



# Services For **YOUNG** People

## FRIENDS FOES AND FAMILIES



**Centacare – 4772 9000**

**Hours 9am – 5pm Monday to Friday**

Centacare acts as the official welfare agency for the Catholic diocese of Townsville. Centacare provides a number of services including: Family & Relationship Counselling, Family Skills, Intensive Family Support, Relationship Education, Natural Family Planning, Access Employment Assistance Program, Disabilities Team, Gambling Help Service, Rosa Program and Bridge Program.

**Relationships Australia – 1300 364 277**

**Hours 8.30am – 8pm Monday & Wednesday, 8.30am – 5pm Tuesday, Thursday & Friday**

**[www.relationships.com.au](http://www.relationships.com.au)**

Relationships Australia is a private, not-for-profit organisation without religious affiliation. RAQ, formerly Marriage Guidance, has been operating for over 50 years and in Townsville since early 1970's. Services include: Educational courses, professional development training, Pre-Marriage Education Package, Family Support Services, Relationship Counselling, Parenting Apart Service, Children's Contact Service, Victims Counselling & Support Services, Parenting Orders Program and Referral for Active Intervention Program.

**Young Men Being Dads Program – 4779 9911**

**Email [lifeline.nth.qld@lccq.org.au](mailto:lifeline.nth.qld@lccq.org.au)**

Young Men Being Dads works with young men aged up to 24 years of age who are thinking about starting a family, about to become or who are already fathers. A Young Men Being Dads worker can meet with young men at their own place, the Lifeline office or anywhere else that is good for them. The worker will listen and try to help with any issues being faced for example what to expect when bub comes home, organising the money, relationship issues, babies needs, planning, changing nappies, Centrelink...anything at all!

**Young Carers Program – 1800 059 059**

**Email [carelink.townsville@bluecare.org.au](mailto:carelink.townsville@bluecare.org.au)**

**[www.comm.carelink.health.gov.au](http://www.comm.carelink.health.gov.au)**

The Young Carers Program aims to provide support for young carers at risk of prematurely leaving their education or training programs by providing access to respite which will help them better manage/balance their educational and caring responsibilities. A young carer is defined as a person up to 25 years of age who is the main provider of care and support for a parent, partner, child, relative or friend who has a disability, is frail aged or who has a severe mental or physical condition or alcohol/drug dependence. Access to the program can be through self-referral or referral through another support agency.

## **Women's Centre – 4775 7555**

**Office Hours 9am – 5pm Monday to Friday, 9am – 7.30pm Thursday**

The Women's Centre is a 24 hour crisis counselling service, shelter referral and rape crisis call out. It incorporates the Townsville-Thuringowa Sexual Assault Support Service and the Townsville-Thuringowa Women's Community Health Centre. The services offered are a 24 hour crisis line and rape crisis callout, ongoing phone and face-to-face counselling including for sexual assault, domestic violence, relationships, general issues and women's health. There is also a 24 hour refuge/shelter referral for women and women & children, a drop-in space for women and women and their children and support groups including Sexual Assault Survivors Support Group, Intellectually Disabled Group, Older Women's Group, Relaxation Classes, Women's Self Awareness Group, Eating Issues Support Group. A library is on site, as well as other resources, community education and education for professionals available. They also provide court support and emergency relief funds when available.

## **Reconnect – Queensland Youth Services Inc**

**Townsville Reconnect – 4771 3648**

**Thuringowa Reconnect – 4755 1322 – Mobile 0416 195 879 or 0414 879 539**

**Hours 8.30am – 5pm – after hours appointments are available by negotiation to meet working parents/young people with employment commitments etc.**

Reconnect is an early intervention service for young people aged 12 – 18 years who are homeless or at risk of homelessness and their families. Reconnect is able to provide support around family, education, employment, training and engagement with community as identified by the young person or family. The referral process is either by self-referral or through other agencies. Pre-requisites for accessing this service are that this is an early intervention service for young people at risk of early home leaving or has left home no more than on 2-3 previous occasions, and has not been away from the family home for longer than several months at the time of referral.

## **PPOSSIBLEE Program – 4771 3648**

**Hours 9am – 5pm Monday to Friday**

The PPOSSIBLEE Program targets young pregnant & parenting people aged 12 – 25 years. This program is aimed at assisting and supporting young parents to participate in community life through mentoring to build leadership capacity, education and training to increase employment potential & resources to enhance parenting & relationship skills and self reliance. Activities planned during the course of the project include workshops and information sessions on education, training, employment, volunteering, mentoring, information, access, referral and establishing stronger links through partnerships with community agencies to provide outreach services.

## **Munchkins Playgroup – 4771 3648**

**Playgroup Hours 10am – 1pm every Tuesday excluding school & public holidays**

**Office Hours 9am – 5pm**

Munchkins Playgroup is specifically designed for young parents and their families to provide opportunities for young families to meet and share their experiences in a safe non-judgmental environment. Young families have the opportunity to form friendships and interact in a social setting alleviating the isolation often experienced by young parents and their families. Munchkins Playgroup offers various activities and social outings to enhance and promote the social lives of young families. Transport and lunch are provided for the Munchkins Playgroup and is a free service for young families. All excursions, social outings and admission costs are free of charge.

## **The Children by Choice Counselling – 1800 177 725**

**[www.childrenbychoice.org.au](http://www.childrenbychoice.org.au)**

The Children by Choice Counselling service provides women with unbiased counselling regarding unplanned pregnancy options. Referral given to other services as needed.

## **Commission for Children and Young People – 1800 688 275**

**Hours 8am – 5pm Monday to Friday**

**[www.childcomm.qld.gov.au](http://www.childcomm.qld.gov.au)**

Protects and promotes the well being of all children and young people in Queensland, particularly those most vulnerable. Employment screening, Community Visitors, Complaints and Investigations, Research. Issues the Blue Card.