 2004

Music and vocal programs for adults and children. Includes group and individual lessons for piano /keyboard, vocal, guitar, bass, drum and violin from 2yrs to adult, including children's music programs such as Early Beginner (2–5yrs) and Music 4 kids (5–7yrs).

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## **Child Services**

### **Child (and Parent) Information & Counselling**

#### **Empower Families**

Darius Wells Library and Resource Centre, 2 Robbos Way, KWINANA WA 6167

**E** mailbox@bridgingthegap.org.au  
**W** bridgingthegap.org.au  
**P** (08) 9419 2553

Empower Families is an Outreach & Engagement Management initiative of Bridging the Gap in Kwinana. We work with families in Kwinana who have children between 0-12 years of age to help you connect with the unique resources, relationships and services in the Kwinana community for the purpose of improved health and wellbeing.

### **Family Counselling**

Upper level, Darius Wells Library and Resource Centre, Corner Robbos Way & Chisham Avenue, KWINANA WA 6167

**E** info@keyswa.org  
**P** (08) 9439 1838

Provides a free family service for families' children (with at least one child 0-12 years) in the local Kwinana area. The service identifies the strengths and needs of the parents and uses a positive approach to build a strong parent/child relationship.

### **Free Counselling for Separated Parents and Children**

**E** reception@lifelinewa.org.au  
**W** lifelinewa.org.au  
**P** (08) 9261 4444

Lifeline WA is committed to supporting separated parents, including LGBTQIA+ parents throughout WA. We offer FREE individual counselling for family members before, during and after separation. Our counsellors provide one-on-one support to develop strategies to manage conflict and identify options and solutions. To book an appointment, call (08) 9261 4444 or email reception@lifelinewa.org.au

### **Magic Coat for Kids Pty Ltd**

**E** admin@themagiccoat.com  
**W** themagiccoat.com  
**P** 0477 997 661

A social/emotional wellbeing program, designed for young children and their primary carers to learn preventative mental health strategies together. Based on the analogy of putting on an imaginary coat with memorable characters inside the pockets, representing various strategies children can use to take control & responsibility for their own world & to create positive relationships with others.

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**Child and Parent Centre**

Harlow Road, CALISTA WA 6167

**E** calista@ngala.com.au

**W** ngala.com.au

**P** (08) 9367 0960

The Centre is coordinated by Ngala, a provider of Early Parenting and Early Childhood services with a passion for supporting and guiding families and young children through the journey of parenting. The Centre offers workshops, activities and services that support families with children up to eight years of age, helping them to develop and learn during their early years.

**Ngala Parenting Line**

**W** entrypointhperth.com.au

**P** 1800 111 546

Parenting WA Line is a telephone information and support service on parenting, from pre-birth to 18 years.

**Reachout Australia**

**E** info@reachout.com

**W** about.au.reachout.com

**P** (02) 8029 7777

ReachOut Parents Coaching is for any Australian parent with teenagers aged between 12–18 years, with access to a computer. If you're worried or want to build on your relationship with your teenager, we provide a free one-on-one online coaching program. ReachOut Parents Coaching is a free service with sessions that are personalised to suit your individual needs and concerns. With coaches from

**4Families - Kwinana**

Darius Wells Library and Resource Centre, Level 1, 2 Robbos Way, KWINANA WA 6167

**E** kwinana@relationshipsqa.org.au

**W** relationshipsqa.org.au

**P** (08) 6164 0500

You can get free support through our 4families service. All families go through life's ups and downs. The downs can create worry, stress and tension within the family. You might be concerned about your children's mental emotional and social wellbeing. This service is funded by the Australian Government.

**The Aussie Hands Foundation Inc**

**E** info@aussiehands.org

**W** aussiehands.org

**P** 0423 475 264

To raise awareness of hand differences in the community and support families who have a child living with a hand difference and connecting them to other families in a similar situation and also to adults living with a hand difference.

**General Child Services****Child Australia - Belmont**

**E** support@childdaustralia.org.au

**W** childdaustralia.org.au

**P** 1300 661 164

Providing quality initiatives and services to professionals, parents and children – we place children at the centre of our support model. Our services range from professional development and online learning tools, to programs for parents and early learning care for children. We are an organisation dedicated to improving developmental outcomes for all children.

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### **The Pyjama Foundation (NSW)**

**E** [admin@thepyjamafoundation.com](mailto:admin@thepyjamafoundation.com)

**W** [thepyjamafoundation.com](http://thepyjamafoundation.com)

**P** (07) 3256 8802

The Pyjama Foundation was founded in 2004 to give children in foster care the opportunity to change the direction of their lives with learning, life skills, and confidence. Alarmed at the statistics highlighting poor literacy and numeracy levels of children in care, and how this contributes to a lifetime of disadvantage, founder Bronwyn Sheehan made the decision to offer hope for these children.

## **Play Groups & Childcare**

### **Bright Futures Family Day Care**

26 Bolton Way, KWINANA WA 6167

**E** [fdc@kwinana.wa.gov.au](mailto:fdc@kwinana.wa.gov.au)

**W** [brightfuturesfamilydaycare.com.au](http://brightfuturesfamilydaycare.com.au)

**P** (08) 9236 4120

Children attending child care in Bright Futures Children's Services learn through play and exploration in the natural environment of a home. This learning happens best within a small group setting unique to Family Day Care.

### **Busy Bees - Kwinana**

**E** [manager@wellard.busybees.edu.au](mailto:manager@wellard.busybees.edu.au)

**W** [busybees.edu.au](http://busybees.edu.au)

**P** (08) 9439 1723

It's our mission to deliver high quality childcare and exciting learning opportunities for every child, giving them a head start as they prepare for school.

### **Cuddles Child Care Centre - Bertram**

1 Ascot Parkway, BERTRAM WA 6167

**E** [bertram@cuddleschildcare.com.au](mailto:bertram@cuddleschildcare.com.au)

**W** [cuddlesearlylearning.com.au](http://cuddlesearlylearning.com.au)

**P** (08) 9419 1844

Conveniently located close to Bertram Primary School, Kwinana Train Station and the Thomas Road Freeway entry, the Centre has a before and after school program that provides pick up and drop off to Kings College and Bertram Primary School.

### **Freckles Kindy and Learning Centre - Bertram**

23 Protector Way, BERTRAM WA 6167

**E** [btm@goodstart.org.au](mailto:btm@goodstart.org.au)

**W** [goodstart.org.au](http://goodstart.org.au)

**P** (08) 9419 5277

Childcare centre, for 0-6 years. Also offers out of hours school care.

### **Happy Feet Fitness**

Kwinana Recquatic, Robbos Place, KWINANA WA 6167

**E** [info@happyfeetfitness.com.au](mailto:info@happyfeetfitness.com.au)

**W** [happyfeetfitness.com.au](http://happyfeetfitness.com.au)

**P** (08) 9236 4711

Happy Feet helps children aged 20 months to 5 years learn about health and fitness in interactive themed classes using music, costumes, props, magic and games. No bookings taken; sessions are run on a first come, first served basis with a maximum of 20 spots per session. For more information: 1300 300 491.

### **Helping Hands Out of School Hours Care**

Champion Drive, BERTRAM WA 6167

**E** [bertram@helpinghandsnetwork.com.au](mailto:bertram@helpinghandsnetwork.com.au)

**W** [bertramps.wa.edu.au](http://bertramps.wa.edu.au)

**P** 0475 826 750

Helping Hands operates as a community partnership with Bertram Primary School, our parents, children and P&C to provide all Out of School Hours Care needs – before school, after school and vacation care for children aged four to fifteen years. All Helping Hands staff hold Working With Children checks.

### **Little Bandits Child Child Centre**

**E** [little\\_bandits@live.com.au](mailto:little_bandits@live.com.au)

**W** [littlebanditschildcarecentre.com.au](http://littlebanditschildcarecentre.com.au)

**P** (08) 9419 7709

Before and after school care, school holiday care. Open 52 weeks of the years (except for public holidays), Open 6am to 6pm, Monday to Friday.

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### **Wandi Playgroup**

Wandi Community Hall, 302 DeHaer Road, WANDI WA 6167

**W** wandiproggress.com.au

**P** 1800 171 882

Parents and pre-school children (0-5 years) are provided with a public forum to interact with others in creative play activities.

### **Wombat Wallow Child Care Centre**

8 Atkinson Road, MEDINA WA 6167

**E** wombat\_wallow@live.com.au

**W** littlebanditschildcarecentre.com.au

**P** (08) 9439 1743

Provides before and after school care services for children 0 to 6.

## **Communication & Information**

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### **Community Information & Referral Services**

#### **APM Local Area Coordinator - Fremantle**

**E** APM.CSMETWA@ndis.gov.au

**W** apm.net.au

**P** 1300 276 522

APM has been selected to deliver NDIS Local Area Coordination services in your community. Our Local Area Coordinators (LACs) help NDIS participants, people with disability, families and carers to identify and access the support they need to enjoy a better life.

#### **APM - Kwinana - LAC**

4 Challenger Avenue, KWINANA TOWN CENTRE WA 6167

**E** lac@apm.net.au

**W** apm.net.au

**P** 1300 276 522

APM has been selected to deliver NDIS Local Area Coordination services in your community. Our Local Area Coordinators (LACs) help NDIS participants, people with disability, families and carers to identify and access the support they need to enjoy a better life.

#### **APM Local Area Coordinator - Success**

**E** APM.CSMETWA@ndis.gov.au

**W** apm.net.au

**P** 1300 276 522

APM has been selected to deliver NDIS Local Area Coordination services in your community. Our Local Area Coordinators (LACs) help NDIS participants, people with disability, families and carers to identify and access the support they need to enjoy a better life.

#### **Wageline**

**E** wageline@dmirs.wa.gov.au

**W** commerce.wa.gov.au

**P** 1300 655 266

Wageline is a free confidential employment information service.

## **General Communication & Information**

#### **ALANNAH and MADELINE FOUNDATION**

**W** amf.org.au

**P** (03) 9697 0666

The Alannah & Madeline Foundation is the leading national not-for-profit organisation working to protect children from the effects of violence and bullying.

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### **Community Chat**

Champion Drive, BERTRAM WA 6167  
E [bertram.ps@education.wa.edu.au](mailto:bertram.ps@education.wa.edu.au)  
W [bertramps.wa.edu.au](http://bertramps.wa.edu.au)  
P (08) 9419 1762

Parents become informed on services available in the local community and information sessions provided to inform parents on topics such as literacy, nutrition, health and wellbeing etc.

### **City Assist**

Corner Gilmore Avenue and Sulphur Avenue, KWINANA WA 6167  
E [customer@kwinana.wa.gov.au](mailto:customer@kwinana.wa.gov.au)  
W [kwinana.wa.gov.au](http://kwinana.wa.gov.au)  
P (08) 9439 0400

City Assist is your 24/7, rangers and compliance service. City Assist is the local government local law enforcement service for the City of Kwinana. This service does not replace any functions already offered by the WA Police. Our service provides a 24 hours a day, 7 days a week response service to local government law enforcement matters. ?

### **City Of Kwinana**

E [customer@kwinana.wa.gov.au](mailto:customer@kwinana.wa.gov.au)  
W [kwinana.wa.gov.au](http://kwinana.wa.gov.au)  
P (08) 9439 0200

Kwinana is the second fastest growing local government area in Western Australia, with the population predicted to double in the next 20 years. ?Rich in spirit, alive with opportunities, surrounded by nature - it's all here!

### **GIVIT**

E [info@givit.org.au](mailto:info@givit.org.au)  
W [givit.org.au](http://givit.org.au)  
GIVIT ([givit.org.au](http://givit.org.au)) is a national online not-for-profit matching generosity with genuine need.

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## **Community Centres, Halls & Facilities**

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### **Community & Neighbourhood Centres**

#### **Frank Konecny Community Centre**

2 Skottowe Parkway, KWINANA WA 6167  
E [admin@frankkonecny.com.au](mailto:admin@frankkonecny.com.au)  
W [frankkonecny.com.au](http://frankkonecny.com.au)  
P (08) 9439 2470

Caters for play groups, a kindergarten program, various courses and workshops including computer courses, yoga, weight watchers, handicrafts. The Toy Library is now part of the Kwinana Public Library housed at the Darius Wells Library and Resource Centre, Cnr Robbo's Wy & Chisham Av, Kwinana WA 6167.

### **General Community Facilities**

#### **Bridging The Gap Inc - Member Of Coact**

Darius Wells Building, 2 Robbos Wy,  
KWINANA WA 6966  
E [mailbox@bridgingthegap.org.au](mailto:mailbox@bridgingthegap.org.au)  
W [bridgingthegap.org.au](http://bridgingthegap.org.au)  
P (08) 9419 2553

Aims: To bridge the gap and build communities by empowering disadvantaged and disenfranchised individuals to build their self sufficiency through social inclusion, practical training and enhanced employment opportunities.  
Fees: Free

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### **Darius Wells Library and Resource Centre**

Robbos Way, KWINANA TOWN CENTRE  
WA 6167

E [community.centres@kwinana.wa.gov.au](mailto:community.centres@kwinana.wa.gov.au)

W [kwinana.wa.gov.au](http://kwinana.wa.gov.au)

P (08) 9236 4320

Designed as a community meeting place, the Darius Wells offers a unique mixture of not-for-profit agencies, offering tailored community services on the upper level, with a modern and expansive Kwinana Public Library on the ground floor, accompanied by a Dome Café and the Toddler Town Crèche. The entire facility also offers free WiFi!

### **John Wellard Community Centre**

Corner Runnymede Gate and The Strand,  
WELLARD WA 6170

E [bookings@kwinana.wa.gov.au](mailto:bookings@kwinana.wa.gov.au)

W [kwinana.wa.gov.au](http://kwinana.wa.gov.au)

P (08) 9236 4340

The John Wellard Community Centre runs popular workshops and events throughout the year, and offers modern function and meeting facilities for your next program, workshop or event, building upon the already radiant Wellard lifestyle.

### **Koorliny Arts Centre**

10 Hutchins Way, KWINANA WA 6167

W [koorliny.com.au](http://koorliny.com.au)

P (08) 9467 7118

Formerly known as the Kwinana Community Arts Centre, the Koorliny Arts Centre is a well-equipped resource with a versatile range of functions.

### **William Bertram Community Centre**

Corner Johnson Road and Hero Crescent,  
BERTRAM WA 6167

E [bookings@kwinana.wa.gov.au](mailto:bookings@kwinana.wa.gov.au)

W [kwinana.wa.gov.au](http://kwinana.wa.gov.au)

P (08) 9236 4335

The William Bertram Community Centre offers a range of creative, educational and social programs for use by the local Bertram community and surrounding areas

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## **Community Clubs & Interest Groups**

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### **Community Service Clubs**

#### **Australian Red Cross Society - Medina**

Medina Aboriginal Cultural Centre, 13  
Leasham Way, MEDINA WA 6167

E [contactus@redcross.org.au](mailto:contactus@redcross.org.au)

W [redcross.org.au](http://redcross.org.au)

P (08) 9225 8801

Programs and activities to support and promote the social, emotional, cultural and physical wellbeing of young Aboriginal people, including financial counselling for those experiencing financial difficulties. Some services based at the Darius Wells Library and Resource Centre (mezzanine floor) - 9419 7237.

#### **Braille House**

E [coordinator@qbwa.org.au](mailto:coordinator@qbwa.org.au)

W [braillehouse.org.au](http://braillehouse.org.au)

P (07) 3848 5257

Free lending Braille library. Braille House is a Not-for-profit organisation that transforms the lives of vision impaired people with by producing and giving access to reading material and other tactual resources through our extensive library of books, and much, much more.

#### **Inner Wheel Club of**

#### **Rockingham/Kwinana Districts Inc.**

Rotary Hall, Brownell Crescent, MEDINA  
WA 6167

E [iiw.au.rockinghamkwinanadist@gmail.com](mailto:iiw.au.rockinghamkwinanadist@gmail.com)

W [rockwindistinnerwheel.webs.com](http://rockwindistinnerwheel.webs.com)

To promote friendship and to encourage the ideals of personal service.

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### **Lions Club**

Kwinana Senior Citizens Centre, Harley Way, MEDINA WA 6167

**E** [davenelson@bigpond.com](mailto:davenelson@bigpond.com)

**W** [kwinana.wa.lions.org.au](http://kwinana.wa.lions.org.au)

**P** 0411 890 419

Not for profit service club, meeting to raise funds that benefit the needy in our community.

### **Margaret Court Community Outreach - Kwinana**

18 Maydwell Way, CALISTA WA 6167

**W** [mcco.org.au](http://mcco.org.au)

**P** (08) 9202 7128

MCCO's aim is to assist and support families and individuals that are suffering some form of hardship in Western Australia. The organisation was established in 1999 by Australian tennis champion Margaret Court, starting out as a humble attempt to feed the homeless on Perth streets.

### **Rockingham Volunteer Sea Rescue group**

**E** [secretary@rockinghamsearescue.org.au](mailto:secretary@rockinghamsearescue.org.au)

**W** [marinerescuerockingham.com.au](http://marinerescuerockingham.com.au)

**P** (08) 9527 9988

Since its conception the Rockingham Volunteer Sea Rescue Group's Supporters have grown to 340. There are 75 volunteers that either crew the rescue vessels, or operate the radios and telephones to provide the boating public of Rockingham and surrounding districts with emergency coverage 24 hours a day, 7 days a week.

### **Rotary Club of Kwinana**

Rotary Hall, Brownell Crescent, MEDINA WA 6167

**W** [portal.clubrunner.ca](http://portal.clubrunner.ca)

**P** 0448 170 601

Support various community service activities and selected international projects. Members form a global network of business and professional leaders who volunteer their time and talents to serve the community.

### **Kwinana Salvation Army**

Medina Hall, 55 Medina Avenue, MEDINA WA 6167

**E** [corps.kwinana@aus.salvationarmy.org](mailto:corps.kwinana@aus.salvationarmy.org)

**W** [salvationarmy.org.au](http://salvationarmy.org.au)

**P** (08) 9439 1585

Various activities for all age groups. Includes emergency relief, drug & alcohol counselling, thrift shop, women's craft group and emergency relief.

### **Wandi Progress Association**

Wandi Community Hall, 302 De Haer Road, WANDI WA 6167

**P** (08) 9397 0240

The Wandi Progress Association is dedicated to managing the Wandi Community Centre facilities and as an arbitrator / go-between for concerned Wandi residents on issues that concern the City of Kwinana and other entities.

## **General Community Clubs**

### **Casuarina/Wellard Progress Association**

Casuarina/Wellard Community Hall, 204 Mortimer Road, WELLARD WA 6170

**E** [info@CWPA.org.au](mailto:info@CWPA.org.au)

**W** [cwpa.org.au](http://cwpa.org.au)

**P** 0418 940 143

The Casuarina Wellard Progress Association Inc. represents the residents in the community of Wellard, Casuarina and adjacent areas (east of the freeway) The association manages the Community Facilities located at the corner of Mortimer and Barker Roads, Wellard for the surrounding residents.

### **Coffee Shop Book Club**

20 Sulphur Road, KWINANA WA 6167

**E** [howardie@iinet.net.au](mailto:howardie@iinet.net.au)

**W** [koorliny.com.au](http://koorliny.com.au)

**P** (08) 9439 5157

For people who love to read and share their opinions on books, the club is lots of fun, with lively and interesting discussions.

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### **FamilyHistoryWA**

**E** pr@fhwa.org.au

**W** membership.wags.org.au

**P** (08) 9271 4311

The Society aims to provide a forum for people interested in genealogy and family history. Special interest groups are available in computing, Convict History and Research, Victorian Settlers, Pensioner Guards, South Western European, Swan River Pioneers and India.

### **Fishability**

**E** info.perthjetty@fishability.org.au

**W** fishability.org.au

**P** 0481 222 532

Fishability assists children and adults requiring support to experience the joy of fishing with the assistance from trained and experienced volunteers and by using purpose-built motorised rods, reels and fishing rod holders.

### **Homestead Ridge Progress Association**

57 Silversmith Street, WELLARD WA 6170

**E** hrpa.wellard@gmail.com

**P** (08) 9439 6679

Provides an organised channel of communication between the people of Homestead Ridge and the City of Kwinana. Meetings are held at a private residence; ring for more information.

### **Honeywood Residents Association**

**E** info@honeywoodresidents.org.au

**W** honeywood.org.au

We support the local interests of residents in Honeywood Estate. We do this by advocating for the improvement and maintenance of amenities and conservation of the surrounding natural areas. The group also seek to raise funds for local community activities/amenities and promote community engagement to enhance the lifestyle of all residents living in Honeywood.

### **Imagine Kwinana**

**E** imaginekwinana@gmail.com

**P** 0406 026 315

We meet Saturday Mornings at Sloan's Cottage, Harmen Street Leda 9am to 12pm Imagine Kwinana Inc is a community development project that has grown out of local people and their love of Kwinana. We hold the belief that everyone within the community have gifts to offer which enrich individuals and the community.

### **Kwinana and Rockingham Armchair Generals Sanctuary**

Thomas Kelly Pavilion, Rowson Place, MEDINA WA 6167

**E** krag@live.com.au

**W** kragenerals.blogspot.com

Table top war games: Warhammer, Warhammer 40K, Lord of the Rings, Battlefleet Gothic, Necromunda, Bloodbowl or any table top games and roleplay games.

### **Golf Club**

Kwinana Golf Club, 2 Summerton Road, CALISTA WA 6167

**E** manager@kwinanagolfclub.com.au

**W** kwinanagolfclub.com.au

**P** (08) 9419 2888

Public access 18-hole golf course available for members aged 8 years upwards. Separate ladies 9 hole memberships and junior memberships are available for 10-17 year olds, 18 year olds, 19 year olds, 20 year olds and 21 year olds.

### **Kwinana Heritage Group**

2 Beacham Crescent, MEDINA WA 6167

**E** kwinanaheritagegroup2@gmail.com

**P** (08) 9439 6342

Preservation of historic buildings; establishment of a museum.

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**Kwinana Library**

Corner Chisham Avenue and Robbos Way, KWINANA WA 6167

E [library@kwinana.wa.gov.au](mailto:library@kwinana.wa.gov.au)

W [kwinana.spydus.com](http://kwinana.spydus.com)

P (08) 9236 4300

The library provides free Wi-Fi connectivity for personal devices. Library members may also use our public computers for free internet access. Scanning, printing, and photocopying services are also available. Some charges may apply.

**Kwinana Men's Shed**

22 Seabrook Way, MEDINA WA 6167

E [kwinanamenshed@gmail.com](mailto:kwinanamenshed@gmail.com)

P (08) 9513 1712

A social group for men who enjoy tinkering with tools, working on meaningful projects at their own pace and having the camaraderie of other men.

**Kwinana Model Railway Club**

Corner Hubbard Way & Tucker Street, MEDINA WA 6167

E [lg16579@gmail.com](mailto:lg16579@gmail.com)

P 0407 087 447

Club layout runs both OO and HO gauge as well as N gauge. Club main layout also has DC and DCC operation, with DC only on the N gauge layout.

**Kwinana Toastmasters**

John Wellard Community Centre, Corner Runnymede Gate and The Strand, WELLARD WA 6170

W [kwinana.toastmastersclubs.org](http://kwinana.toastmastersclubs.org)

P 0420 847 072

Build self esteem, improve communication skills, personal development, public speaking training.

**Medina Aboriginal Cultural Community**

13 Leasham Way, MEDINA WA 6167

E [macc2016@outlook.com.au](mailto:macc2016@outlook.com.au)

P (08) 9419 7214

Provides a range of programs aimed at empowering people and sharing Aboriginal culture with the wider community. Several programs run from the centre including: •HACC Program - Mon/Wed/Frid •Art Group - Tuesday 9am-12pm • Kwop Wirrin Kadadjiny (Good Spirit Learning) Nyoongar Sport & Wellbeing - every Wednesday 2-45pm - 4.30pm

**Medina Residents Group**

E [medinaresidents@gmail.com](mailto:medinaresidents@gmail.com)

P (08) 9419 3720

To conduct activities that raise the awareness of, enhance and celebrate the heritage of Medina; to advocate on behalf of Medina residents to government, corporations and community; to conduct activities that supports community cohesion and resilience in Medina; that support and promote environmental awareness and sustainability; that support and celebrate cultural diversity.

**Rhythm Country Music Club**

20 Pace Road, MEDINA WA 6167

E [brendont@borninboots.com](mailto:brendont@borninboots.com)

W [borninboots.com](http://borninboots.com)

The aim of the club is to promote country music and get as many artists as we can to perform. We are here to promote experienced or new performers. Any money raised goes to worthy local charities.

**Social Club of Kwinana**

20 Pace Road, MEDINA WA 6167

E [tbracknell@yahoo.com.au](mailto:tbracknell@yahoo.com.au)

P (08) 9419 4662

Social club offering activities such as bingo, men's & ladies' darts, club nights, carpet bowls, dances, quiz nights, etc.

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### **Social Sewing Group**

John Wellard Community Centre, Corner  
Runnymede Gate & The Strand,  
WELLARD WA 6170

E [rsvp@befriend.org.au](mailto:rsvp@befriend.org.au)

W [meetup.com](http://meetup.com)

P 0404 831 201

A social sewing group for everyone from beginners to intermediate. Sewing machines and a basic sewing kit to get you started are provided.

### **Tech Tinkering**

Runnymede Gate, WELLARD WA 6170

E [connect@wellard.net.au](mailto:connect@wellard.net.au)

P 0426 287 704

Tech Tinkering is an easy and fun way to :  
Access new technology robots, 3-D printers, IoT, VR and AR and learn coding and AI. First Saturday of each month 12pm to 3pm.

### **The Village at Wellard Residents Association**

Wellard Community Centre, Corner  
Runnymede Gate & The Strand,  
WELLARD WA 6170

E [thevillage@wellard.net.au](mailto:thevillage@wellard.net.au)

The Village at Wellard Residents' Association represents the interests of the local community to ensure and safe and supportive community. Social activities include a quiz night and Christmas celebrations.

### **WA Scrollers**

Wandi Community Centre, 302 De Haer Road, WANDI WA 6167

E [jimanddot@hotmail.com](mailto:jimanddot@hotmail.com)

W [scrollerswest.webs.com](http://scrollerswest.webs.com)

P (08) 9451 5795

Scrollwork for anybody, 14 years and older. For scroll blades and other accessories contact Helen Harris ([ochjh@scrolling.com.au](mailto:ochjh@scrolling.com.au), 0428 826 224, 08 8531 3440).

### **Youth Advisory Council**

Zone Youth Space, Corner Gilmore Avenue & Darius Drive, KWINANA WA 6167

E [zone@kwinana.wa.gov.au](mailto:zone@kwinana.wa.gov.au)

W [kwinana.wa.gov.au](http://kwinana.wa.gov.au)

P (08) 9236 4550

The Kwinana Youth Advisory Council (KYAC) is a group of young people between the ages of 12 and 25 years who meet fortnightly on Thursdays at the Zone Youth Space on the corner of Gilmore Avenue and Darius Drive to discuss current issues faced by the local youth as well as assisting in the coordination of youth oriented events and programs in the community.

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## **Crisis & Emergency Services**

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### **Abuse & Assault Services**

#### **DVassist**

E [info@dvassist.org.au](mailto:info@dvassist.org.au)

W [dvassist.org.au](http://dvassist.org.au)

P 1800 080 083

If you live in regional, rural or remote Western Australia and you are experiencing family and domestic violence, please call DVassist's telephone support counselling service on 1800 080 083 Monday to Friday, 10am to 10pm AWST. The DVassist telephone support service is free and confidential.

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## **Crisis Counselling & Intervention Services**

### **Crisis Care Helpline**

157 Medina Avenue, MEDINA WA 6167

**W** [dcp.wa.gov.au](http://dcp.wa.gov.au)

**P** 1800 199 008

Telephone Crisis Care when: you need someone to help sort out a serious problem, you are concerned about the wellbeing of a child, you are escaping domestic violence and need help, arguments are causing unhappiness and problems in your family, you are alone or afraid and urgently need to talk to someone, you are homeless,

### **Lifeline Mid Coast**

**W** [lifelinemidcoast.org.au](http://lifelinemidcoast.org.au)

**P** (02) 6581 2800

Lifeline Mid Coast is built on a commitment to reach out to those in crisis, whenever they need it and wherever they are, offering real support when difficulties seem overwhelming.

### **Parents Beyond Breakup**

**E** [enquiries@parentsbeyondbreakup.com](mailto:enquiries@parentsbeyondbreakup.com)

**W** [parentsbeyondbreakup.com](http://parentsbeyondbreakup.com)

**P** 1300 853 437

Helping parents deal with the trauma of separation; a major cause of suicide in Australia. Support is available by phone, LiveChat & email & website.

## **General Crisis and Emergency Services**

### **Hope Valley Fire and Rescue Service**

50 Hoyle Road, HOPE VALLEY WA 6165

**W** [dfes.wa.gov.au](http://dfes.wa.gov.au)

**P** (08) 6499 1710

Fire station became operation in 2005. Permanently crewed twenty-four hours a day, seven days a week. It is strategically located to provide a timely emergency response to bush and structure fires, traffic accidents and hazardous materials (chemical, biological, radiological) incidents. In case of fire or emergency, call 000.

### **Kwinana Police**

2 Sulphur Road, KWINANA WA 6167

**W** [police.wa.gov.au](http://police.wa.gov.au)

**P** (08) 9411 4311

In partnership with the community, our aim is to create a safer and more secure community by providing quality police services, thereby enhancing the quality of life for residents. For emergencies call 000.

### **Kwinana South Volunteer Bush Fire Brigade**

11 Barker Road, WELLARD WA 6170

**E** [kwnsouth@hotmail.com](mailto:kwnsouth@hotmail.com)

**P** (08) 9439 0200

Volunteer bush fire brigade, responsible for fire prevention and fire fighting in the rural areas of Kwinana gazetted as bush fire areas. Equipment is available "on station" for the protection of people and property. In case of fire or emergency, call 000.

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### **Kwinana Volunteer Fire and Rescue Service**

10 Chisham Avenue, KWINANA WA 6167

E [kwinanavfrs@bigpond.com](mailto:kwinanavfrs@bigpond.com)

W [dfes.wa.gov.au](http://dfes.wa.gov.au)

P (08) 9419 4454

Volunteer fire and rescue service. The Kwinana Volunteer Fire and Rescue Service have been a long standing service within the City, providing fire and rescue response to complement and support the Hope Valley Career Fire and Rescue station.

### **Team Rubicon Australia**

E [info@teamrubiconaus.org](mailto:info@teamrubiconaus.org)

W [disasterreliefaus.org](http://disasterreliefaus.org)

P (02) 8815 8113

Team Rubicon Australia unites the skills and experiences of Australian Defence Force veterans with first responders to rapidly deploy emergency response teams around the globe.

### **Women's Domestic Violence Helpline**

W [dcp.wa.gov.au](http://dcp.wa.gov.au)

P 1800 007 339

The Women's Domestic Violence Helpline is a state wide 24 hour service. This service provides support and counselling for women experiencing family and domestic violence. This includes phone counselling, information and advice, referral to local advocacy and support services, liaison with police if necessary and support in escaping situations of family and domestic violence.

## **Welfare Assistance & Support Services**

### **Backpack Bed For Homeless**

E [hello@backpackbed.org](mailto:hello@backpackbed.org)

W [backpackbed.org](http://backpackbed.org)

P (07) 3286 9834

Backpack Bed for Homeless provides emergency relief Backpack Beds to street sleeping homeless people without shelter. We work in partnership with 600+ homeless agencies across Australia to reach homeless people without accommodation. The Backpack Bed is a crisis bed for people sleeping on the street while they await other housing solutions.

## **Cultural and Migrant Services**

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### **Migrant Services**

#### **Peak Ethnic Umbrella Organisation**

E [admin@eccwa.org.au](mailto:admin@eccwa.org.au)

W [eccwa.org.au](http://eccwa.org.au)

P (08) 9227 5322

The ECCWA is the State's peak ethnic umbrella organisation. It is a non-government, non-profit community based organisation which takes an active interest in all aspects of multiculturalism and Culturally and Linguistically Diverse (CaLD) affairs and acts on behalf of all ethnic communities in Western Australia.

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## Disability Services

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### Carer Information

#### Kindship

E [hello@kindship.co](mailto:hello@kindship.co)

W [kindship.com.au](http://kindship.com.au)

Kindship is a free digital social network for parents raising children with disabilities and specific needs. Meet, chat, and learn from like-minded parents on similar journeys. Download the Kindship app from the App and Google Play stores.

#### People With Disability Australia - Qantas Carer Concession Card

E [qccc@pwd.org.au](mailto:qccc@pwd.org.au)

W [pwd.org.au](http://pwd.org.au)

P 1800 806 769

Qantas Carer Concession Card is issued to people with significant support requirements who through a physical, sensory, intellectual, cognitive or psychosocial disability are unable to travel on the aircraft without the full time assistance of a carer. A person is eligible if they need to have one-on-one support when seated on the aircraft for assistance. <http://pwd.org.au/services/qantas-card/>

### Disability Employment & Training Services

#### APM Disability Employment Services

Shop 59, Kwinana Marketplace, 4 Chisham Avenue, KWINANA TOWN CENTRE WA 6167

W [apm.net.au](http://apm.net.au)

P 1800 276 276

APM's Disability Employment Services helps people with an injury, illness or disability find a job with a local Kwinana employer. We also provide workplace modification, assessment, school leaver, and ongoing support services.

#### APM Disability Employment Services

W [apm.net.au](http://apm.net.au)

P 1800 276 276

We believe everyone is capable of work. If you're living with an injury, illness or disability and want to find a job, we're here to help. Our experienced employment consultants understand the barriers you face, but we focus on how we can help you successfully achieve your goals. We want to get to know you, understand where you're at and work with you to find solutions.

#### Forrest Personnel - Kwinana

Upper level, Darius Wells Library and Resource Centre, Corner Robbos Way & Chisham Avenue, KWINANA WA 6167

E [angela.michael@fpi.org.au](mailto:angela.michael@fpi.org.au)

W [fp.org.au](http://fp.org.au)

P 1800 224 548

To facilitate employment opportunities for unemployed people of working age with disabilities.

#### Sureway Health Support - Daw Park

E [healthsupport@sureway.com.au](mailto:healthsupport@sureway.com.au)

W [sureway.com.au](http://sureway.com.au)

P 1300 787 392

Sureway are an NDIS provider providing services to people with disability across Australia via telehealth. We work with individuals, businesses and community groups to change lives and build stronger communities. Our team of qualified professionals are committed to helping you achieve your goals so that you can live a fulfilling and connected life.

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## Disability Information & Counselling

### Limbs 4 Life

**E** info@limbs4life.org.au

**W** limbs4life.org.au

**P** 1300 782 231

Limbs 4 Life is the peak body for amputees in Australia and was founded as an incorporated charity in 2004. Limbs 4 Life provides services to thousands of amputees and their care givers, who rely on the programs and services for assistance prior to, or after a limb amputation.

### People With disabilities WA - West Perth

**E** info@pwdwa.org

**W** pwdwa.org

**P** (08) 9420 7279

PWdWA provide non-legal advocacy to people with disabilities. Advocacy is the process of standing alongside individuals to ensure that people are able to speak out, to express their views and uphold their rights. Our advocacy services are available to any person with a disability. You do not have to be a member to access advocacy.

## Disability Respite and Activity Centres

### Cahoots

**E** programcoordinator@cahoots.org.au

**W** cahoots.org.au

**P** 1300 103 880

We are a registered NDIS provider, running a variety of inclusive programs and camps throughout the year, catering to children and young people of all abilities aged 5+.

### Chorus - Kwinana

157 Medina Avenue, MEDINA WA 6167

**E** hello@chorus.org.au

**W** nmahsmh.health.wa.gov.au

**P** (08) 9591 5555

Chorus provides community services, disability, aged care, mental health and home maintenance support to people in the Perth metro area and some country areas. Services are available in Perth Metro, Mandurah, Bunbury and Albany and their surrounding regions.

## General Disability Services

### AG Beauty and Hairdressing Services

**E** Info@AGinHomeServices.com.au

**P** 0498 564 044

We are a mobile service provider that currently provides in home Hairdressing services to both AGEING POPULATION AND DISABILITY SERVICES. We primarily want to support individuals that solely depend on other services to access these services externally. Monday to Friday 9am to 7pm Weekend 10am to 5pm Email us:

booking@aginhomeservices.com.au

Phone In: 0498564044

info@aginhomeservice.com.au

### Amputeehub

**E** anna.amputeehub@outlook.com

**W** amputeehub.com

**P** 0484 194 476

Amputeehub provides a comprehensive range of services, programs, and general support for people with disabilities/Parabilities and special needs.

### Apex Lifestyle

**E** info@apexlifestyle.com.au

**W** apexlifestyle.com.au

**P** 0402 773 663

We offer Community Nursing care, High intensity daily personal activities and social participation

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**Assist Plan Managers**

**E** sandy@assistplanmanagers.com.au

**W** assistplanmanagers.com.au

**P** 0452 238 335

Professional plan manager and plan management service for NDIS participants in Australia. We are passionate about making life easier for you by managing your funding & paying the bills so you can focus on what's important.

**At Home Care - Falcon**

**E** hello@athomehealth.com.au

**W** athomehealth.com.au

**P** (08) 9381 3344

At Home Care is a registered NDIS service provider specialising in the delivery of in-home care and nursing services to adults and children with spinal cord injuries, acquired brain injuries and other complex care needs. We provide 24/7 support, ranging from complex high care to social support, daily living assistance and community access.

**At Home Care - Mandurah**

**E** hello@athomehealth.com.au

**W** athomehealth.com.au

**P** (08) 9381 3344

At Home Care is a registered NDIS service provider who specialises in disability care that is available to you 24 hours a day, 7 days a week. Our in-home care services range from complex high care, including private in-home care and nursing services, through to social support, daily living assistance and community access throughout WA.

**Auxilium Support Coordination**

**E** admin@auxiliumsupportcoordination.com

**W** auxiliumsupportcoordination.com

**P** 1300 040 272

Auxilium Support Coordination are specialists in Support Coordination, Specialist Support Coordination and Psychosocial Recovery Coaching. We have a highly skilled team ready to support participants of the NDIS with a prompt start. All team members are carefully selected by management to ensure they are going to work to the high standard that is expected at Auxilium.

**Support Coordination**

**E** hello@avenuesaustralia.com

**W** avenuesaustralia.com

**P** 1300 208 594

Avenues Australia is a registered NDIS provider, providing leading disability services in Perth Western Australia. We provide quality Support Coordination, Psychosocial Recovery Coach and NDIS Advice services for people with a disability. We act as your primary NDIS Service Provider, by helping you get the supports you need, activate your Plan, connect you to services from other providers.

**Camp Autism W.A.**

**E** enquiries@campautismwa.org

**W** campautismwa.org

Welcome to Camp Autism W.A. INC. We are a charity that is run completely by volunteers who have personal experience with autism. Our organisation brings families together to share new experiences, form important friendships and have a great time in a safe and friendly environment.

**Capital Guardians Plan Management**

**W** capitalguardians.com

**P** (03) 9008 9992

Capital Guardians is a Plan Manager throughout Australia.

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**Chayah, Independent NDIS Consultant and Services**

E hansenlouise@ymail.com

W hellochayah.com.au

P 0455 192 281

Chayah Independent NDIS Consultant & Services offers Support Coordination and Psychosocial Recovery Coach services to NDIS participants, their families and carers. Louise's understanding of the NDIS framework enables her to provide NDIS participants with individualised, tailored solutions to reach their goals.

**DANA Disability Advocacy Network Australia - Albany**

E ceo@dana.org.au

W dana.org.au

Disability Advocacy Network Australia (DANA) is a national peak body for Disability Advocacy Services - It does not provide direct services to the community.

**Dineamic**

E team@dineamic.com.au

W dineamic.com.au

P (03) 8669 0587

Dineamic is a registered NDIS & HCP provider of chef-prepared and nutritionist approved ready to eat meals - delivered fresh to your door. Dineamic's range provides options to suit every dietary or lifestyle group; gluten free, dairy free, vegan, vegetarian and low FODMAP. Everyone should have the opportunity to enjoy high quality affordable meals.

**Disability Health Support Australia**

E dorothy@disabilityhealthsupport.com.a

u

W disabilityhealthsupport.com.au

Excellent medical and hospital care are everyone's right. NDIS, mental health and aged patients often find that their disability means they experience problems getting the healthcare they need. We case manage your healthcare.

**Disability Health Support Australia - Whale Beach**

E dorothy@disabilityhealthsupport.com.a

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W disabilityhealthsupport.com.au

P 0421 011 430

Support for NDIS participants whose health or healthcare is limiting their independence or capacity.

**Diversity and Hope Community Services**

E info@diversityandhope.org

P 0457 558 386

Services CaLD in Support coordinator, Support worker, Transport, Cleaning, Lawn mowing, house maintenance

**Epilepsy Action Australia**

E epilepsy@epilepsy.org.au

W epilepsy.org.au

P 1300 374 537

As the leading provider of epilepsy support and information nationwide, Epilepsy Action Australia is here to provide the very best answers, care and support to all those affected by this devastating disease.

**Epilepsy WA**

E community@epilepsywa.asn.au

W epilepsywa.asn.au

P (08) 6457 7699

Epilepsy WA was founded in 1963 and provides a wide array of services to support the WA community, including an information and support phone line, a network of support groups, a free seizure alert bed mat loan program for members, epilepsy training, patient/carer seminars, a compassionate ear listening service, a seizure technology display and awareness raising activities.

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### **Forward Focused Group**

**E** [admin@forwardfocusedgroup.com.au](mailto:admin@forwardfocusedgroup.com.au)

**W** [forwardfocusedgroup.com.au](http://forwardfocusedgroup.com.au)

**P** 0478 889 648

Forward Focused Group is a leading NDIS provider with it's headquarters based in Armadale. At Forward Focused we provide all 3 levels of Support Coordination and PsychoSocial Recovery Coach. We are based in Armadale, however we service perth metropolitan areas both south and north. We cater and assist all abilities, however Specialise in Autism and Multiple sclerosis. No age limit.

### **FundiS Links**

**E** [haya.hm2018@gmail.com](mailto:haya.hm2018@gmail.com)

**W** [ndislinks.com.au](http://ndislinks.com.au)

**P** 0424 274 277

Plan Manager - Support Coordinator - School Leaver Employment Service (SLES) - Respite Open every day 9am - 4pm. Accessible Building. CALD background, Arabic and Auslan speaker

### **GAP Support**

**E** [info@gapsupport.com.au](mailto:info@gapsupport.com.au)

**W** [gapsupport.com.au](http://gapsupport.com.au)

**P** 0427 667 427

GAP Support is a WA based business with strong community values wrapped around a belief in community inclusion. Our vision is to support people with disability to be included in the communities in which they live. GAP Support is committed to providing quality support to people with disability and striving to enable greater community participation.

### **Good Sammy Options**

**E** [info@gsi.org.au](mailto:info@gsi.org.au)

**W** [goodsammy.com.au](http://goodsammy.com.au)

**P** (08) 9463 0500

This centre was established in 1958 by the late Rev. Ralph Sutton of the Wesley Central Mission in Perth to provide training and employment opportunities for people with disabilities. GSI now has a staff of more than four hundred, over half of whom, are people with various disabilities. GSI's purpose is to provide these people with training so they are given the best chance to obtain employment.

### **Hendercare - West Perth**

**E** [hello@hendercare.com.au](mailto:hello@hendercare.com.au)

**W** [hendercare.com.au](http://hendercare.com.au)

**P** 1300 764 433

Working with people with a disability and their support network is a crucial part of what we do at HenderCare. The NDIS has changed the way people access disability care, and as a registered NDIS provider, we can help you meet your goals.

### **I Hate Cooking**

**E** [info@ih8cooking.com.au](mailto:info@ih8cooking.com.au)

**W** [ih8cooking.com.au](http://ih8cooking.com.au)

**P** 0410 526 477

As an NDIS registered provider around the country, we are proud to be able to provide a viable option to the many food delivery services available to participants. Our cooks are chosen because they have a heart to serve in the community. We look forward to making healthy nutritious food in your kitchen

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### **iDune Health**

**E** clem.mabiza@idunehealth.com.au

**W** idunehealth.com.au

**P** 0413 175 550

We provide personalised Mental Health, Nursing & Disability home care service, to promote independence and a fulfilled life in the comfort of your home within the community. We offer supports in Psychosocial Wellbeing; Personal & Nursing Care; Accommodation/Tenancy; Respite; Supported, Independent & Shared Living; Home Assistance; Daily Tasks/life skills; Community Participation; Travel/transport

### **Integra**

**E** choiceandcontrol@myintegra.com.au

**W** myintegra.com.au

**P** 1800 696 347

We are an NDIS registered provider of Plan Management and Support Coordination across Australia. Our plan managers help you keep track of your NDIS funds and pay your providers, while our support coordinators help activate your NDIS plan and connect you to the best local support providers to achieve your goals. Let us help you to maximise the possibilities of your NDIS plan today!

### **Integra Plan Management**

**E** choiceandcontrol@myintegra.com.au

**W** myintegra.com.au

**P** 1800 696 347

We are an NDIS registered provider of Plan Management and Support Coordination across Australia. Our plan managers help you keep track of your NDIS funds and pay your providers, while our support coordinators help activate your NDIS plan and connect you to the best local support providers to achieve your goals. Let us help you to maximise the possibilities of your NDIS plan today!

### **Integra Support Coordination**

**E** enquiries@myintegra.com.au

**W** myintegra.com.au

**P** 1300 937 187

We are an NDIS registered provider of Plan Management and Support Coordination across Australia. Our plan managers help you keep track of your NDIS funds and pay your providers, while our support coordinators help activate your NDIS plan and connect you to the best local support providers to achieve your goals. Let us help you to maximise the possibilities of your NDIS plan today!

### **NDIS Kickstart your plan**

**E** support@ndism.com.au

**W** ndism.com.au

**P** 1800 954 559

Working with ISM, we can help you Kickstart Your Plan and your NDIS journey so you get the most out of your funding. Phone support only from 5-7pm on Weekdays and on Saturdays.

### **NDIS Plan Management**

**E** support@ndism.com.au

**W** ndism.com.au

**P** 1800 954 559

- Unlimited training and capacity building support subscription: \$39.99/month
- Online product procurement services where we can purchase AT products from online retailers such as eBay
- Fast 2-4 business day invoice payments to suppliers of client services
- Instant, online service agreement sign up forms

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**Daily domestic living needs through to Complex and High Care**

**E** jane@janescare.com.au

**W** janescare.com.au

**P** (08) 9322 9999

Expertise & experience in tertiary/sub-acute, rehabilitative, aged, community care/support. Aged, disabled and incapacitated form the core group of clientele benefiting. Specialist 24 hour Care/Support services & coordination Tracheostomies, Laryngectomys, Non-invasive Ventilation, Intermittent & Indwelling Urinary Catheters (SPCs), PEG / NG Tubes, RIGs - Bowel Mng. (elimination needs), Respite

**General Disability Services**

**E** mailpe@justbettercare.com

**W** justbettercare.com

**P** (08) 6119 9137

In-Home Aged & Disability Support.

**General Disability Services**

**E** mailpe@justbettercare.com

**W** justbettercare.com

**P** (08) 6119 9137

In-home aged and Disability Care support

**Lifestyle Solutions**

**E** enquiry@lifestylesolutions.org.au

**W** lifestylesolutions.org.au

**P** 1800 634 748

Lifestyle Solutions provides services to people with disability, young people and children in Out Of Home Care, their families and communities.

**Manage It**

**E** info@manageit.com.au

**W** manageit.com.au

**P** (08) 9380 0271

We provide specialist services and innovative online tools for the management of individualised funding in the disability, community, and mental health care sectors.

**Mosaic Community Care Inc - Jandakot**

**E** hello@mosaic.org.au

**W** mosaic.org.au

**P** (08) 9314 8900

Mosaic Community Care Inc. has been providing services for people with an intellectual and/or physical disability for over 25 years. From our early days as an organisation developed by community members looking for better outcomes for their family members, Mosaic has grown to employ over 200 people, all focused on providing contemporary, flexible and innovative services.

**My Dreams**

3 Holystone Approach, WELLARD WA 6170

**E** info@mydreamssupport.org.au

**W** mydreamssupport.org.au

**P** 0451 352 401

My Dreams supports NDIS Participants:- live a fulfilling life in rented or own houses through-house cleaning & gardening. - Coordinating psychosocial supports to end the isolation by connecting participants to different community activities like group, shopping, library, park visits, medical appointments & providing transport. - Developing participants' life skills of selfcare & healthy eating....

**My Place**

**E** myplace@myplace.org.au

**W** myplace.org.au

**P** (08) 6380 2927

My Place is a not-for-profit provider of individualised and flexible supports to people with disability and their families since its establishment by the founders of local area co-ordination. My Place now supports around 400 people with disability to live in their own homes, or remain in their family home, and become valued and contributing members of their community.

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**My Plan Manager**

E enquiry@myplanmanager.com.au

W myplanmanager.com.au

P 1800 861 272

My Plan Manager is Australia's most established independent plan management service. We are also Australia's largest plan manager, which means we have a depth of experience and a dedicated team of service professionals to help you get the most out of your NDIS Plan. At no cost to you, we keep you up to date with budget tracking through our online portal and app or by contacting our friendly team.

**National Trade Suppliers PTY LTD  
Albany**

E adminwa@nationaltrades.com.au

W nationaltradesupplier.com.au

P (08) 9524 5441

Providing safety solutions like rails, ramps, non-slip treatments and other installations to assist you to stay in your own home or to help in your recovery at home.

**NDSP Plan Managers - WA**

E info@ndsp.com.au

W ndsp.com.au

P (08) 6146 3707

Our role as your Plan Manager is to assist you by paying your supports to providers from your NDIS funds. NDSP allows you to live your life while we manage your claims, payments and administration of your NDIS budget.

**Peak Plan Management - Hope Valley**

E simon.fellowes@gmail.com

W peakplanmanagement.com.au

P 1300 732 324

We offer you the assistance of a team of experienced accountants and NDIS experts to help you maximise the value of your plan whilst removing the stress and administrative burden. All with the benefit of a local person you can talk to anytime who knows your personal story and is focused on helping you maintain choice and control.

**Peak Plan Management - Parmelia**

E simon.fellowes@gmail.com

W peakplanmanagement.com.au

P 1300 732 324

We offer you the assistance of a team of experienced accountants and NDIS experts to help you maximise the value of your plan whilst removing the stress and administrative burden. All with the benefit of a local person you can talk to anytime who knows your personal story and is focused on helping you maintain choice and control.

**NDIS Disability Services**

E h.bain@peelhcs.com.au

W peelhcs.com.au

P 0487 696 621

Peel Home & Community Supports provide several types of support for people ranging from Domestic, Gardening, Community Access, Shopping, medical Appointments, Centre Based Day Activities, Alternate Family care, respite, Support Coordination, Plan Management & others please call us to discuss what your needs are & how we can assist you

**NDIS Disability Services**

E h.bain@peelhcs.com.au

W peelhcs.com.au

P 0487 696 621

Peel Home & Community Supports provide several types of support for people ranging from Domestic, Gardening, Community Access, Shopping, medical Appointments, Centre Based Day Activities, Alternate Family care, respite, Support Coordination, Plan Management & others please call us to discuss what your needs are & how we can assist you

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**Peniel Support Network**

**E** admin@penielsupportnetwrk.com.au

**W** penielsupportnetwrk.com.au

**P** 0410 968 901

We are a Person-Centred Support and Service provider at Peniel Support Network. We take special care towards our participants as we pride ourselves in giving back to the community. A promise we dutifully strive to accomplish and acquire many years prior to the launch of Peniel Support Network.

**Plan Partners**

**E** rollie.pontigon@planpartners.com.au

**W** planpartners.com.au

As Australia's leading provider of services that support NDIS participants, we will maintain our passion and commitment to helping people with disabilities to get the most out of their NDIS plans and realise their goals in life. Lives will be changed because of the services we provide.

**Plan Partners - WA**

**E** info@planpartners.com.au

**W** planpartners.com.au

**P** 1300 333 700

Plan Partners is a national independent disability provider specialising in NDIS Plan Management and Support Coordination for NDIS participants. They service NDIS participants Australia wide including remote and regional WA.

**Recovery Plus Support**

**E** referral@recoveryplussupport.com.au

**W** recoveryplussupport.com.au

**P** 1800 512 281

Recovery Plus Support is a registered NDIS provider specialising in services for participants with a Psychosocial Disability. We are best known for our Recovery Coaching service and also specialise in: - Social and Community Participation - Support Coordination - Capacity Building - In-home Care We are an Australian company and provide our services Australia-wide.

**Reel Keen Powerchair Fishing**

**E** robert@reelkeen.com

**W** reelkeen.com

**P** 0418 128 749

NDIS registered suppliers of Power Wheelchair fishing rod holders and camera attachments. Turn Your Power Wheelchair into a game fishing chair, in just minutes !!!

**St Jude's Health Care Services - Rockingham**

**E** info@stjudes.com.au

**W** stjude.com.au

**P** (08) 9279 4343

Welcome to St Jude's Group of Health Care Services. We provide residential aged care, disability services, home care and mental health services. With over 35 years of experience in supporting people with a wide range of support needs, we are the most trusted organisation in Western Australia. No matter what your needs are, we can offer you the most flexible and tailored support.

**Support Coordination WA**

**E** candice@supportcoordinationwa.com.au

**W** supportcoordinationwa.com.au

Support Coordination WA is a fully independent company offering leading NDIS registered support coordination and specialist support coordination services across the metropolitan area of Perth and beyond.

**Tricycles for Special People**

**E** sales@tempotricycle.com

**W** tempotricycle.com

Aims to bring the benefits and joy of cycling to all people. Provides and creates bikes for people with a disability.

**The Good Meal Co**

**E** agedcare@goodmeal.com.au

**W** goodmeal.com.au

**P** 1800 155 255

The Good Meal Co is dedicated to spreading the joy of food across Australia to those in need of the tastiest care meals, home delivered so they can eat, feel and live better.

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### **The Kids Coach**

**E** enquiries@thekidscoach.com.au

**W** thekidscoach.tv

**P** 0430 800 341

The Kids Coach is an on-demand channel developed by an Occupational Therapist and Personal Trainer to get your child up and moving with fun, regular fitness programming in the comfort of your own home.

### **Therapy Focus**

**E** enquiries@therapyfocus.org.au

**W** therapyfocus.org.au

**P** 1300 135 373

Therapy Focus is a contracted service provider for the West Australian State Government's Disability Service Commission and registered with the National Disability Insurance Scheme (NDIS), the Helping Children with Autism Program and the Better Start Initiative.

### **Wisteria Care**

**E** Wisteriacareservices@gmail.com

**W** wisteriacare.com.au

We are disability service providers offering, assistance with personal care, community nursing care, physiotherapy, personal training and assistance with household tasks

### **XYY Syndrome Association of Australia Inc.**

**E** xyyaustralia@gmail.com

**W** xyyaustralia.org

**P** 0427 064 157

Mission Creating awareness for XYY Syndrome by obtaining and providing the latest research for XYY families and the community. Networking with government services, medical specialists, general practitioners and educators to create a better understanding for XYY Syndrome. Our focus is helping the community have a positive understanding of XYY Syndrome and give support to those who need it.

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## **Education**

### **Adult Education**

#### **Parentshop.com.au**

**E** communications@parentshop.com.au

**W** parentshop.com.au

**P** (02) 6680 8910

At Parentshop we provide challenging, engaging and action-based professional development and training events that deliver effective behaviour change solutions for all ages. We guide and support professionals and parents through the provision of training to parents, school staff, community sector employees and child and family specialists in behaviour management and managing childhood anxiety.

### **General Education Programs**

#### **A Team Tuition - HEAD OFFICE**

**E** info@ateamtuition.com

**W** ateamtuition.com

**P** (07) 5226 0351

A Team Tuition offers one-on-one tutoring, in person or online, allowing your child to create a connection with their Academic Personal Trainer. We offer all subjects across all year levels in all state curriculums.

#### **Australian Cervical Cancer Foundation**

**E** info@accf.org.au

**W** accf.org.au

**P** 1300 727 630

ACCF raises awareness in schools & community groups across Australia through our FREE Cervical Cancer Awareness Program. CCAPs covers HPV and the vaccine, cervical cancer and it's prevention.

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**Australian School Of Entrepreneurship**

**E** campus@ase.edu.au

**W** ase.edu.au

**P** 1300 336 095

The Australian School of Entrepreneurship (ASE) is a community-led and purpose-driven education social enterprise that helps develop the entrepreneurial skills of school students, young entrepreneurs and anyone aged 5 to 24 years with a passion for innovation. Learn more: ase.edu.au

**Balance Minder**

**E** leanne@balanceminder.com.au

**P** 0428 181 824

Providing training in wellness skills including exercise, healthy eating and financial literacy. Balance Minder aims to provide the tools and support to all Australians to improve their physical, mental and social wellbeing. Deeply grounded in Tai Chi; We offer online and face to face courses which allows participants the opportunity to become the best version of themselves.

**Substance Abuse and Mental Health (Dual Diagnosis) Training**

**E** george@dualdiagnosisstraining.com.au

**W** dualdiagnosisstraining.com.au

**P** 0408 332 765

George Patriki provides both LIVE and ONLINE training for all people, including professional development for the health care, welfare and social service industries on the Gold Coast, throughout Australia and the globe... We also offers free and subsidised services to the general public; Free family support;  
<https://www.dualdiagnosisstraining.com.au/family-support/>

**Literacy Learning Club**

2 Robbos Way, KWINANA WA 6167

**E** tsfmktg@thesmithfamily.com.au

**W** thesmithfamily.com.au

**P** (08) 9265 5582

Learning Clubs provide a safe and supportive out-of-school learning environment where primary or secondary students can participate in activities that develop their academic and social skills. Clubs usually run in terms two and three each year, and children attend at once or twice a week at no cost.

**Anger Management and Conflict Resolution Program**

**E** transformationministries@gmail.com

**W** anger.org.au

**P** 0408 332 765

Have you experienced problems with anger & rage that has caused harm to yourself and those you love? Anger is a normal human emotion when we feel we are being threatened, or those we love. If you prefer to do the 24/7 ONLINE course, click on the green button on website. If we don't deal with what causes us to get angry, then it turns into rage. Anger Management & Conflict Resolution Program

**Walya Productions**

**E** irene@walya.com.au

**W** walya.com.au

**P** 0401 203 654

Walya Productions provides a National Aboriginal Cultural & Community e-learning (online at walya.com.au) course. Walya Productions is registered as an Accredited training organisation with the Royal College of General Practitioners and Supply Nation. The course is low cost and is designed to introduce the broader community to Aboriginal Culture & Community, in an affordable and informative way.

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## Private (Primary and High Schools)

**Peter Carnley Anglican Community School - Wellard Campus**  
386 Wellard Road, WELLARD WA 6170  
E [info@pcacs.wa.edu.au](mailto:info@pcacs.wa.edu.au)  
W [pcacs.wa.edu.au](http://pcacs.wa.edu.au)  
P (08) 9439 3499  
Peter Carnley Anglican Community School is a coeducational day school which opened in Wellard at the commencement of the 2007 academic year. It caters for students from Kindergarten to Year 12, providing all aspects of a broad based education with core values being based in Christian and liberal ideals.

**Catholic Primary School**  
114 Parmelia Avenue, PARMELIA WA 6167  
E [admin@stvincents.wa.edu.au](mailto:admin@stvincents.wa.edu.au)  
W [stvincents.wa.edu.au](http://stvincents.wa.edu.au)  
P (08) 9419 2631  
K-7 co-educational Catholic primary school.

**The King's College**  
170 Bertram Rd, WELLARD WA 6170  
E [info@tkc.wa.edu.au](mailto:info@tkc.wa.edu.au)  
W [thekingscollege.wa.edu.au](http://thekingscollege.wa.edu.au)  
P (08) 9411 4100  
TKC's mission is to enable personal growth and facilitate exceptional moments for all of our students. Inspiring hearts with Christian values, a community spirit and collaboration. We want our students to dream big, act locally and impact globally.

## Special Education Programs

**Leda Education Support Centre**  
1-25 Feilman Drive, LEDA WA 6170  
E [Leda.ESC@education.wa.edu.au](mailto:Leda.ESC@education.wa.edu.au)  
W [ledaeducationsupportcentre.wa.edu.au](http://ledaeducationsupportcentre.wa.edu.au)  
P (08) 9439 2508  
Caters for students from Kindergarten to Year 7 diagnosed with an intellectual disability, Global developmental delay and/or autism.

**Communities for Children**  
2 Robbos Way, KWINANA WA 6167  
E [tsfmktg@thesmithfamily.com.au](mailto:tsfmktg@thesmithfamily.com.au)  
W [thesmithfamily.com.au](http://thesmithfamily.com.au)  
P (08) 9265 5582  
Supports disadvantaged children to create a better future through education (Learning for Life). Involves students from primary school to adolescence and their families. One of the key programs is the Scholarship Program, which provides direct financial assistance for school essentials such as books, school equipment and uniforms for children in low income families living/studying in Kwinana.

**Learning for Life**  
2 Robbos Way, KWINANA WA 6167  
E [tsfmktg@thesmithfamily.com.au](mailto:tsfmktg@thesmithfamily.com.au)  
W [thesmithfamily.com.au](http://thesmithfamily.com.au)  
P (08) 9265 5582  
The Smith Family Learning for Life supports families who have children attending one of our partnership schools in Kwinana - Bertram, Calista, Leda, Medina, Nth Parmelia and Orelia Primary Schools and Gilmore College. The program provides a financial scholarship and additional long term support to enhance the child and families participation in education.

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**Student2student Reading Program**

2 Robbos Way, KWINANA WA 6167

E [tsfmktg@thesmithfamily.com.au](mailto:tsfmktg@thesmithfamily.com.au)

W [thesmithfamily.com.au](http://thesmithfamily.com.au)

P (08) 9265 5582

The Student2student program works by matching students who need to improve their reading with peer buddies near their own age who help and encourage them with their reading.

## State (Primary and High Schools)

**Bertram Primary School**

Champion Drive, BERTRAM WA 6167

E [bertram.ps@education.wa.edu.au](mailto:bertram.ps@education.wa.edu.au)

W [bertramps.wa.edu.au](http://bertramps.wa.edu.au)

P (08) 9419 1762

K-6 co-educational primary school.

**Calista Primary School**

22-50 Harlow Road, CALISTA WA 6167

E [calista.ps@education.wa.edu.au](mailto:calista.ps@education.wa.edu.au)

W [calistaps.wa.edu.au](http://calistaps.wa.edu.au)

P (08) 9419 2355

K-6 co-educational primary school.

**Gilmore College**

Dargin Place, ORELIA WA 6167

E [gilmore.college@education.wa.edu.au](mailto:gilmore.college@education.wa.edu.au)

W [gilmorecollege.wa.edu.au](http://gilmorecollege.wa.edu.au)

P (08) 6595 2700

Secondary co-education for students aged 12-17 years (Year 8-12).

**Primary School**

Windjana Rise, WANDI WA 6167

E [honeywood.ps@education.wa.edu.au](mailto:honeywood.ps@education.wa.edu.au)

W [honeywoodps.wa.edu.au](http://honeywoodps.wa.edu.au)

P (08) 6173 6100

Honeywood Primary School is an independent public school working in collaboration with families and the wider school community to develop the vision and direction for the school's future. Includes kindergarten, pre-primary to year 6.

**Leda Primary School**

E [Leda.PS@education.wa.edu.au](mailto:Leda.PS@education.wa.edu.au)

W [ledaps.wa.edu.au](http://ledaps.wa.edu.au)

P (08) 9439 2299

K-6 co-educational primary school.

**Medina Primary School**

2 Wescott Road, MEDINA WA 6167

E [Medina.PS@education.wa.edu.au](mailto:Medina.PS@education.wa.edu.au)

W [medinaps.wa.edu.au](http://medinaps.wa.edu.au)

P (08) 6174 1100

Government primary school, catering for students from Kindergarten to Year 6.

**North Parmelia Primary School**

15-35 Durrant Avenue, PARMELIA WA 6167

E [northparmelia.ps@education.wa.edu.au](mailto:northparmelia.ps@education.wa.edu.au)

W [npps.wa.edu.au](http://npps.wa.edu.au)

P (08) 9439 2100

K-6 co-educational primary school.

**Orelia Primary School**

Bolton Way, ORELIA WA 6167

E [orelia.ps@education.wa.edu.au](mailto:orelia.ps@education.wa.edu.au)

W [oreliaps.wa.edu.au](http://oreliaps.wa.edu.au)

P (08) 6174 1200

K-6 co-educational primary school.

**Peter Carnley Anglican Community School - Calista**

Corner Gilmore Avenue & Summerton Road, CALISTA WA 6167

E [info@pcacs.wa.edu.au](mailto:info@pcacs.wa.edu.au)

W [pcacs.wa.edu.au](http://pcacs.wa.edu.au)

P (08) 6323 5400

Peter Carnley Anglican Community School is a coeducational day school which opened in Wellard at the commencement of the 2007 academic year. It caters for students from Kindergarten to Year 12, providing all aspects of a broad based education with core values being based in Christian and liberal ideals.

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## Employment & Training

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### Disability Employment & Training Services

#### **PETCLOUD**

**E** [service@petcloud.com.au](mailto:service@petcloud.com.au)

**W** [petcloud.com.au](http://petcloud.com.au)

**P** 1300 667 785

If NDIS Participants are reliable for bookings they choose to take on, can communicate well, can use a smartphone, can control and care for a pet, then they could potentially become a Pet Sitter through PetCloud. Learn more here: <https://www.petcloud.com.au/d/blog/ndis-goal-creation-for-pet-lovers/>

### Employment Information & Assistance

#### **Jenny Gleeson Coaching and Consulting**

**E** [gleeson\\_jenny@hotmail.com](mailto:gleeson_jenny@hotmail.com)

**W** [jennygleeson.com.au](http://jennygleeson.com.au)

**P** 0433 884 847

I am a qualified Career Coach and English Teacher. I offer extremely low and cost effective services as I am very community minded and person centred. I also assist Not for Profit organisations with writing tenders, funding applications, business plans plus much more.

#### **ParentsNext**

Shop 24, 40 Meares Avenue, KWINANA WA 6167

**E** [smyl@smyl.com.au](mailto:smyl@smyl.com.au)

**P** 1300 215 391

ParentsNext is a free specialised support service that helps parents with children under 6 to plan and prepare for their future employment. ParentsNext can assist those ready to re-enter the workforce as their children reach school age, increasing your independence and having a positive impact on the quality of your family life.

## General Employment & Training Services

#### **Australia Wide First Aid - Armadale**

**E** [info@australiawidefirstaid.com.au](mailto:info@australiawidefirstaid.com.au)

**W** [australiawidefirstaid.com.au](http://australiawidefirstaid.com.au)

**P** (07) 3437 7500

First aid training - fully accredited, best price guaranteed, certification recognised nationally

#### **Australia Wide First Aid - Mandurah**

**E** [info@australiawidefirstaid.com.au](mailto:info@australiawidefirstaid.com.au)

**W** [australiawidefirstaid.com.au](http://australiawidefirstaid.com.au)

**P** (07) 3437 7500

First aid training - fully accredited • best price guaranteed • certification recognised nationally

#### **Bestwest Care**

Unit 8, 40 Meares Avenue, KWINANA TOWN CENTRE WA 6167

**E** [admin@bestwestcare.net.au](mailto:admin@bestwestcare.net.au)

**W** [bestwestcare.net.au](http://bestwestcare.net.au)

**P** (08) 9439 1673

Bestwest Care is a Western Australian owned and operated organisation, which specialises in the provision of Qualified Staff to WA's Aged Care Facilities; Community Respite, Disability Support, and health services. We provide temporary staffing solutions throughout WA. We also provide industry specific Training Services.

#### **Electrician Jobs**

**P** (02) 8005 8225

[Electricianjobs.com.au](http://Electricianjobs.com.au) is your online source to find jobs in the Australian Electrical Industry, assisting jobseekers by providing a platform to search and apply directly for the latest jobs or register to receive new job opportunities.?

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### **Stirling Skills Training - Kwinana**

Corner Darius Drive and Robbos Way,  
KWINANA WA 6167

E [kwinana@stirlingskills.com.au](mailto:kwinana@stirlingskills.com.au)

W [trainingalliance.com.au](http://trainingalliance.com.au)

P (08) 6166 9348

Provides training programs and traineeships using techniques to facilitate programs to enable employees to develop workplace skills. This organisation also negotiates on the job traineeships, provides ongoing support and post placement follow-up. Operates in conjunction with Matchworks Recruitment Agency.

## **Youth Employment & Training Services**

### **Bridging the Gap**

Darius Wells Library and Resource Centre, 2 Robbos Way, KWINANA WA 6167

E [mailbox@bridgingthegap.org.au](mailto:mailbox@bridgingthegap.org.au)

W [bridgingthegap.org.au](http://bridgingthegap.org.au)

P (08) 9419 2553

Provides a pathway which allows young people to address barriers to achieving positive outcomes and enables them to take action to achieve their goals in life.

## **Environment & Conservation**

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### **Environment & Conservation Local History**

#### **Kwinana in Transition**

Sloan's Cottage, Harman Street, LEDA WA 6170

E [kwinanaintransition@gmail.com](mailto:kwinanaintransition@gmail.com)

W [kwinanaintransition.org.au](http://kwinanaintransition.org.au)

Kwinana in Transition is part of the larger Transition Towns initiative to help create more sustainable communities. Kwinana in Transition acts as an auspicing agent for community projects

2019 City of Kwinana Community Directory

### **Ridley's Motor Museum**

9 Holden Close, BERTRAM WA 6167

E [bobridley1@icloud.com](mailto:bobridley1@icloud.com)

P (08) 9419 2980

Promotes the preservation of historic cars, motorbikes and commercial vehicles. The museum has been established to preserve and display memorabilia for public interest, as well as educational and research purposes.

### **Smirk's Cottage**

2 Beacham Crescent, MEDINA WA 6167

W [kwinana.wa.gov.au](http://kwinana.wa.gov.au)

P (08) 9439 6342

Smirk's Cottage operates as a local museum for the Kwinana and Media areas. It houses an important collection of buildings and objects that tell the stories of the unique settlement, development and history of the area

### **Western Australian Naturalists' Club**

E [info@wanaturalists.org.au](mailto:info@wanaturalists.org.au)

W [wanaturalists.org.au](http://wanaturalists.org.au)

P (08) 9228 2495

Publication of Scientific Papers  
Maintaining a library Raising donations for fungi research Collecting and editing scientific papers Obtaining suitable books for the Library Main activities relate to Research. Benefits Research Scientists doing fungi research in Western Australia in conjunction with WA Herbarium.

### **Western Australian Naturalists Club - Kwinana Rockingham Mandurah Branch (KRMB)**

E [info@wanaturalists.org.au](mailto:info@wanaturalists.org.au)

W [wanaturalists.org.au](http://wanaturalists.org.au)

P (08) 9527 8612

To encourage the study of natural history in all its branches and to endeavour to prevent the destruction of native flora and fauna. Focuses on the Kwinana, Rockingham, Mandurah area. Meetings are held on the third Friday of each month at Naragebup Rockingham Regional Environment Centre (RREC), Safety Bay Road at 7.30 pm. This group is actively involved in the care and management of wildlife.

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## Environmental Action & Conservation

### **Friends of the Spectacles (FoTS)**

McLaughlan Road, KWINANA WA 6167

E fotsmail@gmail.com

W bushlandperth.org.au

P (08) 9420 7207

The Friends of the Spectacles is a volunteer group caring for the Spectacles Wetlands located in the City of Kwinana. The group was formed after a major bush fire swept through the wetlands in December 2007. The group supports the rehabilitation of the wetland area through activities such as re-vegetation, seed collection, propagation, and weed control.

### **Frog Safe, Inc - the frog hospital rehab centre**

E admin@frogsafe.org.au

W frogsafe.org.au

P (07) 4068 9402

We assist anyone with injured/ diseased frogs. We rehab frogs on site from all FNQ plus assist long-distance finders via emailed photos and case history. Our educational website is comprehensive.

### **Mandogalup Volunteer Bush Fire Brigade**

E contact@mandogalupbfb.org.au

P (08) 9410 2229

Volunteer Bush Fire Brigade, protecting the northern parts of Kwinana. Suburbs include Anketell, Wandi, Mandogalup and Honeywood. In case of fire or emergency, call 000.

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## Health Services

### **Adult Health Services**

#### **Diabetes WA**

E info@diabeteswa.com.au

W diabeteswa.com.au

P 1300 001 880

No matter what stage you are at on your health journey, Diabetes WA is here for you. We work in the community to educate, inform and support people at risk of, living with and affected by diabetes.

### **Ageing Health Services**

#### **Psychological therapies for people with mental illness living in residential aged care facilities**

E joondalup@directionpsychology.com.au

W directionpsychology.com

P 1300 322 068

Psychological services to residents of aged care facilities across Perth, as referred by a GP. The services for residents with mild to moderate mental illness are delivered Monday to Friday via individual or group therapy sessions with a qualified Psychologist, and aim to improve clinical outcomes.

#### **Stay On Your Feet WA**

E info@injurymatters.org.au

W injurymatters.org.au

P (08) 6166 7688

This is a community awareness-raising program, which aims to promote healthy, active ageing in WA to reduce falls and the severity of fall-related injuries among seniors. The program aims to achieve this by raising awareness that falls are preventable and not an inevitable consequence of ageing, through the promotion of 'Move Improve Remove.'

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## Allied Health

### All Round Family Care

E [allroundfamilycare@hotmail.com](mailto:allroundfamilycare@hotmail.com)  
Disability accommodation support and community support for people aged 0-99+ years. Independent skills development for people with disability or mental health. One on one or group fitness for people with disability or mental health. Assisting people to achieve their goals.

### Alliance Occupational Therapy

E [danielle@allianceot.com.au](mailto:danielle@allianceot.com.au)  
P (08) 9525 7851  
Home-based Occupational Therapy intervention for adults in the Peel region of WA. Home environmental assessments, assistive equipment prescription, physical rehabilitation, falls prevention, education, carer support etc. Optimising independence, safety, function and comfort for clients. Provider for Department of Veterans' Affairs, Private Health, Medicare, Home Care Package recipients.

### Axis Health Psychology

E [info@axispsychology.org](mailto:info@axispsychology.org)  
W [axispsychology.org](http://axispsychology.org)  
P 0455 398 354  
Health focused, evidence-based psychological therapy and hypnotherapy for anxiety, depression and stress; gut health; disordered eating and disturbed sleep.

### Biome Integrative Nutrition

E [carrieross.8888@gmail.com](mailto:carrieross.8888@gmail.com)  
W [biomeintegrativenutrition.com.au](http://biomeintegrativenutrition.com.au)  
P 0403 278 455  
Clinical Nutritionist specialising in food behaviour management and counselling, post-operative weightloss surgery Nutrition and supporting a wide range of health concerns through dietary and lifestyle counselling. Open Tues-Friday 9am-5pm Saturday 9-2pm inclusive practice LGBTQ friendly.

### Funtalk Speech Pathology - Kwinana

GP Extra building , 1 Chisham Avenue,  
KWINANA TOWN CENTRE WA 6167  
E [admin@funtalk.com.au](mailto:admin@funtalk.com.au)  
P 0438 861 555  
FunTalk's vision is to provide a high quality Speech Pathology service to grow and enrich the lives of children. We aim to engage and inspire children with communication difficulties, to maximise their learning potential. We work collaboratively with families and schools, to provide individualised support to achieve the desired goals.

### Heart Health And Fitness

E [nicole@hearthealthandfitness.com.au](mailto:nicole@hearthealthandfitness.com.au)  
W [hearthealthandfitness.com.au](http://hearthealthandfitness.com.au)  
P 0448 098 227  
Develop tailored exercise and lifestyle programs for people with cardiovascular conditions and those who are currently or have previously received treatment for cancer. We also assist ageing adults to maintain a healthy, active lifestyle which includes tailored exercise programs and classes. We offer individual and group consultations which may be rebated through Medicare, DVA or private health.

### Infinitive Health Wellness Centre - Chiropractor

46 Meares Avenue, KWINANA TOWN CENTRE WA 6167  
P (08) 6558 0570  
Health Services - Allied Health

### Julie Pratt - IBS and FODMAP Dietitian

E [julie@naturalbalancenutrition.com.au](mailto:julie@naturalbalancenutrition.com.au)  
P 1300 026 714  
Natural Balance Nutrition is a virtual nutrition practice specialising IBS management and the low FODMAP diet. We help clients with a range of digestive issues including: - Irritable bowel syndrome (IBS) - Fructose malabsorption - Lactose intolerance - Coeliac disease - Reflux - Chronic constipation / diarrhoea - Small intestinal bacterial overgrowth (SIBO)

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**Kern Allied Health**

**E** therapy@kernhealth.com.au

**W** kernhealth.com.au

**P** 1300 122 155

Reinventing the therapy experience. Individual therapy programs and environmental modifications to keep you engaged and participating in the activities you enjoy. Benefit from Kern's multi-disciplinary, client centred approach. Contact us today for community-based allied health services: Physiotherapy Occupational Therapy Speech Pathology Psychology Positive Behaviour Support

**Lifeworks Occupational Therapy - Subiaco**

**E** reception@lifeworksot.com.au

**W** lifeworksot.com.au

**P** 0451 178 880

An experienced occupational therapy service providing clinic and home based therapy for people with chronic and/or complex health conditions, including chronic pain and mental health. We work to give people with chronic or complex health conditions the knowledge, skills and power to move forward with confidence, and overcome barriers, so they can live their best possible life.

**On The Line Australia**

**E** enquiries@ontheline.org.au

**W** ontheline.org.au

**P** (03) 8371 2800

On the Line is a social health business, supporting and counselling people, anywhere and anytime. We listen and encourage people to feel better: building resilience, fostering healthy relationships, and connecting people with community support.

**ORS Fremantle**

**E** ors@orsgroup.com.au

**W** orsgroup.com.au

**P** 1800 000 677

ORS employ a wide range of Allied Health professionals including experienced and accredited Occupational Therapists, Psychologists, Physiotherapists, Exercise Physiologists, Rehabilitation Counsellors, Behaviour Support Practitioners, Speech Pathologists and Registered Nurses who have experience working with complex and high needs clients across all age ranges and disability/injury presentations.

**ORS Morley**

**E** ors@orsgroup.com.au

**W** orsgroup.com.au

**P** 1800 000 677

ORS employ a wide range of Allied Health professionals including experienced and accredited Occupational Therapists, Psychologists, Physiotherapists, Exercise Physiologists, Rehabilitation Counsellors, Behaviour Support Practitioners, Speech Pathologists and Registered Nurses who have experience working with complex and high needs clients across all age ranges and disability/injury presentations.

**ORS Parmelia**

1 Sutherland Parade, PARMELIA WA 6167

**E** ors@orsgroup.com.au

**W** orsgroup.com.au

**P** 1800 000 677

ORS employ a wide range of Allied Health professionals including experienced and accredited Occupational Therapists, Psychologists, Physiotherapists, Exercise Physiologists, Rehabilitation Counsellors, Behaviour Support Practitioners, Speech Pathologists and Registered Nurses who have experience working with complex and high needs clients across all age ranges and disability/injury presentations.

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### **ORS Perth**

**E** ors@orsgroup.com.au

**W** orsgroup.com.au

**P** 1800 000 677

ORS employ a wide range of Allied Health professionals including experienced and accredited Occupational Therapists, Psychologists, Physiotherapists, Exercise Physiologists, Rehabilitation Counsellors, Behaviour Support Practitioners, Speech Pathologists and Registered Nurses who have experience working with complex and high needs clients across all age ranges and disability/injury presentations.

### **Phoenix Hypnotherapy**

**E** lynne@phoenixhypnotherapy.com.au

**W** phoenixhypnotherapy.com.au

**P** 0438 411 551

Imagine what it will be like to finally quieten that inner-voice and to discover how incredible you can actually be. Imagine what it would be like to finally discover how to become stress and anxiety free in your life... or to be that 'non-smoker'... or to look in the mirror and feel fabulous! I will help you rid yourself of that useless stress and worry and feel the peace you so deserve.

### **Tassell Chiropractic Wellard**

18a The Strand & Runnymede Gate,

WELLARD WA 6170

**P** (08) 9439 6889

Provides Health Services - Allied Health in the Wellard area

## **Child Youth & Family Health**

### **Calm and Connected**

**E** calmandconnected@outlook.com

**W** calmandconnected.com.au

**P** 0430 645 086

**THERAPY AND SUPPORT SERVICES**

The Occupational Therapists and Clinical Psychologist at Calm and Connected provide mobile, clinic & online support to the adults surrounding a child and teach the child how to address the foundational skills that affect our ability to connect.

### **Kidsafe WA**

**E** kidsafe@kidsafewa.com.au

**W** kidsafewa.com.au

**P** (08) 6244 4880

Kidsafe WA is the leading independent not-for-profit organisation dedicated to promoting safety and preventing childhood injuries and accidents in Western Australia. Kidsafe WA works in the community to educate and inform parents and children on staying safe at home, at play and on the road.

### **Leukodystrophy Resource and Research organisation**

**E** bobwyborn@bigpond.com

**W** leukodystrophyresourceresearch.org

**P** 0419 683 195

Leukodystrophy is group of some 50 to 60 genetic progressive neurodegenerative disorders that are terminal. We support families, scientists, clinicians and allied health.

### **Swim and Survive**

**E** info@royallifesavingwa.com.au

**W** royallifesavingwa.com.au

**P** (08) 9383 8200

This is a swimming and water safety program that is aligned to the National Swimming and Water Safety Framework.

### **Thrive Therapy and Consulting Services**

**E** reception@thrive-therapy.com.au

**W** thrive-therapy.com.au

**P** 0413 778 056

We are an holistic health service, providing mental health and occupational therapy services for children and teenagers. We provide counselling for children, using mindfulness, cognitive behavioural therapy and sensory integration theory. Our occupational therapy programs focus on developmental areas of social skills, motor skills, sensory processing, handwriting, visual perceptual skills.

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### **School-Based Immunisation Program**

**E** SBIP@health.wa.gov.au

**P** (08) 9388 4863

The school-based immunisation program is a nationally funded program which offers all students the opportunity to become protected against vaccine preventable diseases.

## **Community Health & Medical**

### **Food Sensations for Adults**

**E** wa.info@foodbankwa.org.au

**W** foodbankwa.org.au

**P** (08) 9258 9277

Food Sensations® for Adults is a free nutrition and cooking program that is hands on, fun and provides a safe environment to try new recipes and develop skills.

## **Dental & Oral Health**

### **Beyond Smiles Dental Bertram**

4 Hero Crescent, BERTRAM WA 6167

**E** bertram@beyondsmilesdental.com.au

**W** beyondsmilesdental.com.au

**P** (08) 9419 5417

Beyond Smiles Dental in Bertram, is only one of the 5 conveniently located clinics across Perth. They specialise in general dental, teeth whitening, dental implants and Invisalign. Book online now or get in contact with your local team!

### **Dentistry Plus Kwinana**

**E** Kwinana@dentistryplus.com.au

**W** dentistryplus.com.au

**P** (08) 6316 6069

At Dentistry Plus, we ensure that all patients receive the best attention and dental treatment available while experiencing the most comfortable dental experience possible. We continually strive to maintain our ongoing commitment to the utmost in health, safety and infection control.

### **TLC Dental Chisham Avenue**

33 Meares Avenue, PARMELIA WA 6167

**W** tlcdental.com.au

**P** (08) 9419 1988

Provides Health Services - Dental & Oral Health in the Parmelia area

## **Drug & Alcohol Services**

### **Alcoholics Anonymous - Kwinana**

Anglican Church, Corner Bickner Way & Chisham Avenue, PARMELIA WA 6167

**E** aaperthwa@iinet.net.au

**W** aaperthwa.org

**P** (08) 9325 3566

Counselling service for people with alcohol addiction. Meetings times and locations: Saturdays at 11am at Apex & Rotary Park, cnr Summerton & Gilmore Sts; Tuesdays at 6pm, Anglican Church, cnr Bickner Way & Chisham Ave, Parmelia; Thursdays at 8pm, Anglican Church, cnr Bickner Way & Chisham Ave, Parmelia.

### **AOD Community Treatment**

**E** Alison.deLaRie@communities.wa.gov.au

**W** dcp.wa.gov.au

**P** (08) 6217 6888

Alcohol and other drugs - Community Treatment, Community Support

### **Drug and Alcohol Youth Service (DAYS)**

**E** days@missionaustralia.org.au

**W** sd.missionaustralia.com.au

**P** (08) 9222 6300

The Drug and Alcohol Youth Service (DAYS) provides young people and their families' access to a comprehensive range of free and confidential alcohol and other drug services.

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**SHIFT - Youth AOD Outreach Service**

E [shift@missionaustralia.com.au](mailto:shift@missionaustralia.com.au)

W [missionaustralia.com.au](http://missionaustralia.com.au)

P (08) 6212 8700

Outreach case management support for young people experiencing alcohol and other drug (AOD) use issues, connecting with them in environments where they feel safe and comfortable. The service supports young people between the ages of 12-25 years living in the Perth metro area who are at risk of, or are experiencing AOD and AOD related mental health issues or other co-occurring complexities.

**24hr Alcohol and Drug Support Line**

E [contactus@mhc.wa.gov.au](mailto:contactus@mhc.wa.gov.au)

W [mhc.wa.gov.au](http://mhc.wa.gov.au)

P (08) 9442 5000

The Alcohol and Drug Support Line is a 24/7 non-judgemental and confidential telephone counselling, information, referral and support line for alcohol and drug use.

**24hr Meth Helpline**

E [contactus@mhc.wa.gov.au](mailto:contactus@mhc.wa.gov.au)

W [mhc.wa.gov.au](http://mhc.wa.gov.au)

P 1800 874 878

The Meth Helpline is a confidential, non-judgemental telephone counselling, information and referral service for anyone seeking help for their own or another person's meth use.

**24hr Parent and Family Drug Support Line**

E [contactus@mhc.wa.gov.au](mailto:contactus@mhc.wa.gov.au)

W [mhc.wa.gov.au](http://mhc.wa.gov.au)

P (08) 9442 5050

The Parent and Family Drug Support Line provides confidential counselling, information and referral by professional counsellors as well as support by Parent Peer Volunteers to parents and families in Western Australia who are concerned about a family members' alcohol or other drug use.

**Alcohol and Drug Support Service**

E [contactus@mhc.wa.gov.au](mailto:contactus@mhc.wa.gov.au)

W [mhc.wa.gov.au](http://mhc.wa.gov.au)

P (08) 6553 0600

The Alcohol and Drug Support Service at the Mental Health Commission provides support to the public through various programs, such as the BeSmart programs, various parent support groups and support to the Drug Court.

**Alcohol and other drug counselling**

E [perth@palmerston.org.au](mailto:perth@palmerston.org.au)

W [palmerston.org.au](http://palmerston.org.au)

P (08) 9328 7355

If you are worried about your own alcohol or other drug use or someone else's, then you may find it helpful to meet with a counsellor. Counselling is a safe way in which you can talk about what is going on for you with a professional in a confidential and non-judgemental way. Counselling is available for both adults and young people.

**The Farm Therapeutic Community (residential rehabilitation)**

E [perth@palmerston.org.au](mailto:perth@palmerston.org.au)

W [palmerston.org.au](http://palmerston.org.au)

P (08) 9328 7355

The Farm Therapeutic Community provides a residential rehabilitation service to people in the Perth region experiencing issues with alcohol or drug use.

**Serenity Lodge Therapeutic Community (Residential Rehabilitation)**

E [enquiry@cyrenianhouse.com](mailto:enquiry@cyrenianhouse.com)

W [cyrenianhouse.com](http://cyrenianhouse.com)

P (08) 9328 9200

Serenity Lodge provides a residential rehabilitation program for people with alcohol or other drug issues. The program includes counselling, therapeutic groups, education and physical activity in a Therapeutic Community model environment.

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**Serenity Withdrawal Unit for Alcohol and other Drugs**

**E** enquiry@cyrenianhouse.com

**W** cyrenianhouse.com

**P** (08) 9328 9200

The Serenity Withdrawal Unit is a self-contained, four-bed low-medical withdrawal facility for people with alcohol and other drug issues.

**SMART Recovery**

**E** smartrecovery@srau.org.au

**W** smartrecoveryaustralia.com.au

**P** (02) 9373 5100

Smart Recovery For all addictive behaviours

**Alcohol and Other Drug Outreach Service**

**E** rockingham@palmerston.org.au

**W** palmerston.org.au

**P** (08) 6389 6600

Provides outreach services to people experiencing Alcohol and other Drugs (AOD) issues, including brief Intervention, counselling, relapse prevention/aftercare and case management.

**South Metro Community Alcohol and Drug Service - Rockingham**

**E** rockingham@palmerston.org.au

**W** palmerston.org.au

**P** (08) 9550 9200

The South Metro Community Alcohol and Drug Service provides a comprehensive range of free and confidential alcohol and other drug services in Fremantle, Rockingham and Mandurah.

**Attach drug and alcohol treatment service for parents**

**E** receptionist.fremantle@unitingcarewest.org.au

**W** unitingwa.org.au

**P** 1300 663 298

The Attach drug and alcohol service provides a four to six month in-home counselling program for parents (with children aged up to eight years) who have a drug or alcohol problem.

**Western Australian Network of Alcohol and other Drug Agencies**

**E** drugpeak@wanada.org.au

**W** wanada.org.au

**P** (08) 6557 9400

The Western Australian Network of Alcohol and other Drug Agencies (WANADA) is the peak body for the alcohol and other drug sector in Western Australia.

**Alcohol and drug treatment services**

**E** info@wungening.com.au

**W** wungening.com.au

**P** (08) 9221 1411

Wungening provides support and programs to youth, families, men and women (and their families) who are experiencing alcohol or other drug problems.

**Alcohol and Other Drug Outreach Service for Aboriginal People**

**E** info@wungening.com.au

**W** wungening.com.au

**P** (08) 6558 1000

Assertive outreach services to vulnerable and disadvantaged Aboriginal people experiencing Alcohol and other Drugs (AOD) and/or Mental Health (MH) issues, providing an integrated, evidence-based response to problematic substance use and mental health problems.

**General Health Services****Arthritis And Osteoporosis Western Australia**

**E** general@arthritiswa.org.au

**W** arthritiswa.org.au

**P** (08) 9388 2199

The objective of Arthritis & Osteoporosis WA is to reduce the incidence and disabling effects of arthritis, osteoporosis and related conditions in the people of WA.

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### **Make Smoking History**

**E** [reception@cancerwa.asn.au](mailto:reception@cancerwa.asn.au)

**W** [makesmokinghistory.org.au](http://makesmokinghistory.org.au)

**P** (08) 9212 4333

The Make Smoking History campaign, run by the Cancer Council of Western Australia with funding from the WA Department of Health, provides information on media campaigns, smoking cessation services and other relevant activities to key CaLD publications and media outlets, working through key bodies such as Ethnic Communities Council of Western Australia and the Office of Multicultural Interests.

### **Diabetes WA**

**E** [info@diabeteswa.com.au](mailto:info@diabeteswa.com.au)

**W** [diabeteswa.com.au](http://diabeteswa.com.au)

**P** 1300 001 880

Our mission is to improve the lives of those at risk of, living with or affected by diabetes. This takes in thousands of Western Australians and their families and we do our best to make sure we provide them with the all of the information and support they need to enjoy a full life.

### **Learn to manage your diabetes with Diabetes WA**

**E** [info@diabeteswa.com.au](mailto:info@diabeteswa.com.au)

**W** [diabeteswa.com.au](http://diabeteswa.com.au)

**P** 1300 001 880

If you have been diagnosed with diabetes, we can help you learn to manage it to live a long and happy life. With a range of free workshops across WA, you can find one near you and book online at [www.diabeteswa.com.au](http://www.diabeteswa.com.au), or call 1300 001 880 and we will help you find one that suits you.

### **LiveLighter**

**E** [kathleen.O'connor@health.wa.gov.au](mailto:kathleen.O'connor@health.wa.gov.au)

**W** [livelighter.com.au](http://livelighter.com.au)

**P** (08) 9388 3343

LiveLighter® encourages all Western Australian adults to lead healthier lifestyles - to make changes to what they eat and drink, and to be more active. It also encourages public debate about obesity and the need for changes in the community to support healthy eating and physical activity.

### **Kwinana Community Health**

1 Peel Row, KWINANA WA 6167

**W** [ww2.health.wa.gov.au](http://ww2.health.wa.gov.au)

**P** (08) 9419 2266

The Child and Adolescent Community Health metropolitan wide early intervention and health promotion is for children aged between 0 - 5 years.

### **Lung Foundation**

**E** [enquiries@lungfoundation.com.au](mailto:enquiries@lungfoundation.com.au)

**W** [lungfoundation.com.au](http://lungfoundation.com.au)

**P** 1800 654 301

Patient resources can be downloaded or ordered on the website, along with information on Pulmonary rehabilitation and support group locations.

### **Moorditj Koort Aboriginal Corporation - Medina**

150 Gilmore Avenue, MEDINA WA 6167

**E** [info@moorditjkoort.com.au](mailto:info@moorditjkoort.com.au)

**W** [moorditjkoort.com.au](http://moorditjkoort.com.au)

**P** (08) 6174 7000

Moorditj Koort aims to to enhance the health of Aboriginal people in Rockingham, Kwinana, Cockburn Central and Midland areas.

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**Motor Neurone Disease**

**E** admin@mndawa.asn.au

**W** mndawa.asn.au

**P** (08) 6457 7355

The Motor Neurone Disease Association of WA (MNDWA) is committed to providing specialised care and support services for people living with MND, their carers and families in Western Australia. MNDWA provides care coordination and emotional support through our MND Advisory Service, connecting those living with MND to the services that they require.

**Move Ability Massage Therapy**

**E** moveabilitymassage@gmail.com

**P** 0439 708 476

Relaxation/Sports Massage Therapy.

Mobile service to provide professional therapy for those who are limited in their capacity to travel. I also cater for Senior Citizens offering 10% discount for senior card holders. It is also worth considering remaining at home after a massage therapy session to make the most of the therapeutic benefits rather than having travel to and from a clinic.

**Poisons Information Centre**

**E** poisons.info@health.qld.gov.au

**W** childrens.health.qld.gov.au

**P** 13 11 26

The Queensland Poisons Information Centre offers 24 hours advice to public and health Professionals of Queensland on poisonings (or suspected poisonings), bites and stings.

**Restore Natural Health**

**E** admin@restorenaturalhealth.com.au

**W** restorenaturalhealth.com.au

**P** 0439 938 638

Using nutrition and lifestyle changes to improve the health and wellbeing of people across the region.

**Respiratory Service**

Cnr of Champion Dr & Hero Cres,  
BERTRAM WA 6167

**W** silverchain.org.au

**P** (08) 9242 0242

We pride ourselves on our home nursing services and expertise, and can now provide you with the same care in one of our nursing clinics. If you live in metro Perth and have access to transport, it might suit you better to visit one of our nursing clinics than to receive home visits. Nurses in the clinic can help you with a broad range of health care.

**Primary Care at Home**

**E** SilverChains@yandex.com

**W** silverchain.org.au

**P** (08) 9242 0242

The free Primary Care at Home (PCAH) program is designed to reconnect vulnerable and disadvantaged people in Perth with the primary health services they need. Clients may have had difficulty connecting with GPs, understanding health matters and medical information, or are simply disconnected from the health care system. Silver Chain Nurse Practitioners come to client's choice of location.

**Primary Care at Home**

**E** SilverChains@yandex.com

**W** silverchain.org.au

**P** (08) 9242 0119

Primary Care at Home (PCAH) program is designed to reconnect vulnerable and disadvantaged people in Perth with the primary health services they need.

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## General Practice/Doctor

### **1300 Dr To Me - Home Doctor: After Hours GP: After Hours Doctor: Perth Australia**

**E** Admin@homedocwa.com.au  
**W** afterhourshomedocwa.com.au  
**P** 1300 378 663

After Hours Home Doctor is an RACGP accredited medical deputising service operating in Western Australia (WA). We provide bulk-billed home doctor visits to our patients at their home, retirement vill

### **1300 Dr To Me - Home Doctor: After Hours GP: After Hours Doctor: Perth Australia**

**E** admin@homedocwa.com.au  
**W** afterhourshomedocwa.com.au  
**P** 1300 378 663

After Hours Home Doctor is an RACGP accredited medical deputising service operating in Western Australia (WA). We provide bulk-billed home doctor visits to patients in Perth, Western Australia.

### **1300 Dr To Me - Home Doctor: After Hours GP: After Hours Doctor: Perth Australia**

**E** admin@homedocwa.com.au  
**W** afterhourshomedocwa.com.au  
**P** 1300 378 663

After Hours Home Doctor is an RACGP accredited medical deputising service operating in Western Australia (WA). We provide bulk-billed home doctor visits to our patients.

### **General Practice**

4 Chisham Avenue, KWINANA WA 6167  
**E** admin@alphamedicalkwinana.com.au  
**W** alphamedicalkwinana.com.au  
**P** (08) 9419 1400

Alpha Medical Centre has a team of experienced general practitioners. On-site we have a pharmacy, pathology centre, physiotherapist, psychologists, dietician, audiologist, Occupational therapy, Exercise physiology, and Speech therapist.

### **Australian Cannabis Clinics**

**E** info@auscannabisclinics.com.au  
**W** auscannabisclinics.com.au  
**P** (02) 9098 9128

Our AHPRA registered Australian doctors specialise in treating patients with medical cannabis. If your chronic condition fails to respond to standard treatments, medical cannabis may help manage your symptoms and improve your quality of life.

### **Bertram Family Medical Centre**

Suite 2, 4 Price Parkway, BERTRAM WA 6167

**E** reception@bfmedicalcentre.com.au  
**W** bfmedicalcentre.com.au  
**P** (08) 9419 1544

Our medical centre in Bertram is conveniently located in Price Parkway, (across from IGA) Bertram. Our focus is to provide our patients with prompt, quality healthcare services in a comfortable and modern facility. We are bulk billing doctors.

### **Champion Medical Centre**

3 Price Parkway, BERTRAM WA 6167

**P** (08) 9419 1777

Our focus is to provide our patients with prompt, convenient healthcare services in a comfortable and modern facility. Services including: general family medicine, women's health, dermatology and skin cancer, mental health

### **Chisham Avenue Medical Centre**

1 Chisham Avenue, KWINANA WA 6167

**P** (08) 9419 2122

A comprehensive health care service is provided promoting a healthy lifestyle. Services include: women & children's health, obstetrics, circumcisions, men's health, motor vehicle & work cover injuries, minor surgery, employment medicals. Other services available: Kwinana Skin Cancer Clinic, podiatry, psychologist, pathology & pharmacy. Receptionists start at 8am for appointments.

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**Kwinana General Practice**

4 Chisham Avenue, KWINANA TOWN  
CENTRE WA 6167

E [kwinanagp@gmail.com](mailto:kwinanagp@gmail.com)

W [kwinanagp.net](http://kwinanagp.net)

P (08) 9439 6188

Health Services - General Practice/Doctor

**Kwinana Medical Centre**

8-12 Pace Road, MEDINA WA 6167

P (08) 9419 2044

General Practice

**Leda Medical Centre**

10 Feilman Drive, LEDA WA 6170

P (08) 9419 6000

General Practice

**Parmelia Medical Centre - Parmelia**

1 Sutherland Parade, PARMELIA WA  
6167

E [parmelia@ipn.com.au](mailto:parmelia@ipn.com.au)

W [ipn.com.au](http://ipn.com.au)

P (08) 9439 4411

What makes Parmelia Medical Centre so different? Parmelia Medical Centre is a bulk billing medical centre offering services to the whole community. We have an onsite Antenatal clinic which is currently being run by Dr Bouverie, please contact reception to make an appointment.

**Wellard Family Practice - Wellard**

Wellard Square Shopping Centre - Unit 1,  
1 The Strand, WELLARD WA 6170

E [wellard@ipn.com.au](mailto:wellard@ipn.com.au)

W [ipn.com.au](http://ipn.com.au)

P (08) 9419 1205

Dedication to health Our vision is to provide you with the highest in quality healthcare and caring, friendly service. What makes Wellard Family Practice so different? Our Medical centre is located in the new complex on The Strand, Wellard. We offer friendly service and where possible same day appointments.

## Health Rehabilitation Services

**Activ8 Health Club**

E [trent@activ8.club](mailto:trent@activ8.club)

W [activ8.club](http://activ8.club)

P (02) 8544 0487

A registered provider under the National Disability Insurance Scheme (NDIS)

**Green Apple Wellness Centre**

E [info@greenapplewellness.com.au](mailto:info@greenapplewellness.com.au)

W [greenapplewellness.com.au](http://greenapplewellness.com.au)

P (07) 3261 1249

Exercise Physiology, Medicare, DVA, Private health fund, Workcover, NDIS referral services. Tailored exercise program, supervised strength classes, group exercise classes, remedial massage, dietitian, Telehealth, personal training, gym program, wheelchair access

**Physiotherapy**

18-20 Harlow Road, CALISTA WA 6167

E [info@kwinana.physio](mailto:info@kwinana.physio)

W [kwinanaphysiotherapy.com.au](http://kwinanaphysiotherapy.com.au)

P (08) 9439 2333

Physiotherapy services to the general community. Offers services in manual therapy, electrotherapy, hydrotherapy, gym program, exercise therapy, myofascial releases, heat massage, acupuncture. Private pensioners, workers compensation, motor vehicle accidents, Dept of Veterans Affairs catered for; Medicare accepted.

**Transition Personal Training**

1 Stanyford Way, MEDINA WA 6167

E [transitionptmarketing@gmail.com](mailto:transitionptmarketing@gmail.com)

W [transitionpt.com.au](http://transitionpt.com.au)

P 0401 797 662

Transition Personal Training was founded in 2013 by Luke and Rachael Burton. The company had humble beginnings, with little in the way of equipment, very few clients and operated out of Burton's garage. A lot has changed in the years since then, although the concept remains the same - to promote a healthy and peaceful lifestyle for the entire family.

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## Health Screening Services

### National Bowel Cancer Screening Program (NBCSP)

**W** [health.gov.au](http://health.gov.au)

**P** 1800 627 701

The National Bowel Cancer Screening Program aims to reduce deaths from bowel cancer by detecting the early signs of the disease. Eligible Australians from 50 to 74 years of age are sent a free, simple test that is done at home. Find out how the program works and how to do the test.

## Hearing Services

### Auslan services

**E** [admin@auslanservicesbookings.com](mailto:admin@auslanservicesbookings.com)

**W** [auslanservices.com](http://auslanservices.com)

**P** 1300 287 526

Auslan Services is a nationally recognised, multi-award winning agency and employer of choice that provides a one-stop shop with the most affordable suite of packages of support to Deaf Australians. Auslan Services have been a regular source of contact via many reputable organisations, agencies, businesses and Government departments at local, state and national levels.

### The Art Of Hearing - Audiology and Hearing Clinic In Kwinana/Rockingham

Alpha Medical Centre, Kwinana Marketplace, 4 Chisham Avenue, KWINANA TOWN CENTRE WA 6167

**E** [info@artofhearing.com.au](mailto:info@artofhearing.com.au)

**W** [artofhearing.com.au](http://artofhearing.com.au)

**P** (08) 9390 8811

At The Art of Hearing we believe that caring for your hearing will improve your quality of life. The Art of Hearing has dedicated itself to full-service, hearing solutions. We want our clients to know they are supported in every step of the journey and leave with a solution that is right for them and their lifestyle.

## Home Care & Safety Services

### Cura In-Home Care

**E** [angelo@cura-inhomecare.org.au](mailto:angelo@cura-inhomecare.org.au)

**W** [cura-inhomecare.org.au](http://cura-inhomecare.org.au)

**P** (08) 9382 4186

Are you or someone you love in need of support at home? Would you like to know more about in-home care services and how you can access these? Do you have questions about the government funded subsidies and privately funded services available for support at home? Are you currently receiving support through a Home Care Package and would like more information on what services are available to you?

### Grafton General Products Home Safety Modifications

**E** [info@ggpwa.com.au](mailto:info@ggpwa.com.au)

**W** [graftongeneralproducts.com.au](http://graftongeneralproducts.com.au)

**P** (08) 9418 6343

We supply and install home safety aids for the elderly and disabled. Our product range includes rails, ramps and general home safety modifications to assist the elderly and disabled to live independently in their own homes.

### Trilogy Care

**E** [info@trilogycare.com.au](mailto:info@trilogycare.com.au)

**W** [trilogycare.com.au](http://trilogycare.com.au)

**P** 1300 147 601

Trilogy Care is a nationally registered Home Care Package Provider offering Self-Managed Home Care Services. Contact us for a free consultation today! Unlike traditional providers, our innovative self-management model empowers consumers to spend less on management fees so they can spend home care funds on the things that matter...better care and services.

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## Hospitals

### **Fiona Stanley Hospital (Inpatient and Consultation Liaison Service)**

**W** fsh.health.wa.gov.au

**P** (08) 6152 2222

Fiona Stanley Hospital has adult and youth inpatient services (total of 30 beds), an emergency department as well as a consultation liaison service to support patients throughout the general hospital or rehabilitation service who have mental health issues. This service is provided by the WA Government.

### **Perth Children's Hospital - Mental Health Inpatient Service**

**W** ww2.health.wa.gov.au

**P** (08) 6456 2222

Many young people experience mental health issues. The majority of young mental health clients are seen in our community based clinics; however some young people need more intensive support. Perth Children's Hospital's Mental Health inpatient ward (20 beds) provides a range of specialist mental health services for young people, provided by the WA Government.

## Mental Health Services

### **ARBOR**

**E** info@anglicarewa.org.au

**W** anglicarewa.org.au

**P** 1300 114 446

A proactive postvention support service providing short to medium term bereavement counselling and practical support to adults (18 years and over) bereaved by suicide.

### **Community Support - Family and carer support**

**E** hello@avivo.org.au

**W** avivo.org.au

**P** 1300 428 486

Avivo provides support to families and carers of people with mental illness.

### **Individual Community Living Strategy**

**E** hello@avivo.org.au

**W** avivo.org.au

**P** 1300 428 486

The Individual Community Living Strategy is for people with severe and persistent mental illness, who have been in specialist hospital inpatient facilities for an extended period, or those who have a severe functional limitation resulting from a severe mental illness, who are isolated.

### **Personalised support for mental health**

**E** hello@avivo.org.au

**W** avivo.org.au

**P** 1300 428 486

Avivo provides personalised support for people with mental health issues. Visit our website to find out more.

### **Touchstone**

**E** pmhcls@health.wa.gov.au

**W** cahs.health.wa.gov.au

**P** (08) 9416 3746

Touchstone is a structured day service for young people aged 12-17 years and their families. The multi-disciplinary team comprises of a consultant child and adolescent psychiatrist, service manager, and an experienced therapy team of nurses, psychologists, social workers, occupational, art and creative therapists. The service is funded by the WA Government.

### **Black Swan Health - Fremantle**

**E** info@blackswanhealth.com.au

**W** blackswanhealth.com.au

**P** 1300 820 398

Black Swan Health provides an affordable, evidence-based counselling service for people of all ages experiencing mental health conditions and has clinicians available across the Perth Metropolitan area.

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**Bluebird Mental Health - Fremantle**

**E** [info@bluebird.org.au](mailto:info@bluebird.org.au)

**P** (08) 9364 6909

We have a psychologist who facilitates the group support meetings. We aim to provide our members with the tools, information and inspiration to improve their mental health. We also do social activities like coffee, dinner and movies or anything else that is happening in Perth.

**Centre for Clinical Interventions**

**W** [cci.health.wa.gov.au](http://cci.health.wa.gov.au)

**P** (08) 9227 4399

The Centre for Clinical Interventions is a clinical psychology service of the North Metropolitan Health Service. It provides evidence-based treatments to adults experiencing complex anxiety, mood and eating disorders, conducts research and provides training and resources.

**Child and Adolescent Mental Health Service (CAMHS) - Rockingham**

**E** [pmhcls@health.wa.gov.au](mailto:pmhcls@health.wa.gov.au)

**W** [cahs.health.wa.gov.au](http://cahs.health.wa.gov.au)

**P** (08) 9528 0555

There are 10 community CAMHS services across the Perth metropolitan area. These provide assessment and treatment of persistent mental health difficulties in infants, children and young people. Children and families are referred to these services by their treating therapist, specialist, GP, school or other community organisation. They are provided by the WA Government.

**Clear Health Psychology**

**E** [office@clearhealthpsychology.com](mailto:office@clearhealthpsychology.com)

**W** [clearhealthpsychology.com.au](http://clearhealthpsychology.com.au)

**P** (08) 6424 8177

Provides Health Services - Mental Health Services in the Mount Lawley area

**Breathing Space : Residential And Therapeutic Crisis Service For Men**

35-41 Kenton Way, CALISTA WA 6167

**E** [info@communicare.org.au](mailto:info@communicare.org.au)

**W** [communicare.org.au](http://communicare.org.au)

**P** (08) 9439 5707

Aims: Breathing space is a residential and therapeutic crisis service for men. We have 12 beds, for men who use violence or abuse within the family. Residents entering the program engage in a range of interventions aimed at addressing the issue of violence. Men can stay for up to three months in the program and are offered nine months of aftercare on exiting the program.

**BluePages Depression Information**

**E** [ehub@ehubhealth.com](mailto:ehub@ehubhealth.com)

**W** [bluepages.anu.edu.au](http://bluepages.anu.edu.au)

BluePages Depression Information provides evidence-based information about depression - what it feels like, how it is diagnosed, how you can seek help and which treatments work. The website includes reviews of the available scientific evidence for a large number of potential depression treatments, so that individuals can make informed decisions about which treatments might be best for them.

**e-couch self-help**

**E** [ehub@ehubhealth.com](mailto:ehub@ehubhealth.com)

**W** [ecouch.anu.edu.au](http://ecouch.anu.edu.au)

e-couch is an online, interactive self-help program for common mental health problems. - Free, evidence-based information and self-help training - Program modules for depression, anxiety & worry, social anxiety, bereavement & loss, divorce & separation. - Access anonymously, at your own pace, at any time.

**e-hub Health**

**E** [ehub@ehubhealth.com](mailto:ehub@ehubhealth.com)

**W** [assist.ehubhealth.com](http://assist.ehubhealth.com)

We provide automated, online mental health programs which are available free to all Australians thanks to funding from the Australian Department of Health.

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**moodgym**

**E** ehub@ehubhealth.com

**W** moodgym.com.au

moodgym is like an online interactive self-help book which helps you to learn and practise skills which can help to prevent and manage symptoms of depression and anxiety. - Free for all Australians - Over 1 millions users worldwide - Anonymous and confidential - Secure handling of your data - Access anytime, at your own pace - Scientifically evaluated

**Fiona Stanley Hospital - telepsychiatry**

**W** fsh.health.wa.gov.au

**P** (08) 6152 7999

Fiona Stanley Hospital provides specialist psychiatry services to remote and regional areas via telepsychiatry.

**Fiona Stanley Hospital (Youth Community Assessment and Treatment Team)**

**W** fsh.health.wa.gov.au

**P** (08) 6152 2222

The Fiona Stanley Hospital Youth Community Assessment and Treatment Team is a community based service providing a client-centred and recovery-focused approach to youth mental health. It is provided by the WA Government.

**Life Transitions Coaching, Counselling and Therapy Services**

**E** stormtgrace@gmail.com

Confidential Personal Counselling and Family Therapy provided by a fully qualified Therapist in a safe, relaxed, welcoming environment. Services available by appointment locally on site, online and mobile. Call 0438 708 550.

**Culturally Diverse Psychological Service**

**E** info@lwb.org.au

**W** lwb.org.au

**P** (08) 9208 3400

Provides short term culturally sensitive counselling to people from Culturally and Linguistically Diverse (CaLD) backgrounds aged 12+ with mild to moderate psychological distress. Access to the services requires a GP, psychiatrist or paediatrician referral. Interpreters can be requested as needed.

**Lifeline - 13 11 14 - Phone Support**

**E** reception@lifelinewa.org.au

**W** lifelinewa.org.au

**P** 13 11 14

Lifeline WA provides Western Australians experiencing a personal crisis or thinking about suicide with access to 24 hour crisis support and suicide prevention services. Our 13 11 14 service is a nationally-routed crisis support number, available every day of the year, from any location in Australia.

**Mental Health Advocacy Service (MHAS) - Youth Advocate**

**E** contactus@mhas.wa.gov.au

**W** mhas.wa.gov.au

**P** (08) 6234 6300

The Mental Health Advocacy Service (MHAS) provides a specialised independent advocacy for young people accessing mental health services (in certain circumstances) to assist them enforce their rights and resolve issues.

**Mental Health Emergency Response Line (1300 555 788) and RuralLink (1800 552 002)**

**W** emhs.health.wa.gov.au

**P** 1300 555 788

Anyone experiencing or dealing with others experiencing mental health distress or crisis across Metropolitan WA can call the Mental Health Emergency Response Line, 24 hrs a day, 7 days a week. Regional and remote callers can reach RuralLink after 4:30pm Monday to Friday or 24/7 over the weekend.

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**Mental Health First Aide Interntional**

E mhfa@mhfa.com.au

W mhfa.com.au

P (03) 9079 0200

Mental Health First Aid (MHFA) Australia is a national not-for-profit health promotion charity focused on mental health training and research. MHFA Australia operates under the governance of a Board of Directors and derives funding from government and philanthropic grants, public donations and through its training programs.

**Mental Illness Fellowship of Western Australia**

E info@mifwa.org.au

W mifwa.org.au

P (08) 9237 8900

MIFWA is a not for profit organisation dedicated to providing information and a comprehensive and integrated range of support services to people with mental illness as well as their carers, families and friends who have an interest in caring for a person with a mental illness.

**MH Connex**

E admin@rw.org.au

W rw.org.au

P 1800 742 466

Helps connect people who are experiencing severe and complex mental health issues with the right mental health care at the right time. It is a recovery-oriented program provided in the community by experienced mental health practitioners.

**Kwelen Mental Health Step Up/Step Down Service - Rockingham**

E mindconnect@mindaustralia.org.au

W mindaustralia.org.au

P 1300 286 463

Short-term residential service (up to 30 days) providing support for your recovery from mental ill-health that helps you transition out of hospital, or avoid a hospital admission. The service is voluntary and free. The Rockingham step up/step down service is provided by Mind Australia.

**Mindspot - WA**

E contact@mindspot.org.au

W mindspot.org.au

P 1800 614 434

A free, web-based service, Mindspot is designed to help people with high prevalence mental health conditions such as anxiety and depression. The service offers cognitive behavioural therapy with health professionals either online or by telephone. People can access the service without a doctor's referral from the comfort of their home in their own time.

**Practitioner Online Referral and Treatment Service (PORTS)**

E contact@ports.org.au

P 1800 176 787

Free, evidence-based assessment and treatment available online and by telephone to residents of WA aged 16+ to help manage mild-moderate anxiety, depression and substance concerns. Once successfully referred by GP/other service, patients can access online features 24/7, with registered mental health professionals support available 9am – 5pm weekdays.

**Multisystemic Therapy (12-16 years)**

W cahs.health.wa.gov.au

P (08) 9431 3787

The Multisystemic Therapy program is an intensive family intervention for severe behavioural disorders in young persons aged 12-16 years. It is provided by the WA Government.

**Child and Adolescent Brief Intervention Service (CABIS)**

E ors@orsgroup.com.au

W orsgroup.com.au

P 1800 000 232

Provides free short term, evidence based, brief intervention psychological services. Patients are referred by their general practitioner and service is delivered by registered psychologists face-to-face and designed to support, improve resilience and reduce symptomology of children and adolescents aged four to under 16 years who are not in crisis with mild to moderate mental health concerns.

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### **PORTS Face to Face**

**E** [ors@orsgroup.com.au](mailto:ors@orsgroup.com.au)

**W** [orsgroup.com.au](http://orsgroup.com.au)

**P** 1800 000 323

Provides free short-term, evidence based, brief intervention psychological services Monday to Friday 8.30am - 5.00pm.

### **Pathways**

**W** [cahs.health.wa.gov.au](http://cahs.health.wa.gov.au)

**P** (08) 9382 0731

Pathways is an evidence-based Tier 4 service providing intensive therapeutic day services in addition to educational support to children with complex social, behavioural, mental health and developmental issues. Pathways is suitable for children aged 0-12. Referrals are accepted from Tier 3 services such as CAHS Mental Health, Child Development Services and other specialised services for children

### **CAMHS Emergency Telehealth Service**

**W** [cahs.health.wa.gov.au](http://cahs.health.wa.gov.au)

**P** 1800 048 636

Urgent mental health telephone and online videocall support children and young people in the metropolitan area that are experiencing a mental health crisis. Support and advice is also available for families, carers and health professionals. This service is provided by the WA Government.

### **Complex Attention and Hyperactivity Disorders Service**

**W** [cahs.health.wa.gov.au](http://cahs.health.wa.gov.au)

**P** (08) 6456 0214

The Complex Attention and Hyperactivity Disorders Service is a specialist assessment and consultation service for children aged up to 17, and their families, who have persistent complex attention difficulties and related conditions. It is provided by the WA Government.

### **Eating Disorders Program**

**W** [cahs.health.wa.gov.au](http://cahs.health.wa.gov.au)

**P** (08) 6456 2222

The Eating Disorders Program provides outpatient, day treatment and inpatient management of children and adolescents with eating disorders. It is provided by the WA Government.

### **Gender Diversity Service**

**W** [cahs.health.wa.gov.au](http://cahs.health.wa.gov.au)

**P** (08) 6456 0202

The Gender Diversity Service (GDS) offers a multidisciplinary approach to the assessment, care and treatment of gender diversity. It is provided by the WA Government.

### **Paediatric Consultation Liaison**

**W** [cahs.health.wa.gov.au](http://cahs.health.wa.gov.au)

**P** (08) 6456 2222

Paediatric Consultation Liaison is a multidisciplinary team that engages with children and adolescents who are current, ongoing or regular Perth Children's Hospital patients, and have mental health issues related to their medical conditions or central to their treatment plan. This service is provided by the WA Government.

### **PsychHelp**

**E** [support@psychhelp.com.au](mailto:support@psychhelp.com.au)

**W** [psychhelp.com.au](http://psychhelp.com.au)

**P** 1300 144 357

PsychHelp offers a full range of telehealth based online psychological services across Australia. Our Psychologists are all qualified and registered with a broad range of expertise. We provide a convenient, affordable, and confidential service for all clients with bulk billing also available. Please visit our website for more information and the ability to book an appointment online today.

### **Reimagine**

**E** [reimagine@mhcc.org.au](mailto:reimagine@mhcc.org.au)

**W** [reimagine.today](http://reimagine.today)

**P** (02) 9555 8388

Supporting people living with mental health conditions to navigate the NDIS

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**NewAccess workplaces**

E herston@rfq.com.au

W rfq.com.au

P (07) 3358 4424

NewAccess workplaces provides Low Intensity Cognitive Behaviour Therapy (LiCBT) to support participants to manage the day to day pressures of work and/or life.

**National Psychosocial Support Measures**

E admin@rw.org.au

W rw.org.au

P 1800 742 466

A peer support program for clients found ineligible for NDIS services while accessing PIR, D2DL, PHaMs or NPS-T programs. Appropriate non-clinical supports are provided using a recovery and strengths-based framework. Services focus on building capacity, connections and links to clinical services to support a team approach to meet client needs and form part of a multiagency care plan.

**Richmond Wellbeing - Hearing Voices Network of WA**

E admin@rw.org.au

W rw.org.au

P 1800 742 466

The Hearing Voice Network of WA is a program for people who hear voices and experience visions and other unusual perceptions, promoting acceptance and recovery. The Network offers a place for the voice-hearing community to access relevant information, training, hearing voices support groups, and specific services.

**Mimidi Park Inpatient Unit - Rockingham Hospital**

W rkpg.health.wa.gov.au

P (08) 9599 4900

The Mimidi Park Inpatient Unit provides an inpatient service to people aged over 18 with acute mental health issues at Rockingham General Hospital. There are 20 adult beds and 10 older adult beds.

**Older Adult Community Mental Health Service - Rockingham**

E smhs.generalenquiries@health.wa.gov.au

W rkpg.health.wa.gov.au

P (08) 6557 4900

The Rockingham Peel Group provides community mental health services to adults over 65 living in the communities of Kwinana, Rockingham, Mandurah, Pinjarra and Waroona. We provide a comprehensive range of services and programs for individuals, families and groups

**Adult Community Mental Health Service - Rockingham Kwinana**

W rkpg.health.wa.gov.au

P (08) 9528 0600

The Rockingham Peel Group provides community mental health services to adults aged 18 to 64 in the Rockingham area. We provide a comprehensive range of services and programs for individuals, families and groups.

**Mental Health Recovery Support**

W ruah.org.au

P (08) 9485 3939

A peer support program that provides non-clinical supports using a recovery and strengths-based framework. Services focus on building capacity, connections and links to clinical services to support a team approach to meet client needs and form part of a multiagency care plan. This service is for people who were not clients of PIR, PHaMs, D2DL, NPS-T or CoS and meet eligibility criteria.

**Mental Health and Wellness Services**

E connecting@ruah.org.au

W ruah.org.au

P 13 78 24

At Ruah we believe that your needs, strengths and recovery preferences are at the centre of everything we do. We walk alongside you, your family and carers to achieve your goals and improve your quality of life. These services provide personalised recovery support to improve quality of life, relationships and wellbeing.

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**Eating Disorders Outreach and Consultation Service**

**W** [scgh.health.wa.gov.au](http://scgh.health.wa.gov.au)

**P** 1300 620 208

The WA Eating Disorders Outreach and Consultation Service is a Statewide Service that aims to ensure youth and adults in WA with an eating disorder can access optimal best practice care. We provide consultation liaison, mentoring and support to help clinicians to manage their patients, as well as resources and clinical education.

**Margaret Hubery House - specialist dementia residential service**

**E** [info@scrosswa.org.au](mailto:info@scrosswa.org.au)

**W** [scrosswa.org.au](http://scrosswa.org.au)

**P** 1300 669 189

Margaret Hubery House is an aged care accommodation located within the riverside neighbourhood of Rossmoyne providing a high level of care to its 65 residents. Built in 2001, and refurbished during 2018, Margaret Hubery House supports residents with high care needs and also provides temporary respite care.

**St Bart's Accommodation Unit (Crisis Respite) - Medina**

**E** [HSW.Medina@stbarts.org.au](mailto:HSW.Medina@stbarts.org.au)

**P** (08) 9419 1741

We support people experiencing a social crisis, requiring respite or at risk of or experiencing homelessness. Residents in these properties are assisted with independent living skills, have easy access to local mental health services, and work with an individual case manager.

**Tendercare**

**E** [info@tendercare.org.au](mailto:info@tendercare.org.au)

**W** [tendercare.org.au](http://tendercare.org.au)

**P** (08) 9300 3399

Tender Care (Home Health Pty Ltd) is a West Australian charity and public benevolent institution which has been providing non-clinical community mental health services on behalf of the WA government for over 20 years.

**The Banksia Project**

**E** [info@thebanksiaproject.com.au](mailto:info@thebanksiaproject.com.au)

**W** [thebanksiaproject.org.au](http://thebanksiaproject.org.au)

**P** 0431 204 579

Focused on early intervention in mental health, we work together with mental health professionals, industry leaders and professional bodies to create practices and solutions to drive community support, increase self-awareness, encourage positive lifestyle choices, and facilitate ongoing support.

**The Regional Men's Health Initiative**

**E** [menshealth@4blokes.com.au](mailto:menshealth@4blokes.com.au)

**W** [regionalmenshealth.org.au](http://regionalmenshealth.org.au)

**P** (08) 9690 2277

The Regional Men's Health Initiative acts as a bridge of support and education to regional men, communities and health services throughout Western Australia. Our team achieves this through the support for grass roots organisations and attending their functions when requested.

**Mental health promotion**

**E** [waac@wa aids.com](mailto:waac@wa aids.com)

**W** [wa aids.com](http://wa aids.com)

**P** (08) 9482 0000

Mental health promotion

**CaLD Assertive Outreach Service**

**E** [frontdesk@wlch.net.au](mailto:frontdesk@wlch.net.au)

**P** (08) 9350 6236

CALD Assertive Mental Outreach service delivers culturally safe assertive outreach services to vulnerable and disadvantaged people of CaLD backgrounds, providing an integrated, evidence-based response to co-occurring substance use and mental health problems.

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### **Young Veterans**

**E** [admin@youngveterans.com.au](mailto:admin@youngveterans.com.au)

**W** [youngveterans.com.au](http://youngveterans.com.au)

**P** 0401 793 560

Young Veterans has one goal, enrich the lives of Australian veterans, empowering them to progress and succeed in life after service. Young Veterans was born from a necessity of support that wasn't available. This support is one that inspires Veterans to think outside the box of what is possible, re-engage with civilian society and participate in positive events that challenge and rehabilitate.

### **Youth Axis program (16-24 years)**

**E** [youthaxis@health.wa.gov.au](mailto:youthaxis@health.wa.gov.au)

**W** [nmhs.health.wa.gov.au](http://nmhs.health.wa.gov.au)

**P** (08) 9287 5700

Youth Axis provides services to young people aged 16-24 years living in stable accommodation in the Perth metropolitan area, who are help accepting and have an ultra high risk of psychosis, or features of an emotionally unstable personality disorder. This program is provided by the WA Government.

### **Web Counselling**

**E** [hello@youthfocus.com.au](mailto:hello@youthfocus.com.au)

**W** [youthfocus.com.au](http://youthfocus.com.au)

**P** (08) 6266 4333

A tele-counselling service to country regions to young people aged 12-25 and the community through a stepped care approach. The face-to-face tele-counselling service provides evidence based therapeutic interventions that are developmentally tailored to meet the needs of the young people within the country regions.

### **YouthReach - South**

**E** [youthreachsouth@health.wa.gov.au](mailto:youthreachsouth@health.wa.gov.au)

**W** [nmahs.health.wa.gov.au](http://nmahs.health.wa.gov.au)

**P** (08) 9499 4274

YouthReach South is a specialist counselling and therapy service for young people aged 13-24 years in the South Metropolitan area with serious mental health problems and barriers to accessing mainstream services. Barriers typically include homelessness and transience, limited support networks, cultural barriers including ATSI identity and marginalisation due to diverse sexuality or gender.

## **Multi-cultural & Refugee Health**

### **Language Service Coordinators at Fiona Stanley Hospital**

**W** [fsh.health.wa.gov.au](http://fsh.health.wa.gov.au)

**P** (08) 6152 2222

Language services include interpreting and translating services to facilitate effective communication between the WA health system staff and consumers and carers who have limited English proficiency and people who are Deaf or hard of hearing.

### **Language Services Coordinators (Fremantle Hospital)**

**W** [fhhs.health.wa.gov.au](http://fhhs.health.wa.gov.au)

**P** (08) 9431 3333

Language services include interpreting and translating services to facilitate effective communication between the WA health system staff and consumers and carers who have limited English proficiency and people who are Deaf or hard of hearing.

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## Palliative Care

### Metropolitan Palliative Care Consultancy Service

**E** [info@bethesda.org.au](mailto:info@bethesda.org.au)

**W** [bethesda.org.au](http://bethesda.org.au)

**P** (08) 9340 6300

Service (MPaCCS) is a mobile specialist palliative care team, focusing on capacity building of the palliative care sector workforce through training, education, assistance and mentoring where there are currently no specialist palliative care consultation services .

## Pregnancy, Maternity & Newborn Health

### A Parent's Touch

**E** [denise@aptinfantmassage.com.au](mailto:denise@aptinfantmassage.com.au)

**W** [aptinfantmassage.com.au](http://aptinfantmassage.com.au)

**P** 0415 498 077

A Parent's Touch provides Perth families with a mobile, high-quality, cue-based infant massage service with the vision that every parent and infant will develop a long-lasting relationship that is loving, healthy and secure. You can find some of our parent's testimonials on our website: [aptinfantmassage.com.au](http://aptinfantmassage.com.au)

## Psychiatric Services

### Call to Mind

**E** [info@calltomind.com.au](mailto:info@calltomind.com.au)

**W** [calltomind.com.au](http://calltomind.com.au)

**P** 0438 643 217

Call to Mind is a telepsychiatry service that allows people across Australia to access quality mental health care. We have a team of psychiatrists and psychologists ranging in availability and speciality to best meet your needs. Consults are held on a video-conferencing platform so you can attend your appointment from anywhere.

## Sexual Support Services & Counselling

### 1800RESPECT

**W** [1800respect.org.au](http://1800respect.org.au)

**P** 1800 737 732

Are you experiencing sexual assault or domestic and family violence? Seeking to support someone who is? Qualified, experienced counsellors are available 24/7 to provide support, information and referral. Call 000 if in danger.

### Sexual Health Helpline

**E** [info@shq.org.au](mailto:info@shq.org.au)

**W** [shq.org.au](http://shq.org.au)

**P** (08) 9227 6178

A confidential telephone information and referral service provided by SHQ, staffed by advanced practice nurses who can respond to clinical and general sexual and reproductive health queries.

### White Ribbon Australia

**E** [info@whiteribbon.org.au](mailto:info@whiteribbon.org.au)

**W** [whiteribbon.org.au](http://whiteribbon.org.au)

**P** (08) 6370 0600

The White Ribbon Australia movement works through a primary prevention approach in communities, schools and workplaces across the country. Through our programs and campaigns, we engage with men to become active in the social change needed to stop men's violence against women and children.

## Specialists

### Docto

**E** [team@docto.com.au](mailto:team@docto.com.au)

**W** [docto.com.au](http://docto.com.au)

Australia's first online hospital providing medical specialist video-consultations by appointment. Referred patients are matched to the most appropriate specialist in our national database.

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**FunTalk Speech Pathology - Secret Harbour**

**P** 0438 861 555

FunTalk aims to engage and inspire children with complex communication needs to maximise their learning potential. Our speech pathologists work collaboratively with families and schools to provide individualised support .

**Parkinsons Nurse Specialist Service**

**E** info@parkinsonswa.org.au

**W** parkinsonswa.org.au

**P** (08) 6457 7373

Parkinson's Western Australia Inc. provides a Parkinson's Nurse Specialist Service, support networks for people with Parkinson's and their family and carers and educational resources and training.

**Parmelia Physiotherapy**

Corner Parmelia Avenue & Sutherland Parade, PARMELIA WA 6167

**E** admin@parmeliaphysio.com.au

**W** parmeliaphysio.com.au

**P** (08) 9439 5466

Provides a comprehensive range of physiotherapy treatment for worker's compensation, motor vehicle accidents, women's health, sporting injuries, headaches.

**Respiratory Service - Bertram**

Cnr of Champion Dr & Hero Cres, BERTRAM WA 6167

**W** silverchain.org.au

**P** (08) 9242 0242

Provides clinical care coordination and self management support for metropolitan domiciliary oxygen clients. A Respiratory Liaison Nurse connects and introduces clients and stakeholders to community-based services and ensures effective communication between community and hospital-based services.

**Respiratory Care**

**E** SilverChains@yandex.com

**W** silverchain.org.au

**P** (08) 9242 0119

Receiving respiratory care at home means you can focus on leading a more independent life.

**Wound Specialist Services**

**E** info@woundservice.com.au

**W** woundservice.com.au

**P** 0404 046 301

Our vision is to create a better life for people with or at risk for wounds and those caring for them. Wound Specialist Services uses digital solutions to give as many people as possible access to wound knowledge anytime and anywhere to improve patient and health service outcomes. We enable the delivery of best practice wound care through our comprehensive range of services.

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## Information & Counselling

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### Carer Information

**Fadiss**

**E** krystal@fds.ngo.org.au

**W** fds.org.au

**P** 1300 368 186

FDS provides support to families and friends impacted by someone else's drug/ alcohol use through: - 24 hour telephone support line, 1300 368 186 - local support groups at Nerang, Paddington, Ipswich, Northgate, Mt Gravatt, Mitchelton, Maroochydore and Redcliffe - free Stepping Forwards information sessions - four day Stepping Stones course - one on one in person and telephone support.

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## Disability Information & Counselling

### Assistive Technology Australia

E [help@at-aust.org](mailto:help@at-aust.org)

W [at-aust.org](http://at-aust.org)

P 1300 452 679

We provide information and advice to people with disabilities, older people, carers, service providers, allied health professionals and the general community on assistive technology solutions for independent living. We run group tours, community talks and workshops to spread awareness about Assistive Technology and its role in aiding independent living.

### Rockingham Autism Services

E [admin@rockinghamautismservices.com.au](mailto:admin@rockinghamautismservices.com.au)

W [rockinghamautismservices.com.au](http://rockinghamautismservices.com.au)

P 0478 640 655

Psychology, Speech Pathology, Occupational Therapy and Educational Support services. We provide a structured, behaviour-based program targeting improved speech and language, cognition, social skills, play, and daily living skills.?? We deliver therapy in clinic, home, school, or daycare from Cockburn to Secret Harbour, and surrounds.

## Financial & Gambling Management & Budgeting

### Fair Entitlements Guarantee (FEG)

W [ag.gov.au](http://ag.gov.au)

P 1300 135 040

The Australian Government provides assistance to people owed certain outstanding employee entitlements following the liquidation or bankruptcy of employers, this help is available through the Fair Entitlements Guarantee (FEG).

### Manage Mode NDIS Plan Managers

E [info@managemode.com.au](mailto:info@managemode.com.au)

W [managemode.com.au](http://managemode.com.au)

P (08) 6115 6388

Western Australian based NDIS Plan Manager with capacity to manage plans and payments for NDIS approved participants and their nominees. We understand the challenges, frustrations and victories that are experienced by participants and their carers on a daily basis and we take a very personal interest in positive outcomes.

### Saver Plus Program

2 Robbos Way, KWINANA WA 6167

E [tsfmktg@thesmithfamily.com.au](mailto:tsfmktg@thesmithfamily.com.au)

W [thesmithfamily.com.au](http://thesmithfamily.com.au)

P (08) 9265 5582

Matched savings and financial education program. Participants save for 10 months, then have their savings matched, dollar-for-dollar, up to \$500, with matched funds to be spent on education costs. They also attend free workshops to help build their money management skills.

### Financial wellbeing and emergency relief

E [hello@unitingwa.org.au](mailto:hello@unitingwa.org.au)

W [unitingwa.org.au](http://unitingwa.org.au)

P 1300 663 298

Our Financial Wellbeing team is here to support you with practical advice, counselling, workshops and emergency relief.

## General Support Services & Counselling

### Anchoring Your Life Counselling

E [debra@anchoringyourlife.com](mailto:debra@anchoringyourlife.com)

W [anchoringyourlife.com](http://anchoringyourlife.com)

I provide counselling support to couples, adults and teenagers. These services can be provided both in my private practice or online for those who may have mobility issues or prefer the sanctity of their own home. I am a private healthcare provider and work with NDIS participants who are self or plan managed.

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**Andante Place (Counselling and ASD Support)**

**E** [andanteplace@gmail.com](mailto:andanteplace@gmail.com)

**W** [andanteplace.com.au](http://andanteplace.com.au)

**P** 0481 851 312

Assistance with counselling, Autism Spectrum Disorder, advocacy and online consults

**Association for Services to Torture and Trauma Survivors. (ASeTTS) - Counselling**

**E** [executive@asetts.org.au](mailto:executive@asetts.org.au)

**W** [asetts.org.au](http://asetts.org.au)

**P** (08) 9227 2700

ASeTTS is a non profit, non government organisation which provides treatment and support to people who have been tortured or traumatised by violent conflicts. Many of our clients are recent arrivals to Australia, although our services are available to all survivors whatever the length of their residence has been in Australia. ASeTTS provides a range of counselling services as outlined ...

**Christian Wholeness Ministry**

**W** [cwministry.net](http://cwministry.net)

**P** 0417 604 767

Faith, family and life can be amazing. Yet at times it can also be a struggle. At Christian Wholeness Ministry our desire is to help in these times. We have not only spent many years learning and growing in the gift of supporting others, we have lived through it. You might be in the middle, liminal space of life.

**ConnectGroups**

**E** [info@connectgroups.org.au](mailto:info@connectgroups.org.au)

**W** [connectgroups.org.au](http://connectgroups.org.au)

**P** (08) 9364 6909

ConnectGroups is the Peak Body in WA for Self Help and Support Groups. They provide assistance to support groups, families and individuals through referrals, training, advocacy and networking. ConnectGroups has a database of over 700 Self Help and Support Groups for a wide range of conditions.

**Domestic Violence Business Solutions**

**E** [info@DvBusinessSolutions.com.au](mailto:info@DvBusinessSolutions.com.au)

**W** [dvbusinesssolutions.com.au](http://dvbusinesssolutions.com.au)

**P** 0488 744 874

Providing Australian business leaders with the operational knowledge and practice tools to implement immediate workplace domestic violence safety solutions so you can protect and support your employees when the effects of domestic violence flow from home to the workplace.

**Esthers Australia**

**E** [info@esthers.com.au](mailto:info@esthers.com.au)

**W** [esthers.com.au](http://esthers.com.au)

**P** 0479 055 777

ESTHERS was set up to assist women at their most vulnerable times by providing FREE services for women of ALL ages. We provide; counselling, advocacy, pregnancy support, reproductive choice information, mentoring, referral services and community connections.

**Family and Carers Mental Health Program Mission Australia**

**W** [missionaustralia.com.au](http://missionaustralia.com.au)

**P** (08) 9225 0400

Every day we support people by combatting homelessness, assisting disadvantaged families and children, addressing mental health issues, fighting substance dependencies, and much more.

**Family Relationship Advice Line - Freecall**

**W** [familyrelationships.gov.au](http://familyrelationships.gov.au)

**P** 1800 050 321

National telephone service established to assist families affected by relationship or separation issues. Advice on parenting arrangements after separation. Refer to local services to provide assistance if needed. Contact Mon-Fri 8am-8pm and Sat 10am-4pm.

**Fifo Counselling - Kwinana**

**W** [fifocounselling.com](http://fifocounselling.com)

**P** 0437 062 810

Christian counselling service for singles, couples and families. By appointment only. Free parking.

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**Healing Beyond Discovery**

E hbdhelpaustralia@gmail.com

W healingbeyonddiscovery.org.au

Our group focuses on providing confidential support and information to heterosexual people who discover their partner is gay, lesbian, bisexual or transgender. Our private peer to peer support group offers a safe space to share your story and for you to gain support from people who understand.

**Indigo Counselling Services**

E indigosue@bigpond.com

P 0429 379 389

My passion is empowering individuals and couples to work with their strengths, and apply healthy practices to their daily lives and interactions. I enjoy working with people of all ages and backgrounds, and my speciality areas are helping individuals effected by Abuse, and Grief and Loss; and guiding clients through Relationship Counselling and Conflict Resolution.

**MensLine Australia**

W mensline.org.au

P 1300 789 978

MensLine Australia is the nationwide telephone and online support, information and referral service. MensLine Australia offers a safe and confidential 24/7 phone and video counselling service. 1300 78 99 78 <http://www.mensline.org.au/>

**Ninox Cancer Support Crew**

E ninexcsc@gmail.com

W ninexcsc.com.au

P 0403 897 914

Ninox Cancer Support Crew aims to provide social support and relevant resources for younger adults, aged in their 20s and 30s, with any cancer diagnosis.

**Open Arms**

E OpenArms.SouthQLD@dva.gov.au

W openarms.gov.au

P 1800 011 046

Veterans and families phone counselling and support line.

**PFLAG**

E info@pflagwa.org.au

W pflagwa.org.au

P 0404 594 699

Peer support group for anyone struggling with the news that a loved one is gay, lesbian, bisexual, transgender or intersex. We offer support, education and advocacy within the community.

**Relationships Australia - Kwinana**

Darius Wells Library and Resource Centre, Level 1, 2 Robbos Way, KWINANA WA 6167

E kwinana@relationshipsaustralia.org.au

W relationshipsaustralia.org.au

P (08) 6164 0500

For more than 60 years Relationships Australia WA has been providing relationship support services for individuals, couples, families and communities. We are a non-profit community service organisation with no religious affiliations.

**Restful Waters**

E info@restfulwaters.org

W restfulwaters.org

P 0418 229 662

Restful Waters provides professional counselling services to the community. Our counsellors work with individuals and couples to help inquire into the heart of any concerning matter and uncover pathways to find insight, resolution, healing and meaningful connections. Our private and relaxing counselling rooms are located amongst the rolling hills of Bedfordale.

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**Kwinana RSL**

RSL Hall, 27 Pace Road, MEDINA WA 6167

E [kwinanarsl@bigpond.com](mailto:kwinanarsl@bigpond.com)

W [rslwa.org.au](http://rslwa.org.au)

P (08) 9419 7155

To preserve the memory and records of service veterans, and to provide for the sick and needy among them and their dependents. Also includes social gatherings. Commemorative activities include ANZAC Day, Vietnam Veterans Day, Remembrance Day; social activities are Friday night socials with a meal, regular BBQs, and Tuesday social cards afternoons.

**Richmond Wellbeing - Hearing Voices Support Group - Fremantle**

W [rw.org.au](http://rw.org.au)

P (08) 9350 8800

This support group offers a safe environment to enable acceptance of hearing voices and to promote recovery for people who hear distressing voices. People who share the experience of hearing voices come together to support each other, to exchange information and learn from each other. The group is coordinated by Richmond Wellbeing as part of the Hearing Voices Network of WA.

**The Butterfly Foundation National Helpline**

E [support@thebutterflyfoundation.org.au](mailto:support@thebutterflyfoundation.org.au)

W [butterfly.org.au](http://butterfly.org.au)

P 1800 334 673

The Butterfly Foundation operates a National Helpline that includes support over the phone, via email and online, reaching 20,000 people each year. The Helpline is staffed by trained counsellors experienced in assisting with eating disorders and body image issues. We also provide a wide range of programs for service providers and recovery groups.

**The Fathering Project - Community Fathering Hub**

E [david.walker@thefatheringproject.org](mailto:david.walker@thefatheringproject.org)

W [thefatheringproject.org](http://thefatheringproject.org)

P (08) 9235 7004

A place for fathers and father-figures to meet other dads and feel supported, so you can be the best dad for your child. We offer FREE information sessions and programs for dads and kids. Our Community Fathering Coordinator is available Wednesdays between 9AM and 4PM.

**The Hope Centre - Perth**

E [hopecentreperth@gmail.com](mailto:hopecentreperth@gmail.com)

W [hopecentreperth.wixsite.com](http://hopecentreperth.wixsite.com)

P 0487 069 941

The Hope Centre is a new professional counselling, psychotherapy & coaching service in the Port Kennedy, WA area. Our aim is to provide a professional & confidential service for anyone wanting to make positive change. Providing services from ages 10 to Adult including Counselling, Psychotherapy, NLP, Life Coach, Hypnotherapy, Timeline emotional release therapy

**Transformative Place Counselling Service**

E [counsellortpcs@gmail.com](mailto:counsellortpcs@gmail.com)

W [transformativeplace.com.au](http://transformativeplace.com.au)

P 0418 961 475

Online counselling service for Australians 18 years and over

**Walking Life's Path Counselling Service**

E [walkinglifesp@liferestored.me](mailto:walkinglifesp@liferestored.me)

W [liferestored.me](http://liferestored.me)

P 0411 513 430

Seek to: identify goals & potential solutions to problems causing emotional turmoil; improve communication & coping skills; strengthen self-esteem; & promote behaviour change & optimal mental health.

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## Lesbian, Gay, Bisexual and Transgender (LGBT)

### QLife

E [ask@qlife.org.au](mailto:ask@qlife.org.au)

W [qlife.org.au](http://qlife.org.au)

P 1800 184 527

QLife is Australia's first nationally-oriented counselling and referral service for people who are lesbian, gay, bisexual, trans, and/or intersex (LGBTI).

### StartOut Australia

E [hello@startout.org.au](mailto:hello@startout.org.au)

W [startout.org.au](http://startout.org.au)

P 1300 751 690

StartOut Australia (StartOut) is a Health Promotion Charity focused on reducing the burden of poor mental health for young people of diverse sex, sexuality or gender (DSG). StartOut has built an online mentoring platform to provide a safe, socially inclusive and welcoming space to engage and support the wellbeing of young DSG people through trained role models regardless of their location.

### Transfolk of WA

E [admin@transfolkofwa.org](mailto:admin@transfolkofwa.org)

W [transfolkofwa.org](http://transfolkofwa.org)

A support network for trans people and their families in WA. Provides a range of peer led support and services for gender diverse individuals and their families. Safe and inclusive spaces, social events and personal development opportunities for gender diverse people. Communicates and collaborates with political, government, community to increase visibility and awareness of gender diversity.

## Loss & Grief Support Services & Counselling

### Lifeline WA - Grief and Loss counselling

E [reception@lifelinewa.org.au](mailto:reception@lifelinewa.org.au)

W [lifelinewa.org.au](http://lifelinewa.org.au)

P (08) 9261 4444

Counselling for grief, loss and bereavement.

### THE COMPASSIONATE FRIENDS OF WA

E [info@compassionatefriendswa.org.au](mailto:info@compassionatefriendswa.org.au)

W [compassionatefriendswa.org.au](http://compassionatefriendswa.org.au)

P (08) 6107 6288

The Compassionate Friends of Western Australia (TCFWA) is part of a worldwide self-help organisation offering peer support to families after the death of a child at any age and from any cause. TCF has no religious or political affiliation and was founded in the UK in 1969.

## Maternity Support Services & Counselling

### National Perinatal Anxiety and Depression Helpline

E [info@panda.org.au](mailto:info@panda.org.au)

W [panda.org.au](http://panda.org.au)

P 1300 726 306

PANDA National Helpline Monday - Friday 9am to 7.30pm AEST/AEDT confidential Australia-wide counselling, support, information and referrals to local services. Tel: Support 1300 726 306, Admin 03 9926 9090

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### **Pregnancy Counselling Australia**

21 Ougden Way, MEDINA WA 6167  
E admin@pregnancycounselling.com.au  
W pregnancycounselling.com.au  
P 1300 737 732

Do you have concerns or queries associated with an unexpected or difficult pregnancy? Are you experiencing grief or anxiety following termination of or other pregnancy loss? We understand that it often takes courage to seek assistance. Our counsellors will listen to your concerns and respond to your request for information, support or counselling.

### **Perinatal Infant Mental Health Service - Wembely**

E info@sjog.org.au  
W sjog.org.au  
P 1800 292 292

Free psychiatry-led service providing assessment, counselling, therapy and support to families experiencing mental health issues during pregnancy and up to the child's fourth birthday. Individual and group services delivered by mental health clinicians and nurses. Face-to-face and telehealth available. Accessible with GP referral and Mental Health Care Plan.

## **Suicide & Self Harm Information**

### **ConNetica Consulting**

E info@connetica.com.au  
W connetica.com.au  
P (07) 5491 5456

ConNetica is recognised and awarded in Australia and internationally for our thought leadership in mental health and suicide prevention, comprehensive approach to service mapping, collaboration and integration, stakeholder engagement, suicide prevention training programs, advocacy and research.

### **LivingWorks Education Australia**

E info@livingworks.com.au  
W livingworks.com.au  
P 1300 738 382

LivingWorks is the world's leading provider of suicide intervention training. For more than thirty years, we have developed and delivered programs of the highest quality with the goal of saving lives from suicide. Praised by the international community and supported by numerous studies, our workshops help people become more willing, ready, and able to intervene with someone at risk.

### **Suicide @ Work**

P 0432 042 251

Cheryl has extensive experience in suicide field. She has supported hundreds of people who have been exposed to suicide by having witnessed an event, discovered a death, experienced secondary trauma, lost someone they cared about or were suicidal.

### **The Samaritans Crisis Line**

E admin@thesamaritans.org.au  
W thesamaritans.org.au  
P 13 52 47

The Samaritans provide non-judgemental, emotional support to those experiencing distress and despair including those who may be at risk of suicide.

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## Legal Assistance & Information Services

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### General Legal Assistance & Information

#### Citizens Advice Bureau - Kwinana

2 Robbos Place, KWINANA WA 6167

E [kwinana@cabwa.com.au](mailto:kwinana@cabwa.com.au)

W [cabwa.com.au](http://cabwa.com.au)

P (08) 9439 1251

Citizens Advice Bureau is an information and referral service available upstairs within the Darius Wells Library and Resource Centre. Probate kits, power of attorney kits and power of guardianship kits are available. Taxation advice is co-ordinated from the beginning of July to Oct; ring 9439 1251 - BOOKINGS ESSENTIAL. The Perth office of the CAB can give advice and is contactable on 9221 5711.

#### Justices of the Peace - Kwinana

Darius Wells Library & Resource Centre,  
Corner Robbos Way & Chisham Avenue,  
KWINANA WA 6167

W [kwinana.wa.gov.au](http://kwinana.wa.gov.au)

P (08) 9236 4300

Neighbourhood Watch at Roger Cook's office. Citizens Advice (Rockingham) Mon 9:30-12:30 with Justices of the Peace and pro bono legal assistance Thur from 2pm.

#### Legal Advice Unlocked

E [legaladviceunlocked@gmail.com](mailto:legaladviceunlocked@gmail.com)

P 0472 708 484

Whether you're seeking general law information for personal or property matters you could benefit from our vast knowledge of information for free.

## Local Advocacy Services

#### DCSS Australia Inc.

E [Enquiries@dcssaustralia.org](mailto:Enquiries@dcssaustralia.org)

W [dcssaustralia.org](http://dcssaustralia.org)

The Work & Development Order (WDO) in partnership with the Department of Justice - Fines Victoria. This program enables us to assist people who are disadvantaged and who genuinely want to change their lives. Clients can complete a WDP through our organisation, for more information please visit: <https://www.justice.vic.gov.au/wdp> or email [Justice@dcssaustralia.org](mailto:Justice@dcssaustralia.org)

## Peak, Industry and Funding Bodies

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### Foundations

#### The Fathering Project Pkh

E [admin@thefatheringproject.org](mailto:admin@thefatheringproject.org)

W [thefatheringproject.org](http://thefatheringproject.org)

P 1300 328 437

More effective fathers and father-figures means a generation of kids with happier, healthier futures. The Fathering Project aims to inspire and equip fathers and father-figures to positively engage with the children in their lives – for the benefit of kids.

### Peak Bodies

#### Mental Health Commission of Western Australia

E [contactus@mhc.wa.gov.au](mailto:contactus@mhc.wa.gov.au)

W [mhc.wa.gov.au](http://mhc.wa.gov.au)

P (08) 6553 0600

The Mental Health Commission is responsible for planning, commissioning and providing mental health, alcohol and drug services in Western Australia on behalf of the State Government. Visit our website for more information.

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## Recreation & Leisure

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### Crafts

#### WA Branch - Australian Lace Guild

E walacesec@gmail.com

W australianlaceguild.com.au

This Guild promotes and teaches all forms of lace making. Some of the styles of lace making available are bobbin, needle, tatted, knitted, crochet, knotted.

### Fitness Activities

#### Yoga for Beginners

E office@canbap.org

W canbap.org

P (02) 6295 9470

Beginners Yoga classes Monday's 6pm – 7pm, everyone is welcome to attend

#### Kwinana Little Athletics Club

The Village Green, Corner Wellard Road & Cliveden Avenue, WELLARD WA 6170

E kwinanaLA@hotmail.com

W kwinanalittleathletics.com

Foster the development of track and field events for children 6 to 17. Age groups: 12 years and under; 13 to 18 years.

#### Kwinana Taekwondo Oh Do Kwan

114 Parmelia Avenue, PARMELIA WA 6167

E kwinana.tkd@outlook.com

P 0414 351 821

Teaches taekwondo sports, martial arts, self defence, physical fitness, discipline.

#### Para And Ability Dance WA

E info@ballroomfit.com.au

W padwa.org.au

P 0439 460 487

We provide dance classes for people living with disabilities. We cater for a range of physical, learning and cognitive disabilities, adapting classes to each individual's needs. See our website for more information.

#### PRIME MOVERS INC - ARMADALE

E secretary@primemovers-exercise.com.au

W primemovers-exercise.com.au

P 0444 560 037

Prime Movers Inc is a community based non-profit organisation. Classes are structured to include stretching, low impact aerobics and muscle work, all carried out in a friendly environment to familiar music.

#### Smithys Boxing Fitness Gym

Wandi Community Hall, 302 De Haer Road, WANDI WA 6167

E elliejo@westnet.com.au

P (08) 9439 1078

Amateur boxing club open to anyone interested in the sport. Minimum age to join the Club is 13 years old.

### General Recreation and Leisure

#### School Shed

Champion Drive, BERTRAM WA 6167

E bertram.ps@education.wa.edu.au

W bertramps.wa.edu.au

P (08) 9419 1762

Dad's/male carers and sons participate in a physical activity and share a meal. The Bertram Primary School Dads' Group conducts a unique program called the "School Shed" which commenced in 2014. The "School Shed" is for dads & their boys and involves Wednesday afternoon activities followed by a weekly BBQ.

#### Instep Performance Academy

E instep2000@live.com.au

W koorliny.com.au

P 0417 776 947

Classes are held in jazz, tap, ballet, hip hop & contemporary dance. Students can decide to be trained for exams and competitions, or just dance for fun and fitness. All are encouraged to perform to the best of their own ability, with classes kept fun and friendly.

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**KidSport**

E kidsport@dsr.wa.gov.au

W dlpsc.wa.gov.au

P (08) 9492 9911

KidSport enables eligible Western Australian children aged 5 to 18 years to participate in community sport by offering them financial assistance of up to \$150 per calendar year towards club fees.

**Kwinana Adventure Park**

Walgreen Crescent, CALISTA WA 6167

E customer@kwinana.wa.gov.au

W kwinana.wa.gov.au

Hiding amongst the trees at Calista Oval is Kwinana's state-of-the-art destination play space, the Kwinana Adventure Park. The Park has been inspired by the natural beauty of Kwinana, incorporating elements of the beautiful bushland, coastline and wetlands. ?

**Bowling Club**

60 Brownell Cres, MEDINA WA 6167

E kwinanabc@westnet.com.au

W kwinanabowlingclub.com.au

P (08) 9439 1810

Lawn bowling 10 years and upwards

**Kwinana Community Bingo Group**

Kwinana Senior Citizens Centre, Harley Way, KWINANA WA 6167

E bribett@inet.net.au

P 0413 770 758

Bingo for all ages from 12 years upwards; for all those who enjoy bingo and a relaxing, friendly social night out. Surplus funds are donated to the Senior Citizens Club; support from local organisations appreciated.

**Marri Park Golf Course and Tavern**

34 Marri Park Drive, CASUARINA WA 6167

W marriparktavernandgolfcourse.club

P (08) 9419 3037

Public access 18-hole golf course available for members and tavern available for members of the public.

**Southern Exposure Photography Group**

Wandi Community Centre Clubrooms, 302 De Haer Road, WANDI WA 6167

E sephotographygroup@gmail.com

W wapf.org.au

P 0458 127 758

To provide assistance and encouragement to amateur photographers in the art and techniques of photography including digital photography.

**Yogazeit. Yoga and Mindfulness**

E regina@yogazeit.com.au

W yogazeit.com.au

P 0405 551 635

We are a not for profit organisation empowering with evidence-based Yoga and Mindfulness for Children and Seniors. Also offering school programs and programs for Aged Care. Additionally providing Trainings and Professional Development for teaching Children's and Teens Yoga, Yoga Ed. Tools for Teachers (Brain Breaks) in the Classroom, as well as Workshop on teaching Yoga to Seniors.

**Indoor Recreation and Leisure****Kwinana Swimming Club**

Kwinana Recquatic Centre, Corner Gilmore Avenue & Chisham Avenue, KWINANA WA 6167

E membership.kasc@gmail.com

W kwinana.swimming.org.au

P (08) 6397 7946

Indoor aquatic centre available. Equipped with disabled access.

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### **State Swim Kwinana**

**E** [kwinana@stateswim.com.au](mailto:kwinana@stateswim.com.au)

**W** [stateswim.com.au](http://stateswim.com.au)

**P** (08) 9419 2835

At State Swim we are constantly striving to ensure our swimming classes cater for how children best learn the skills required to make them stronger, safer swimmers. Small class sizes, hands on instructors who are in the water with swimmers, clear verbal explanations of skills and demonstration of skills either by the instructor or by short skills videos on tablets.

## **Outdoor Recreation and Leisure**

### **Cockburn 4WD Club**

**E** [secretary@cockburn4wdclub.org.au](mailto:secretary@cockburn4wdclub.org.au)

**W** [cockburn4wdclub.org.au](http://cockburn4wdclub.org.au)

**P** 0417 993 689

We are a family friendly 4WD Club. We cater to all 4WD makes and all experience levels, from beginners to experienced. The club runs regular trips and events, ranging from a day on the beach to weekends away and extended trips across the country. Although based in Cockburn, membership is open to everyone. We support and are supported by local businesses. We are also on Facebook & Instagram.

### **Edge Skatepark**

Gilmore Avenue, KWINANA WA 6167

**W** [kwinana.wa.gov.au](http://kwinana.wa.gov.au)

**P** (08) 9439 0200

Everyone is welcome at The Edge Skatepark, whether they skateboard, scooter, BMX, rollerblade or enjoy basketball or parkour. The various skating zones allow users of all ages and skill levels to enjoy this inclusive space.

### **Ultimate Disc Club**

Medina Oval, Brownell Crescent, MEDINA WA 6167

**E** [fear@waultimate.com](mailto:fear@waultimate.com)

**W** [fear.waultimate.com](http://fear.waultimate.com)

**P** 0457 035 845

Fear Ultimate Disc Club plays regularly on Mondays in Medina and on Wednesdays at the UWA Sports Park, McGillivray Oval, in Mount Claremont. Ultimate is easy to learn, fast-paced, and fun to play. It's one of the cheapest sports around and a great opportunity for new players to learn the throws and the basics of playing Ultimate. New players from 9-59, male and female, are welcome to join.

### **Kwinana District Football Club**

Medina Oval, Brownell Crescent, MEDINA WA 6167

**E** [dazchaz1@bigpond.com](mailto:dazchaz1@bigpond.com)

**W** [clubswa.com.au](http://clubswa.com.au)

**P** (08) 9419 3352

Senior football club for 16 years and over. Winter season only.

### **Fairways to the Future**

Kwinana Golf Club, 2 Summerton Road, CALISTA WA 6167

**E** [manager@kwinanagolfclub.com.au](mailto:manager@kwinanagolfclub.com.au)

**W** [kwinanagolfclub.com.au](http://kwinanagolfclub.com.au)

**P** (08) 9419 2888

Fairways to the Future (formerly The First Tee) is a junior program that teaches life skills, core values and healthy habits while teaching the game of golf in a fun and safe environment.

### **Kwinana Scout Group**

30 Brownell Crescent, MEDINA WA 6167

**E** [gl.kwinana@scoutswa.com.au](mailto:gl.kwinana@scoutswa.com.au)

**W** [scoutswa.com.au](http://scoutswa.com.au)

**P** 0408 093 897

A variety of indoor and outdoor scouting activities are offered for both boys and girls; badges can be earned. Joeys 6-8 yrs (Tues 6:00-7:00pm); Cubs 8-11 yrs (Mon 6:30-8pm); Scouts 11-14 yrs (Thur 6:30-8:30pm); Venturers 14-18 (Fri 7-9pm); Rover 18-26.

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### **Hockey Club**

Orelia Oval, Corner Elmore Place & Bolton Way, ORELIA WA 6167

E [info@kwinanahockey.org.au](mailto:info@kwinanahockey.org.au)

W [kwinanahockey.org.au](http://kwinanahockey.org.au)

P 0401 860 698

Hockey club for people of all ages. Juniors (5-8 years) train Tues. 5-6pm; juniors (11-12 years) train Mon. 7-8pm at Lark Hill Sporting Complex & Tues. 5-6pm at Orelia Oval; play Sat. morning. Seniors train Tues. & Thur. 6:30-7:30pm; play Sat. & Sun. Winter season only.

### **Magenup Adult Riding Group**

302 De Haer Road, WANDI WA 6167

E [info@magenupadultriders.com](mailto:info@magenupadultriders.com)

W [magenupadultriders.com](http://magenupadultriders.com)

P (08) 9537 7532

Horse riding; horse arena, clubhouse, all facilities available for hire.

### **Natural Horseplayers**

Magenup Equestrian Centre, De Haer Road, WANDI WA 6167

E [naturalhorseplayers@gmail.com](mailto:naturalhorseplayers@gmail.com)

Horseriding for juniors (3-18) and adults (18+). Includes lessons and trail or social riding.

## **Personal Development Activities**

### **Hikefulness Australia**

E [hike@didierwalks.com.au](mailto:hike@didierwalks.com.au)

W [didierwalks.com.au](http://didierwalks.com.au)

P 0410 756 065

Hikefulness Australia in May 2021 became an Incorporated Association in the state of Western Australia. It was founded by Didier Monot and is currently under the support of sole-trade Didier Walks, with a goal to become fully independent. To undertake hiking activities, promotion, and programs with a focus on improving mental health and mindfulness for participants.

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## **Religion & Philosophy**

### **Churches and Places of Worship**

#### **All Saints Anglican Church**

Corner Chisham Avenue & Bickner Way, PARMELIA WA 6167

E [aforsyth@westnet.com.au](mailto:aforsyth@westnet.com.au)

W [allsaintskwinana.com](http://allsaintskwinana.com)

P (08) 9419 2065

Religious organisation for all ages.

#### **Freeway Church**

170 Bertram Road, WELLARD WA 6170

W [thekings.asn.au](http://thekings.asn.au)

P (08) 9411 4111

Family church; services at 10am or 6pm. Wednesdays: community care 9:30am, prayer meetings 7:30pm; Thursdays: Discipleship training 7:30pm; Fridays: Freeway Youth 6:30pm. Meetings held for youth, men and women.

#### **Jehovahs Witness - Orelia**

Medina Congregation, 3 Hennessy Avenue, ORELIA WA 6167

P (08) 9439 2263

Bible study meetings for people of any age.

#### **Logan City Deaf Church - Marsden**

E [logancity.deafchurch@gmail.com](mailto:logancity.deafchurch@gmail.com)

W [lcdc.org.au](http://lcdc.org.au)

P 0403 126 114

Church services in Auslan and English

#### **Rock Christian Fellowship**

13 Westcott Street, MEDINA WA 6167

E [fordapostle@bigpond.com](mailto:fordapostle@bigpond.com)

P 0407 959 330

Contemporary Christian Church with services every Sunday at 10am; all ages welcome. We offer a youth group on Friday evenings at 6pm for ages 12+. Wheelchairs can access the church with a little help which is always on hand.

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### **St Vincent's Catholic Church**

114 Parmelia Avenue, PARMELIA WA 6167

E [kwinana@perthcatholic.org.au](mailto:kwinana@perthcatholic.org.au)

W [stvincents.wa.edu.au](http://stvincents.wa.edu.au)

P (08) 9419 2920

Service times: Saturdays mass 9am & 6pm; Sundays 8am,9.30am. Weekday mass times: Tuesdays, Wednesdays Thursdays, Fridays 9am.

### **Wellard Community Church**

141-143 Meares Avenue, PARMELIA WA 6167

E [wellardcommunityservices@yahoo.com](mailto:wellardcommunityservices@yahoo.com)

P (08) 9419 5651

Christian church with a Bible college, English teaching classes, child care and holiday care programs.

## **General Religion & Philosophy**

### **Universal Church Of Christ**

5 Walpole Way, WELLARD WA 6170

E [uccwellard@gmail.com](mailto:uccwellard@gmail.com)

Is a caring church committed to bring people regardless of race, status or belief to the kingdom of the living God in obedience to the great commission of the Lord Jesus Christ thus experiencing all the blessings of the kingdom.

## **Self Help**

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### **General Self Help Services**

#### **Workshops, Talks and Seminars**

E [matt@btsmc.com.au](mailto:matt@btsmc.com.au)

W [btsmc.com.au](http://btsmc.com.au)

P 0435 086 316

Workshops, Talks & Seminars about mental health, obesity, addiction, domestic violence and homelessness

### **National Continenence Helpline**

W [continence.org.au](http://continence.org.au)

P 1800 330 066

The National Continenence Helpline is a free telephone advisory service.

### **Public Speaking and Leadership Academy**

E [publicspeakingandleadership@gmail.com](mailto:publicspeakingandleadership@gmail.com)

P 0433 606 536

PSL Academy is based in Wanneroo our Vision is to: Allow our members to become prestigious speakers with a message! All the while teaching the world to communicate and To become great leader's. Developing the most trusted & respected community based organisation in the world. We operate every Thursday online via Zoom at 7pm till 9.30pm. check our Facebook page for more

## **Sport**

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### **Outdoor Sports**

#### **Armadale Christian Football Club Inc**

E [registrar@armadalecfc.org](mailto:registrar@armadalecfc.org)

W [armadalecfc.org](http://armadalecfc.org)

P 0420 564 566

Soccer (football) for ages 5 and up, with games played on Saturdays only.

### **Sports Clubs**

#### **Allsortz Netball Club (ANC)**

Tucker Street, MEDINA WA 6167

E [allsortznetballclub@gmail.com](mailto:allsortznetballclub@gmail.com)

W [allsortz.wa.netball.com.au](http://allsortz.wa.netball.com.au)

P 0409 105 101

Sport - Sports Clubs - Sports Clubs. Netball for youth.

#### **Brozzy Football Club**

Rhodes Park, Gilmore Avenue, CALISTA WA 6167

E [sansigolo@gmail.com](mailto:sansigolo@gmail.com)

P 0428 101 999

We are a social team whose members catch up on the weekend to play.

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**Free Reformed Soccer Association**

Thomas Oval, MEDINA WA 6167

E [committee@frsl.org.au](mailto:committee@frsl.org.au)

W [frsl.org.au](http://frsl.org.au)

P 0419 042 012

Our League is made up of members of the Free Reformed Churches of Western Australia. We aim to promote, administer and encourage the playing of soccer within a Christian environment and to provide a wholesome competition with added emphasis on participation rather than outcome. Games are held weekly on Saturdays at Thomas Oval in Medina.

**Karate for Life**

Wellard/Casaurina Hall, Corner Mortimer and Barker Road, WELLARD WA 6170

E [karatekwinana@outlook.com](mailto:karatekwinana@outlook.com)

W [karateforlife.net](http://karateforlife.net)

P 0478 784 478

Family friendly traditional Karate club with a strong focus on building respect and self-discipline, anti-bullying and self-defense strategies. We are proud members of Kofukan International, and accredited with the Australian Karate Federation, WAKF and MAAB. We offer a free two week trial and new members are always welcome.

**Kwinana City Junior Soccer**

Rhodes Park, Rhodes Crescent, CALISTA WA 6167

P 0416 213 544

Provides affordable soccer coaching and games for junior players in the local community.

**Cricket Club**

Fiona Harris Pavilion, Elmore Place, ORELIA WA 6167

E [enquiries@kwinanacricketchub.com.au](mailto:enquiries@kwinanacricketchub.com.au)

W [kwinanacricketchub.com.au](http://kwinanacricketchub.com.au)

Kwinana Cricket Club has junior team members from "Have a Go" with the under 10's to under 17's. The junior club plays in the Peel Cricket Association, while the senior club has four sides currently playing in the South Metropolitan Cricket Association. Summer season only. Kwinana's 2nd grade and 4th grades use Orelia Oval and the oneday grades use Gilmore College Oval.

**Kwinana District Darts Club**

1 Brownell Crescent, MEDINA WA 6167

P 0400 201 719

New players always welcome.

**Tee-ball Club**

Rowson Place, MEDINA WA 6167

E [kwinanateeball@gmail.com](mailto:kwinanateeball@gmail.com)

W [teeballkwinana.wixsite.com](http://teeballkwinana.wixsite.com)

P 0451 279 849

Tee-ball: 3 to 10 years; softball: 11 to 13 years. Summer season only, October to March. Copy of birth certificates required for new members.

**Kwinana Junior Knights Football Club**

Orelia Oval, Christmas Avenue, ORELIA WA 6167

E [kjfcinfo@gmail.com](mailto:kjfcinfo@gmail.com)

W [kwinanajuniorknights.com](http://kwinanajuniorknights.com)

P (08) 9439 0222

Junior Aussie Rules football for children aged from 6 to 16. Winter season only. Online registration required.

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**Kwinana Tennis Club**

2 Walgreen Crescent, CALISTA WA 6167

E [kwinanatennisclub@gmail.com](mailto:kwinanatennisclub@gmail.com)

W [kwinanatennisclub.com.au](http://kwinanatennisclub.com.au)

P (08) 9419 4072

Looking for social or competitive tennis in the Kwinana area? New to the game, or considering getting back into it? Come and join us at Kwinana Tennis Club. We have an active membership, and welcome visitors to join in our regular social tennis events. Our courts are conveniently for hire online - day or night.

**Kwinana United Junior Soccer Club**

Kelly Park, Rowson Place, MEDINA WA 6167

E [kwinanaujsc@live.com.au](mailto:kwinanaujsc@live.com.au)

P 0419 230 614

Soccer for boys and girls, aged 5 to 18.

**Kwinana United Soccer and Social Club**

Kelly Park, Rowson Place, MEDINA WA 6167

E [info@kwinanaunited.com](mailto:info@kwinanaunited.com)

P 0430 594 851

A soccer club for all ages.

**Kwinana Wolves Sports Club**

Thomas Oval, Tucker Street, MEDINA WA 6167

E [Kwinanawolvessportsclub@outlook.com](mailto:Kwinanawolvessportsclub@outlook.com)

W [pitchero.com](http://pitchero.com)

P (08) 9419 6438

Tee-ball: 5 to 12 years; softball: 13 to 99 years; Little League baseball (8 to 12 years); baseball (13 upwards).

**Peter Carnley Netball Club**

386 Wellard Road, WELLARD WA 6170

E [kyliemac77@hotmail.com](mailto:kyliemac77@hotmail.com)

W [rdna.wa.netball.com.au](http://rdna.wa.netball.com.au)

P 0417 988 907

Affiliated with the Rockingham & Districts Netball Association, at the Mike Barnett Sports Complex in Rockingham.

**Roller Hockey Club**

Zone Youth Space, Corner Gilmore Avenue & Darius Road, KWINANA WA 6167

E [krhc.scorpions@hotmail.com](mailto:krhc.scorpions@hotmail.com)

W [epage.at](http://epage.at)

P 0410 549 730

Provides roller hockey training for club members; general skating sessions are available for the general public.

**South Bertram Districts Cricket Club**

Champion Drive, BERTRAM WA 6167

E [southbertramdistrictscc@gmail.com](mailto:southbertramdistrictscc@gmail.com)

P 0403 301 995

The Club provides cricketing playing, development and social opportunities for players of all skill levels.

**Southern Districts BMX Raceway**

Corner Tucker & Atkinson Road, MEDINA WA 6167

E [southerndistrictsbmx@gmail.com](mailto:southerndistrictsbmx@gmail.com)

P 0407 985 608

To promote the sport of BMX racing for people aged 4 to 60.

**Sword-Point College of Arms - Wandí**

E [swordpointcoa@gmail.com](mailto:swordpointcoa@gmail.com)

W [swordpoint.com.au](http://swordpoint.com.au)

P 0455 210 538

We safely teach Historical European Martial Arts (European Sword Fighting) as well as Lightsaber combat as a modern martial art. Currently teaching Monday and Thursday evenings at Wandí Community hall, De Haer Road, Wandí.

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## Volunteering

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### General Volunteering Services

#### EdConnect Australia

**E** [edconnect@edconnect.org.au](mailto:edconnect@edconnect.org.au)

**W** [edconnectaustralia.org.au](http://edconnectaustralia.org.au)

**P** (08) 9444 8646

At EdConnect Australia (formerly The School Volunteer Program), we recruit, train and support a nationwide cohort of volunteers to provide life-changing mentoring and learning support in schools for young people who are at-risk of not fulfilling their educational potential. Whatever stage of life you're at, we all have the potential to do good – to make a difference

#### Kwinana Volunteer Centre

Corner Chisham Avenue and Robbos Way, KWINANA WA 6167

**E** [volunteering@kwinana.wa.gov.au](mailto:volunteering@kwinana.wa.gov.au)

**W** [kwinana.wa.gov.au](http://kwinana.wa.gov.au)

**P** (08) 9236 4314

The Kwinana Volunteer Centre is a central point in the community for information on all things relating to volunteering. Many local groups and organisations rely on the goodwill and generosity of volunteers to help them. By lending a hand, you can make a huge difference to the quality of other people's lives.

#### People Who Care - Medina

**E** [enquiries@peoplewhocare.org.au](mailto:enquiries@peoplewhocare.org.au)

**W** [peoplewhocare.org.au](http://peoplewhocare.org.au)

**P** (08) 9379 1944

People Who Care is a not-for-profit volunteer service provider established in 1980, providing volunteer support to people in need, whether they are frail aged, have a disability or are in financial or social hardship with little family or community support.

#### The Trustee For Noswad Yelkcbu Family Trust

**E** [leonie@leonies-caring.com.au](mailto:leonie@leonies-caring.com.au)

**W** [leonies-caring.com.au](http://leonies-caring.com.au)

**P** 1800 491 805

Supporting all of Queensland with My Age Care, NDIS & The private sector of the community to live an independent lifestyle.

## Welfare Assistance & Services

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### Food Vans and Kitchens

#### VAKS: Vans And KitchenS

**E** [karen@vaks.org.au](mailto:karen@vaks.org.au)

**W** [vaks.org.au](http://vaks.org.au)

The goal of [vaks.org.au](http://vaks.org.au) is to provide a 'one-stop-shop' online resource for anyone seeking information about a van or kitchen nationwide. It is primarily designed for anyone needing to know where a van or a kitchen is operating nearby. It also promotes the services of providers who have given their information to VAKS, without imposing on their autonomy or their organisational structure.

### General Welfare & Support Services

#### GIVIT

**E** [info@givit.org.au](mailto:info@givit.org.au)

**W** [givit.org.au](http://givit.org.au)

GIVIT's matches generosity with genuine need by inspiring and connecting an online network of givers. Through its website, Australian charities are supported as they request essential, quality items on behalf of their clients. GIVIT then matches these requests with items donated by members of the public, ensuring our most vulnerable receive exactly what they need, when they need it the most.

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### **Orange Sky Australia - Perth South**

**E** [info@orangesky.org.au](mailto:info@orangesky.org.au)

**W** [orangesky.org.au](http://orangesky.org.au)

Mobile Laundry & Shower for people in need. We operate in Rockingham, Kwinana, Shoalwater, Armdale, Gosnells, Mandurah & Fremantle. See our times and exact locations at <http://www.orangeskylaundry.com.au/locations>

### **Perth Legacy**

**E** [reception@legacywa.com.au](mailto:reception@legacywa.com.au)

**W** [legacy.com.au](http://legacy.com.au)

**P** (08) 9486 4900

Every year Legacy helps pick up the pieces for thousands of Australian families who have been shattered by the loss of a serving husband, wife, father or mother. This is done with little direct government support as Legacy relies on the generosity of the community. In Western Australia Legacy cares for over 6,000 Widows and Widowers, 39 Legacy Children and 22 Persons with a Disability.

### **National Perinatal Support Program**

**E** [info@thebabesproject.com](mailto:info@thebabesproject.com)

**W** [thebabesproject.com.au](http://thebabesproject.com.au)

**P** 1300 140 212

The Babes Project works with women who are seeking additional support during pregnancy. We run a National support service providing our Perinatal Support Program via phone and video calls for pregnant and early parenting women across Australia, who cannot access one of the Centres.

### **Trauma Clean**

**E** [admin@traumaclean.com.au](mailto:admin@traumaclean.com.au)

**W** [traumacleanaustralia.com.au](http://traumacleanaustralia.com.au)

**P** 0413 739 854

NDIS registered provider. Our team is here to help, regardless of what sort of cleaning service you require. We can deal with everything from biohazards substances to gross filth and even human waste cleaning, and our experienced team is available 24/7 as required. Yes, it can be embarrassing to ask for help, but don't worry. We get it. Sometimes life takes over and you just need a helping hand.

## **Second Hand Shops**

### **St Vincent de Paul Society - Kwinana**

3 Calista Avenue, MEDINA WA 6167

**W** [vinnies.org.au](http://vinnies.org.au)

**P** (08) 9419 4285

Emergency relief assistance, including welfare relief, low cost food and clothing outlets.

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## **Youth Services**

### **General Youth Services**

#### **Brave Foundation**

**E** [info@bravefoundation.org.au](mailto:info@bravefoundation.org.au)

**W** [bravefoundation.org.au](http://bravefoundation.org.au)

**P** 0448 088 380

Not-for-profit charity that equips expecting and parenting teens with resources, referral and education opportunities to facilitate happy, healthy and skilled families over time. Engage with a Virtual Mentor to receive support and guidance, help navigate services and systems and connect with relevant services and support suited to individualised goals.

#### **Girl Guide Unit**

Kwinana Guide Hall, Brownell Cres, MEDINA WA 6167

**E** [info@girlguideswa.org.au](mailto:info@girlguideswa.org.au)

**W** [girlguideswa.org.au](http://girlguideswa.org.au)

**P** (08) 9479 9800

Your local Girl Guide Unit

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**Little Dreamers Australia**

E [info@littledreamers.org.au](mailto:info@littledreamers.org.au)

W [littledreamers.org.au](http://littledreamers.org.au)

P 1800 717 515

As Australia's leading Young Carer organisation, Little Dreamers works with young people who provide unpaid care for a family member with a disability, illness or addiction. Across a range of direct support programs, we're improving the quality of life for Young Carers across Australia, with a vision that every single Young Carer around the world is supported by someone or something by 2030.

**Girl Guide Unit**

Wandi Community Hall, 302 De Haer Road, WANDI WA 6167

E [info@girlguideswa.org.au](mailto:info@girlguideswa.org.au)

W [girlguideswa.org.au](http://girlguideswa.org.au)

P (08) 9479 9800

Your local Girl Guide Unit

**Zone Youth Space**

Corner Gilmore Avenue and Darius Drive, KWINANA WA 6167

E [zone@kwinana.wa.gov.au](mailto:zone@kwinana.wa.gov.au)

W [kwinana.wa.gov.au](http://kwinana.wa.gov.au)

P (08) 9236 4550

The Zone Youth Space is a two-storey facility catering for young people in Kwinana aged 12 to 18. The facility offers a large range of youth oriented programs, workshops, events and activities every week and throughout the year.

**Youth Crisis & Emergency Services****Department of Child Protection and Family Support**

W [dcp.wa.gov.au](http://dcp.wa.gov.au)

P (08) 6217 6888

protects and cares for Western Australian children and young people who are in need, and supports families and individuals who are at risk or in crisis. We work proactively with families to build safety around children, and prevent the need for children to enter the out-of-home-care system. We also support children and young people who are in out-of-home care to thrive by working with ...

**Youth Information & Counselling****Beyond Blue - Perth**

E [info@beyondblue.com.au](mailto:info@beyondblue.com.au)

W [beyondblue.org.au](http://beyondblue.org.au)

P 1300 224 636

Promotion of help seeking behaviour for young people who are depressed.

**Kids Helpline**

E [admin@kidshelpline.com.au](mailto:admin@kidshelpline.com.au)

W [kidshelpline.com.au](http://kidshelpline.com.au)

P 1800 551 800

Kids Helpline is a free 24 hour counselling service for Australian kids and young people aged 5-25 years. You can get help over the phone, email or web.

**YES! Housing**

E [yeshousingduty@anglicarewa.org.au](mailto:yeshousingduty@anglicarewa.org.au)

W [anglicarewa.org.au](http://anglicarewa.org.au)

P (08) 9263 2009

Young people who are homeless or at risk of homelessness can be assessed for eligibility for a Department of Housing tenancy, and then supported to develop their independent living and tenancy skills to be able to maintain long term stable housing.

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