



# Doing it Tough

Shoalhaven  
City Council



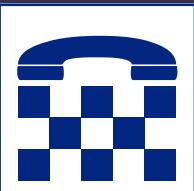
Southern Cross  
Housing  
BUILDING COMMUNITY FUTURES

Directory of Welfare & Support Services

# Police / Ambulance / Fire Emergency 000



**Link2home**  
1800 152 152



**Police**  
131 444



**Lifeline**  
13 11 44



**Kids**  
1800 55 1800



**Domestic Violence Line**  
1800 737 732



**Beyond Blue**  
1300 22 4636



**NSW Mental Health Line**  
1800 011 511

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	Youth		Groceries		Information & referrals		Social interaction
	Aboriginal people		Meals		Legal/law		Computer
	LGBTQIA+		Clothing		Counselling		Household goods
	Aged care		Advocacy		Addictions (substances & gambling)		Transport
	Disability		Emergency		Showers		





## 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](mailto: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](http://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](mailto:admin@sahssi.org.au)
- ⌚ Mon - Fri 9am - 5pm



## 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



## 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](http://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](mailto:reception@illawarralegalcentre.org.au)
- ⌚ Thurs 2pm – 5pm, Fri 9am – 1pm, 2pm – 5pm, Sat-Sun Closed, Mon-Wed 9am – 1pm, 2pm – 5pm



## 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

### 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



## 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
- ✉️ nowracomunityfoodstore@gmail.com
- ⌚ Mon - Fri 9:30am - 3:00pm



## 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



## 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](mailto: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](mailto:vinnies@vinnies.org.au)
- 📞 13 18 12



## 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



## 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](http://www.goodshep.org.au)
- 📞 13 64 57
- ⌚ Mon - Fri 9am - 5pm

## 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](mailto:info@salt.org.au)
- ⌚ Tues & Thurs: 10:30am - 1:00pm



## 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](mailto: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](mailto:info@ssmow.com.au)

⌚ Mon - Fri 8:30am - 2:30pm



## 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](http://searms.com.au)
- 1800 138 425
- [admin@searms.com.au](mailto: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@murrmia.com](mailto:admin@murrmia.com)
- Mon to Thurs- 8:30am – 4:30pm, Fri 4:00pm

ABORIGINAL  
LEGAL SERVICE  
NSW/ACT INC

Waminda



## 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](mailto: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](mailto:admin@waminda.org.au)
- Mon - Fri: 9am - 4:30pm



## 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 Worrige St, Nowra 2541

 (02) 4252 9780 (Shoalhaven)

 ISLHD-illawarrabinjiandboori@health.nsw.gov.au

 Mon - Fri 8:30am - 4:30pm



## 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





## 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



## 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@missionaustralia.com.au](mailto:gambleaware@missionaustralia.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](mailto: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](mailto: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](mailto: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](mailto: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@onedoctor.org.au](mailto:cps@onedoctor.org.au)
- ⌚ Mon – Fri 8:30 – 4:30pm



## 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 (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



## 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](mailto:info@scclaw.org.au)
- [www.scclaw.org.au](http://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 via phone and email.

### Who we support

Women 16+ years experiencing domestic violence.

### Contact

- (02) 4476 5416
- [fsc@wdvcas.org](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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 | together we stand



### 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 Worrige St, Nowra 2541
- 📞 (02) 4252 9670
- 1800 011 511
- ✉️ islhd-sdmh-caymhs@health.nsw.gov.au
- ⌚ Mon – Fri 8:30am – 5pm



## 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](mailto: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](mailto: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](mailto: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](mailto: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 Worrige 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



## 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



## 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](mailto:sanctuarypointlibrary@shoalhaven.nsw.gov.au)
- ⌚ Mon - Fri 9:30am - 5pm  
Sat/Sun: closed



## 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](mailto: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](mailto: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





## 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](http://shoalhaven.bookable.net.au)

## Holiday Haven - Kangaroo Valley



- 📍 5 Moss Vale Rd, Kangaroo Valley
- 📞 (02) 4406 1900
- ✉️ kvalley@holidayhaven.com.au
- 🔗 [holidayhaven.com.au](http://holidayhaven.com.au)

## Grady's Riverside Retreat



- 📍 674 Burrier Rd, Burrier 2540
- 📞 (02) 4421 3282
- ✉️ info@gradys.com.au
- 🔗 [gradys.com.au](http://gradys.com.au)

## North Nowra Riverfront Caravan Park



- 📍 70 Rockhill Rd, North Nowra 2541
- 📞 0437 950 822
- 🔗 [skipark.com.au](http://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](http://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](http://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](http://parksaustralia.gov.au)

## Jervis Bay Holiday Park



📍 785 Woollamia Rd, Jervis Bay 2540

📞 (02) 4441 5046

✉️ [info@jervisbayholidaypark.com.au](mailto:info@jervisbayholidaypark.com.au)

🔗 [jervisbayholidaypark.com.au](http://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](http://shoalhaven.bookable.net.au)

## Tasman Holiday Parks - Myola



📍 123 Myola Rd, Myola 2540  
📞 (02) 44465534  
✉️ myola@tasmanholidayparks.com  
🔗 [tasmanholidayparks.com](http://tasmanholidayparks.com)

## Lakeside Cabins and Holiday Village



📍 36 Goonawarra Dr, Cudmirrah 2540  
📞 (02) 4441 2516  
✉️ hello@lakesidecabins.com.au  
🔗 [lakesidecabins.com.au](http://lakesidecabins.com.au)

## Holiday Haven - Lake Tabourie



📍 595A Princes Hwy, Lake Tabourie 2539  
📞 (02) 4406 3101  
✉️ tabourie@holidayhaven.com.au  
🔗 [holidayhaven.com.au](http://holidayhaven.com.au)



## 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](http://Nationalparks.nsw.gov.au)

## Find More Campsites Online

[Shoalhaven.com/camping](http://Shoalhaven.com/camping)

[Nationalparks.nsw.gov.au](http://Nationalparks.nsw.gov.au)

[Hipcamp.com](http://Hipcamp.com)

[Caravancampingnsw.com](http://Caravancampingnsw.com)

[Wikicamps Australia \(App\)](http://Wikicamps Australia (App))

[Campermate \(App\)](http://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

## Uniting Church Outreach Centre

📍 71 North St, Ulladulla 2539  
📞 (02) 4454 1694  
⌚ Mon - Fri 9:30 - 4:00pm  
Sat 9am - 12pm

## The Salvation Army Store

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

## 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



## 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 – Sunday 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



## Gambling Help

## Gambling Help

### What we do

Free support for anyone affected by gambling in Australia.

1800 858 858

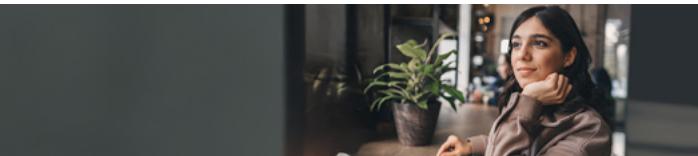


## Domestic Violence Helpline

### 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



## Victims Support Line

### What we do

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

1800 633 063



## Dads in Distress

### What we do

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

1300 853 437



## 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



## Mums in Distress

### What we do

A national support group for mums separated from their children.

1300 853 437





# 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.

shoalhaven  
City Council



Southern Cross  
Housing  
BUILDING COMMUNITY FUTURES