



Doing it Tough

Shoalhaven
City Council



Southern Cross
Housing
BUILDING COMMUNITY FUTURES

Directory of Welfare & Support Services

**Police / Ambulance / Fire
Emergency**

000



Link2home
1800 152 152



Police
131 444



Lifeline

Lifeline
13 11 44



Kids
1800 55 1800

1800RESPECT

NATIONAL DOMESTIC FAMILY AND
SEXUAL VIOLENCE COUNSELLING SERVICE

Domestic Violence Line
1800 737 732



Beyond Blue
1300 22 4636

Mental Health Line
1800 011 511



NSW Mental Health Line
1800 011 511

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Icons



Women only



Physical & mental health



Men only



Emergency accommodation



Children



Financial assistance & vouchers



Youth



Groceries



Aboriginal people



Meals



LGBTQIA+



Clothing



Aged care



Advocacy



Disability



Emergency



Helpline



Toilets



Free wi-fi



Laundry



Domestic
violence



Pets



Information &
referrals



Social interaction



Legal/law



Computer



Counselling



Household
goods



Addictions
(substances &
gambling)



Transport



Showers



St Vincent de Paul Society
NSW
good works

John Purcell House

What we do

Short-term accommodation, specialist housing case management and ongoing tenancy support for men who are experiencing, or at-risk of homelessness.

How to access

Self-referral via phone, email, website or drop-in.

Who we support

Males over 21 years of age.

Contact



11 Lawrence Ave, Nowra 2541



(02) 4428 6207



Shoalhaven.referral@vinnies.org.au



8:00am – 4:00pm Mon – Fri
Sat & Sun – Closed



Safe Shelter Shoalhaven

What we do

Crisis, overnight accommodation for individuals and families in emergency situations.

How to access

Self-referral via phone, email, website or drop-in.

Who we support

People who are experiencing homelessness.

Contact

📍 134 Kinghorne St, Nowra, NSW 2541

☎ (02) 4426 6117

✉ info@salt.org.au

🕒 4:00pm-10pm Mon - Sun

HOUSING



EMERGENCY



Safe Waters Community Care Inc.

What we do

Crisis accommodation for individuals and families in emergency situations.

How to access

Self-referral via phone.

Who we support

People who are experiencing homelessness.

Contact

 240A Princes Hwy, Ulladulla 2539

 0457 740 951

 reception@safewaterscc.org

 Mon – Sun 9am – 10pm



SAHSSI

What we do

Connect clients with crisis needs (accommodation, food, clothing, financial support), housing applications, private rental assistance, safety planning, and links to external services (GPs, mental health, legal, and other social supports).

How to access

Self-Referral via www.sahssi.org.au or agency referral.

Who we support

Women and children who are experiencing or are at risk of homelessness and women and children who have escaped domestic violence.

Contact

📍 25 Atchison Street, Wollongong 2500

☎ (02) 4488 4880

✉ admin@sahssi.org.au

🕒 Mon - Fri 9am - 5pm

HOUSING



EMERGENCY



Link2Home

What we do

Link2Home is a statewide homelessness information and referral telephone service. It is available 24 hours a day, 7 days a week. For information, assessment, or referral to homelessness services & support.

How to access

Via phone.

Who we support

Homeless & looking for emergency accommodation.

Contact

☎ 1800 152 152

🕒 24 hours a day, 7 days a week



Southern Cross Housing

What we do

Provides temporary accommodation assistance (9am to 5pm) to people who are experiencing homelessness.

How to access

Self or service referral via phone, email or drop in.

Who we support

Eligibility is determined on a case-by-case basis.

Contact

📍 69 Kinghorne St, Nowra 2541

☎ 1300 757 885

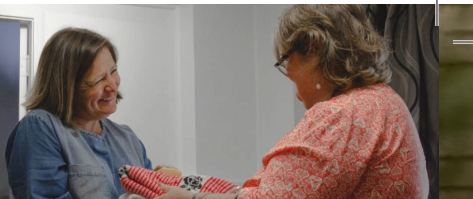
✉ info@scch.org.au

🕒 Mon – Fri 9am – 5pm

HOUSING



EMERGENCY



Salt Assisted Housing

What we do

Transitional supported accommodation. Specialised support workers assist individuals and families to help with the complexities of homelessness and find sustainable housing solutions.

How to access

Self-referral via phone, email, website or drop-in.

Who we support

People experiencing homelessness.

Contact



5 – 11 Birriley St, Bomaderry 2541



(02) 4480 5028



info@salt.org.au



Mon – Friday 9am – 4:00pm

Shoalhaven Youth Support Service

What we do

Provides short-term accommodation and outreach support. Case management support for referrals to housing, mental health support and drug & alcohol services.

How to access

Self, service or school referral via phone.

Who we support

Young people 16 – 24 years old who are experiencing or who are at-risk of homelessness.

Contact



Moss St, Nowra 2541



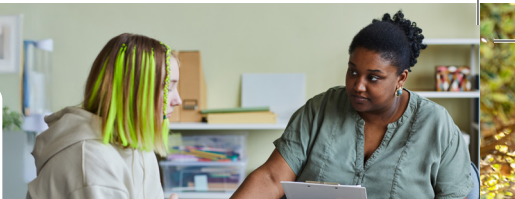
(02) 4422 7625



syss@caresouth.org.au



Mon – Fri 9am – 5pm



Southern Youth & Family Services

What we do

Affordable transitional accommodation for families, case management support, brokerage and family counselling support to people who are vulnerable, disadvantaged, homeless or those at-risk of disadvantage and homelessness.

How to access

Self-referral, service-referral or school referral.

Who we support

Young people and families who are at-risk, disadvantaged, or homeless.

Contact



107 Berry St, Nowra 2541



(02) 4448 2470



ihpfamiliesnowra@syfs.org.au



Mon – Fri 9am – 5pm



Age Matters

What we do

Support older people who are vulnerable, at risk of homelessness, experiencing homelessness, and/or are in need of connection to aged care services. Coordinators work to assist people to find suitable housing and services to support their independence.

How to access

Self-referral via phone, email, website or drop-in.

Who we support

People 65+ (50+ if Aboriginal and/or Torres Strait Islander) who are vulnerable and isolated with no capable/trusted support person.

Contact

📍 3/77 Market St, Wollongong 2500

☎ (02) 4221 8642

✉ info@agematters.org.au

🕒 Mon - Fri 9am - 5pm



Southern Cross Housing

What we do

Provision of social, community and affordable housing to eligible people in the Shoalhaven.

How to access

Self-referral via phone, email, website or drop-in.

Who we support

Eligibility is determined on a means tested, case-by-case basis for residents of NSW aged 18+.

Contact



69 Kinghorne Street, Nowra, NSW 2541



1300 757 885



info@scch.org.au



Mon to Fri: 9am – 5pm



www.scch.org.au



Illawarra Legal Centre (ILC) - Tenants Service

What we do

The Illawarra & South Coast Tenants Service is part of the ILC. We provide free legal advice, advocacy and representation, where appropriate, in relation to residential tenancies.

How to access

Self-referrals via phone.

Who we support

Private, public and community housing tenants. Aboriginal housing tenants. Homeowners in land lease communities (caravans etc). Residents of boarding houses. People living in shared accommodation.

Contact

☎ (02) 4274 3475 | 1800 807 225

✉ reception@illawarralegalcentre.org.au

🕒 Thurs 2pm – 5pm, Fri 9am – 1pm, 2pm – 5pm, Sat-Sun Closed, Mon-Wed 9am – 1pm, 2pm – 5pm

ACCOMMODATION



TENANCY & HOUSING SUPPORT



All Saints Community Care

What we do

Emergency food and financial assistance.

How to access

Self-referral via phone or drop-in.

Who we support

People who are doing it tough.

Contact



68 Plunkett St, Nowra 2541



(02) 4423 1099



comcare@shoal.net.au



Wed, Thurs & Fri 10:00am – 2:30pm



Anglicare

Anglicare

What we do

Food and financial assistance.

Emergency relief including food support, rent arrears assistance, home removals, help with electricity/gas bills and rental bonds.

How to access

Self-referral via phone, email, website or drop-in.

Who we support

People in financial crisis.

Contact

📍 68 Plunkett St, Nowra 2541

☎ (02) 8624 8600

✉ ffanowra@anglicare.org.au

🕒 Mon - Fri 9am - 5pm

WELFARE SUPPORT



FREE/LOW-COST MEALS & GROCERIES



salt
care

Salt Store

What we do

Welfare support including provision of individual meals, food hampers and clothing.

How to access

Self-referral via drop-in.

Who we support

People who are doing it tough.

Contact



5 – 19 Birriley St, Bomaderry 2540



(02) 4480 5028



info@salt.org.au



Tues & Thurs – 10:30am – 1:00pm



Nowra Community Food Store

What we do

Low-cost grocery store stocking baked goods, cleaning supplies, frozen food, fruit, vegetables, pantry and personal care items. Emergency food hampers.

How to access

Self-referral via drop-in.

Who we support

People who are doing it tough.

Contact

📍 10/158 Princes Hwy, South Nowra 2541

☎ (02) 4402 9126

✉ nowracommunityfoodstore@gmail.com

🕒 Mon - Fri 9:30am - 3:00pm

WELFARE SUPPORT



FREE/LOW-COST MEALS & GROCERIES



The HUB

What we do

Discount food and clothing store, also offering free fruit and vegetables.

How to access

Drop in.

Who we support

People who are doing it tough.

Contact



167 McMahons Rd, North Nowra 2541



(02) 4421 4602



office@citychurchnowra.com.au



Fri 9:30am – 4:00pm

**Uniting**

Bay & Basin Uniting Church Food Pantry

What we do

Free food, frozen meats, bread, and margarine, fresh fruit & vegetables and non-perishable foods including long life milk and other staple foods. Bring two regular sized shopping bags along.

How to access

Self-referral via drop-in.

Who we support

People who are doing it tough.

Contact

📍 7 Meriton St, St Georges Basin 2540

☎ 0499 785 728

✉ Bayandbasinuniting@gmail.com

🕒 Thurs: 12:00pm – 2:00pm

WELFARE SUPPORT



23 FREE/LOW-COST MEALS & GROCERIES



The Ulladulla District Community Resource Centre

What we do

Food store and food parcels, swags and other material aid.

How to access

Self-referral via phone.

Who we support

People who are doing it tough. A means test may be required.

Contact

 78 Vincent St, Ulladulla 2539

 (02) 4454 0477

 reception@ulladullacrc.org.au

 Mon to Thurs: 9am – 4:00pm
Fri: 9am – 12:00pm

Food store: 9:30am – 11:00am Wed
& Fri

JP Service – 9am – 12pm



St Vincent De Paul – Shoalhaven Conferences

What we do

Emergency assistance through information and advocacy support, clothing vouchers, NILS loans, food vouchers in multiple areas throughout the Shoalhaven.

How to access

Self-referral via phone or referral via service.

Who we support

People who are currently doing it tough. An income test may be required.

Contact

✉ vinnies@vinnies.org.au

☎ 13 18 12

WELFARE SUPPORT



FINANCIAL RELIEF

25



The Salvation Army

What we do

The Doorways Program provides emergency relief, including food vouchers, and holistic case management with referral to internal and external support services.

How to access

Self-referral via phone.

Who we support

People who are doing it tough.

Contact



162 St Anns St, East Nowra 2541

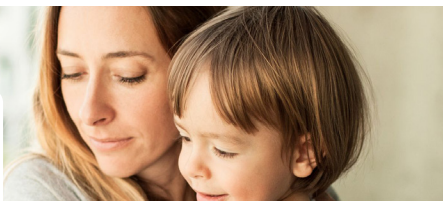


Doorways support: (02) 4423 2102

Pathways AOD Support (02) 4423 2102



Mon – Wed 9am – 3:00pm



The Salvation Army Ulladulla

What we do

Practical assistance for low-income families and individuals who are struggling to make ends meet.

How to access

Self-referral via phone.

Who we support

Assessed on a case-by-case basis.

Contact

📍 1/37 Deering St, Ulladulla 2539

☎ 1300 371 288

🕒 Mon - Fri 9am - 11:30am

WELFARE SUPPORT



FINANCIAL RELIEF



Good Shepard No Interest Loans

What we do

Up to \$3000 interest free loans for a variety of needs including housing, home, car, education, medical and vet expenses.

How to access

Self-referral via phone or referral via service.

Who we support

Applicants must have a gross annual income below \$70,000 (singles) or \$100,000 (couples/families), experienced violence in the last 10 years, or hold a health care/pension card. Repayment capacity required.

Contact

 www.goodshep.org.au

 13 64 57

 Mon – Fri 9am – 5pm



salt
care



Salt Care Mobile Response Vehicle

What we do

Salt's Mobile Response Vehicle (MRV) is a frontline response with volunteers going to homelessness hot spots to provide support, food and clothing.

How to access

Self-referral drop-in.

Who we support

People experiencing homelessness.

Contact

📍 5-19 Birriley St, Bomaderry 2541

☎ (02) 4480 5028

✉ info@salt.org.au

🕒 Tues & Thurs: 10:30am - 1:00pm

WELFARE SUPPORT



29 FOOD DELIVERY SERVICES



North Shoalhaven Meals on Wheels

What we do

Nutritionally appropriate meal delivery and social support, costs involved.

How to access

Self-referral via phone & email.

Who we support

Seniors 65+ years of age. Aboriginal and Torres Strait Islander People 50+ years of age. People living with a disability.

Contact

☎ (02) 4422 5111

✉ reception@nsmow.org.au

🕒 Mon- Fri: 9am - 4:00pm



Southern Shoalhaven Meals on Wheels

What we do

Frozen meals to older and more frail people within the community, and individual social support services.

How to access

Self-referral via phone, email, drop-in & website.

Who we support

Clients that have a referral through My Aged Care.

Contact

📍 1/78 St Vincent Street, Ulladulla 2539

☎ (02) 4455 2861

✉ info@ssmow.com.au

🕒 Mon – Fri 8:30am – 2:30pm

WELFARE SUPPORT



31 FOOD DELIVERY SERVICES



SEARMS Community Housing Aboriginal Corporation

What we do

Providing community housing for
Aboriginal and Torres Strait Islander
Peoples.

How to access

Self-referral through NSW Housing
Pathways or through Housing Owner
Organisations.

Who we support

Aboriginal and Torres Strait Islander
People and/or members of Housing
Owner Organisations.

Contact



186 – 188 Kinghorne St, Nowra 2541



searms.com.au



1800 138 425



admin@searms.com.au



By appointment only



Murra Mia Tenant Advocacy Service (MMTAAS)

What we do

Advice and advocacy on behalf of Aboriginal and Torres Strait Islander tenants. Attend tribunals and liaise with landlords.

How to access

Self or service provider referral via phone, email, website and drop-in.

Who we support

All Aboriginal and Torres Strait Islander tenants across Southeast and Lower Western areas of NSW, including Illawarra, South Coast, Southern Highlands, Hume Murray and the Riverina.

Contact



21 Old Princes Hwy, Batemans Bay 2536



(02) 4472 9363



admin@murramia.com



Mon to Thurs- 8:30am - 4:30pm,
Fri 4:00pm





ABORIGINAL
LEGAL SERVICE
NSW/ACT 188



Aboriginal Legal Service

What we do

Legal assistance with criminal charges, child protection, family law, domestic & family violence, safety, fines, custody notification services and coronial inquest into deaths in custody.

How to access

Self-referral via phone / email.

Who we support

Aboriginal and Torres Strait Islander People. Legal assistance may be subject to a means, merit and conflict test.

Contact

📍 89 Plunkett Street, Nowra 2541

📞 (02) 4424 8900

✉️ Als.nowra@alsnswact.org.au

🕒 Mon – Fri 9am – 5pm

Waminda Women's Health and Aboriginal Welfare

What we do

Numerous support services that aim to empower and support Aboriginal and Torres Strait Islander women in the Shoalhaven.

How to access

Self-referral via phone.

Who we support

Aboriginal and Torres Strait Islander women.

Contact

📍 122 Kinghorne St, Nowra 2541

☎ (02) 4421 7400

✉ admin@waminda.org.au

🕒 Mon - Fri: 9am - 4:30pm



South Coast
Medical Service
Aboriginal Corporation



South Coast Medical Service Aboriginal Corporation (AMS)

What we do

Provides health and medical services including counselling, case management, alcohol and other drugs (AOD), mental health, child & adolescent mentoring and therapeutic support. Support is provided both individually and/or in groups.

How to access

Self-referral via phone, email & drop in.
Referral via service provider, medical professional & schools.

Who we support

Aboriginal and Torres Strait Islander People.

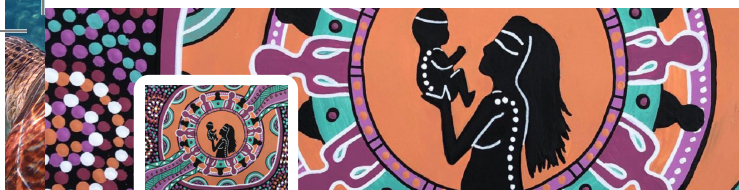
Contact

📍 51 – 53 Berry St, Nowra 2541

☎ (02) 4448 0200

✉ intake@southcoastams.org.au

🕒 Mon – Fri 8:30am – 5pm



Binji & Boori, Shoalhaven Aboriginal Maternal Infant Child Health Service (AMICH)

What we do

Health care, including midwives, Aboriginal health workers, social workers, occupational therapist, speech pathologists, antenatal and postnatal checks, playgroups, breastfeeding groups and referrals to other services.

How to access

Self or service referral via phone.

Who we support

Aboriginal and Torres Strait Islander women and their children from pregnancy to 5 years old (or when the child starts school).

Contact

📍 54 Worrigee St, Nowra 2541

☎ (02) 4252 9780 (Shoalhaven)

✉ ISLHD-llawarrabinjiandboori@health.nsw.gov.au

🕒 Mon – Fri 8:30am – 4:30pm

SUPPORT SERVICES



ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLE



Cullunghutti Aboriginal Family Centre

What we do

Family support programs, including education and early literacy, women's groups, disability support for children through the Early Links program, and referrals / support with other agencies.

How to access

Self-referral via phone / email.

Who we support

Aboriginal and Torres Strait Islander families with children.

Contact

📍 31 Holloway Rd, Nowra 2541

☎ (02) 4428 6900

✉ admin@cullunghutti.org.au

🕒 Mon – Fri 9am – 5pm



Cullunghutti Aboriginal Early Learning Centre

What we do

Cullunghutti's Early Learning Centre is a purpose-built centre for children aged 0 – 6 years providing affordable and culturally appropriate long day care, pre-school sessions and a school bus transport service.

How to access

Waiting list application available via website.

Who we support

Aboriginal and Torres Strait Islander children aged 0 – 6 years old.

Contact

📍 31 Holloway Rd, Nowra 2541

☎ (02) 4488 4880

✉ earlylearning@cullunghutti.org.au

🕒 Mon – Fri 9am – 5pm

SUPPORT SERVICES



ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLE





SAHSSI Shoalhaven Family Counselling Service

What we do

Crisis counselling to individuals, families, and children specialising in reducing the effects of domestic & family violence, trauma and conflict on children, adults and families.

How to access

Self or service referral via online.

Who we support

Families and children 8+ years who have experienced domestic & family violence, trauma or conflict.

Contact

 93 Plunkett St, Nowra 2541

 (02) 4423 2804

 admin@sahssi.org.au

 Tues – Fri 10:00am – 3:00pm



YWCA Australia – Shoalhaven Domestic & Family Violence Services

What we do

Shoalhaven Domestic & Family Violence Services assists women and/or their children experiencing domestic & family violence. They provide case management and referrals to other support services.

How to access

Self-referral via phone, email or website.

Who we support

Anyone who has or is experiencing domestic and family violence.

Contact

📍 3/21-23 Kinghorne St, Nowra 2541

☎ (02) 4423 8510

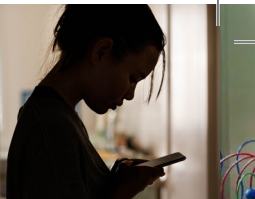
✉ Nsw-dvis@ywca.org.au

🕒 Mon – Fri 9am – 5pm



**GambleAware**

Illawarra & Southern NSW



Gamble Aware

What we do

Free counselling service providing therapeutic gambling counselling to those who are impacted by problematic gambling.

How to access

Self-referral via phone.

Who we support

People experiencing or affected by problematic gambling.

Contact

55B Plunkett St, Nowra 2541



(02) 4267 6600



gambleaware@missonaustralia.com.au



Mon – Fri 8:30am – 4:30pm



St Vincent de Paul – Continuing Coordinated Care Program (CCCP)

What we do

Case management for people having trouble with alcohol and other drugs (AOD), and other significant health and social issues that cannot be addressed by their AOD treatment alone.

How to access

Self, service-referral or medical professional referral via website, email, phone or drop in.

Who we support

People 18+ years. Involvement must be voluntary.

Contact

📍 11 Lawrence St, Nowra 2541

☎ 0466 940 688

✉ ccp.sensw@vinnies.org.au

🕒 Mon – Fri 9am – 5pm



Anglicare



Anglicare

What we do

Counselling for adults and children. Mediation for separated parents. Mental health service for families. Family support services. Men's behaviour change program for perpetrators of domestic & family violence. Referrals to external services & programs.

How to access

Self-referral via phone / email / drop in.

Who we support

Assistance on a case-by-case basis.

Contact

📍 61 North St, Nowra 2541

☎ 1300 651 728

✉ info@anglicare.org.au

🕒 Mon – Fri 9am – 5pm



The Salvation Army Nowra

What we do

Doorways support provides crisis support, referrals and advocacy. Pathways AOD support is an alcohol and other drug (AOD) program providing therapeutic psychoeducation groups, case management, assessment and referral. Provision of food vouchers.

How to access

Self-referral via phone.

Who we support

Assistance on a case-by-case basis.

Contact

- 📍 162 St Anns, East Nowra 2541
- 📞 Doorways Support: (02) 44232102
Pathways AOD support (02) 4423 2102
- ✉️ shoalhavencorps@salvationarmy.org.au
- 🕒 Mon – Fri 9am – 5pm





Lives Lived Well

What we do

Alcohol and drug support. Mobile withdrawal program. Day group rehabilitation program. Referral pathways to residential rehabilitation and aftercare support.

How to access

Self-referral via phone, email & drop in.
Referral via service, family & friends.

Who we support


People 18+ years.

Contact

 78 Bridge Rd, Nowra 2541

 1300 727 957

 info@liveslivedwell.org.au

 Mon – Fri 8:00am – 4:00pm



Grand Pacific Health (HASI Program)

What we do

Recovery and skill building case management for people experiencing complex mental health conditions, and support to maintain & sustain tenancies.

How to access

Self-referral via phone & website.

Who we support

16+ years and experiencing a chronic mental health condition.

Contact

📍 Shop 25-26, 107 Princes Hwy, Ulladulla 2539

📍 51 North St, Nowra 2541

☎ (02) 4454 7900 - Ulladulla

☎ (02) 4446 7100 - Nowra

✉ hasi@gph.org.au

🕒 Mon - Fri 8:30am - 5pm



Flourish Commonwealth Psychosocial Support Program (CPS)

What we do

Assists individuals with severe mental illness, who are not supported by NDIS to strengthen their capacity to live independently, build life skills and apply for NDIS.

How to access

Self, service, medical or school referral.

Who we support

Individuals between 16 – 65 years old experiencing complex mental health conditions.

Contact

📍 Shop 35, 107–109 Princes Highway,
Ulladulla 2539

☎ (02) 9393 9530

🕒 Mon – Fri 8:00am – 4:00pm



Uniting

Uniting Counselling and Mediation Nowra

What we do

Provides counselling support to individuals, couples and families.

How to access

Self-referral via phone.

Who we support

Adults who require individual or relationship counselling support.

Contact

📍 48 Junction St, Nowra 2541

☎ (02) 4220 1100

✉ ucmnowra@uniting.org

🕒 Mon – Fri 9am – 5pm



Yumaro

What we do

NDIS service provider offering NDIS support coordination and plan management, independent living supports, social groups and community access support, customised employment options & learning, and capacity building group.

How to access

Self or service referral and medical professional referrals via email, website, phone or drop-in.

Who we support

People living with a disability and with a NDIS plan.

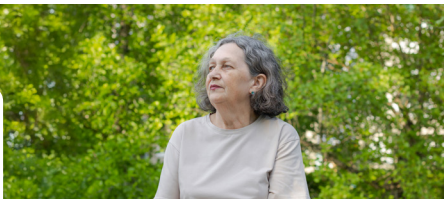
Contact

📍 6-8 Shelley Rd, Moruya 2537

☎ (02) 4474 3336

✉ enquiries@yumaro.com.au

🕒 Mon – Fri 9am – 3:00pm



One Door Mental Health

What we do

Assistance to access clinical and service supports, social supports, NDIS support and participation in group activities. Activities are available for NDIS and non-NDIS clients. Low-cost meals available Mon, Tues and Thurs.

How to access

Self and service referrals via phone or email.

Who we support

People aged 16+ with severe, complex mental health conditions as their primary diagnosis.

Contact

 45 North St, Nowra 2541

 1800 843 539

 cps@onedoor.org.au

 Mon – Fri 8:30 – 4:30pm

SUPPORT SERVICES



51 MENTAL HEALTH



Legal Aid NSW

What we do

Criminal, Civil and Family Law services including advice, referral, information, representation and community legal education.

How to access

Self or service referral via phone or email.

Who we support

Anyone in NSW can contact LawAccess NSW at 1300 888 529 for legal aid. We handle criminal, family, and civil matters, including housing, income support, and health or disability issues.

Contact



59 Berry St, Nowra 2541



1300 888 529 | (02) 4422 4351



nowra@legalaid.nsw.gov.au



Mon - Fri 9am - 5pm



ILLAWARRA
LEGAL CENTRE



Illawarra Legal Centre (ILC) – Welfare Rights Service

What we do

Our Welfare Rights solicitors provide free help and assistance, ranging from information to advice, advocacy and representation on Social Security Law & Centrelink matters.

How to access

Self-referral via phone.

Who we support

We can help you if you are having trouble with any Centrelink payment, pension or benefit, such as Family Tax Benefit (FTB), Jobseeker payment or the Disability Support Pension (DSP).

Contact

☎ (02) 4276 1939

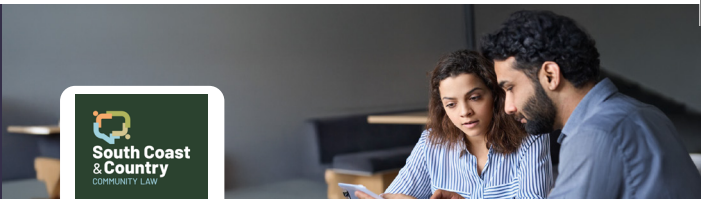
✉ Reception@illawarralegalcentre.org.au

🕒 Mon, Tues, Wed, Fri: (9am–1:00pm, 2:00pm–5pm) Thurs: 2:00pm–5pm
Sat – Sun: Closed

SUPPORT SERVICES



53 LEGAL & ADVOCACY



South Coast & Country Community Law

What we do

Free legal advice and assistance in Family Law, Civil Law and minor Criminal Law matters. We aim to help clients self-represent.

How to access

Self or service referral via phone, email and website.

Who we support

Free initial advice without means testing. We assist with family, civil, and criminal law, offering referrals if needed. Ongoing support for financially disadvantaged clients in various legal areas.

Contact

📍 80 Bridge Rd, Nowra 2541

☎ 1800 229 529

✉ info@scclaw.org.au

🔗 www.scclaw.org.au

🕒 Mon – Fri 9am – 4pm



Women's Domestic Violence Court Advocacy Service (WDVCAS)

What we do

Information, advocacy and referrals to assist women and their children who are (or have) been experiencing domestic & family violence with their legal, social and welfare needs. Assistance is available for women to obtain Apprehended Domestic Violence Orders (ADVO's).

How to access

Self or service referrals vis phone and email.

Who we support

Women 16+ years experiencing domestic violence.

Contact

☎ (02) 4476 5416

✉ fsc@wdvcas.org

🕒 Mon - Fri 9am - 5pm





Shoalhaven Women's Health Centre

What we do

Empowering women to take control of their health and wellbeing through the provision of accessible, integrated health and intervention services within a caring, feminist environment.

How to access

Self and service referrals via phone or email.

Who we support

Women only.

Contact

📍 5 McGrath Ave, Nowra 2541

📞 (02) 4421 0730

✉️ swhc@swhc.org.au

🕒 Mon – Fri 9am – 4:00pm



ROCC for Women

What we do

Wrap around, long-term case-management for women who have had contact with the criminal justice system and/or are impacted by substance misuse. Supports for housing, homelessness, and tenancies at-risk.

How to access

Self, service, medical-professional and school referral via website, email and phone.

Who we support

Women 18+ years

Contact

📍 PO Box 449, Nowra 2541

☎ (02) 4444 1103

✉ info@roccforwomen.org.au

🕒 Mon – Fri 8:30am – 4:30pm





The Smith Family

What we do

Support to improve school attendance, help with primary to high school, educational programs and financial help with costs related to education such as books, uniforms and excursions.

How to access

Self and service referral via phone.

Who we support


Family must have current Health Care or Pension Concession Card and child in a school that is partnered with the Smith Family.

Contact

 G2 72 Berry St, Nowra 2541

 0408 669 349 or 0481 095 483

 tsfmktg@thesmithfamily.com.au

 Mon – Fri 8:30am – 4:30pm



Nowra Youth Centre

What we do

A safe space for young people providing a range of activities and fun educational programs.

How to access

Self-referral via phone, email and drop-in.

Who we support

During admin hours, we cater for young people aged 19 – 24 years. During drop-in and school holiday programs we cater for young people aged 12 – 18 years.

Contact

📍 132 Kinghorne St, Nowra 2541

☎ (02) 4422 1988

✉ admin@nowrayouthcentre.org.au

🕒 Tues – Frid 11am – 6pm (Admin Hours)
Fri 5pm – 8:40pm (Drop-in Hours)



CareSouth
EVERYDAY

CareSouth

What we do

Provides a variety of children, youth and family programs including Permanency Support and Foster Care, Brighter Futures, Specialist Youth Support Services, Residential Care, NDIS Disability Services and Family Connections.

How to access

Self or service referral via phone.

Who we support

Assistance on case-by-case basis.

Contact

 5/9 Enterprise Ave, South Nowra 2541

 1300 554 260 or (02) 4423 6833

 info@caresouth.org.au

 Mon – Fri 9am – 5pm



Mission Australia – Southern Shoalhaven Youth Services

What we do

Support for young people and their families with advice, information, case management and referral out, homelessness, AOD support, weekly outreach and onsite wellbeing programs.

How to access

Self-referral via phone, email and drop-in.

Who we support

Young people 12 – 24 years old.

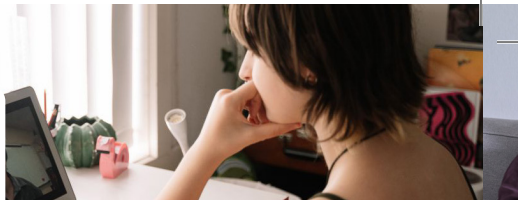
Contact

 Building 2, 78 St Vincent St, Ulladulla 2539

 (02) 4454 6600

 ssys@missionaustralia.com.au

 Mon–Fri– 8:30am–4:30pm



Headspace Nowra

What we do

Youth health service offering youth counselling, support, dietician, work and study programs. Support groups for anger, anxiety, depression, grief, ADHD, LGBTQIA+, family and friends.

How to access

Self, medical professional or school referral via phone or drop-in.

Who we support

Young people aged 12 – 25 years of age.

Contact

 96 Kinghorne Street, Nowra, 2541

 (02) 4446 7300

 info@headspacenowra.org.au

 Mon, Tues, Wed and Thurs 8:30am – 5pm, Tues 8:30am to 6:00pm



Child, Adolescent and Youth Mental Health Service (CAYMHS)

What we do

Mental health support for child and adolescents presenting with moderate to severe mental health issues.

How to access

Referral via the Mental Health Line
1800 011 511.

Who we support

CAYMHS sees children and adolescents up to 17 years of age, or 18 years of age and still in school.

Contact

📍 49 Worrigee St, Nowra 2541

📞 (02) 4252 9670

1800 011 511

✉ islhd-sdmh-caymhs@health.nsw.gov.au

🕒 Mon – Fri 8:30am – 5pm

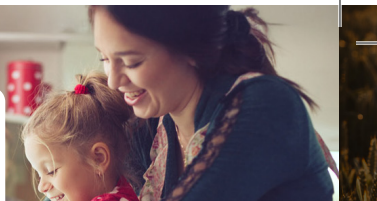
+ SUPPORT SERVICES



63 CHILDREN & YOUTH



Family Services Australia



Family Services Australia

What we do

Child and youth services, early intervention, intensive family preservation, parental drug and alcohol support, health, wellbeing, psychology, and culturally appropriate aid for CALD and Aboriginal & Torres Strait Islander communities.

How to access

Self, service, school or medical professional referrals via website, email, phone or drop-in.

Who we support

Parents or carers with children aged 0 – 18 years. Children, adolescents & adults also supported through the Health & Wellbeing Service in Shellharbour.

Contact



1/80 Park Rd, Nowra 2541

Office 136, Ground Level, Stockland Civic Plaza, 1 Lamerton Cres, Shellharbour City Centre 2529



(02) 4421 5499 | 1800 372 000–option 5



admin@familyservices.org.au



Monday – Friday 9:00am – 4:30pm



SAHSSI Shoalhaven Homeless Hub

What we do

A safe haven offering crisis support, information, shower and laundry facilities, and a Breakfast Program (10am-1pm). Emergency drop-in support for men, women, families, youth, and children.

How to access

Self-referral via drop-in.

Who we support

People who are experiencing homelessness.

Contact

📍 93 Plunkett Street, Nowra NSW 2541

☎ (02) 4423 2804

✉ shoalhavenhomelesshub@sahssi.org.au

🕒 Tues – Fri 10am – 3pm



The Ulladulla District Community Resources Centre

What we do

Administrative support, Justice of the Peace, tax help, and support groups. Food store, phone/fax service, computer and internet access. Access to employment, legal aid and other community services.

How to access

Self and service referral via phone, email & drop in.

Who we support

Assistance on case-by-case basis.

Contact



78 Vincent St, Ulladulla 2539



(02) 4454 0477



reception@ulladullacrc.org.au



Mon - Thurs 9am - 4:00pm

Fri 9am - 12:00pm

Food store: Wed & Fri 9:30am - 11:00am

JP service: Mon - Fri 9am - 12pm



Bomaderry Creek Health Centre

What we do

Medical appointments. Bulk billing is available for patients who hold Health Care, Pension and/or Seniors cards.

How to access

Patients can book through the Health Engine App, BCHC.com.au or in-person.

Who we support

All community members.

Contact

📍 320 Princes Hwy, Bomaderry 2541

☎ (02) 4421 3235

✉ reception@bchc.com.au

🕒 Mon – Fri 8am – 5:30pm



BCR Communities

What we do

Keeping people connected in the community through educational, social and support programs, youth training & re-engagement projects. Outreach hub.

How to access

Self-referral via phone, email and drop-in.

Who we support

All, low-income earners, youth, NDIS.

Contact



Sanctuary Point Youth & Community Centre 34 Paradise Rd, Sanctuary Point 2540

Youth Collective – Pods Precinct
128 Macleans Point Rd, Sanctuary Point 2540



1300 222 748



Info@bcrcommunities.com



Mon – Thurs 9am – 4:30pm, Fri –
9:30am – 2:30pm



Shoalhaven Neighbourhood Services – East Nowra Neighbourhood Centre

What we do

Information and referral support, assistance with documentation, letter writing, form filling, and typing. Advocacy and WDO's by appointment. Social, training and support activities and groups. Aged care and NDIS social support services.

How to access

Self-referral via phone and drop in.

Who we support

All community members.

Contact

📍 Unit 2/80 Park Rd, East Nowra

☎ info@sns.org.au

✉ (02) 4421 5077

🕒 9am – 3pm





Shoalhaven Neighbourhood Services – Nowra Neighbourhood Centre

What we do

Information and referral support, assistance with documentation, letter writing, form filling, and typing. Advocacy and WDO's by appointment. Social, training and support activities and groups. Aged care and NDIS social support services.

How to access

Self-referral via phone or drop in.

Who we support

All community members.

Contact

📍 41 Worrigee St, Nowra 2541

☎ (02) 4421 5077

✉ info@sns.org.au

🕒 Mon – Fri 9am – 3:00pm





Bomaderry Aquatic Centre

📍 127 Cambewarra Rd, Bomaderry 2541

☎ (02) 4429 5600

🕒 Mon – Thurs 6am – 7pm

Fris 6am – 6pm

Sat 10am – 3pm

Sun 12pm – 4pm



Nowra Aquatic Park

📍 20 Scenic Dr, Nowra 2541

☎ (02) 4429 5641

🕒 Mon – Fri 6am – 6pm

Sat 11am – 3pm

FACILITIES



SHOWERS & TOILETS



SHOALHAVEN
SWIM | SPORT | FITNESS
Bay & Basin Leisure Centre

Bay & Basin Leisure Centre



The Wool Rd, Vincentia 2540



(02) 4406 2022



Mon – Thurs 6am – 8pm

Fri 6am – 7pm

Sat 8am – 4pm

Sun 10am – 2pm



SHOALHAVEN
SWIM | SPORT | FITNESS
Ulladulla Leisure Centre

Ulladulla Leisure Centre



139 Warden St, Ulladulla 2539



(02) 4444 8811



Mon – Fri 6am – 7pm

Sat 8am – 3pm

Sun 8am – 12pm



Sanctuary Point Library

What we do

Books, magazines, DVDs, audiobooks, newspaper, CDs, public access computers, copy and scan, charging ports and Wi-Fi. Member category for people with no fixed address with a maximum loan limit of five items, with one renewal. Acceptable forms of identification for these are: Centrelink, Concession or Medicare Cards.

Contact



Paradise Beach Rd, Sanctuary Point 2540



(02) 4429 2076



sanctuarypointlibrary@shoalhaven.nsw.gov.au



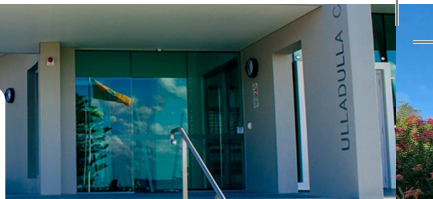
Mon - Fri 9:30am - 5pm
Sat/Sun: closed

FACILITIES



LIBRARIES, COMPUTERS & FREE WIFI

73



Ulladulla Library

What we do

Books, magazines, DVDs, audiobooks, newspaper, CDs, public access computers, copy and scan, charging ports and Wi-Fi. Member category for people with no fixed address with a maximum loan limit of five items, with one renewal. Acceptable forms of identification for these are: Centrelink, Concession or Medicare Cards

Contact



81B Princes Hwy, Ulladulla 2539



(02) 4444 8820



library@shoalhaven.nsw.gov.au



Mon – Fri 9:30am – 5pm
Sat 9:30 – 12pm

Milton Library

What we do

Books, magazines, DVDs, audiobooks, newspaper, CDs, public access computers, copy and scan, charging ports and Wi-Fi. Member category for people with no fixed address with a maximum loan limit of five items, with one renewal. Acceptable forms of identification for these are: Centrelink, Concession or Medicare Cards

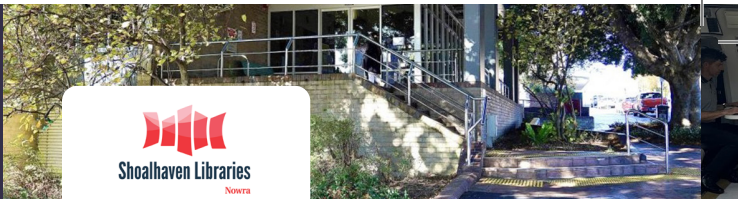
Contact

 Old Town Hall, Princes Hwy, Milton 2539

 (02) 4429 8916

 library@shoalhaven.nsw.gov.au

 Mon: 10:30am – 12:30pm &
2:00pm – 5pm Tues: closed
Wed: 10:30am – 12:30pm,
Thurs: 10:30am – 12:30pm
& 2:00pm – 5pm Fri: 10:30 – 12:30pm
Sat & Sun: Closed



Nowra Library

What we do

Books, magazines, DVDs, audiobooks, newspaper, CDs, public access computers, copy and scan, charging ports and Wi-Fi. Member category for people with no fixed address with a maximum loan limit of five items, with one renewal. Acceptable forms of identification for these are: Centrelink, Concession or Medicare Cards

Contact

- 📍 10 Berry St, Nowra 2541
- ☎ (02) 4429 3705
- ✉ library@shoalhaven.nsw.gov.au
- 🕒 Mon – Fri 9:30am – 7:00pm
Sat 9:30am – 2:00pm



Shoalhaven Mobile Library

What we do

Books, magazines, DVDs, audiobooks.
 Member category for people with no fixed address with a maximum loan limit of five items, with one renewal.
 Wheelchair access. Acceptable forms of identification for these are: Centrelink, Concession or Medicare Cards

Contact

☎ (02) 4429 3705

✉ library@shoalhaven.nsw.gov.au

🕒 Mon – Fri

Library Timetable



FACILITIES



77 LIBRARIES, COMPUTERS & FREE WIFI



Berry Showground



35 Alexandra St, Berry 2535



0427 605 200



berryshowgroundcamping@gmail.com



Office hours:

Mon-Sun: 8:00am – 3:00pm



Shoalhaven.bookable.net.au

Holiday Haven – Kangaroo Valley



5 Moss Vale Rd, Kangaroo Valley



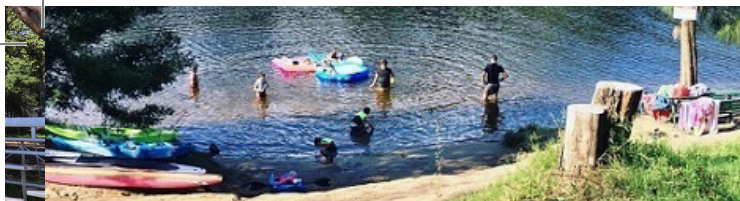
(02) 4406 1900



kvalley@holidayhaven.com.au



holidayhaven.com.au



Gradys Riverside Retreat



📍 674 Burrier Rd, Burrier 2540

☎ (02) 4421 3282

✉ info@gradys.com.au

🔗 gradys.com.au

North Nowra Riverfront Caravan Park



📍 70 Rockhill Rd, North Nowra 2541

☎ 0437 950 822

🔗 skipark.com.au



Nowra Showground



20 West St, Nowra 2541



1300 293 111



nowracamping@shoalhaven.gov.au



Office hours:

Mon-Sun: 8:00am – 3:00pm



[Shoalhaven.bookable.net.au](https://shoalhaven.bookable.net.au)

Holiday Haven – Culburra Beach



2A Prince Edward Ave, Culburra Beach 2540



(02) 4429 5405



culburra@holidayhaven.com.au



holidayhaven.com.au



Booderee National Park – Green Patch Area



📍 Jervis Bay Rd, Jervis Bay 2540

☎ 0429 008 017

✉ booderee.mail@environment.gov.au

🔗 parksaustralia.gov.au

Jervis Bay Holiday Park



📍 785 Woollamia Rd, Jervis Bay 2540

☎ (02) 4441 5046

✉ info@jervisbayholidaypark.com.au

🔗 jervisbayholidaypark.com.au



Milton Showground



107 Croobyar Rd, Milton 2538



0473 915 394



miltoncamping@shoalhaven.nsw.gov.au



Office hours:

Mon-Sun: 8:00am – 3:00pm



[Shoalhaven.bookable.net.au](https://shoalhaven.bookable.net.au)

Tasman Holiday Parks – Myola



123 Myola Rd, Myola 2540



(02) 44465534



myola@tasmanholidayparks.com



tasmanholidayparks.com



Lakeside Cabins and Holiday Village



📍 36 Goonawarra Dr, Cudmirrah 2540

☎ (02) 4441 2516

✉ hello@lakesidecabins.com.au

🔗 lakesidecabins.com.au

Holiday Haven – Lake Tabourie



📍 595A Princes Hwy, Lake Tabourie 2539

☎ (02) 4406 3101

✉ tabourie@holidayhaven.com.au

🔗 holidayhaven.com.au

FACILITIES

83 LOW-COST CAMPING FACILITIES



Murramarang National Park – Pretty Beach Campground



1 Pretty Beach Rd, Pretty Beach NSW
2539



1300 072 757



pretty.beach@environment.nsw.gov.au



Nationalparks.nsw.gov.au

Find More Campsites Online

Shoalhaven.com/camping

Nationalparks.nsw.gov.au

Hipcamp.com

Caravancampingsw.com

Wikicamps Australia (App)

Campermate (App)



Anglicare Op Shop – Culburra

📍 3 – 4 Weston St, Culburra 2540

☎ (02) 4447 4084

🕒 Mon, Tues, Wed & Fri 9am – 3pm

Thurs & Sat 9am – 12pm

Sun: Closed

Anglicare Op Shop – Nowra

📍 Princes Hwy & Worrige St, Nowra, NSW, 2541

☎ 1300 111 278

🕒 Mon – Fri 9:30am – 5pm

Sat 9:30am – 3:00pm

Sun Closed



Inasmuch Op Shop

- 📍 195 Jacobs Dr, Sussex Inlet 2540
- ☎ (02) 4441 1666
- 🕒 Wed – Sat 9am – 1:00pm
Sun 9:30am – 1:30pm

The Salvation Army Store

- 📍 1/182 Princes Hwy, South Nowra
NSW 2541
- ☎ (02) 4421 7475
- 🕒 Mon – Sat 9am – 5:30pm



OTHER

Uniting Church Outreach Centre

📍 71 North St, Ulladulla 2539

☎ (02) 4454 1694

🕒 Mon – Fri 9:30 – 4:00pm

Sat 9am – 12pm

St Vincent De Paul – Nowra

📍 5 Berry St, Nowra 2541

☎ (02) 4421 7395

🕒 Mon – Fri 9am – 5pm

Sat 9am – 4:00pm

Sun: 10:00am–4:00pm

87 LOW-COST CLOTHING



St Vincent De Paul – Sanctuary Point

- 📍 199 Kerry St, Sanctuary Point 2540
- ☎ (02) 4443 9201
- 🕒 Mon – Fri 9am – 4:00pm
Sat 9am – 12:30pm

St Vincent De Paul – Berry

- 📍 117B Queen St, Berry 2535
- ☎ (02) 4464 3940
- 🕒 Mon – Sunay 10:00am – 4:00pm



RSPCA NSW Shoalhaven Volunteer Branch

What we do

Subsidised desexing and veterinary assistance for pets of lower income families and pensioners.

How to access

Self-referral via phone or email.

Who we support

Shoalhaven residents 18+ years and/or be a pensioner, concession cardholder or receiving job seeker payment.

Contact

☎ 0414 749 490

✉ shoalhavenbranch@rspcansw.org.au



Animal Welfare League Shoalhaven

What we do

Free de-sexing, vaccination, microchipping, flea and worm treatment. Pet bedding and food.

How to access

Self-referral via phone or email.

Who we support

Must be experiencing homelessness and registered with a community service provider.

Contact



67 Meroo St, Bomaderry 2541



0429 429 885



awlshoalhaven@awlsw.com.au



Mon – Fri 10:00am – 4:00pm



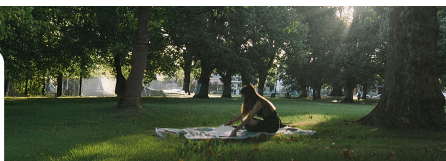


Kids Helpline

What we do

Free (even from a mobile), confidential 24/7 online and phone counselling service for young people aged 5 – 25, available 24 hours a day, 7 days a week, every day of the year.

 1800 55 1800



Beyond Blue

What we do

Information and support for anxiety, depression and suicide prevention for everyone in Australia.

 1300 22 4636



Lifeline

What we do

Compassionate support for people in crisis and provides human connection to get through dark moments.

 13 11 14

Victims Support Line

What we do

All victims of violent crime in NSW can get help with information and referrals.

 1800 633 063



Gambling Help

Gambling Help

What we do

Free support for anyone affected by gambling in Australia.

☎ 1800 858 858

Domestic Violence Helpline

What we do

Support for women facing domestic and family violence. Caseworkers provide counselling, safety plans, emergency housing, transport, legal guidance, AVO assistance, hospital care, and family support, ensuring safety and empowerment.

☎ 1800 65 64 63



Dads in Distress

What we do

Support for dads experiencing trauma through family breakdown and separation anxiety.

 1300 853 437



Mums in Distress

What we do

A national support group for mums separated from their children.

 1300 853 437



ParentLine^{NSW}

Parent Line NSW

What we do

A free telephone counselling and support service for parents and carers with children aged 0 – 18 who live in NSW.

 1300 853 437

NOTES

NOTES

PATH 2 HOME



Scan the QR code to access the Path 2 Home / Doing it Tough guide online. This resource provides clear information on local support services, housing assistance, and essential community programs with added features including an interactive support map and expanded range of service providers.



**Southern Cross
Housing**
BUILDING COMMUNITY FUTURES