City of Greater Shepparton Youth Services Directory

A guide to local services in the Greater Shepparton municipality for young people aged 12-25

Greater Shepparton City Council coordinates the Youth Service Directory - a directory resource for young people, families, youth sector workers, promoting the services and opportunities for young people in our local community. This publication may be downloaded from this site.

Emergency Numbers

Police 000

Fire Brigade 000

Ambulance 000

Shepparton police (General Enquires) 5820 5777

Poisons Information Centre 131 126

Goulbourn Valley Health Hospital 5832 2322

Website Addresses

You may find useful and relevant information at the following websites

- Department of Human Services
 - www.dhs.vic.gov.au
 - Greater Shepparton City Council
 www.greatershepparton.com.au
 www.facebook/greatershepparton.com.au
- Centrelink
 www.humanservices.gov.au

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Introduction

The Greater Shepparton municipality was created in 1994 as a result of local government amalgamations. It covers an area of 2,427 km2 and has an estimated population of 60,000 of which almost 11,000 are aged 12-25 years.

The Greater Shepparton population reflects diverse ethnicity with the major non-Australian born groups being Italian, Greek, Macedonian, Albanian and Iraqi. Greater Shepparton has the highest non-metropolitan Koori population in Victoria and has also resettled approximately 2000 Arabic speaking refuges

Aboriginal Services

Local Services

Geraldine Briggs Hostel

Geraldine Briggs Hostel is a member of AHL, the Aboriginal Hostels Limited offering bed cabins, rooms for rent, short term accommodation. AHL provides accommodation to Indigenous Australians assuring them to have access to services that might not be available for them at their communities. These services include health services, education, training, legal advice and employment possibilities.

17-19 Wyndham Street

Shepparton, 3630 Ph: (03) 58317258

Website: ahl.gov.au

Goulburn Valley Health Hospital Aboriginal Liaison Officer

The Aboriginal Liaison Officer provides information and support to Aboriginal and Torres Strait Islander hospital patients and their families. The Aboriginal Liaison Officer advocates and liaises on behalf of the patients and their families

Graham Street Shepparton 3630 Ph: (03) 5832 2450

Rumbalara Aboriginal Co-Operative

Rumbalara Aboriginal Co-Operative has been operating for the past 20 years and provides a wide range of services to the Koori community including Youth, Family services, Health Services, Housing and Capital Works and Aged Care and Disability Services

20 Rumbalara Road Mooroopna 3629 Ph: (03) 5820 0000

Victorian Aboriginal Legal Services

This service provides legal aid for criminal, family and civil legal advice for Aboriginals and Torres Strait Islanders. This service provides free and confidential advocacy and it offers legal advice and open work.

215 High Street Shepparton 3630 Ph: (03) 5831 5840

Alcohol and Other Drugs Service

Alcoholics Anonymous Victoria

Men and women meet and share their experience, strength, hope and how they can recover from alcoholism.

The only requirement for membership is a desire to stop drinking; there are no dues or fees for A.A. The group is self-supporting through their own contributions

23 Alexandria Street Mooroopna 3629

Ph: (03) 5825 2880 Ph: 1300 222 222

GV Child and Youth Mental Health Service (previously known as CAMHS)

Provides a consultancy service for young people entering the homelessness sector and who are experiencing drug, alcohol and mental health problems.

Located at GV Health Graham Street Shepparton,3630 Ph: (03) 5832 2160 www.gvhealth.org.au

Hume Region Early Psychosis Service

Provides an assertive, youth friendly program for young people experiencing a first episode of psychosis or at the risk of developing a psychosis, EPS work with all phases of the disorder and includes those young people who are self-medicating with alcohol and drugs

Monash Street Shepparton 3630 Ph: 1300 369 005

Primary Care Connect

Provides confidential programs to reduce the harm and the use of alcohol and drugs to their clients. Young people aged 12-25 can access these services. Primary Care Connect provide a

- Needle Exchange Program
- Koori Alcohol & Drug Diversion Worker providing Indigenous specific substance use counselling for Indigenous clients
- Forensic Drug and Alcohol Counselling for clients through the criminal justice system (courts, prisions etc)

399 Wyndham Street Shepparton 3630 Ph: (03) 5823 3200

The Salvation Army

Provides Alcohol and Other Drugs Counselling with intensive case management support to young people aged 12-25 years who are experiencing significant issues with alcohol and drugs

PO BOX 7352

43A Wyndham Street Shepparton 3632 Pf: (03) 5833 1099

Rumbalara Aboriginal Co-Operative Guawa Place

Provides an Alcohol and Other Drugs Program to support and identify your needs and goals, coordinate and support you to connect with detox and rehabilitation services to assist you to continue to move forward and to stay in contact with you and continue to support you until you feel you no longer require assistance.

69-71 Numurkah Road Shepparton, 3630 Ph: (03) 58200092 Website: www.rumbalara.org.au

National Service

Australian Drug Foundation

Provides alcohol and other drug information, publications, research and fact sheets for parents, young people, health professionals

Website: www.adf.org.au

Drug Info

Provides information and services to help young people minimise the risks of drug taking

Website: www.druginto.adf.org.au

Save a Mate

Save a mate promotes the health and wellbeing of young people by providing education, services and support on key current and emerging health issues, particularly those related to alcohol and other drug use and mental health.

Check out the website for harm minimisation tips, information and party/festival tips on staying safe.

Website: www.saveamate.org.au

Accommodation and Housing

Berry Street

Berry Street provides short and long term care for young people who cannot live safely at home with their families. The young people in Berry Street's residential care programs are generally aged between 13 and 17 years. The majority of these young people have been the subject of protective services intervention because they have experienced the trauma of child abuse, neglect and family violence. Berry Street supports the Aboriginal Child Placement Principle which emphasises the vital importance of culture and community to Aboriginal children in out of home care

110 Wyndham Street Shepparton, 3630 Ph: (03) 5822 8100

E-mail: shepparton@berrystreet.org.au Website: www.berrystreet.org.au

Brayton Youth and Family Services

Brayton Youth and Family Services assists homeless young people in the Greater Shepparton area and across the Hume region with a range of specialist programs including 24/7 crisis accommodation and support, life skills programs and therapeutic support, amongst other things.

No Cost on individual needs basis

River Road Kialla 3631

Ph: (03) 5823 9500

Website: www.salvationarmy.org.au

Geraldine Briggs Hostel

Geraldine Briggs Hostel is a member of AHL, the Aboriginal Hostels Limited offering bed cabins, rooms for rent, short term accommodation. AHL provides accommodation to Indigenous Australians assuring them to have access to services that might not be available for them at their communities. These services include health services, education, training, legal advice and employment possibilities.

17-19 Wyndham Street Shepparton, 3630 Ph: (03) 58317258 Website: ahl.gov.au

GV Child and Youth Mental Health Service (Previously known as CAMHS)

Provides a consultancy service for young people entering the homelessness sector and who are experiencing drug, alcohol and mental health problems.

Located at GV Health Graham Street Shepparton,3630 Ph: (03) 5832 2160 www.gvhealth.org.au

GV Community Care and Emergency Relief

Providing a referral service for accommodation and housing and relief meals in an emergency 10.00am -3.00pm

185 Knight Street Shepparton 3630 Ph: (03) 5831 7755

Office of Housing

The Office of Housing aims to provide appropriate affordable and secure housing assistance for low income people living in Victoria who are in need of housing.

163 Welsford Street Shepparton 3630 Ph: (03) 5832 1500

Website: www.dhs.vic.gov.au

Pathways Accommodation and Support Program

Pathways provides a range of services and programs for disadvantaged and marginalised families, single adults, families experiencing financial difficulty or needing professional support, the homeless and those at risk of homelessness. Pathways can provide outreach services for families needing ongoing support and assistance

43a Wyndham Street

Shepparton 3630 Ph: (03) 5833 1099

Website: www.salvationarmy.org.au

Rumbarala Aboriginal Co-Operative

Provides housing support in relation to housing, rental, liaising with real estate agents Young's & Co, Supported Accommodation Program and youth aged 14-24 years with information and referral for accommodation related issues and financial counselling to indigenous community members

20 Rumbalara Road Mooroopna 3629 Ph: (03) 5820 0000

Website: www.rumbalara.org.au

Rural Housing Network

The Rural Housing Network is a community housing agency which operates across the Hume Region. The agency provides assistance to people who are 'homeless or at risk of homelessness'. The service includes financial assistance, transitional housing, advocacy and assistance with both public and private housing applications. This services is free and available to all Hume region residents

43b Wyndham Street Shepparton 3630 Ph: (03) 5833 1000

Website: www.ruralhousing.com.au

The Bridge Youth Service

Provides information and assistance to find suitable housing and support for young people who are homeless or at risk of homelessness.

127 Welsford Street (PO BOX1954, Shepparton 3632)

Shepparton 3630 Ph: (03) 5831 2390

Website: www.thebridge.org.au

National Services

Centrelink Crisis and Special Help

You can find out about the sort of payments available for people who are in severe hardship and who have been forced to leave their home on Centrelink's Crisis and Special Help (new window) pages.

Website: http://www.humanservices.gov.au/customer/subjects/crisis-and-special-help?utm_id=7

Department of Human Services

The Victorian Government's Department of Human Services provides housing and support for those most in need. Their website provides links to support services and assistance programs for people who are homeless, at risk of homelessness or escaping family violence.

Website: http://www.dhs.vic.gov.au/for-individuals/housing-and-accommodation/homelessness

Youth Central

Provides information, resources and tips on housing and accommodation including private rental, government housing and buying properties and information and advice surrounding homelessness.

Website: http://www.youthcentral.vic.gov.au/Housing+&+Accommodation

CALD Community Services

Local Services

Ethnic Council of Shepparton and District

The Ethnic Council is a non-profit community based service and is responsive to the expressed needs of culturally and linguistically diverse groups in the area. The Ethnic Council also advocates for appropriate community and government development of service provision and change.

158 Welsford Street Shepparton 3630 Ph: (03) 5831 2395

Goulburn Valley Islamic Council

Provides Islamic Education and welfare services including chaplaincy, counselling, family relationship, bereavement outreach services, homeless, family conflict, alcohol and drug related issues, aged, youth, women's issues

338 Wyndham Street Shepparton 3630 Ph: (03) 5821 6212

Shepparton New Comers Club

The Newcomer club helps new residents settle into Shepparton. The club provides an opportunity to meet other new families at frequent informal social gatherings

PO BOX 1307 Shepparton 3630

Email: Shepparton newcomers club@yahoo.com.au

Uniting Care Cutting Edge

Uniting Care Cutting Edge provides services to assist clients to resettle in Australia and provides support groups to young people provifing opportunities for life skills, recreation and discussion based programs

136 Maude Street Shepparton 3630 Ph: (03) 5822 1778

Website: www.ucce.org.au

National Services

Asylum Seeker Resource Centre

Ph: (03) 93266066

Website: www.asrc.org.au

Interpreting Service

The Department of Immigration and Citzenship (DIAC) provides the TIS National interpreting service for people who do not speak English and for the English speakers who need to communicate with them. TIS National has access to over 1300 contracted interpreters across Australia, speaking more than 120 languages and dialects. TIS National is available 24 hours a day, seven days a week for any person or organisation in Australia requiring interpreting services.

Ph: 131 450

Refugee and Immigration Legal Centre

Ph: (03) 94130100

Website: www.rilc.org.au

Child Protection and Family Violence Services

Local Services

Centre Against Sexual Assault (CASA)

Casa provides free and confidential services for victims/survivors of sexual assault to help them overcome the trauma of assault and its consequences

130 Nixon Street Shepparton 3630 Ph: (03) 5831 2343 Freecall: 1800 112 343

Child FIRST

Child FIRST provides a single entry point into family services for children and their families, children and families can be offered support, information, advice and referrals to Family Services or other Services

PO BOX 1069 Shepparton 3632 Ph: 1300 854 944

Department of Human Services Child Protection Services

163-176 Welsford Street Shepparton 3630

Central Intake: 1800 650 227

PO BOX 460 Wangaratta 3676 Ph: (03) 5832 1500

Hours of operation: Monday - Friday 9.00am - 5.00pm

Child Protection After Hours Services

Ph: 131 278

Monday – Friday outside normal business hours and weekends

Marian Community

A free and confidential service for women and children experiencing family violence. Provides outreach support, court support, advocacy, information and referral. This is done by responding to the individual needs of each client in a holistic way with a focus on providing real opportunities to make a path out of violent relationships

Ph: (03) 5821 9458 After Hours 1800 015 188

Relationships Australia

Offers group programs for men and women over an 8 week period. Focus is on attitudinal and behavioural changes as well as recovery from family Violence. Not open on Tuesdays

634 Wyndham Street Shepparton 3630 Ph: (03) 5820 7444

Tatura Community House

Refers counselling for women on issues such as relationships and domestic violence

12-16 Casey Street Tatura 3616 Ph: (03) 5824 1315

Victorian Police Sexual Offence and Child Abuse Unit

This unit deals with the investigation of adult sexual assaults and child physical and sexual abuse. The police officers are experienced in welfare and family issues.

155 Welsford Street Shepparton 3630 Ph: (03) 5820 587

National Services

Domestic Violence Resource Centre Victoria

Provides training, publications, research and other resources to those experiencing, experienced family violence and practitioners and service organisations who work with family violence survivors **Website: www.dvrcv.org.au**

Parentline

Provides a telephone counselling services for parents who fear they might hurt their children or who have done so

Ph: 132 289

Counselling Services

Local Services

Andrea Fisher

Family, marriage and personal counselling

Shepparton 3630 Ph: (03) 5823 5227

Barbara Brown

Family, marriage and personal counselling

175 Knight Street Shepparton 3630 Ph: (03) 5831 8447

Berry Street

Counselling Youth and Family Mediation deals with issues such as drugs, violence and self-harm, according to need.

110 Wyndham Street Shepparton 3630 Ph: (03) 5822 8100 www.berrystreet.org.au

Good News Christian Counselling

Provides a biblically and accessible counselling services to the church and the community. Counsellors are Christians who are professionally qualified and members of professional counselling organisations who are bound by strict confidentiality. Counsellors will always respect the clients beliefs and opinions regardless of status, religion or culture.

Shepparton Baptist Church Cnr Wyndham & Longstaff Street Shepparton 3630 Ph: (03) 5831 5119

Relationships Australia

Provides relationship counselling, family dispute resolution and a range of family and community support and education programs. Services are for all members of the community, regardless of religious belief, age, gender, sexual orientation, lifestyle choice, cultural background or economic circumstances with the aim to support all people in Australia to achieve positive and respectful relationships.

634 Wyndham Street Shepparton 3630 Ph: (03) 5820 7444

The Bridge Youth Service

Provides assistance in situations where there may be conflict, tension or difficulties within the family through our Family mediation and reconciliation services.

127 Welsford Street (PO BOX1954, Shepparton 3632)

Shepparton 3630 Ph: (03) 5831 2390

Website: www.thebridge.org.au

Uniting Care Cutting Edge

International Services

Kids Helpline

Provides free, 24 hour counselling services for young people aged 5-25 years old. Counselling is offered by phone, e-mail and over the web and provides counselling for a range of issues such as relationship breakdowns, bullying, sexual abuse, homelessness, suicidal thoughts and drug and alcohol abuse

Free Call 1800 551 800

Lifeline

Provides the Australia Community with access to crisis support, suicide prevention and mental health support services. Call the 24 hour services for support services about anxiety, depression, loneliness, abuse, trauma, physical or mental wellbeing, suicidal thoughts or attempts, stresses from work, family or society and information for friends and family.

Free Call 131 114

Disability and Special Needs Information and Services

Australian Hearing Shepparton

Provides Government funded hearing care to pensioners, most DVA beneficiaries and children under 21 years of age

205 Fryers Street Shepparton 3630 Ph: (03) 5823 7500

Autism Victoria

Autism Victoria is the first place to call for information and advice for anyone wanting to find out more about the disorder. The Autism Victoria Family Support Service and Autism Victoria Advice Information Services provides timely specialist support and advice to families caring for a child or adult with an Autism Spectrum Disorder

Ph: (03) 9657 1600

Berry Street

Berry Street – Hume region offers an Integrated Home Based Care Program which includes services such as General Foster Care (including emergency, respite, short term care and reception care) and Shared Family Care for children with a disability.

100 Wyndham Street Shepparton 3630 Ph: (03) 5822 8100

Burri Family Preservation

Burri Family Preservation offers and Extended care Program which provides respite, reception care, interim accommodation and transitional short term and permanent care for children aged 0-17 years

170 Knight Street Shepparton 3630 Ph: (03) 5831 2010

Carers Respite and Information Services

Assisting carers of people who have disabilities, aged care issues, mental health problems or chronic illness with access to respite (in home and residential) and other appropriate services.

19 Welsford Street Shepparton 3630 Ph: (03) 5823 7000

Deaf Access Victoria

This service offers information, advocacy and community education for deaf and hard of hearing members of the Hume Region, their friends and carers.

Ph: (03) 5722 9175

Department of Human Services

The Department of Human Services Children's respite program offers short term respite for families and carers with a child aged 0-18 years with an intellectual disability

4 Duncan Court Shepparton 3630 Ph: (03) 5821 6051

District Nursing

Provides specialised and basic nursing care.

UNA House, 102 Corio Street Shepparton 3630 Ph: (03) 5823 6536

FamilyCare

Provides Disability Support Services to provide respite to families of children and young people aged from birth to 25 years, with a disability. The service provides support to families and carers of children and young people with a disability or disabling chronic health condition. Services include emotional support, education and information, therapeutic programs for children and young people, and referral to other specialist services.

19 Welsford Street PO BOX 1069 Shepparton 3630 Ph: (03) 5823 7000

Website: www.familycare.net.au

Goulburn Valley Health

Provides Flexible Care Packages - the goal of this program is to strengthen the capabilities of families to take care of their family member with a disability at home. The program is available to the families and carers of people with a disability between the ages of 0-64.

102 Corio Street Shepparton 3630 Ph: (03) 5823 6555

Goulburn Valley Support Group

Support and referral service for families of children with disabilities, chronic illness or special needs

4/104 High Street

Shepparton 3630 Ph: (03) 5821 1616

Kiwanis House Special Needs Centre Inc

The Rise Centre Inc Formally, Goulburn Valley Speical Needs Toy Library Inc, is a unique, charitable organisation, that aims to support children and adults with disabilities/special needs, their families, community groups and community service providers.

115 Nixon Street Shepparton 3630 Ph: (03) 5822 1230

Regional Information and Advocacy Council

The Regional Information and Advocacy Council is an independent advocacy service for people with a disability, their family and carers.

190 Benalla Road Shepparton 3630 Ph: (03) 5822 1944 Free Call: 1800 221 944

Shepparton Access

The community transport program assists individuals who live in the community by providing transport services to increase access to the community. Fleet vehicles are available for individuals or group hire.

227 Wyndham Street Shepparton 3630 Ph: (03) 5831 6180

Verney Road School

This school provides educational program to meet the needs of students with mild to profound intellectual and/or multiple disabilities, aged 2 years and 8 months to 18 years. Many students have additional associated disabilities including sensory or physical impairment, autism and / or challenging behaviours. The school has a strong learning ethos, with a belief 'that all children can learn'.

2 Verney Road Shepparton 3630 Ph: (03) 5821 8185

Website: www.verneyroadschool.vic.edu.au

Very Special Kids

Very Special Kids improves the quality of life for families of children with a progressive life-threatening illness. Support services for Very Special Kids families include counselling and emotional support, volunteer support program, sibling support program, bereavement support program, social activities and events and holiday accommodation.

5/127 Fryers Street Shepparton 3630 Ph: (03) 5821 6459

Driving Licenses and Training

Aap Top Gear Driving School

1/1 Marungi Street

Shepparton, 3630 Ph: 0428 361 823

Berry Street L2P Learner Driver Mentor Program

The L2P program aims to provide the opportunity for young people who face a significant barrier (economic, social or other) to successfully obtaining their licence to do so with the support of a skilled local mentor. L2P is a community based volunteer program designed to provide access to driving practice on public roads for learner drivers under the supervision of a fully licensed driver

110 Wyndham Street Shepparton VIC 3630 (PO Box 1108, 3632) Ph: 03 5822 8100

E-mail: shepparton@berrystreet.org.au

Driving Education Centre of Australia (DECA)

145 Wanganui Road Shepparton 3630 Ph: (03) 5821 1099

Driving Forces
3 Kaeila Court
Moroopna 3629
Ph: (03) 5825 2392

Extreme Driving School Shepparton 3630 Ph: (03) 0421 199 332

J4 Driving School 13 Hill Street Shepparton 3630 Ph: 0400 31000

Peter Stonehouse Driving 4 Wilma Court Mooroopa 3629 Ph: (03) 5825 1264

Shepparton Driving School 2 Rosina Court Shepparton 3630 Ph: (03) 5821 2998

Shepp-Kialla Independent Driving School (SKIDS) **51 Riverview Drive**

Kialla, Shepparton, 3630 Ph: (03) 5823 5603 VicRoads 231/239 Corio Street, Shepparton, 3630 Ph: 13 11 71

Education Support & Tutors

Kip McGrath Education Centre

At Kip McGrath Education Centre we offer Face to Face tutoring to children from Primary School through to Year 12. Our centre provides individual programs based on the learning needs of your child. Our programs are suitable for all students ranging from those who may be experiencing difficulties in their day to day school work, right through to students who would like to extend their learning. Our centre provides an individual learning program, a wide variety of resources and activities that cater to the individual learning styles of your child, computer assisted learning, experienced and qualified teachers using proven teaching methods, curriculum written by qualified teachers

Wyndham Mall Shepparton, 3630 Ph: (03) 58218408

Website: www.kipmcgrath.com.au

Family Support Services

Burri Family Preservation and Extended Care

Burri family Preservation and Extended care offers support and referral to other services for Indigenous families in times of crisis and need, building on the family's strengths, while maintain cultural sensitivity.

170 Knight Street Shepparton 3630 Ph: (03) 5831 2010

CentaCare

Centacare is a family welfare agency providing services which are relevant and responsive to individuals, couples, families and groups. Centacare seeks to empower and maximise the potential of individuals, couples and families through a range of high quality professional services.

32 Wyndham Street Shepparton 3630 Ph: (03) 5831 4699

Berry Street

Our family services support parents to better care for and nurture their children. We deliver integrated family services through the ChildFIRST initiative, which aims to ensure vulnerable families and children receive early intervention and support services before statutory involvement. We also run supported playgroups and provide contact and changeover services for parents who cannot manage safe access arrangements for their children.

Berry Street works from a strengths based perspective which is respectful of each person's experience and places a priority on building positive and trusting relationships with families. Family Services staff are skilled at identifying when more intensive assistance in a particular area is needed. The staff will then make referrals to other services as appropriate to best meet the needs of the family.

110 Wyndham Street Shepparton, 3630 Ph: (03) 5822 8100

E-mail: shepparton@berrystreet.org.au Website: www.berrystreet.org.au

FamilyCare

FamilyCare recognises that being part of a family can be great whether you are just starting out with young children, experiencing living with adolescents for the first time or caring for an older person or someone with a disability. There are also times when it is not so great and downright challenging. FamilyCare provides a range of services that can assist families experience problems or difficulties to find their own solutions. They can offer family counselling for individuals, couples, children of the whole family. Specific programs include anger management for men, relationships and parenting, help in the home with managing children through various life stages and family issues, day stay program for infants and parents, recreational activities and host families to assist families who have a child with special needs, information and respite carers.

19 Welsford Street (PO BOX 1069, Shepparton 3632)

Shepparton 3630 Ph: (03) 5823 7000

Primary Care Connect

Primary Care connect provides a variety of services that can assist in enhancing the family unit through addressing individual issues impacting upon the family. The Generalist Counselling Program provides counselling to both individuals and families, and is solution focused to address a range of issues including depression, anxiety, communication problems, motivation and lifestyle issues. The Parent Education Program offers one to one consultations on parenting issues and has a large number of parenting related resources such as tip sheets, books and videos.

Other services and programs include:

- -Primary Health Program
- -Financial Counselling
- Needle Exchange
- -Drug and Alcohol support
- -Gamblers Help

Primary Care Connect is also able to provide information and referral to specialised organisations within the community.

399 Wyndham Street Shepparton 3630 Ph: (03) 5823 3200

Relationships Australia

Relationships Australia is a not for profit, community-based organisation providing a range of services to individuals, couples, families and children. Services include counselling, relationship education, family violence prevention, primary dispute resolution for separated families and premarriage counselling.

634 Wyndham Street Shepparton 3630 Ph: (03) 5820 7444

National Services

Domestic Violence Resource Centre Victoria

The Domestic Violence Resource Centre Victoria (DVRCV) is a statewide service in Melbourne, Victoria. We provide training, publications, research and other resources to those experiencing (or who have experienced) family violence, and practitioners and service organisations who work with family violence survivors.

Website: www.dvrcv.org.au

Women's Domestic Violence Crisis Service

Provides 24 hour statewide support and intervention for women and children experiencing violence and abuse from a partner or ex-partner, another family member or someone close to them. The service provides a free 24-hour crisis line, outreach service, advocacy, referral, and information and support services to enable women and children to become – and stay – free from violence. The service is staffed by women and you can call confidentially 24 hours, 7 days a week.

Ph: (03) 9536 7777

Toll Free: 1800 015 188

Website: www.wdvcs.org.au

Financial Assistance and Counselling

Berry Street

Provides the Saver Plus program provided by Berry Street and is a matched savings program for families on lower income but in employment. Matched savings must be used for educational products. Conditions do apply.

100 Wyndham Street Shepparton 3630 Ph: (03) 5822 8100

Primary Care Connect

Provides a Financial Counselling Service that is a free service providing counselling to community members who are experiencing financial difficulty. The service provides options for resolving debt issues and acts as advocate with creditors and their agents. Counsellors provide options to clients to resolve their immediate problem whilst offering long term advice to minimise and potentially avoid further problems. The service has extensive links to other supporting agencies and will make appropriate referrals as required.

399 Wyndham Street Shepparton 3630 Ph: (03) 5823 3200

The Salvation Army

Pathways provides a range of services and programs for disadvantaged and marginalised families, single adults, families experiencing financial difficulty or needing professional support, the homeless and those at risk of homelessness. Pathways can provide outreach services for families needing ongoing support and assistance

43a Wyndham Street Shepparton 3630 Ph: (03) 5833 1099

National Services

Centrelink

Centrelink offers a range of services for individuals and families and can provide helpful and informative advice.

Ph: 136 150

Health Services

Goulburn Valley Division of General Practise

Interactive class session 1.5 hours with a GP, topics include: healthy eating, risk taking behaviour, self-esteem, sexual and reproductive health.

Youth in secondary schools from years 9-12

No Cost involved for secondary schools

226 Wyndham Street Shepparton 3630 Ph: (03) 5831 5399

Goulburn Valley Health

Goulburn Valley Health provides a range of acute, aged, primary health and community support services and is the largest referral hospital in North Eastern Victoria.

Services and programs include:

Antenatal Care Specialist Consulting Suite
Midwifery Community Health Service
Paediatric Unit Social Work Services
Family Planning Women's health clinic

Graham Street Shepparton 3630 Ph: (03) 5832 2322

E-mail: enquiry@gvhealth.org.au Website: www.gvhealth.org.au

Goulburn Valley Imaging

Provide services for ultrasound and x-rays

104 Nixon Street Shepparton 3630 Ph: 1300 797 484

Medical Centres

A comprehensive list of local medical centres and general practitioners in the Greater Shepparton are can be found in the Yellow Pages under 'medical practitioner" Or on Google by searching "Shepparton medical centres".

An After Hours medical clinic is also available and can be contacted on (03) 5831 8022

Primary Care Connect

Primary Care Connect offers a variety of services and programs that aim to enhance and promote the health and wellbeing of individual, families and the community, while preventing illness, disease and injury. Primary Care Connect is open to all community members and offers services and programs on and off site. They have GP's and Podiatrists.

399 Wyndham Street Shepparton 3630 Ph: (03) 5832 9700

Rumbalara Aboriginal Co-Operative

Rumbalara Medical clinic provides health and dental services to Indigenous community members and their partners and families.

20 Rumbalara Road Mooroopna 3629 Ph: (03) 5820 0035

National Services

Hume Health

Hume Health provides information about health and lifestyle services and events in the Hume region.

Ph: (03) 5871 0900

www.humehealth.com.au

High Schools and Alternative Education Providers

Goulburn Valley Grammar School

Goulburn Valley Grammar School is an independent co-educational school which opened to its first students in February 1982. The school has 675 students from Year 5 to Year 12. The school is situated on a 17 hectare site six kilometres north of the centre of Shepparton. The school was founded in response to a demand for an independent school of academic excellence in the Goulburn Valley. Since its inception the school has seen itself as a truly regional school, with families from throughout the Goulburn Valley. This richness and the diversity it creates is one of the strengths of the school.

Verney Road Shepparton. 3630 Ph: (03) 5821 8155

Website: www.gvgs.vic.edu.au

McGuire Secondary College

McGuire College is a proud Government Secondary College with a diverse multicultural, coeducational student population of 490 students. Our College, in partnership with parents and our community, places the "student at the centre" to provide the best possible outcomes for all

students. The diversity of our student and wider community population is unique and a true strength. The college has developed strong links with LaTrobe University and GoTAFE to raise students' awareness of courses and careers that are available. This is developing the students' aspirations as they understand the possibilities available to them.

92-100 Wilmot Road Shepparton, 3630 Ph: (03) 5858 9800

Website: www.mcguireco.vic.edu.au

Mooroopna High School

Mooroopna Secondary College (MSC) is a 7-12 co-educational school with vision is to create and sustain a stimulating and harmonious learning environment in which all students can experience success. The values the College community embraces are belonging, achievement, respect and teamwork

141-179 Echuca Road Mooroopna, 3629 Ph: (03) 5825 2344

E-mail: mooroopna.sc@edumail.vic.gov.au Website: www.mooroopnasc.vic.edu.au

Notre Dame College

Notre Dame College is a Catholic co-educational secondary college located in Shepparton. Built on Marist traditions, the College provides a comprehensive and challenging educational experience for all students and staff in a faith- filled, pastoral community. Together with families, the College strives to develop the full potential of each individual within a just and caring Christian community.

Knight Street Campus: 139 Knight Street, Shepparton, 3630

Year 9 Programme – Emmaus Campus: 95 Grace Road, Shepparton North, 3631

Phone: (03) 5822 8400 Fax: (03) 5621 8098

Email: ndc@notredame.vic.edu.au
Website: www.notredame.vic.edu.au

Shepparton High School

Shepparton High School is an organisation that provides students with a safe, supportive and caring learning environment in which they can develop their academic, social, physical and inner selves. The school aims to develop students who have a passion for life, a desire to reach their full potential and to have a life-long love of learning.

31-71 Hawdon Street Shepparton 3630 Ph: (03) 5821 4322

Website: www.shs.vic.edu.au

Wanagnui Park Secondary College

Wanganui Park Secondary College has a clear and strong vision to create a stimulating and innovative learning community in which all strive to achieve their personal best. Underpinning this vision is a commitment to the core values of respect, honesty and integrity and in establishing positive and supportive relationships between all members of the school community. The College prides itself on providing a broad and comprehensive curriculum that also emphasizes the wellbeing and social and emotional needs of its students. It places strong emphasis on providing supportive transition for students from primary school and a close monitoring of student development and progress throughout all year levels. A vertical home group and house structure provides a framework for students of all ages to learn and develop together. This is also supported by the

vertical curriculum structure offered to Years 8-10 which provides individualised and flexible pathways for students.

Parkside Drive Shepparton, 3630 Ph: (03) 5820 9900

E-mail: wanganui.park.sc@edumail.vic.gov.au

Website: www.wanganuipsc.vic.edu.au

Alternative Education

Academy of Sport and Health Education (ASHE)

An initiative aimed at encouraging indigenous youth aged 16-24 years to purse education and employment opportunities

University of Melbourne

21 Nixon Street Shepparton 3630 Ph: (03) 5823 6600

Wesbite: www.ashe.com.au

ACE College

Shepparton ACE College Inc. is an independent Senior Secondary School and a community based, not for profit organisation, providing an exciting range of education opportunities for youth and adults in Greater Shepparton. Shepparton ACE College aims to provide a safe, supportive learning environment to those students experiencing difficulties within education. The College aims to promote skills and confidence for lifelong learning and develop in students a sense of personal responsibility to contribute positively to the wider community.

130 Rowe Street Shepparton, 3630 Ph: (03) 5831 4029

E-mail: shepace@iinet.net.au

Website:www.sheppartonace.com.au

Berry Street Best School

A fully funded registered school (for years 7-10 through Independent Schools Victoria caters for young people aged 12-17 who have disengaged from mainstream education. These students may also have a history of multiple and complex needs including trauma or attachment issues. The school provides a recognised curriculum with trauma informed teaching practises

Reedy Swamp Road Shepparton 3630 Ph: (03) 5820 3900

Website: www.berrystreet.org.au

McAuley Champagnant Programme (MCP)

An innovative educational programme of Notre Dame College, designed to meet the educational needs of disengaged students in the Greater Shepparton Region that are not being met by current education providers. The holistic approach to education young people is recognized "cutting-edge" and we are witnessing extraordinary success in seeing youth transform their lives from hopeless to a future full of potential

95 Grace Road, Shepparton North, 3631

Ph: (03) 5822 8400

Website: www.notredame.vic.edu.au

Job Service Providers and Carer Advice

Apprenticeship Factory

The Apprenticeship Factory is a not for profit community-based Group Training company, who place apprentices and trainees with a range of small and large host businesses, providing on-the-job training. The Apprenticeship Factory manage all costs and administration associated with managing an apprentice or trainee, saving the business time and money.

44 Wyndham Street Shepparton 3630 Ph: (03) 5822 4555

Website: www.theapprenticeshipfactory.com.au

Chandler McLeod

Provides services and training that assist clients in finding and keeping a job. This may include help with resume writing, accessing work experience opportunities, gaining new skills or qualifications and overcoming other barriers to employment

382 – 384 Wyndham Street

Shepparton 3630 Ph: (03) 5822 2250

Website: www.chandlermcleod.com

CVGT

Provides services and training that assist clients in finding and keeping a job. This may include help with resume writing, accessing work experience opportunities, gaining new skills or qualifications and overcoming other barriers to employment

Cnr Welsford Street & Sobroan Street

Shepparton 3630 Ph: (03) 5823 3400

Website: www.cvgt.com.au

F Works

Provides a professional recruitment service in professionals, admin, skilled and unskilled labourers, trades people, hospitality, cleaners, home carers, lower to middle management and machinery operators.

170 Maude Street Shepparton, 3630 Ph: 1300 306 311

E-mail: info@eworks.org.au Website: www.eworks.org.au

Fox Personnel

Provide a range of services for employers and assist people to be employed in accounting and finance, civil engineering, information technology, human resources, management, sales, marketing, education, legal, environmental, welfare and logistics

138 Nixon Street Shepparton 3630 Ph: (03) 5831 6656

Website: www.foxpersonnel.com.au

Ganbina

Ganbina's Education, Training and Employment Program provides support, information to Indigenous youth aged 12-25 years to explore careers through fun activities while they're at school. The program assist's Indigenous Australians to access local employment and provide traineeship and apprenticeships to find and keep a job.

99 Welsford Street Shepparton 3630 Ph: (03) 5821 7333

Website: www.ganbina.com.au

Job Access

Provides information to job seekers about all the matters relating to the employment of people with disabilities

Ph: (03) 1800 464 800

Website: www.jobaccess.gov.au

KFF

An Indigenous community based organisation, provide and support for indigenous job seekers to gain education, training, business developments services and employment

31 Wyndham Street Shepparton 3630 Ph; (03) 5831 1335 Website:www.kee,net.au

MEGT

Provides assistance with Australian Apprenticeships processes, apprentice and trainee recruitment, payroll management, recruitment of apprentices and trainees, Indigenous apprenticeship and training, vocation education and training at certificate and diploma level, English language training and mentoring for first year apprentices.

361 Wyndham Street Shepparton, 3630 Ph: (03) 5820 8100

E-mail: aacinfo@megt.com.au Website: www.megt.com.au

Monarch Personnel

Support and provide staff that will enhance and improve business productivity in executive secretarial, administration assistants, reception, account, executive secretarial, administration assistants, reception accounts payable/ receivable clerks bookkeeping and data processing. Sureway Employment

Suite 4/262 Maude Street Shepparton 3630 Ph: (03) 5831 5880

Worktrainers

Provides services and training that assist clients in finding and keeping a job. This may include help with resume writing, accessing work experience opportunities, gaining new skills or qualifications and overcoming other barriers to employment

199 High Street Shepparton 3630 Ph: (03) 5822 8500

Workways

Provides services and training that assist clients in finding and keeping a job. This may include help with resume writing, accessing work experience opportunities, gaining new skills or qualifications and overcoming other barriers to employment

30 Welsford Street Shepparton 3630 Ph: (03) 5821 9277

Workforce on Tap

Provides services and training that assist clients in finding and keeping a job. This may include help with resume writing, accessing work experience opportunities, gaining new skills or qualifications and overcoming other barriers to employment

195A Corio Street Shepparton PH: (03) 5831 7676

Website: www.workforceontap.com.au

Leadership/Youth Reference Programs

Ethnic Council Shepparton

Shepparton Ethnic Council run a Youth Leadership Group for young people from a culturally diverse background (ages 12-25). This group focuses on leadership skills, self-development skills, communication skills, networking with community leaders, learning about politics, developing community projects etc.

158 Welsford Street Shepparton, 3630 Ph: (03) 58312395

Website: www.ethniccouncilshepparton.com.au

GM LLEN Shepparton

Gm LLEN Shepparton runs a Youth Leadership group "Building a New Generation" for culturally diverse young people (ages 12-25). Thus group focuses on helping young people understand their local community and become valued members of it, develop and build partnership between young people from diverse backgrounds, develop knowledge of different cultures in order to build harmony and tolerance, leadership skills and increased knowledge of systems and cultures and develop sustainable networks that support access to the job market.

18-20 Ashenden Street Shepparton, 3630 Ph: (03) 58315198

Website: www.gmllen.com.au

Word and Mouth

Word and Mouth run a weekly youth reference group (ages 12-25). The group discusses issues of importance to them, looks at ways to address local issues and run events in the local community.

Shepparton, 3630 Ph: (03) 58212229 Mob: 0437 771 114

53 Welsford Street

Facebook: https://www.facebook.com/wordandmouth.greatershepparton

Headspace Shepparton

Headspace run a weekly youth reference group (ages 12-25). This group acts as an advisory group for Headspace and other youth services in the sector and discusses issues of importance to them

129 High Street Shepparton 3630. Ph: (03) 58238800.

Email: headspace@gvhealth.org.au www. headspace.org.au/Shepparton

Legal Services & Youth Justice

Department of Human Services Youth Justice Unit

163 Welsford Street Shepparton, 3630 Ph: (03) 5832 1500

Website: www.dhs.vic.gov.au

GV Child and Youth Mental Health Service (Previously know as CAMHS)

Provides a consultancy service for young people entering the justice system who are also experiencing mental health problems. This includes facilitating of early access to a mental health service where appropriate.

Located at GV Health Graham Street Shepparton,3630 Ph: (03) 5832 2160 www.gvhealth.org.au

GV Community Legal Centre

Goulburn Valley Community Legal Centre lawyers provide FREE legal information and advice to low income and disadvantaged people living in the Greater Shepparton, Mitchell, Strathbogie and Moira shires. You do not need a referral to access the services. Open hours are 9.30am-4pm, Monday to Friday. The service offers appointments outside these office hours but you will need to make such an appointment during office hours

Suite 3, 98 Nixon Street Shepparton, 3630 Ph: (03) 58219849

Website: www.gvclc.org.au

Rumbalara Aboriginal Co-operative

Provides a Koori Youth Justice Service to connect young people aged 12-25 who are going through the justice system or who are at risk of entering the justice system to connect and engage them back into their aboriginal culture and to provide support with life circumstances and the justice system

20 Rumbalara Road Mooroopna 3629 Ph: (03) 5820 0010

Website: www.rumbalara.org.au

The Bridge Youth Service

A Lawyer from Youth Law visits fortnightly or access to legal support can be through Skype. Booking for Youth Law can be made through The Bridge Youth Service reception.

127 Welsford Street Shepparton, 3630 Ph: (03) 5831 2390

Website: www.thebridge.org.au

Victorian Legal Aid

Victorian Legal Aid Goulburn Regional Office provides assistance to those who cannot afford the full coast of a lawyer. Services include a legal advice clinic (not means tested), outreach advice clinic and divorce clinic in relation to criminal law, family breakdown, family violence and civil law matters.

36-42 High Street Shepparton 3630 Ph: (03) 5823 6200

Website:legalaid.vic.gov.au

Shepparton Court House

High Street Shepparton 3630 Ph: (03) 5821 4633

Website: www.magistratescourt.vic.gov.au

Victorian Aboriginal Legal Services

This service provides legal aid for criminal, family and civil legal advice for Aboriginals and Torres Strait Islanders

215 High Street Shepparton 3630 Ph: (03) 5831 5840

National Services

Aboriginal Family Violence Prevention and Legal Service (AFVPLS)

AFVPLS helps victims of family violence and sexual assault and works with families and communities affected by violence.

T 1800 105 303 information@fvpls.org www.fvpls.org

Leisure and Recreational Activities

For parks, playgrounds, skate parks and recreational areas please visit http://www.greatershepparton.com.au/parks-playgrounds-skateparks

Emerald Bank Leisure Land Shepparton

Emerald Bank Leisure Land is a family friendly destination with plenty to see and do.

Whether it is shopping, adventure or relaxation you are looking for, the Emerald Bank complex has something for everyone. Activities include mini golf, windmill Chocolate Shop and Case, Adventure Park, nursery, Riverside Gardens, Pot-Werx and the Shepparton Motor Museum

7725 Goulburn Valley Hwy

Shepparton, 3630 Ph: (03) 58232500

Website: www.emeraldbank.net.au

Shepparton Oz Tenpin Bowling

112-122 Fryers Street Shepparton,3630 Ph: (03) 58215587

Website: www.oztenpin.com.au

Village Cinemas

9-13 Steward Street Shepparton, 3630 Ph: 1300 555 400

Website: www.villagecinemas.com.au

Mental Health Services

Local Services

GV Child and Youth Mental Health Services (Previously known as CAMHS)

CYMHS provides specialist mental health services such as assessment and support for children, young people and their families who present with complex and severe mental heal concerns that can't be managed in the community. This also includes assessment and management of risk taking behaviours which threaten safety.

Goulburn Valley Health Graham Street Shepparton 3630 Ph: (03) 5832 2160 Fax: (03) 5832 2167

AH 1300 369 005 / (03) 5832 2111

Headspace Shepparton

Provides assistance to young people aged 12-25 who are going through a tough time. Our youth friendly staff includes youth workers, GPs, psychologists, psychiatrists, counsellors, nurses, alcohol and drug workers, education and employment specialists.

Headspace Shepparton can help if you:

- are feeling down, stressed or worried
- are having difficulty with something in your life
- need help with a health issue
- have concerns about alcohol and drugs
- want to talk about sexual identity or relationships
- want to discuss sexual health or find out about contraception
- are being bullied, hurt or harassed
- need advice about education or finding work
- are worried about a friend or family member

129 High Street

Shepparton 3630.

Ph: (03) 58238800.

Email: headspace@gvhealth.org.au www. headspace.org.au/shepparton

Hume Region Early Psychosis Service

Provides an assertive, youth friendly program for young people experiencing a first episode of psychosis or at the risk of developing a psychosis, EPS work with all phases of the disorder and includes those young people who are self-medicating with alcohol and drugs

Monash Street

Shepparton 3630

Ph: 1300 369 005

National Services

Beyond Blue

Provides counselling by phone and over the web, provides information, programs and resources in relation to depression and anxiety.

Ph: 1300 224 636

Website: www.beyondblue.org.au

Kids Helpline

Provides free, 24 hour counselling services for young people aged 5-25 years old. Counselling is offered by phone, e-mail and over the web and provides counselling for a range of issues such as relationship breakdowns, bullying, sexual abuse, homelessness, suicidal thoughts and drug and alcohol abuse

Free Call 1800 551 800

Lifeline

Provides the Australia Community with access to crisis support, suicide prevention and mental health support services. Call the 24 hour services for support services about anxiety, depression,

loneliness, abuse, trauma, physical or mental wellbeing, suicidal thoughts or attempts, stresses from work, family or society and information for friends and family.

Free Call 131 114

Suicide Help Victoria

Emergency Support Free Call 1300 651 251

Neighbourhood/ Community Houses

Neighbourhood/Community Houses offer a range of services and programs to meet the needs of the local community. The houses are set in a welcoming and informal environment where adults and children can participate in a range of programs and activities. These may include:

- -Parenting Sessions
- Life Skill Sessions
- -Relaxation and exercise programs
- Support Groups
- Computer courses
- -Art and craft activities for children and adults
- Occasional child care
- Referral

Contact the individual house/centre for more information about services and programs offered.

Ardmona Community Complex

Kids Town
Peter-Ross Edwards Causeway
Ph: (03) 5831 4213

Mooroopna Education and Activity Centre

23 Alexandra Street Mooroopna 3629 Ph: (03) 5825 1774

Murchison and District Neighbourhood House

38 Impey Street Murchison 3610 Ph: (03) 5826 2373

North Shepparton community and Learning centre

Parkside Drive Shepparton 3630 Ph: (03) 5821 5770

South Shepparton Community Centre

11 Service Street Shepparton 3630 Ph: (03) 5821 6172

Tatura Community House

12-16 Casey Street Tatura 3616 Ph: (03) 5824 1315

Parenting Support

FamilyCare

FamilyCare recognises that being part of a family can be great whether you are just starting out with young children, experiencing living with adolescents for the first time or caring for an older person or someone with a disability. There are also times when it is not so great and downright challenging. FamilyCare provides a range of services that can assist families experience problems or difficulties to find their own solutions. They can offer family counselling for individuals, couples, children of the whole family. Specific programs include anger management for men, relationships and parenting, help in the home with managing children through various life stages and family issues, day stay program for infants and parents, recreational activities and host families to assist families who have a child with special needs, information and respite carers.

19 Welsford Street (PO BOX 1069, Shepparton 3632)

Shepparton 3630 Ph: (03) 5823 7000

Family Planning Victoria

Family Planning Victoria aims to offer referral service and reliable up to date non-judgemental information about contraception, family planning, safe sex and sexual and reproduction health

Graham Street Shepparton 3630 Ph: (03) 5832 2460

Goulburn Valley Pregnancy Support

Goulburn Valley Pregnancy Support provides a counselling and practical support service to meet the physical, psychological and social well-being needs of pregnant women, parents and their young children. The service operates from 10.00am -3.00pm

15A St. Andrews Road, Shepparton 3630 Ph: (03) 5821 0826

Greater Shepparton City Council

Provides maternal and child health services and kindergarten services, please visit http://www.greatershepparton.com.au/maternal-and-child-health for further information

90 Welsford Street Shepparton 3630 Ph: (03) 5832 9700

Parents Without Partners INC

Parents Without Partners INC is a self-help non secretarial, welfare and educational organisation devoted to the readjustment and interest of lone parent and their children. It assists counselling, information and other support for parents who are bringing up children alone and contending with the emotional conflict of divorce, never married, separation or widowhood

Shepparton 3630 Ph: (03) 5822 2095

Perinatal Depression Support Group

This Support group is for women experiencing perinatal (antenatal or post natal) depression. The group will be held every Tuesday between 11.00am and 1.00pm at the Parent Child Program building

There is no charge.

For further information please phone (03) 5223 7000.

To make a registration for this group please contact the Child FIRST intake service at FamilyCare on

Ph: 1300 854 944

15 Welsford Street Shepparton.

Rumbalara Aboriginal Co-Operative

Rumbalara Family Services provides a range of services with the following vision -= We will work for the safety, stability and development of aboriginal children, young people and their families, inclusive of their spiritual, cultural and emotional well-being.

170 Knight Street Shepparton, 3630 Ph: (03) 5831 2010

The Bridge Youth Service

There are many challenges in becoming a parent for the first time. The Bridge offers a range of supports to young parents, including a specialist housing support program for young women aged 15-25 who are pregnant or parenting, young parents mentoring and other ongoing support options. If you're a young mum and would like to meet with other young mums in a group where lots of helpful information is made available regarding parenting, health, services supports etc then The Bridge has a program that does just that. Each week the group meets in setting that is perfect for mums with babies and toddlers, in a relaxed atmosphere where you can ask any question you like and be given lots of helpful information about parenting and caring for your baby.

127 Welsford Street Shepparton 3630 Ph: (03) 5831 2390

Website: www.thebridge.org.au

National Services

Parentline

Provides a telephone counselling services for parents who fear they might hurt their children or who have done so

Ph: 132 289

Sexual Assault Support Services

Local Services

Berry Street

Berry Street Provides counselling and individual risk assessment and works with young people with sexually aggressive behaviours

110 Wyndham Street Shepparton 3630 Ph: (03) 5822 8100

Website: www.berrystreet.org.au

Centre Against Sexual Assault (CASA)

Provides information, support, accommodation, referral and counselling service for survivors of sexual assault

130 Nixon Street Shepparton 3630 Ph: (03) 5823 2343

Marian Community

Marian community assists women and children who are experience, or have experiences family violence, to live safely and independently in the community. This is done by responding to the individual needs of each client in a holistic way with a focus on providing real opportunities to make a path out of violent relationships

Ph: (03) 5821 9458

After Hours 1800 015 188

National Services

Kids Helpline

Provides free, 24 hour counselling services for young people aged 5-25 years old. Counselling is offered by phone, e-mail and over the web and provides counselling for a range of issues such as relationship breakdowns, bullying, sexual abuse, homelessness, suicidal thoughts and drug and alcohol abuse

Free Call 1800 551 800

Lifeline

Provides the Australia Community with access to crisis support, suicide prevention and mental health support services. Call the 24 hour services for support services about anxiety, depression, loneliness, abuse, trauma, physical or mental wellbeing, suicidal thoughts or attempts, stresses from work, family or society and information for friends and family.

Free Call 131 114

Sexuality and Gender Identity

Kildonan Uniting Care (Formerly Cutting Edge)

The Diversity Group explores sexuality issues, information and discussion around sexuality/gender in addition to life skills such as cooking. Same sex attracted, sex and gender diverse youth.

Aged 12-25 years. No cost, fortnightly meetings

136 Maude Street Shepparton 3630 Ph: (03) 5831 6157

Website: www.diversityproject.org.au

Headspace Shepparton

Provides free services for young people between the ages of 12 and 25 including sexual health and sexuality issues.

129 High Street Shepparton, 3630 Ph: (03) 5823 8800

E-mail:headspace@gvhealth.org.au

Facebook: www.facebook.com/headspaceshepparton

Website: www.headspace.org.au

National Services

National LGBTI Health Alliance

Provides resources, information and support to lesbian, gay, bisexual, transgender, intersex and other sexuality, sex and gender diverse people

Website: www.lgbthealth.org.au

Q-Life

QLife is Australia's first nationally-oriented counselling and referral service for people of diverse sex, genders and sexualities. QLife provides nation-wide, early intervention, peer supported telephone and web based services to support Lesbian, Gay, Bisexual, Transgender and Intersex (LGBTI) people of all ages.

Free Call 1800 184 527 (5.30pm-10.30pm)

E-mail: ask@qlife.org.au Website: www.qlife.org.au

Life Line

Lifeline provides 24 hours crisis support and suicide prevention services. Somewhere in Australia there is a new call to Lifeline every minute. People call Lifeline's 24 hour crisis line to discuss suicidal thoughts or attempts, personal crisis, anxiety, depression, loneliness, abuse and trauma, stresses from work, family or society and self-help information for friends and family.

Free Call 13 11 14

Website: www.lifeline.org.au

Sporting Groups

Local Services

Amy Newton Dance Studios

Hip Hop, Jazz, Contemporary 4A & 4B Fryers Street Shepparton, 3630 Mob: 0417 974 457

AFL Victoria

24 Dunkirk Avenue Shepparton 3630 Ph: (03) 5822 23630

Excell Dance Centre

3 Williams Road Shepparton, 3630 Ph: (03) 58311777

Goulburn North East Football Association (Soccer)

PO BOX 1109 Shepparton 3632 Ph: (03) 58320526

Website: www.gnefa.com.au

Goulburn Valley Academy of Ballet

Sound Shell Hall Queens Gardens Shepparton, 3630 Ph: (03) 58218306

Website: www.gvballet.com.au

Goulburn Valley Baseball Association INC

Kialla Recreation Reserve Kialla 3631

Goulburn Valley Equestrian Club

WB Hunter Reserve Packham Street Shepparton 3630 Ph: (03) 583 9819

Goulburn Valley Fishing Club

Wheeler Street Shepparton 3630

Ph: (03) 5821 6319

Goulburn Valley Junior Motorcycle Club INC

14 Broomfield Street Shepparton 3630 Ph: 0437 290 247

Website: www.gvjmcc.org

Greater Shepparton Basketball Association

Shepparton Sports Stadium 120 Numurkah Road Shepparton 3630 Ph: (03) 5822 2923

Greater Valley Calisthenics Club

PO BOX 741 Shepparton 3629 SYC Hall Vaughan Street Shepparton 3630 Ph: 0418 394 081

Major League Indoor Sports Club

Major League offers Indoor Cricket, Indoor Netball, Indoor Soccer, Turbo Touch, Beach Volleyball, Dodgeball, BUBBLE SOCCER, Kids Birthday Parties & More.

3 McGill Street Shepparton, 3630 Ph: (03) 58210290 Mob: 0448 794 779

Website: www.majorleagueindoorsports.com.au

Shepparton Amateur Swimming Club INC

Aquamoves Tom Collins Drive Shepparton 3630 Ph: 0424 220 468

Website: www.shepparton.swimmingvictoria.org.au

Shepparton Cricket Association

4 Brook Court Mooroopna 3629 Ph: (03) 5823 2400

Shepparton Cricket Umpire Association

PO BOX 1197 Shepparton 3630 Ph: (03) 5821 2129

Shepparton Cycling Club

Introduction cycling clinics for novices
Racing for experienced riders
Open for all ages and club membership fess available on request
100 Packham Street
Shepparton 3630
Ph: (03) 5825 2875

Shepparton & District Junior Football Association

PO BOX 1818 Shepparton 3632

Website: www.sheppartonjfl.vcfl.com.au

Shepparton & District Softball Association

1/83 Mac Isaac Road Mooroopna 3629 Ph: (03) 5831 2872

Shepparton & District Tennis Association INC

PO BOX 1214 Shepparton 3632 Ph: (03) 5821 4599

Tertiary Education Providers

GO TAFE Shepparton

GO TAFE provides full length courses and short courses in certificates and diploma levels in areas such as Agriculture, Dance, Events, Hospitality, Beauty and Hairdressing, Business, Community Services, Engineering, Horticulture, Graphic Design, Sports Development, Accounting. For more courses and information please visit the website or visit the campus.

152-200 Fryers Street Shepparton, 3630 Ph: 1300 468 233

Website: www.gotafe.vic.edu.au

La Trobe University Melbourne

Provides education in the faculties of education, health science, business, economics and law and humanities and social sciences.

For more courses and information please visit the website of visit the campus

210 Fryers Street Shepparton, 3630 Ph: (03) 5820 8600

Website: www.latrobe.edu.au/shepparton

Melbourne University Rural Health Academic Centre

Provides education in the faculties of medicine, Dentistry and Health Sciences.

For more information please visit the website or visit the campuses.

49 Graham Street Shepparton, 3630 Ph: (03) 5823 4555

E-mail: rhac-info@unimelb.edu.au

Website: www.ruralhealth.unimelb.edu.au

Youth Services

Berry Street

Berry Street's commitment to child and youth participation is based on a belief that the children and young people within our services and programs are the experts of their own experience and that their experiences should be valued as a point of strength for their own journey and key to our development as a provider of high-quality services. Through initiatives to encourage participation Berry Street aims to: enable children and young people to exercise their right to be heard; support children and young people to develop skills and tools that enable them to actively engage in their community; empower children and young people to speak up and take action on issues that concern and affect them; and continuously improve our service delivery by understanding the experiences of our clients and their needs, as they understand them. Berry Street believes that these principles are fundamental to healing and to positive social and emotional development for young people who have experienced abuse and neglect.

Berry Street Provides services in education, family services, family violence, foster and kinship care, residential care, therapeutic counselling, case management, life skills, mentoring and more. Please visit the website for further information.

110 Wyndham Street Shepparton,3630 Ph: (03) 5822 8100

E-mail: shepparton@berrystreet.org.au Website: www.berrystreet.org.au

Greater Shepparton City Council

Young people wanting further information on youth services, events, or wanting information on how they can get more involved in our community can contact our friendly Youth Development Officer .

90 Welsford Street Shepparton 3630 Ph: (03) 5832 9779

Headspace Shepparton

Headspace has been set up to assist young people aged 12-25 who are going through a tough time. Our youth friendly staff includes youth workers, GPs, psychologists, psychiatrists, counsellors, nurses, alcohol and drug workers, education and employment specialists. Headspace Shepparton can help if you:

- are feeling down, stressed or worried
- are having difficulty with something in your life
- need help with a health issue
- have concerns about alcohol and drugs
- want to talk about sexual identity or relationships

- want to discuss sexual health or find out about contraception
- · are being bullied, hurt or harassed
- need advice about education or finding work
- are worried about a friend or family member

129 High Street Shepparton 3630. Ph: (03) 58238800.

Email: headspace@gvhealth.org.au www. headspace.org.au/Shepparton

Kildonan Uniting Care (Previously known as Cutting Edge)

Our range of community services help children, young people, families and those facing hardship or disadvantage. This includes support, information, advocacy, case management and activity based programs.

Youth Programs include

- Detour
- Diversity Group
- Reconnect Newly Arrived Youth Specialist Service
- Youth Participation and Access
- School Focused Youth Services

For further information on programs please contact Kildonan Uniting Care or visit the website.

136 Maude Street Shepparton, 3630 Ph: (03) 5831 6157

E-mail: sinfo@kildonan.org.au

Website: www.kildonan.unitingcare.org.au

The Bridge

The Bridge Youth Service provides a diverse range of programs and services for young people. The Bridge Youth Service is a community-based organisation that seeks to work with young people within the context of their families and communities. At times the path through adolescence can be difficult, both for a young person and the family. The Bridge Youth Service has a qualified and professional team of Youth and Family workers who can provide a supportive, confidential and professional response to the needs of local young people. Young people can contact The Bridge Youth Service in person or by phone, text or our through our website. Services provided by The Bridge Youth Service include:

- Youth Mentoring Programs
- Youth Focused Antenatal Care and Education Program
- Parenting Support and Education
- Family Meditation and Reconciliation for Young Mums
- Linking into education
- After School Programs
- Housing and Homelessness Support
- Youth Arts and Music (GWTGO & Jamit)
- Relationship Help
- General Youth Support

Working with young people the Bridge Youth Service focuses on strengths, provides and environment for change and an opportunity for choice.

127 Welsford Street (PO BOX1954, Shepparton 3632)

Shepparton 3630 Ph: (03) 5831 2390

Website: www.thebridge.org.au

Word and Mouth

Word and Mouth provides a voice for young people in Greater Shepparton to lead, engage, create and shape their communities. Word Mouth runs a youth reference group and also runs events including FREEZA events in the local area for young people.

To check it out or to become involved contact Word and Mouth.

53 Welsford Street Shepparton, 3630 Ph: (03) 58212229 Mob: 0437 771 114

Facebook: https://www.facebook.com/wordandmouth.greatershepparton

Volunteer Programs

GO TAFE

Volunteers who speak, read and write English well, including people from culturally and linguistically diverse backgrounds, are invited to apply to become tutors. Participants of the Volunteer Home Tutor Program will develop the necessary skills and knowledge to assist newly-arrived migrants, many of whom are refugees, with their English language, settlement needs and understanding of Australian culture.

Fryers Street Shepparton, 3630 Ph: 1300 468 233

Greater Shepparton City Council

Greater Shepparton City Council requires volunteers for programs such as Meals on Wheels, revegetation projects, events and promotions, aged care activities and social connection programs.

90 Welsford Street Shepparton, 3630 Ph: (03) 5832 9700

www.greatershepparton.com.au

Salvation Army Pathways Programs

Community Support Program

Volunteers receive training and knowledge to assist and support newly arrived migrants and refuges with their English languages and settlement needs.

Lunch Program

Volunteers assist and provide light cleaning duties, portioning food and stacking shelves support

Ph: (03) 5821 7627

Riverlinks

Volunteers for Riverlinks work as ushers for all our performances presented at the Eastbank Centre and Westside PAC. The volunteers are trained in the evacuation procedure and play an important role in ensuring the safety of the audience. Riverlinks encourages people (especially those interested in a career in the Arts) to volunteer as Technicians to gain experience and knowledge in the technical field of Performing Arts.

70 Welsford Street Shepparton, 3630 Ph: (03) 5832 9865

Website: www.riverlinksvenue.com.au

Shepparton Art Gallery

welcomes interested members of the public to join our Volunteer Tour Guide Program. The Art Museum conducts a once yearly, five-week training program for volunteer guides and offer ongoing training through our public programs and previews. Some knowledge of Australian art is preferred and an ability to conduct school and occasional adult tours is required. Assistance with our quarterly newsletter mail-outs or other administrative tasks are welcomed.

70 Welsford Street Shepparton, 3630 Ph: (03) 5832 9861

Website: www.sheppartonartmuseum.com.au

Visitor Information Centre

Conducts a once yearly, five week training program for volunteer guide and offer ongoing training through the Art Gallery public programs

33 Nixon Street Shepparton, 3630

E-mail: info@discovershepparton.com.au

Ph: 1800 808 839

For more volunteer programs please go to

http://www.greatershepparton.com.au/assets/files/documents/community/volunteer/M14 47285

Volunteer Managers Network - Quick Reference Guide 2014 (2).pdf