

FREMANTLE COMMUNITY DIRECTORY



WELCOME TO THE CITY OF FREMANTLE DIRECTORY

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

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

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

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

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



**My Community
Directory + Diary**



MEET YOUR COUNCIL



MAYOR

Dr Brad Pettitt

mayor@fremantle.wa.gov.au
9432 9799



BEACONSFIELD WARD

Cr Geoff Graham

geoffg@fremantle.wa.gov.au
0431 816 992

Cr Hannah Fitzhardinge

hannahf@fremantle.wa.gov.au
0410 464 491



CITY WARD

Cr Adin Lang

adinl@fremantle.wa.gov.au
0438 908 829

Cr Rachel Pemberton

rachelp@fremantle.wa.gov.au
0408 988 977



EAST WARD

Cr Jenny Archibald

jennifera@fremantle.wa.gov.au
0417 985 152

Cr Su Groome

sug@fremantle.wa.gov.au
0438 508 189



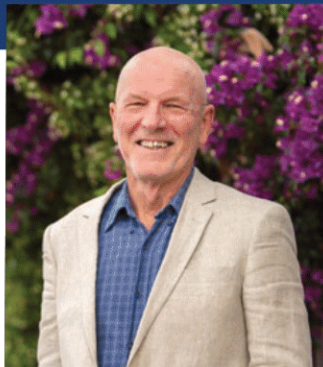
HILTON WARD

Cr Frank Mofflin

samw@fremantle.wa.gov.au
0435 300 680

Cr Sam Wainwright

samw@fremantle.wa.gov.au
0412 751 508



NORTH WARD

Cr Bryn Jones

brynj@fremantle.wa.gov.au
0448 417 036

Cr Doug Thompson

dougy@fremantle.wa.gov.au
0405 307 152



SOUTH WARD

Cr Andrew Sullivan

Deputy Mayor
andrews@fremantle.wa.gov.au
0407 447 972

Cr Marija Vujcic

marijav@fremantle.wa.gov.au
0408 950 446



CONNECT WITH YOUR CITY

VISIT US

Customer service opening hours
8am–5pm (Monday to Friday)

ADDRESS

Fremantle Oval,
70 Parry Street, Fremantle

POSTAL

PO Box 807,
Fremantle, WA 6959

PHONE

1300 MY FREO
(1300 693 736)

EMAIL

info@fremantle.wa.gov.au

WEBSITE

fremantle.wa.gov.au



LET'S SOCIALISE



CITY OF FREMANTLE

-  facebook.com/cityoffremantle
-  instagram.com/cityoffremantle
-  twitter.com/cityoffremantle
-  youtube.com/cityoffremantle
-  linkedin.com/company/city-of-fremantle

FREMANTLE LIBRARY/THE MEETING PLACE

-  facebook.com/fremantlelibrary

FREO YOUTH

-  facebook.com/freoyouth
-  instagram.com/freoyouth

WALYALUP ABORIGINAL CULTURAL CENTRE

-  facebook.com/walyalup

JOIN OUR FACEBOOK GROUPS

Fair Go Freo—Inclusion, Equality and
Community Connection

Volunteer Fremantle

Fremantle Volunteer Managers Network

OUR VENUES AND FACILITIES

FREMANTLE ARTS CENTRE

1 Finnerty Street, Fremantle
9432 9555

FREMANTLE COMMUNITY LEGAL CENTRE

Level 1, Suite 31 Fremantle Malls, 35 William Street,
Fremantle
9432 9790

FREMANTLE LEISURE CENTRE

10 Shuffrey Street, Fremantle
9432 9999

FREMANTLE LIBRARY

Fremantle Oval, 70 Parry Street, Fremantle
1300 MY FREO (1300 693 736)

FREMANTLE RECYCLING CENTRE AND REUSE SHOP

Opposite Golf Course, Montreal Street, Fremantle
9432 9999

FREMANTLE VISITOR CENTRE

Kings Square, Fremantle
9431 7878

MOORES BUILDING CONTEMPORARY ART GALLERY

46 Henry Street, Fremantle
9432 9898

SAMSON RECREATION CENTRE

44 McCombe Avenue, Samson
9432 9992

THE MEETING PLACE

245 South Terrace, South Fremantle
9432 9676

WALYALUP ABORIGINAL CULTURAL CENTRE

12 Captains Lane, Fremantle
9430 7906

CONTENTS

WELCOME TO THE CITY OF FREMANTLE DIRECTORY.....	2
MEET YOUR COUNCIL.....	3
LET'S SOCIALISE.....	5
CONNECT WITH YOUR CITY	5
OUR VENUES AND FACILITIES	6
ABORIGINAL SERVICES	12
ABORIGINAL SUPPORT SERVICES & COUNSELLING	12
GENERAL ABORIGINAL SERVICES	12
ACCOMMODATION SERVICES.....	13
AGED CARE ACCOMMODATION SERVICES	13
CRISIS & EMERGENCY ACCOMMODATION.....	14
DISABILITY ACCOMMODATION SERVICES.....	14
GENERAL ACCOMMODATION SERVICES	14
SPECIALIST HOMELESSNESS SERVICES.....	16
YOUTH ACCOMMODATION SERVICES	16
ADVOCACY SERVICES	16
GENERAL ADVOCACY SERVICES	17
LOCAL ADVOCACY SERVICES	18
NATIONAL & INTERNATIONAL ADVOCACY SERVICES	18
AGEING SERVICES.....	19
AGEING ACCOMMODATION	19
AGEING INFORMATION & COUNSELLING.....	19
AGEING RESPITE & ACTIVITY CENTRES	19
CARER INFORMATION	20
GENERAL AGEING SERVICES	20
HOME CARE & SAFETY SERVICES	22
SENIORS CLUBS & SOCIAL GROUPS	23
ANIMAL SERVICES	23
ANIMAL SHELTERS.....	24
GENERAL ANIMAL SERVICES	24
ARTS & CREATIVES	24
CRAFTS	24
CULTURAL ARTS.....	24
LITERARY ARTS	25
PERFORMING ARTS & MUSIC.....	26
VISUAL ARTS.....	28
CHILD SERVICES.....	29
CHILD (AND PARENT) INFORMATION & COUNSELLING.....	30
CHILD PROTECTION SERVICES	31
GENERAL CHILD SERVICES.....	32
PLAY GROUPS & CHILDCARE	32
COMMUNICATION & INFORMATION.....	35
COMMUNITY INFORMATION & REFERRAL SERVICES	35

COMMUNITY MEDIA	36
GENERAL COMMUNICATION & INFORMATION	37
COMMUNITY CENTRES, HALLS & FACILITIES	38
COMMUNITY & NEIGHBOURHOOD CENTRES	38
COMMUNITY HALLS	39
GENERAL COMMUNITY FACILITIES	40
COMMUNITY CLUBS & INTEREST GROUPS	45
CHILDREN & YOUTH CLUBS.....	45
COMMUNITY SERVICE CLUBS.....	45
GENERAL COMMUNITY CLUBS	47
CRISIS & EMERGENCY SERVICES	49
ABUSE & ASSAULT SERVICES	49
CRISIS COUNSELLING & INTERVENTION SERVICES	49
GENERAL CRISIS AND EMERGENCY SERVICES.....	50
WELFARE ASSISTANCE & SUPPORT SERVICES.....	50
CULTURAL AND MIGRANT SERVICES.....	51
GENERAL CULTURAL GROUPS.....	51
MIGRANT SERVICES.....	51
DISABILITY SERVICES	52
CARER INFORMATION	52
DISABILITY ACCOMMODATION SERVICES.....	52
DISABILITY EMPLOYMENT & TRAINING SERVICES.....	53
DISABILITY INFORMATION & COUNSELLING	54
DISABILITY RESPITE AND ACTIVITY CENTRES.....	55
GENERAL DISABILITY SERVICES.....	55
SPECIAL EDUCATION PROGRAMS.....	69
EDUCATION.....	69
ADULT EDUCATION	69
GENERAL EDUCATION PROGRAMS.....	70
LITERACY & NUMERACY PROGRAMS.....	74
PARENTS & CITIZENS ASSOCIATIONS.....	75
PRIVATE (PRIMARY AND HIGH SCHOOLS).....	75
SPECIAL EDUCATION PROGRAMS.....	76
STATE (PRIMARY AND HIGH SCHOOLS).....	76
EMPLOYMENT & TRAINING	77
DISABILITY EMPLOYMENT & TRAINING SERVICES.....	77
EMPLOYMENT INFORMATION & ASSISTANCE.....	77
GENERAL EMPLOYMENT & TRAINING SERVICES	77
YOUTH EMPLOYMENT & TRAINING SERVICES	79
ENVIRONMENT & CONSERVATION	79
ENVIRONMENT & CONSERVATION LOCAL HISTORY	79
ENVIRONMENTAL ACTION & CONSERVATION	81
HEALTH SERVICES.....	82
ADULT HEALTH SERVICES.....	82
AGEING HEALTH SERVICES	82
ALLIED HEALTH.....	82
CHILD YOUTH & FAMILY HEALTH	89
COMMUNITY HEALTH & MEDICAL.....	90

DENTAL & ORAL HEALTH	91
DRUG & ALCOHOL SERVICES	91
GENERAL HEALTH SERVICES	96
GENERAL PRACTICE/DOCTOR	100
HEALTH REHABILITATION SERVICES	102
HEALTH SCREENING SERVICES	102
HEARING SERVICES	103
HOME CARE & SAFETY SERVICES	103
HOSPITALS	104
MENTAL HEALTH SERVICES	104
MULTI-CULTURAL & REFUGEE HEALTH	115
PALLIATIVE CARE	116
PHARMACIES	116
PREGNANCY, MATERNITY & NEWBORN HEALTH	116
PSYCHIATRIC SERVICES	116
SEXUAL SUPPORT SERVICES & COUNSELLING	117
SPECIALIST OUTPATIENT CLINICS	117
SPECIALISTS	117
INFORMATION & COUNSELLING	118
CARER INFORMATION	118
DISABILITY INFORMATION & COUNSELLING	118
FINANCIAL & GAMBLING MANAGEMENT & BUDGETING	118
GENERAL SUPPORT SERVICES & COUNSELLING	120
LESBIAN, GAY, BISEXUAL AND TRANSGENDER (LGBTQIA+)	126
LOSS & GRIEF SUPPORT SERVICES & COUNSELLING	127
MATERNITY SUPPORT SERVICES & COUNSELLING	127
SUICIDE & SELF HARM INFORMATION	127
LEGAL ASSISTANCE & INFORMATION SERVICES	128
GENERAL LEGAL ASSISTANCE & INFORMATION	128
LOCAL ADVOCACY SERVICES	129
MEDIATION & OMBUDSMAN SUPPORT	129
PEAK, INDUSTRY AND FUNDING BODIES	129
FOUNDATIONS	130
INDUSTRY BODIES	130
PEAK BODIES	130
SKILLS ALLIANCES	131
RECREATION & LEISURE	131
CRAFTS	131
FITNESS ACTIVITIES	132
GENERAL RECREATION AND LEISURE	133
INDOOR RECREATION AND LEISURE	137
OUTDOOR RECREATION AND LEISURE	137
PERSONAL DEVELOPMENT ACTIVITIES	138
RELIGION & PHILOSOPHY	138
CHURCHES AND PLACES OF WORSHIP	139
GENERAL RELIGION & PHILOSOPHY	140
SELF HELP	140
GENERAL SELF HELP SERVICES	141
SPORT	142
INDOOR SPORTS	142

OUTDOOR SPORTS	142
SPORTS CLUBS.....	142
TRANSPORT SERVICES	146
GENERAL TRANSPORT SERVICES	146
VOLUNTEERING.....	146
GENERAL VOLUNTEERING SERVICES	146
WELFARE ASSISTANCE & SERVICES	148
GENERAL WELFARE & SUPPORT SERVICES	148
MEALS ON WHEELS.....	149
SECOND HAND SHOPS	149
YOUTH SERVICES	150
GENERAL YOUTH SERVICES	150
YOUTH CRISIS & EMERGENCY SERVICES.....	151
YOUTH INFORMATION & COUNSELLING.....	152
INDEX.....	153

A-Z GUIDE



ABORIGINAL SERVICES

ABORIGINAL SUPPORT SERVICES & COUNSELLING

Uniting WA - South Metro (Fremantle)

10 Market Street, FREMANTLE WA 6160

E admin@unitingwa.org.au

W unitingwa.org.au

P (08) 9239 0900

This family violence support program is for any Aboriginal woman who is experiencing – or is at risk of – family and domestic violence. It's a free, confidential service, but it's only available to people living in the Fremantle, Cockburn and Melville areas.

Wungening Aboriginal Corporation

E info@wungening.com.au

W wungening.com.au

P (08) 9221 1411

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

Wungening Aboriginal Corporation - Armadale

E info@wungening.com.au

W wungening.com.au

P (08) 6558 1000

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

GENERAL ABORIGINAL SERVICES

Fremantle Fast Track Office - North Lake Senior Campus

Fremantle Fast Track Level 1, Adelaide Street Plaza, 39 Adelaide Street, FREMANTLE WA 6160

E fremantle.fasttrack@education.wa.edu.au

W northlake.wa.edu.au

P (08) 9435 0400

Transition programs for students who don't have adequate grades to successfully access further education, training or employment.

Moorditj Djena - Fremantle

W emhs.health.wa.gov.au

P (08) 9278 9922

Moorditj Djena (Strong Feet) – Moorditj Djena is a podiatry and diabetes education outreach program for Aboriginal people within the Perth metropolitan area.

Tiddas In Business - FREE Business Workshops

E info@murawin.com.au

W dev.murawin.com.au

P 0400 294 331

The Tiddas in Business program is a series of culturally appropriate business activities that introduce entrepreneurship, business, & leadership skills. The activities are led by Indigenous Businesswomen who provide insights, strategies, tools & resources for starting and growing business.

Walyalup Aboriginal Cultural Centre - Fremantle

Arthurs Head, 12 Captains Lane,
FREMANTLE WA 6160

E WACC@fremantle.wa.gov.au

W fremantle.wa.gov.au

P (08) 9430 7906

The Walyalup Aboriginal Cultural Centre was opened on May 10 2014 and is located near the Roundhouse at Arthur's Head, Fremantle. The cultural centre exhibits local Nyoongar artists work and offers programs run by Aboriginal people in Aboriginal art, Nyoongar language, Aboriginal history and cultural tours.

ACCOMMODATION SERVICES

AGED CARE ACCOMMODATION SERVICES

Aegis Aged Care Group - Hilton

19 Laidlaw Street, HILTON WA 6163

E hiltonpark@aegiscare.com.au

W aegiscare.com.au

P (08) 9314 0500

Aegis Hilton Park has been designed to offer a broad range of accommodation and lifestyle options for 136 residents in five wings.

Bansley Pty Ltd - Bicton

E peter.basire@carinyaofbicton.com.au

W carinyacare.com.au

P (08) 9339 3760

No information

Beacon Hill Retirement Village - Beaconsfield

61 Lefroy Road, BEACONSFIELD WA 6162

P (08) 9432 2333

Independent Living Units. 28 units, 2/3 bedroom units. Lease for life. Managed by Westralian International Real Estate

Pilgrim Aged Care Hostel - East Perth

E pilgrim@juniper.org.au

W juniper.org.au

P (08) 9339 2830

Pilgrim, a 39 place low care Juniper Residential facility is situated on the corner of Wolsely and Preston Point Roads in the beautiful locale of East Fremantle.

Regents garden Residential Care - Bateman

E bateman@regentsgarden.com.au

W regentsgarden.com.au

P (08) 9332 7280

No information

Rex Beall Units - O'Conner

3 Tipuana Green, O'CONNOR WA 6163

E property@retireeswa.com.au

W retireeswa.com.au

P (08) 9362 0100

Retirement Units, Independent living units, a subscription driven organisation with a Funeral Fund, Social & Travel Club.

Seniors Housing Advisory Centre - Perth

E seniors.housing@dmirs.wa.gov.au

W commerce.wa.gov.au

P 1300 367 057

The Seniors Housing Advisory Centre (SHAC) is a free, independent information and advice service covering the full range of housing options for seniors in WA. The SHAC does not directly offer housing, or provide financial and legal advice, but can be an invaluable source of information for seniors and their families.

St Francis Aged Care - Fremantle

162 Holland Street,, FREMANTLE WA 6160

E aegis@aegiscare.com.au

W aegiscare.com.au

P (08) 9335 3143

The accommodation consists of 41 well appointed high care dementia specific beds. Personal heating, personal air-conditioning, and a secure facility.

Tapper Street Mews - White Gum Valley
6 - 8 Tapper Street,, WHITE GUM VALLEY
WA 6162

E admin@villagesolutions.com.au

W villagesolutions.com.au

P (08) 9355 3400

Tapper Street Mews is a very small retirement village owned by the City of Fremantle in White Gum Valley. Units are offered on a lease for life basis.

CRISIS & EMERGENCY ACCOMMODATION

Crisis Care Helpline

W wa.gov.au

P 1800 199 008

Accommodation Services - Crisis & Emergency
Accommodation - Crisis & Emergency
Accommodation.

South West Refuge Bunbury

W harbour.org.au

P (08) 9791 2894

South West Refuge provides safe and secure accommodation, advocacy and support for women, and women with children, escaping Family and Domestic Violence.

DISABILITY ACCOMMODATION SERVICES

Harry's House

E hello@harrys-house.com.au

W harrys-house.com.au

P 0488 037 785

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

Supported Independent Living (SIL) Disability Housing and Accommodation

E referral@bilass.com.au

W bila.org.au

P 1300 564 621

At Bila Community Group, we offer a carefully curated and highly flexible service model that supports independent and shared living options for NDIS participants. Our disability housing options ensure that people with a disability have access to the right accommodation for their personal circumstances.

Infinite Ability

E info@infiniteability.com.au

W infiniteability.com.au

P (08) 6498 8009

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

GENERAL ACCOMMODATION SERVICES

Anglicare WA - Hilton

40 Collick St, HILTON WA 6163

E info@anglicarewa.org.au

W anglicarewa.org.au

P (08) 6130 0510

AnglicareWA is a not for profit community service organisation. We support people, families and their communities to cope with the challenges of life by building their resilience and capacity. We assist people with relationship issues, financial problems, and housing difficulties. Ultimately, we want our clients to thrive in today's society.

Anglicare WA Supporting Tenancies - Fremantle

W anglicarewa.org.au

P (08) 9528 0735

Private Tenancy Support links tenants with a housing support worker. The support worker will make a brief assessment and develop a plan to address immediate problems and create sustainable solutions to the current housing situation.

Braemar Presbyterian Care - Bicton

P (08) 9319 0701

No information

Co-operation Housing

E admin@co-operationhousing.org.au

W co-operationhousing.org.au

P (08) 9336 5045

Co-operation Housing is a not-for-profit Australian public company that was established in 2010 by the Federation of Housing Collectives (FOHCOL), with the aim of supporting and growing the housing co-operative sector in Western Australia.

Department of Commerce, Consumer Protection Division - Perth

E consumer@commerce.wa.gov.au

W commerce.wa.gov.au

P 1300 304 054

No information

Department of Housing - Fremantle

42 Queen St, FREMANTLE WA 6160

E fremantle@housing.wa.gov.au

W wa.gov.au

P (08) 9432 5300

No information

Freo Fringe Housing Collective Inc - Hilton

15 Rennie Crescent North, HILTON WA 6163

P 0407 196 443

Established a housing co-op based on consensus and community involvement. Provides housing opportunities for those in social and economic need.

Housing Choices WA

E info-wa@hcau.org.au

W housingchoices.org.au

P (08) 9430 0900

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

McCusker Nurse Service - Bullcreek

E McCuskerNurseSouth@amanaliving.com.au

P (08) 9334 7418

The McCusker Nurse program is an innovative free service that offers tailored one on one support, information and guidance to people living with dementia, their carer/s and family members.

My Home And Family

E hello@multiculturalfutures.org.au

W multiculturalfutures.org.au

P (08) 9336 8282

My Home And Family - we all need a place we can call our home – not just shelter, but a place where we can have our privacy, be with those we love, and belong.

OUTCARE LTD - East Perth

E outcare@outcare.com.au

W outcare.com.au

P (08) 6263 8622

Outcare offer an accommodation program for individuals upon release from prison or those identified as at-risk in the community.

20 Lives 20 Homes

12 Queen Victoria Street, FREMANTLE WA 6160

E admin@stpats.com.au

W stpats.com.au

P (08) 9430 4159

Outreach program to help those who are sleeping rough in Fremantle find a pathway out of homelessness. It is a two-year program which aims to provide permanent housing and support services to allow individuals to build solid foundations for a better future.

Helen's House

12 Queen Victoria Street, FREMANTLE
WA 6160

E admin@stpats.com.au

W stpats.com.au

P (08) 9430 4159

Our women's accommodation provides transitional accommodation for homeless women aged 18 years or older. We have three properties located in the Beaconsfield area – the purpose of these properties is to provide safe, secure and affordable accommodation for women who are at risk of homelessness. Please note this is not a crisis accommodation service.

Street To Home

12 Queen Victoria Street, FREMANTLE
WA 6160

E admin@stpats.com.au

W stpats.com.au

P (08) 9430 4159

Street to Home is an inter-agency, integrated response to the accommodation, general health and other support needs of people sleeping rough. The Street to Home program works with men and women to address the complexities impacting them being able to access housing and appropriate support services.

Tenancy WA Inc - East Perth

E tas@taswa.org

W circlegreen.org.au

P (08) 9221 0088

Provide free advice and assistance to residential tenants and community services across Western Australia on residential tenancy matters. If telephone advice is not enough and you need personal assistance, you may wish to contact a Tenant Advocate from the WA Tenancy Network at one of the following agencies closest to you. Fremantle Community Legal Centre (Fremantle), Shop 11, Queensgate ...

Wilf Sargent House - South Fremantle

304 South Terrace, SOUTH FREMANTLE
WA 6162

E hello@unitingwa.org.au

W unitingwa.org.au

P (08) 9220 1288

Wilf Sargent House in Fremantle provides medium-term supported accommodation for up to 12 months for single men aged 18 or above who are at risk of/or are experiencing homelessness.

**SPECIALIST
HOMELESSNESS SERVICES****Housing Support Street to Home**

E Razif@55central.asn.au

W 55central.asn.au

P (08) 9272 1333

Our Street to Home Housing Support Worker works as part of a broader Street to Home interagency team. The worker provides intensive case management to support clients with a history of rough sleeping to achieve long term, secure, stable housing.

**YOUTH ACCOMMODATION
SERVICES****Youth Place**

12 Queen Victoria Street, FREMANTLE
WA 6160

E admin@stpats.com.au

W stpats.com.au

P (08) 9430 4159

Youth place is able to assist young people who are homeless, at risk of becoming homeless and/or have barriers that prevent them from participating in the community. This program offers transitional housing to young people between the ages of 15 and 25 years for up to 12 months with weekly case management.

**ADVOCACY
SERVICES**

GENERAL ADVOCACY SERVICES

Consumers of Mental Health WA

E admin@comhwa.org.au

W comhwa.org.au

P (08) 9258 8911

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

Mental Health Advocacy Service (MHAS)

E contactus@mhas.wa.gov.au

W wa.gov.au

P (08) 6234 6300

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

Office of The Public Advocate - Perth

E opa@justice.wa.gov.au

W wa.gov.au

P 1300 858 455

The Office of the Public Advocate works to promote and protect the human rights of Western Australian adults with decision-making disabilities and to reduce their risk of exploitation and abuse.

PWDWA/Albany

E info@pwdwa.org

W pwdwa.org

P (08) 9420 7279

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

Resource Centre For Personal Development - Fremantle

197 High Street, FREMANTLE WA 6160

E evalenz@dodo.com.au

W rcpd.net.au

P 0409 405 585

The RCPD Resource Centre for Personal Development is foremost a counselling centre. The Resource centre is no longer a Registered Training Organisation with nationally accredited training, However the centre has been running since 1987, and is still training people to become professional education of Counsellors with accreditation given by the resource Centre . All courses are owned and by us.

Stop Live Exports

E info@stopliveexports.org

W stopliveexports.org

P 0457 309 568

We are an incorporated, community organisation formed in 1995 in opposition to cruelty in animal transport and the live animal export trade. We believe the live export trade is inherently cruel, and that animals destined for slaughter should be killed as close to farm as possible (NOT as convenient or financially viable) to minimise the stress and trauma of transport.

Tuart Place - Advocacy and Mental Services

24 High Street,, FREMANTLE WA 6160

E admin@tuartplace.org

W tuartplace.org

P 1800 619 795

Tuart Place is the West Australian resource service for adults who were in any type of out-of-home care during childhood, including foster care and children's homes. It is located in Fremantle, Western Australia and is open three days each week.

LOCAL ADVOCACY SERVICES

Leighton Action Coalition

34A Holland Street, FREMANTLE WA 6160

E salpanic@iinet.net.au

W saveleighton.org

P 0450 477 432

The Leighton Action Coalition was formed in February 1999 from members of local community groups and other interested individuals. The aim is to ensure responsible and sustainable planning for the Leighton coastal zone and is in opposition to the urban/commercial development proposed for the site.

North Fremantle Community Association/Precinct 12

39K Harvest Road, NORTH FREMANTLE WA 6159

E gerardhugh@amnet.net.au

P (08) 9336 7269

Community advocacy, promoting community harmony.

This n That - South Side Queers - Fremantle

E thisnthatfreo@gmail.com

P 0424 488 014

This n That South Side Queers is a response to the isolation felt by Fremantle LGBTQIA+ people, exacerbated by COVID 19. Organised by a small team of local LGBTQIA+ folks, the concept of This n That is for, once a month, our community meet on a Sunday for a casual afternoon of socialising, networking, and the arts

NATIONAL & INTERNATIONAL ADVOCACY SERVICES

Australian Sickle Cell Advocacy Inc

E mail@aussicklecelladvocacy.org

W aussicklecelladvocacy.org

P 0414 309 995

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

Cataract Kids Australia

E info@cataractkids.org.au

W cataractkids.org.au

P 0407 885 580

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

Older Persons Advocacy Network

E enquiries@opan.com.au

W opan.org.au

P 1800 700 600

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

Parkinson's Australia

E info@parkinsons.org.au

W parkinsons.org.au

P 0419 770 010

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

AGEING SERVICES

AGEING ACCOMMODATION

Arcadia Waters Bicton - Craigview

Grove Retirement Village - Bicton

E bicton.manager@arcadiagroup.com.au
U

W arcadiawaters.com.au

P (08) 9330 0100

No information

**Braemar House (Presbyterian Care) -
East Fremantle**

P (08) 9339 9449

No information

**Braemar Village (Presbyterian Care) -
Willagee**

P (08) 9338 8801

No information

Lakeside Village - Blbra Lake

P (08) 9417 2988

No information

Margaret Hubery House - Rossmoyne

E info@scrosswa.org.au

W scrosswa.org.au

P 1300 669 189

Built in 2001 and refurbished in 2018, Margaret Hubery House supports residents with high care needs and provides short-term respite accommodation for Rossmoyne's aging community.

AGEING INFORMATION & COUNSELLING

Advocare care finder program

E rights@advocare.org.au

W advocare.org.au

P (08) 9479 7566

care finder program - Perth North, Perth South, South West and Central/Western Wheatlbelt.

Care finder service - Australian Red Cross

E bequests@redcross.org.au

W redcross.org.au

P 1800 810 710

Care Finder Service for Senior Australians who require specialist and intensive assistance to understand and access aged care and connect with other relevant supports in the community.

LiveUp

E general@ilaustralia.org.au

W liveup.org.au

P 1800 951 971

LiveUp is a free and confidential service that provides expert advice, personalised support, and community connections to help you age your way. LiveUp is a national platform designed to help you reimagine, reset and reconnect with living your life to its fullest.

**Mindfulways - Residential Care
Placement Consultant and Social Work
Services**

25, Howard Street, FREMANTLE WA
6160

E rania@mindfulways.net.au

W mindfulways.net.au

P 0438 930 688

We assist with finding residential care in the community, residential care respite (urgent if needed), carer support, home care package assistance, counselling and general social work services. We can assist with advice on living in the community with dementia and your aged care needs in the community.

AGEING RESPITE & ACTIVITY CENTRES

Fremantle Social Centre - Hilton

12 Laidlaw Street, HILTON WA 6163

E Lesley.Balkwill@silverchain.org.au

W silverchain.org.au

P (08) 9331 3334

Offers a day centre program to residents of Fremantle, Cockburn and Melville who are frail, aged and or disabled - all cultures welcome

Retirees Wa Inc - Salter Point**W** retireeswa.com.au**P** (08) 9362 0100

No information

CARER INFORMATION**Care finder service - Advocare****E** rights@advocare.org.au**W** advocare.org.au**P** 1800 655 566

The Care finder service is for senior Australians who require specialist and intensive assistance to understand and access aged care and connect with other relevant supports in the community.

Carers WA - Perth**E** info@carerswa.asn.au**W** carerswa.asn.au**P** 1300 227 377

Carers WA services include the provision of specialist information and advice, resources and carer support through education/training, social support and carer advocacy and representation. Carers WA is also the lead service provider for Carer Gateway services in WA. Services include in-person peer support, counselling, respite care and financial assistance.

Care Finder Service - Dementia Australia**W** dementia.org.au**P** (08) 9225 4094

Care finder service for Senior Australians who require specialist and intensive assistance to understand and access aged care and connect with other relevant supports in the community.

Care finder service - People Who Care**E** pwcinc@peoplewhocare.org.au**W** peoplewhocare.org.au**P** (08) 9379 1944

Care Finder Service for Senior Australians who require specialist and intensive assistance to understand and access aged care and connect with other relevant supports in the community.

Care finder service - SWAMS**E** accessteam@swams.com.au**W** swams.com.au**P** (08) 9797 8111

Care Finder Service for Senior Australians who require specialist and intensive assistance to understand and access aged care and connect with other relevant supports in the community.

Care finder service - St. Bartholomew's House**E** claire.millett@stbarts.org.au**P** (08) 9323 5100

Care Finder Service for Senior Australians who require specialist and intensive assistance to understand and access aged care and connect with other relevant supports in the community.

Care finder service - Tuart Place

24 High Street,, FREMANTLE WA 6160

E admin@tuartplace.org**W** tuartplace.org**P** 1800 619 795

Care Finder Service for Senior Australians who require specialist and intensive assistance to understand and access aged care and connect with other relevant supports in the community.

GENERAL AGEING SERVICES**Abbi Care****E** info@abbicare.com.au**W** abbicare.com.au**P** 1300 884 975

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

Acorn Stairlifts

19 Rawlinson Street, O'CONNOR WA
6163

E info@acornstairlifts.com.au

W acornstairlifts.com.au

P 1800 158 676

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

Carrington Aged Care - Hamilton Hill

E carrington@aegiscare.com.au

W aegiscare.com.au

P (08) 6310 3333

No information

Claro Aged Care And Disability Services - Belmont

E intake@claro.org.au

W claro.com.au

P 1300 303 770

Claro have a range of aged care support, disability services, and supported independent living options. Advocates of supported independent living, and a leading NDIS-registered provider Claro offer seamless health, care and support, and access to allied health services, backed by experience, expertise and excellence Claro offer seamless health, care and support, and access to allied health

Comfort Keepers

E jearyl@comfortkeepers.com.au

W comfortkeepers.com.au

P (08) 9492 8920

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

Council On The Ageing WA

E admin@cotawa.org.au

W cotawa.org.au

P (08) 9472 0104

Working towards an equitable, just and inclusive society in which older people can flourish.

Delivery

E shentonpark@daily.com.au

W daily.com.au

P (08) 9388 8800

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

National Dementia Help Line

E nsw.midnorthcoast@dementia.org.au

W dementia.org.au

P 1800 100 500

The National Dementia Helpline is a free telephone service that provides information and advice to: people living with dementia. people concerned about changes to memory and thinking. people living with Mild Cognitive Impairment (MCI)

Hendercare - West Perth

E hello@hendercare.com.au

W hendercare.com.au

P 1300 764 433

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

In-home Aged and Disability Care

E mailpe@justbettercare.com

W justbettercare.com

P (08) 6119 9137

In-Home Aged & Disability Care Support.

In-home Aged and Disability Care

E mailpe@justbettercare.com

W justbettercare.com

P (08) 6119 9137

In-home Aged and Disability Care

Regis Day Therapy Centre - North Fremantle

23 Harvest Rd, NORTH FREMANTLE WA 6159

W regis.com.au

P (08) 9380 5535

No information

SALT Directory - Senior and Aged care Living Transition Directory

E info@saltdirectory.com.au

W saltdirectory.com.au

P 0417 757 977

SALT (Senior & Aged care Living Transition)

Directory provides a central location to easily find businesses and services that help support families and their loved ones to transition to retirement villages or aged care. The Directory members are vetted to ensure they operate with the right intent and provide services with care, compassion and empathy.

Tech help for seniors - Life skills for youngsters!

E info@youngster.co

W youngster.co

P 1300 774 711

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

HOME CARE & SAFETY SERVICES

Baptistcare Home Care Services - Perth Metro

E welcome@baptistcare.com.au

W baptistcare.com.au

P 1300 660 640

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

Home Support and Community Participation

E referral@bilass.com.au

W bila.org.au

P 1300 564 621

Disability home care is designed to help someone living with a disability complete day-to-day tasks in their home, working towards building independence. Your home care support worker will be carefully chosen to be compatible with your needs. They will work closely with you to understand and learn your home duties, interests and goals, so you can work together to live independently.

Brightsky Australia

E orders@brightsky.com.au

W brightsky.com.au

P 1300 886 601

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

Brightwater At Home - South

E welcome@brightwatergroup.com

W brightwatergroup.com

P 1300 223 968

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

Daily Safety Check-in Call

E customercare@carecallingnow.com

W carecallingnow.com

P 0422 989 163

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

Daily Welfare Check by Phone to Check they are OKAY

E customercare@carecallingnow.com

W carecallingnow.com

P 0422 989 163

We help busy people with older family members, that may be at risk, living at home alone, who want to know for certain that they are OKAY. Many people will remember "Help I've Fallen & I Can't Get UP!" When will you know?

Comfort Keepers South

E adminsouth@comfortkeepers.com.au

W comfortkeepers.com.au

P (08) 9315 2200

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

Freedom Scooters

E enquiries@freedomscoters.com.au

W freedomscoters.com.au

P (08) 9375 3755

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

Home Chef

E teamleader@homechef.com.au

W homechef.com.au

P (08) 9378 2544

Home Chef, a WA owned and operated company renowned for our outstanding customer service and delicious Snap-Frozen homestyle meals which are nutritionally balanced and delivered to your door by our drivers.

Home Instead Perth - Bunbury

E perth@homeinstead-pwa.com.au

W homeinstead.com.au

P (08) 6310 0450

Home Instead Senior Care provides high quality, personalised in home care services for older people which can include assistance to shower, dress, fresh meal preparation, light housekeeping, medication reminders, errands and transport.

Home Instead Perth Metro

E perth@homeinstead-pwa.com.au

W homeinstead.com.au

P (08) 6310 0400

In-Home Care For Seniors

InteliCare

W intelicare.com.au

P 1300 001 145

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

In-home Aged and Disability Care

E mailpe@justbettercare.com

W justbettercare.com

P (08) 6119 9137

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

My Companionship

E admin@mycompanionship.com.au

W mycompanionship.com.au

P (08) 6245 2319

Home Care provider delivering consistent care to Perth residents.

SENIORS CLUBS & SOCIAL GROUPS

Connected au

W connectedau.com.au

P 0437 570 585

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

ANIMAL SERVICES

ANIMAL SHELTERS

ANIMAL AID ABROAD INCORPORATED

E info@animalaidabroad.org

W animalaidabroad.org

P (08) 9285 0516

Animal Aid Abroad assists injured, abused or sick working animals all over the world. We assist in the poorest regions of the world where working animals get little to no assistance.

GENERAL ANIMAL SERVICES

Fremantle Animal Hospital

59 Ellen Street, FREMANTLE WA 6160

E info@freo.vet

W freo.vet

P (08) 6223 0999

Fremantle Animal Hospital is a locally-owned independent veterinary hospital. We offer a full range of services and would love to meet you and your pets.

Assistance with Domestic Duties for NDIS Pet Owners

E support@petcloud.com.au

W petcloud.com.au

P 1300 667 785

PetCloud's national service offers 1. Animal Assisted Mentoring in the Community, 2. Pet Care during Hospital Treatment or Rehabilitation, 3. Assistance with Pet related Household tasks

Pet Cloud

E support@petcloud.com.au

W petcloud.com.au

P 1300 667 785

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

Pets Of Older Persons (Poops) WA

E marketing@poopswa.org.au

W poopswa.org.au

P 1300 110 092

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

ARTS & CREATIVES

CRAFTS

CraftSpark Community Craft Group

Hilton Bowling Club, 64 Shepherd Street, BEACONSFIELD WA 6162

E craftsparkfreo@gmail.com

P 0410 823 153

A community craft group that seeks to develop its' creative muscles by experimenting with recycled materials. We also share conversation and tea each Wednesday morning (during term time), check fb for weekly activities. Entry by gold coin donation - All Welcome.

Le Botanist

E bonjour@lebotanist.com.au

W lebotanist.com.au

P 0422 756 344

Succulent arranging kits and workshops including make your own bowl

CULTURAL ARTS

Artsource

Old Customs House, 8 Phillimore Street, FREMANTLE WA 6160

E info@artsource.net.au

W artsource.net.au

P (08) 9335 8366

Established in 1986, Artsource is the peak membership body for visual artists in Western Australia. Our purpose is to engage with and support Western Australian visual artists with practical, affordable and relevant services.

WA Shipwrecks Museum

Western Australian Shipwrecks Museum,
47 Cliff Street, FREMANTLE WA 6160

E conservation.enquiries@museum.wa.gov.au

W visit.museum.wa.gov.au

P 1300 134 081

The WA Shipwrecks Museum is recognised as the foremost maritime archaeology museum in the southern hemisphere.

Fremantle Arts Centre

1 Finnerty St, FREMANTLE WA 6160

E fac@fremantle.wa.gov.au

W fac.org.au

P (08) 9432 9555

Fremantle Arts Centre is the City of Fremantle's premier arts service and one of the leading arts organisations in Australia.

freocast

225 South Terrace, SOUTH FREMANTLE
WA 6162

E hello@freocast.net

W freocast.net

P 0455 450 151

We are an independent not-for-profit community radio station created and run by a group of dedicated volunteers and managed by not for profit association Fremantle Broadcasting Inc.

Zinongo Gallery

47 Lefroy Road, BEACONSFIELD WA
6162

E zinongo@iinet.net.au

W zinongo.com.au

P 0424 703 874

Established over 25 years ago, by Ceramic Artist Njalikwa Chongwe and his partner Jacqueline Rodrigues, Zinongo Gallery is a distinctive landmark in South Fremantle, with its 2 metre high mural of the three dancing women adorning the gallery façade.

LITERARY ARTS

Jen Robe Writes

E jenrobewrites@gmail.com

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

John Gavin Writing Competition

15 Captains Lane, FREMANTLE WA 6160

E competitions@fremantleroundhouse.com.au

W fremantleroundhouse.com.au

P (08) 9336 6897

The Fremantle Volunteer Heritage Guides Association is conducting the annual John Gavin Writing Competition with three categories: Ballad, Flash Fiction and Short Story/Poetry for WA Schools. Now open and closing March 12. Details on our website. Cash prizes for 1st and 2nd in the three categories. Please go to www.fremantleroundhouse.com.au for information.

Out of the Asylum Writers' Group

Fremantle Arts Centre, 1 Finnerty Street,
FREMANTLE WA 6160

E ootawriters@gmail.com

W ootawriters.com

P 0404 666 156

An independent writers' group which has a long association with the Fremantle Arts Centre - which once was an asylum. OOTA is a thriving network of writers who support each other to bring their work to publication and performance.

Writing at the Centre

Fremantle Arts Centre, 1 Finnerty Street,
FREMANTLE WA 6160

E writingatthecentre@gmail.com

W ootawriters.com

Writing at the Centre conducts Poetry and Prose Classes that are structured each week for your writing enjoyment. 2016 will include a variety of classes and genres with Helen Hagemann- Plus we will continue with readings, critiquing and the short forms of fiction. Tweak your creative writing skills and join our relaxed learning environment with Prose classes each alternative Friday to the poetry.

PERFORMING ARTS & MUSIC

Attaboi Music Magazine

E info@wildoatsrecords.net

P 0467 955 772

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

Beleza Samba School

135 Stirling Highway, NORTH
FREMANTLE WA 6159

E yam@belezasamba.com.au

W belezasamba.com.au

P 0410 273 834

Local WA school offering various World dance classes. Quality teaching with tradition & innovation hand in hand. Private tuition also available. Performance Solo and Groups also available, with live music optional. Also, a branch in Melbourne VIC offering percussion tuition (Drumkit, Djembe, Batucada) and performances.

Choirs4Kids

E sing@choirs4kids.com

W choirs4kids.com

P 0414 205 919

Choirs4Kids is an online singing program for ages 4 to 15, fostering creativity, building confidence, and forming friendships. Our expert-led sessions empower young voices to shine, creating a joyful and supportive musical community. Join us on a remarkable journey where the magic of singing transforms lives. We also offer a kids choir in Manjimup, WA.

Classical Dance Studio

Unit 6,, 42 Ladner St, O'CONNOR WA
6163

E info@classicaldancestudio.com.au

P 0412 833 428

Services/Activities: Classical Dance Studio provides classes in classical ballet, Spanish dance & contemporary dance. Beginners & Advanced. Examination + recreational classes. Venues in O'Connor ...

Fremantle Bluegrass Jam

North Fremantle Bowling Club, 8
Thompson Road, NORTH FREMANTLE
WA 6159

E fremantlebluegrassjam@gmail.com

The Fremantle Bluegrass Jam provides an opportunity for Bluegrass musicians to play together.

Fremantle Fairground Association

E info@fairgroundproductions.com

P 0437 807 329

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

Helen O'Grady

9 Norman Street, FREMANTLE WA 6160

E helenogrady@bangonline.com.au

W helenogrady.net.au

P (08) 9593 7194

Learn why Helen O'Grady is the biggest provider of developmental drama programs in the world for children between ages 3 - 17. The acclaimed drama school helps children develop confidence, self esteem, verbal communication skills, social interaction and more. Contact us today to find out more.

Jazz Fremantle Inc

Level 2, 64 High Street, FREMANTLE WA 6160

E info@jazzfremantle.com.au

W jazzfremantle.com.au

P (08) 9330 3491

Jazz Fremantle was formed by a group of jazz lovers, who got together at the Orient Hotel in Fremantle in 1992. Although the Perth Jazz Society and Jazz Club of WA were both well established clubs, they both operated north-of-the-river, so it was felt that a club could be established in Fremantle, meeting on a weekly basis, every Sunday afternoon.

LIFESPAN DANCE

92 Adelaide Street, FREMANTLE WA 6160

E lifespan.dance@gmail.com

Lifespan Seated Dance are endorsed by Dance for Parkinson's Australia. The classes are a wonderful way to enjoy dance in a safe and supported space - your chair. This can be useful for people with limited mobility or balance concerns. The classes encourage moving your body and social connection. Good for the body, the brain and the soul!

Penny Lanes Music Workshop and Babalala- Musical Playtime

Rubber Soul Lounge, 48 Knutsford Street, FREMANTLE WA 6160

E pennylanesmusic@hotmail.com

W pennylanesmusic.com.au

P 0450 793 720

Penny Lane's - A contemporary music school, with experienced, working musicians teaching in a practical and fun environment. We also have a shop front that sells instruments and accessories Babalala Musical Playtime- Early Childhood Music and Movement- song, dance rhythm and rhyme for babies, toddlers, little kids, mums and dads.

PianoEasy

95 Attfield Street, SOUTH FREMANTLE WA 6162

W pianoeasy.com.au

P (08) 9335 5389

PianoEasy is a "play to read" rather than "read to play" program, showing students the songs on the piano before showing them what the sheet music looks like.

Spare Parts Puppet Theatre

1 Short St, FREMANTLE WA 6160

E admin@sppt.asn.au

W sppt.com.au

P (08) 9335 5044

Aims: To maintain a dynamic company committed to the development and performance of innovative contemporary puppetry of the highest standard for young people and their families. Services / ...

Starlight Hotel Choir

12 Queen Victoria Street, FREMANTLE WA 6160

E admin@stpats.com.au

W stpats.com.au

P (08) 9430 4159

Community-based and open to anyone regardless of musical talent, the Choir members consist of both those who utilize St Patrick's services and members of the wider community. It is the energy, connectivity and engaging nature of the choir that captures the hearts of all who are fortunate to hear their voices or to be a part of its magic.

VoiceMale Community Choir

92 Watkins St, WHITE GUM VALLEY WA 6162

E digby_hill@inet.net.au

W voicemoves.com.au

Community singing for blokes, fun, bonding and getting the confidence and skills to sing in public. No audition required. <http://musewares.com/voicemale/>.

Western Australian Middle Eastern Dance Festival

E WAMEDFestival@gmail.com

W wamedfestival.com

P 0415 881 370

An annual bellydance festival providing learning, fun and connection for the community and performance opportunities for artists, dancers and musicians. Delivering over 30 workshops, three glittering stage shows and a Grande Bazaar over the WA June long weekend each year.

VISUAL ARTS

Aboriginart

6 Elder Place, FREMANTLE WA 6160

E billgreen@aboriginart.com.au

W aboriginart.com.au

P (08) 9336 1739

An indigenous fine art gallery offering investment quality contemporary paintings that cater for every conceivable aesthetic taste, budget and wall space - all ethically sourced exclusively from the Central and Western Desert regions of Australia.

Artitja Fine Art Gallery

E info@artitja.com.au

W artitja.com.au

P 0418 900 954

A by appointment gallery with a program of quarterly exhibitions primarily at Earlywork in South Fremantle, details of which can be found on our website.

Bridget Seaton - Artist and Teacher

E bridgetseaton@outlook.com

W bridgetseaton.com

Bridget Seaton is an artist and teacher who offers accessible creative workshops within the community to both adults and children. Specialises in teaching printmaking, the craft of bookbinding and landscape painting. Holds workshops and classes in community centres.

Creative Kids Art Club - North Fremantle

North Fremantle Community Hall, 2 Thompson Road, NORTH FREMANTLE WA 6159

E team@creativekidsartclub.com.au

W creativekidsartclub.com.au

P 0476 149 696

We provide fun and educational art classes for kids in our Creative Kids Program (5-8yrs) and Art Club (9-14yrs). Our classes run after school and are run by qualified and experienced specialist art teachers. We cover a range of media including drawing, painting, printmaking and clay for our Creative Kids. In our Art Club program we concentrate on the development of painting and drawing skills.

HOYTS Millennium

27 Collie Street, FREMANTLE WA 6160

W hoyts.com.au

P (08) 9466 4920

At HOYTS Millennium, get ready to sit back and relax in our signature extra-comfy recliners and enjoy a range of features for the ultimate cinema experience: - HOYTS Xtremescreen - Candy Bar (incl. hot food offering) - Scan and Enter kiosks

Inkling Art Space

42 Henry Street, FREMANTLE WA 6160

E hello@inklingarts.com.au

W inklingarts.com.au

P 0417 982 638

Inkling Art Space is a magical art studio for children and families in Fremantle's historic West End. We run classes and workshops throughout the year with a focus on building art skills and critical thinking. We have lots of fun exploring different techniques, especially drawing.

Joan Peters Artist

Found and Sorted Gallery, 138 South Terrace, FREMANTLE WA 6160

E joanpetersartist@gmail.com

W instagram.com

P 0417 993 310

Joan Peters is a local artist and author of two children's books. In 2022 she was part of a group exhibition The Unknowns at Gallery 152 in York, Western Australia.

Kidogo Art Institute

Kidogo Arthouse, 47 Mews Road,
FREMANTLE WA 6160

E info@kidogo.com.au

W kidogo.com.au

P 0401 333 309

Kidogo Arthouse is an independent art centre in a heritage building on the waters edge of BathersBeach, Fremantle. The building can be hired for exhibitions and events. We have two beautiful two gallery spaces and run art classes for adults & children.

PS Art Space

PS, 22 Pakenham Street, FREMANTLE
WA 6160

E admin@psas.com.au

W psas.com.au

P (08) 9430 8145

PS Art Space is a project space for the experience of contemporary art which presents a curated program of exhibitions and events by Australian and international artists. Sensitively restored, the heritage listed building is located in the heart of Fremantle's historic West End precinct, PS Art Space has become one of Perth's most exciting and experimental platform to witness contemporary culture.

Sculpture At Bathers

E volunteer@sculptureatbathers.com.au

W sculptureatbathers.com.au

P 0409 515 095

Sculpture at Bathers is a not-for-profit organisation supporting Western Australian contemporary artists. A distinctively Western Australian bi-annual exhibition that showcases contemporary artists at Bathers Beach, Fremantle striving to make sculpture accessible to a wide range of audiences.

SHAC Sustainable Housing for Artists and Creatives - White Gum Valley

3 Cower Mews, WHITE GUM VALLEY WA
6162

E shacfreoartists@gmail.com

W shacfreo.com

P 0435 591 243

A new Artist Run Initiative, CoLab 1 & 2 are two new creative spaces for exhibiting artwork, performances, meeting and workshops. Open for hire to all members, artists and community at low rates! SHAC exists to help Fremantle be a place where artists can live and thrive, now & into the future. SHAC is a unique new enterprise of an artist run housing cooperative.

The Artisan Store Fremantle

81a High Street, 81a High Street,
FREMANTLE WA 6160

E rowena@theartisanstore.com.au

W theartisanstore.com.au

P (08) 9336 1338

The Artisan Store Fremantle is a retail art gallery. We are committed to supporting and promoting local artisans, providing a platform to launch individual artists in the market place at minimum risk and cost and providing the community with a diverse and affordable range of high quality, innovative and original Western Australian art.

Watercolour Society Of WA

E president@watercolourswa.org.au

W watercolourswa.org.au

P 0403 940 699

A society that promotes and encourages the use of watercolours to create art.

CHILD SERVICES

CHILD (AND PARENT) INFORMATION & COUNSELLING

Australian Breastfeeding Association and Breastfeeding Helpline - Melbourne South

W breastfeeding.asn.au

P 1800 686 268

The Australian Breastfeeding Association (ABA) is Australia's largest breastfeeding information and support service. Breastfeeding is a practical, learned skill and ABA help more than 80,000 mothers each year. ABA also provides up-to-date information and continuing education for thousands of health professionals working with mothers and babies.

Childhood Rising

243 South Terrace, SOUTH FREMANTLE
WA 6162

E hello@childhoodrising.com.au

W childhoodrising.com.au

P 0400 462 655

Counselling through Child Centred Play Therapy (CCPT) for children aged 3-11 years of age. Parenting support through individual consultations and workshops for parents from a certified Aware Parenting Instructor.

Heart and Play Therapy

E Vanessa.creativeart@gmail.com

W heartandplaytherapy.com

P 0439 920 879

Creative Art and Play therapist, with experience with grief and loss, medical trauma, foster care, Disabilities, ASD, and anxiety. Working with adults adolescents with art therapy and with children aged 3-12 in the Play Room. Helping to integrate experiences, behaviour issues and heal.

Pregnancy Birth and Baby

E info@nhccn.com.au

W pregnancybirthbaby.org.au

P 1800 882 436

Pregnancy, Birth and Baby is a national Australian Government service providing support and information for expecting parents and parents of children, from birth to 5 years of age.

Free Counselling for Separated Parents and Children

E reception@lifelinewa.org.au

W wa.lifeline.org.au

P (08) 9261 4498

Lifeline WA is committed to supporting separated parents throughout WA. We offer FREE individual counselling for family members before, during and after separation. Our counsellors provide one-on-one support to develop strategies to manage conflict and identify options and solutions. To find out more visit our website, complete our online referral form and email counselling@lifelinewa.org.au

Magic Coat for Kids Pty Ltd

E admin@themagiccoat.com

W themagiccoat.com

P 0477 997 661

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

Meerilinga Children and Family Centre Cockburn

E cockburn@meerilinga.org.au

P (08) 9331 2211

Provide parents of children 0-12 yrs who would like help with parenting skills by presenting ways to enjoy parenting more. Family Support Workers provide support to parents so that they can deal with day to day challenges of parenting, understand child development stages, guide discipline and establish and maintain routines. In home visits or phone consults. We also offer supported playgroups ...

Parents Coffee Group - Multiple Births Association

W mbawa.org.au

P (08) 9340 1536

To provide a forum for parents of twins, triplets and more to network with each other. Social support. www.facebook.com/pdmba See the website for current meetings

Reachout Australia**E** info@reachout.com**W** about.au.reachout.com**P** (02) 8029 7777

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

Sudden Infant Death Research Foundation - Hawthorn**E** info@rednose.org.au**W** rednose.org.au**P** 1300 998 698

SIDS and Kids offers support to families affected by the sudden and unexpected death of a child, promoting safe sleeping practices and conducting research to prevent sudden infant deaths.

The Aussie Hands Foundation Inc**E** info@aussiehands.org**W** aussiehands.org

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

Uniting WA - South Metro (Fremantle)

10 Market Street, FREMANTLE WA 6160

E admin@unitingwa.org.au**W** unitingwa.org.au**P** (08) 9239 0900

Intensive Family Services - These programs focus on parenting and family functioning with the aim of bringing about nurturing and safe environments for children. REFERRAL ONLY

WA Child Safety Services- Bunbury – Collie – Busselton**E** admin@childsafetyservices.com**W** wacss.com.au**P** 1300 310 083

WACSS is a not-for-profit provider of abuse prevention programs and resources. They deliver a tailored Protective Behaviours program for families in home and other areas around WA. Their Child Safety Trainers will organise a time to visit your family at your home, school or other safe location to conduct the session after following the instructions on their site.

Woman and Newborn Baby Health Library - Subiaco**E** kemh.hl@health.wa.gov.au**W** wnhs.health.wa.gov.au**P** (08) 9340 1100

No information

CHILD PROTECTION SERVICES**Department of Communities**

5 Newman Court, FREMANTLE WA 6160

E enquiries@communities.wa.gov.au**W** wa.gov.au**P** 1800 176 888

The Department of Communities brings together vital services and functions that enable individual, family and community wellbeing. We partner across government and the community services sector to support diverse communities throughout Western Australia.

Department Of Communities - Fremantle

25 Adelaide Street, FREMANTLE WA 6160

E enquiries@communities.wa.gov.au**W** wa.gov.au**P** 1800 176 888

The Department of Communities brings together vital services and functions that enable individual, family and community wellbeing. We partner across government and the community services sector to support diverse communities throughout Western Australia.

**Department Of Communities
Complaints Management Unit - East
Perth**

W wa.gov.au

P 1800 013 311

Department of Communities Complaints &
Feedback

Uniting WA - South Metro (Fremantle)

10 Market Street, FREMANTLE WA 6160

E admin@unitingwa.org.au

W unitingwa.org.au

P (08) 9239 0900

Family Group Homes - Residential therapeutic
care for children and young people affected by
abuse and trauma. REFERRAL ONLY

**GENERAL CHILD
SERVICES**

Child Australia - Belmont

E support@childaustralia.org.au

W childaustralia.org.au

P 1300 661 164

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

East Fremantle Child Health Centre

E dalveen.godwin@health.wa.gov.au

W emhs.health.wa.gov.au

P (08) 9319 2384

To provide assessment, management education
and consultative services to children, their families
and childrens services personnel.

Kiwi OT - Melbourne

E admin@kiwiot.com.au

W kiwiot.com.au

P 0466 640 412

We are a mobile occupational therapy and speech
pathology service, providing allied health services
at home, school and via Telehealth. Kiwi OT works
with NDIS, Medicare, private health insurance,
and privately funded clients.

Raising Connected Kids

E karen@connectededucation.com.au

W raisingconnectedkids.com.au

P 0430 306 111

Teaching school-aged children skills and
strategies to build self-confidence and emotional
resilience. Online courses and ongoing weekly
coaching for children to support emotional
development facilitated by Children's Emotional
Well-being coaches qualified and experienced in
Education and Psychology. Specialising in support
for highly sensitive children.

**PLAY GROUPS &
CHILDCARE**

**Blue Gum Montessori School - Bibra
Lake**

E [admin@bluegummontessori.wa.edu.a
u](mailto:admin@bluegummontessori.wa.edu.au)

W bluegummontessori.wa.edu.au

P (08) 9417 4060

No information

Buggles - Hilton

299 South Street, HILTON WA 6163

W buggles.com.au

P (08) 9337 1599

We will provide a high quality early learning
service that will enrich each child's learning
potential, recognising and supporting their unique
social, emotional, physical and intellectual needs.
This service will be child centred, family focused
and connected to the community. Before and
After school Care.

Buster It's All About Play - Fremantle

8 William Street, FREMANTLE WA 6160

E BUSTER@fremantle.wa.gov.au

W fremantle.wa.gov.au

P 0410 466 065

Buster the Fun Bus is a free parenting support
service for families with children aged 0-5. It
travels to community parks and venues
throughout the Cities of Melville and Fremantle to
encourage parents to meet informally, relax,
socialise, create networks and enjoy their local
area.

Busy Bees At Fremantle

62 Stevens Street, FREMANTLE WA 6160

E manager@fremantle.busybees.edu.au

W busybees.edu.au

P (08) 9335 3001

Busy Bees at Fremantle offers a supportive early learning environment where each child's individuality, curiosity, excitement and imagination flourish.

Family Playgroup Inc - East Fremantle

E eastfreoplaygroup@gmail.com

W eastfreoplaygroup.org.au

Our playgroup is a member of Playgroup WA. We welcome families with children between 0-5 years.

First Steps Early Learning Centre - Hilton

32 Collick Street, HILTON WA 6163

P (08) 9337 7222

First Steps Early Learning is a new, purpose built, fully equipped childcare centre and kindergarten.

Fremantle Early Learning and Development Centre

15 Quarry Street,, FREMANTLE WA 6160

E childcare@wanslea.asn.au

P (08) 6143 5380

Caters for 60 children from six weeks old until pre-school. Four separate care areas ensure that children have an environment that enhances their development and meets their care needs.

FREMANTLE EARLY LEARNING CENTRE INCORPORATED Inc

11 Doig Place, BEACONSFIELD WA 6162

E director@freoearlylearningcentre.com.au

W freoearlylearningcentre.com.au

P (08) 9335 8002

NATURE – NURTURE – BELONGING RATED
EXCEEDING THE NATIONAL QUALITY
STANDARD

Fremantle Toy Library - Hilton

Hilton Community Centre, 34 Paget Street, HILTON WA 6163

E toylibrary@fremantle.wa.gov.au

W fremantle.wa.gov.au

P (08) 9432 9999

Buster - It's All About Play

Hazel Orme Community Kindergarden - White Gum Valley

96 Samson Street, WHITE GUM VALLEY WA 6162

P (08) 9335 2857

The program is centred around individual development in areas titled: social skills, language and communication, maths, science, music and auditory skills, art and craft, health and social studies.

Horizons Childhood Learning Centre - South Fremantle

232 Hampton Road, SOUTH FREMANTLE WA 6162

E southfremantle@horizonschildcare.com.au

P (08) 9433 3911

Horizons Childhood Learning Centre is a not for profit purpose built Centre providing excellent, exciting and educational programs. Catering for children 0 - 6 years with a dedicated arts area, large

Lefroy Road Child Care Centre

79 Lefroy Road,, BEACONSFIELD WA 6162

E lefroyroadccc@bigpond.com

P (08) 9314 7381

Community based child care for 0-6 years. A bright spacious well equipped centre with large outdoor areas. Qualified and experienced caregivers. Developmental and fun curriculum.

Little Learners Early Development and Education Centre

242 South Street, WHITE GUM VALLEY
WA 6162

E enquiries@little-learners.com.au

W little-learners.com.au

P (08) 9335 6941

Little Learners EDEC is a privately owned and operated child care centre. Little Learners child care centre - Offering Long Day Care, open from 6am until 6pm throughout the year, and we are closed on public holidays. Our centre is committed to encouraging a sustainable environment, in a play based learning environment.

Little People's Place - East Fremantle

E littlepeoplesplace@aapt.net.au

P (08) 9319 1176

Child care centre, full time, part time, subsidy available to eligible people. Before and After school for children up to 7 years, 7.00 am - 9.00 am 2.30 pm - 6.00 pm.

North Fremantle School of Early Learning

101 Stirling Highway, NORTH
FREMANTLE WA 6159

E northfremantle@schoolofearlylearning.com.au

W soel.wa.edu.au

P (08) 6314 1199

Playgroup WA is a community organisation run on a not-for-profit basis

O'Connor Play and Learn - O'Conner

25 Jarvis Street, O'CONNOR WA 6163

E oconnor@playlearn.com.au

W busybees.edu.au

P (08) 9314 6814

To provide good quality child care in a family environment. To provide opportunities to learn and grow and to build self-esteem. 3 and 4 year old kindergarten program.

Schools of Early Learning - North Fremantle

101 Stirling Highway, NORTH
FREMANTLE WA 6159

E enrol@soel.com.au

W soel.wa.edu.au

P (08) 6219 5449

Our childcare centre in North Fremantle is located in the heritage-listed old North Fremantle Primary School. This magnificent building incorporates a state-of-the-art design and is set amongst leafy grounds, complete with kitchen garden and chicken coop.

Smileys Child Care Centre - White Gum Valley

170 Samson Street,, WHITE GUM
VALLEY WA 6162

E admin@smileyschildcare.com.au

W smileyschildcare.com.au

P (08) 9335 7630

Childcare for 0 - 5 year old children. Providing quality care for children. Incorporating the early years framework curriculum. Smileys Out of School Care will cater for school children from 4 years + within the Christ The King school campus at Beaconsfield. Our Before School care program begins at 7.00 am and After School care runs until 6.

Southern Suburbs Playgroup - Hamilton Hill

E lepa75@live.com

0 - 5 year old play group. For parents with pre school age children to meet together for a play and to meet new friends. Games, active and educational play and being together.

Stepping Stones Child Care Centre - East Fremantle

E steppingstonescdc@iinet.net.au

W steppingstonescdc.com.au

P (08) 9319 8034

Stepping Stones Child Development Centre is a community initiative by East Fremantle Baptist Church.

Teddy Bear Corner Child Care Center - Hamilton Hill

E teddybearcorner@iinet.net.au

W teddybearcorner.com.au

P (08) 9337 3538

To provide long day care, before school care and after school care to children between 0-school age. Provide a professionally staffed accredited service to people with young children.

Treasured Tots Child Care - Fremantle

69 Hampton Road, FREMANTLE WA 6160

E fremantle@treasuredtots.com.au

W treasuredtots.com.au

P (08) 6219 5465

Child care centre in Fremantle providing high quality early education programs for Children aged 0-5 years.

Wanslea Early Learning and Development - East Fremantle

4 Forrest Street, FREMANTLE WA 6160

W wanslea.org.au

P (08) 6143 5382

To provide high quality affordable out of school care for children of primary school age.

White Gum Valley Family day Care

61 Watkins St,, WHITE GUM VALLEY WA 6162

E wgvfamilydaycare@gmail.com

P 0413 523 972

Family Day Care Centre for children 1-4 years.

White Gum Valley Playgroup - White Gum Valley

White Gum Valley Primary School, 29 Hope street, WHITE GUM VALLEY WA 6162

E whitegumvalleyplaygroup@gmail.com

W whitegumvalleyplaygroup.weebly.com

P 0405 001 212

To meet local parents and children and have fun playing and talking together. White Gum Valley Playgroup facilities include a large building with children's toilets, toys and books for babies to 5 year olds, art facilities for young ones, a kitchen area, covered sandpit, outside equipment for juniors and a large, secure, grassed play area.

COMMUNICATION & INFORMATION

COMMUNITY INFORMATION & REFERRAL SERVICES

APM Local Area Coordinator -

Booragoon

E APMNET@ndis.gov.au

W apm.net.au

P 1800 276 522

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

APM Local Area Coordinator - Success

E APMNET@ndis.gov.au

W apm.net.au

P 1800 276 522

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

Citizens Advice Bureau - Fremantle

Shop GT22 Manning Building, Manning Arcade (off High St Mall) 135 High Street, FREMANTLE WA 6160

E fremantle@cabwa.com.au

W cabwa.com.au

P (08) 9335 4522

Fremantle Citizens Advice Bureau (CAB) is a free and confidential service offering referrals and information on a variety of matters.

Connecting Community for Kids

E info@connecting4kids.com.au

W connecting4kids.com.au

P 0429 904 324

Connecting Community for Kids is working with community, service providers and government agencies to improve outcomes for kids in Cockburn and Kwinana. We aim to reduce social and cultural isolation, provide peer support for Mums & Dads and improve child health through early intervention by implementing various community approaches. Together we can help our children thrive!

Department of Communities - Women's Information Service

E info@dlgc.wa.gov.au

P 1800 199 174

A confidential telephone information referral service for women on any issue, referring to non-profit community organisations and government agencies.

Fre-info Community Information service

Fremantle City Library, 8 William Street, FREMANTLE WA 6160

E freinfo@fremantle.wa.gov.au

W fremantle.wa.gov.au

P (08) 9432 9888

A community information and referral service providing access to information about clubs, services, organisations, recreation and leisure activities, venues for hire and events in the Fremantle and

Palmerston Association - Fremantle

191 Hampton Road, FREMANTLE WA 6160

E fremantle@palmerston.org.au

W palmerston.org.au

P (08) 9430 5966

Palmerston Association is a leading and respected not for profit provider of alcohol and other drug services. We have a rich and proud history of providing support through a range of services including counselling, groups, residential rehabilitation and educational initiatives. Our free community services are based in 10 locations throughout the metropolitan and Great Southern region.

Wageline

E wageline@dmirs.wa.gov.au

W commerce.wa.gov.au

P 1300 655 266

Wageline is a free confidential employment information service.

COMMUNITY MEDIA**Fremantle Herald - Cockburn Edition**

41 Cliff St, FREMANTLE WA 6160

E news@fremantleherald.com

W heraldonlinejournal.com

P (08) 9430 7727

Aims: To report fairly on those matters of interest to the people of Fremantle, Cockburn, Melville and their surrounds, for news, views and reviews. To provide a quality advertising service for ...

Fremantle Press

25 Quarry Street, FREMANTLE WA 6160

E admin@fremantlepress.com.au

W fremantlepress.com.au

P (08) 9430 6331

Communication & Information - Community Media - Community Media. Publisher.

Pirate88

E radio@pirate88.com.au

W pirate88.com

P 0406 319 611

Fremantle based music radio station playing 100% independent music and as much local content as we can lay our pirate hooks on ! Listen or get in touch via www.pirate88.com "Listen... It's GOOD!"

GENERAL COMMUNICATION & INFORMATION

Customer Service Centre

Walyalup Civic Centre, 151 High Street,
FREMANTLE WA 6160

E info@fremantle.wa.gov.au

W fremantle.wa.gov.au

P 1300 693 736

The City of Fremantle is a local government authority located 20km south of the Perth CBD comprising the suburbs of Beaconsfield, Fremantle, Hilton, North Fremantle, O'Connor, Samson, South Fremantle and White Gum Valley.

Information service

Fremantle City Library, 8 William Street,
FREMANTLE WA 6160

E freinfo@fremantle.wa.gov.au

W fremantle.wa.gov.au

P (08) 9432 9888

A community information and referral service providing access to information about clubs, services, organisations, recreation and leisure activities, venues for hire and events in the Fremantle and

Fremantle Visitor Centre

Walyalup Koort, 155 High Street,
FREMANTLE WA 6160

E info@visitfremantle.com.au

W visitfremantle.com.au

P (08) 9431 7878

The Fremantle Visitor Centre is the official visitor information centre for Fremantle and the true hotspot for visitors to plan their visit.

GIVIT

E info@givit.org.au

W givit.org.au

GIVIT (givit.org.au) is a national online not-for-profit matching generosity with genuine need.

**Hon. Colin Barnett MLA, Premier and
Member for Cottesloe**

P (08) 9383 1505

Local member of State Parliament. Represents the people in the Electoral District of Cottesloe. Electoral boundaries include: South City Beach, Claremont, Mt. Claremont, Cottesloe, Peppermint Grove, Mosman Park, North Fremantle, Swanbourne, South Floreat, Karrakatta, part of Shenton Park

**Hon. Kate Doust MLC South
Metropolitan - Victoria Park**

E kate.doust@mp.wa.gov.au

P (08) 9470 3511

To represent the region in the Legislative Council; Assist local groups and organisations where possible; To assist constituents of the South Metro Region with information and advice regarding access

**Hon. Lynn Ellen MacLaren MLC -
Fremantle**

7/142 South Terrace,, FREMANTLE WA
6160

P (08) 9430 7233

Member for South Metropolitan Region, Party: Greens WA The only Greens party member elected to represent the region in the Legislative Council; Assist local groups and organisations where possible.

**Hon. Sue Ellery MLC South
Metropolitan - Willetton**

E sue.ellery@mp.wa.gov.au

W parliament.wa.gov.au

P (08) 9312 1566

To represent the region in the Legislative Council; Assist local groups and organisations where possible; To assist constituents of the South Metro Region with information and advice regarding access

Melville/ Cockburn Chamber of Commerce

E info@mccc.org.au

W mccc.org.au

P (08) 9433 2305

No information

Mr Peter Tinley, AM, Member for Willagee

W parliament.wa.gov.au

P (08) 9331 8015

Mr Peter Tinley, MLA is a member of the Australian Labor Party and is the member for Willagee. Elected to the Thirty - Eighth Parliament for Willagee at the by-election on 24 November 2009. Electorate: Bibra Lake, Coolbellup, Hamilton Hill, Hilton, Kardinya, Melville, O'Connor, Samson, Spearwood, Willagee

Ms Melissa Parke (MHR) - Fremantle

62 Wray Avenue, FREMANTLE WA 6160

E melissa.parke.mp@aph.gov.au

P (08) 9335 8555

Representative of electors in the Fremantle federal electorate; Make representation to ministers of Government and their departments on behalf of constituents.

Ms Simone McGurk MLA - Fremantle

Suite G2, 8 - 12 Market Street,,

FREMANTLE WA 6160

E Fremantle@mp.wa.gov.au

W simonemcgurk.com.au

P (08) 9336 7000

State member of the Legislative Assembly for Fremantle. ALP member. The electorate of Fremantle covers the suburbs of Fremantle, South Fremantle, East Fremantle, Beaconsfield, White Gum Valley, Palmyra, Rottnest Island, North Coogee and parts of Hamilton Hill.

Senator Scott Ludlam - Fremantle

8 Cantonment Street,, FREMANTLE WA 6160

E senator.ludlam@aph.gov.au

W greens.org.au

P (08) 9335 7477

WA Senator for the Australia Greens.

COMMUNITY CENTRES, HALLS & FACILITIES

COMMUNITY & NEIGHBOURHOOD CENTRES

E-Tech Centre - Fremantle

41 South Tce, FREMANTLE WA 6160

E darren.frittsch@challenger.wa.gov.au

W southmetrotafe.wa.edu.au

P (08) 9239 8279

No information

Message In A Teacup

15 Clarke Street, HILTON WA 6163

E messageinateacup@gmail.com

W messageinateacup.org

Join a free Message in a Teacup workshop, make a teacup planter to gift it anonymously to someone in the neighbourhood. Attach a message of kindness, hope or inspiration and wait to see who found it. Finders go to the website and can leave a message of thanks!

Stella Maris Seafarers Centre - Fremantle

16 Queen Victoria Street,, FREMANTLE WA 6160

E stellamaris@perthcatholic.org.au

P (08) 9430 8488

To support seafarers visiting Fremantle by providing a friendly environment where they may make free use of the internet, phone home, email, purchase phone cards, relax and talk. Ships are visited by

**The Meeting Place Community Centre
Meeting Room and Venue Hire**

245 South Terrace, SOUTH FREMANTLE
WA 6162

E meetingplace@fremantle.wa.gov.au

W fremantle.wa.gov.au

P (08) 9432 9676

The Meeting Place is a general community centre, a service provided by the City of Fremantle. Our philosophy is to integrate both people with disabilities and people from non-English speaking backgrounds into the general community through participation in our activities. We also have a number of various self help groups meeting here.

WA Croatian Community Centre Inc

Alfred Road, FREMANTLE WA 6160

E waccc@bigpond.net.au

P (08) 9335 8729

Assistance for members of the Croatian community; Preservation of folklore, culture, customs. Social activities (fortnightly dances etc; barbies); Welfare workshops, Women's Group, Fremantle Croatia Football club; Church Service in the Croatian language, Sunday 10.00 am at St. Annes. Bocce. Saturday 9.00 am–11.00 am; Radio programmes 6EBAFM twice a week.

COMMUNITY HALLS

**City of Fremantle - Samson Recreation
Centre Venue Hire**

44 McCombe Avenue, SAMSON WA 6163

E samsonrec@fremantle.wa.gov.au

W fremantle.wa.gov.au

P (08) 9432 9992

The centre is owned and managed by the City of Fremantle and the facility consists of a single multi-purpose sports hall, and two hard-court tennis courts which are both available to hire for sporting and community events. The Centre also has a small building attached known as the Samson Annex - this is on a long term lease by Samson Kindergarten.

**Anglican Church Of St Paul The Apostle
Beaconsfield**

162 Hampton Road, BEACONSFIELD WA
6162

E parish.stpauls@gmail.com

W stpaulsbeaconsfield.org.au

P (08) 9335 2242

Old church hall and beautiful gardens available for events and functions, wedding receptions, wakes, weekly bookings. "New" church (built 1906) available for weddings and funerals

**City Of Fremantle - North Fremantle
Community Hall Hire**

North Fremantle Community Hall, 2
Thompson Road, NORTH FREMANTLE
WA 6159

E bookings@fremantle.wa.gov.au

P (08) 9432 9712

Community Hall available for hire by local community groups.

Federal Hotel

Federal Hotel, 23 William Street,
FREMANTLE WA 6160

E welcome@federalhotelfreo.com.au

W federalhotelfreo.com.au

P (08) 9335 1645

The Federal Hotel is a modern Australian gastro pub set in the heart of historic Fremantle. Offering traditional pub fare inspired by the tastes of Asia. The building first opened its doors as a licensed premises in 1887 and is still to this day one of the grandest establishments in Fremantle.

fSpace

Princess Chambers, 18/27 Market Street,
FREMANTLE WA 6160

E jasonnormandale@icloud.com

W fspace.me

P 0427 929 186

fSpace is a coworking space that brings together creatives and professionals. Whether you're a startup business, freelancer or an established company, fSpace offers a professionally appointed workspace with the energy that comes from a strong like-minded community.

Stocco Holdings (Wa)**E** bookings@lasosta.net.au**W** lasosta.net.au**P** (08) 9335 9193

Function Rooms and Catering. La Sosta is a modern spacious loft-like space with the best Italian cuisine service in Perth. Whether it is a casual dinner, a corporate function or a special celebration event, La Sosta caters every occasion. The venue accommodates up to 250 people and has various function facilities, including a modern sound system, wifi, adjustable lightings etc.

GENERAL COMMUNITY FACILITIES**Australian Electoral Commission,
Division of Fremantle, Canning and
Brand - Cockburn Central****W** aec.gov.au**P** 13 23 26

Maintain and update the Commonwealth electoral roll, and the State roll under a joint roll agreement. Plan, manage and conduct elections and referendums. Conduct electoral education and promote public awareness of electoral and parliamentary matters. Enforce the compulsory enrolment and voting provisions of the Commonwealth Electoral Act 1918.

Bathers Beach Art Precinct

1 High Street, FREMANTLE WA 6160

E pzuvelaerin@yahoo.com**P** 0417 939 783

This active art community at Bathers Beach includes highly respected sculptors, painters, photographers, ceramic artists and designers. The Bathers Beach Art Precinct has a close working relationship with Western Australian indigenous artists, often engaging in collaborative public art projects. There are also galleries which display the works of local artists.

Currency Exchange ServicesTravel Money, 62 Market Street,
FREMANTLE WA 6160**W** au.prosegurchange.com**P** (08) 9433 6409

Money exchange - open 7 days.

City of Fremantle - Wanjoo LoungeWalyalup Civic Centre, 151 High Street,
FREMANTLE WA 6160**E** info@fremantle.wa.gov.au**W** fremantle.wa.gov.au**P** 1300 693 736

Positive ageing is important to us all. The City of Fremantle aims to be an age-friendly city, and provide residents over 55 years of age opportunities to live a happy, healthy, independent and socially engaged life.

David Giles Art Gallery and Studio

49B High Street, FREMANTLE WA 6160

W davidgilesartgallery.com**P** 0416 079 204

Art Gallery and Studios providing original art by local artists for sale and art classes and workshops for all levels. The Freedom School is a friendly and supportive group where people can enjoy art making in the company of like-minded people.

**Department of Water and
Environmental Regulation - Perth****E** communications@dwer.wa.gov.au**W** wa.gov.au**P** (08) 6364 7600

No information

**Disability in the Arts, Disadvantaged in
the Arts Australia**92 Adelaide Street, FREMANTLE WA
6160**E** gallery@dadaa.org.au**W** dadaa.org.au**P** (08) 9430 6616

Freight Gallery offers people living with a mental illness and/ or a disability, the opportunity to develop new skills or expand on existing skills in the visual arts. Freight artists can work in various mediums: painting, photography, ceramics, digital media, sculpture or textiles. Participants also receive professional development and training in arts administration, curation and installation.

E Shed Markets

Peter Hughes Drive, FREMANTLE WA 6160

E info@standproperty.com.au

W fremantleports.com.au

P 0421 762 277

E Shed Markets is located right on the waterfront in the heart of Fremantle Ports with breathtaking views of the operational port. Inside the E Shed Markets you will find over 40 specialty stores selling products such as souvenirs, hand crafts, antiques, clothing, accessories, swim wear and other unique items.

FIFO Families - WA

E leaderswa@fifofamilies.com

P (08) 6166 7670

A community of other FIFO families who know exactly what you are going through when you are home alone; a sole parent, whilst the other parent (predominantly the Dads) are away at work.

Fremantle Fibonacci Centre

Fremantle Fibonacci Centre, 19 Blinco Street, FREMANTLE WA 6160

P 0417 175 597

The FFC houses many artists and designers and is supported by Murdoch Uni, Fremantle Council, Healthways and Artsource amongst others, it has housed many local and international events and is still in its infancy. The Centre provides studio space for local artists, a dance school and a public hall for exhibitions, films nights as well as a local cafe.

Fremantle Fishing Boat Harbour

14 Capo D'Orlando Drive, FREMANTLE WA 6160

E robyn.young@transport.wa.gov.au

W transport.wa.gov.au

P (08) 9431 1020

To Manage operations and maintenance of the Fishing Boat Harbour in consultation with the fishing industry and other stakeholders. Go to Transport website listed above for full details of Fishing Boat Harbour.

Fremantle Leisure Centre Meeting Room and Venue Hire

10 Shuffrey Street, FREMANTLE WA 6160

E info@fremantle.wa.gov.au

W fremantle.wa.gov.au

P (08) 9432 9999

We offer birthday party packages, a training room and lane space in our pools for hire to groups and the public. For any further information regarding bookings at the Fremantle Leisure Centre contact bookingsflc@fremantle.wa.gov.au

Fremantle Library

Walyalup Civic Centre, 151 High Street, FREMANTLE WA 6160

E frelib@fremantle.wa.gov.au

W fremantle.wa.gov.au

P (08) 9432 9766

Fremantle Library is located at Fremantle Oval, offering space to relax, read and study. Free wifi and computers available for use.

Fremantle Library Room Hire

Walyalup Civic Centre, 151 High Street, FREMANTLE WA 6160

E frelib@fremantle.wa.gov.au

W fremantle.wa.gov.au

P (08) 9432 9766

The Fremantle Library offers comfortable and affordable rooms for hire, ideal for community and local interest groups. Rooms are available for workshops, meetings, courses or seminars. For more information on room hire fees and availability or to make an appointment to view the rooms, please contact the Fremantle Library at frelib@fremantle.wa.gov.au or call 08 9432 9766.

Homebound Service

Walyalup Civic Centre, 151 High Street, FREMANTLE WA 6160

E frelib@fremantle.wa.gov.au

W fremantle.wa.gov.au

P (08) 9432 9766

If you or someone you know is unable to visit the library due to infirmity, ill health or disability, our homebound service can help.

Fremantle Markets Since 1897

Fremantle Markets, Henderson Street,
FREMANTLE WA 6160

E info@fremantlemarkets.com.au

W fremantlemarkets.com.au

P (08) 9335 2515

Fremantle's famous heritage-listed market houses a family of stallholders and encourages local young talent such as designers, musicians and artists, to create a hub of events for visitors. Retail market for independent wares and produce: fruit and vegetables, bread, cheese, meat, seafoods, household items, gifts, jewellery, clothing, food stalls and bar.

Fremantle Men's Community Shed - Beaconsfield

70 Shepherd Street, BEACONSFIELD WA 6162

E admin@freomenshed.org.au

W freomenshed.org.au

P (08) 9337 8614

Men's Community Shed

Fremantle Ports

1 Cliff Street, FREMANTLE WA 6160

E mail@fremantleports.com.au

W fremantleports.com.au

P (08) 9430 3555

Western Australia's principal container and general cargo port.

Fremantle Post Office

Unit 1, 13 Market Street, FREMANTLE WA 6160

W auspost.com.au

P 13 76 78

Community Centres, Halls & Facilities - General
Community Facilities - General Community
Facilities.

Fremantle Prison

Fremantle Prison, 1 The Terrace,
FREMANTLE WA 6160

E info@fremantleprison.com.au

W fremantleprison.com.au

P (08) 9336 9200

Visitors can step inside and 'do time' with Fremantle Prison's experienced guides on a range of fascinating tours. Prison Day Tours highlight convict and prison life, daring escapes and colourful characters in tales laced with prison humour.

Glen Cowans Studio

9 Captains Lane, FREMANTLE WA 6160

E info@glencowans.com

W glencowans.com

P (08) 9433 6617

Glen Cowans is a unique and passionate photographer. His inspiration is our ocean. His subjects are the breathlessly beautiful life forms that live there. Cowans was born in Western Australia and developed his passion for the ocean and all that it holds when he began snorkelling at the age of ten.

Greg James Sculpture Studio Gallery

J Shed, Studio 2 Fleet Street,
FREMANTLE WA 6160

E greg@gregjamessculpture.com

W gregjamessculpture.com

P (08) 9335 5857

Studio & gallery of well known local sculptor Greg James. The studio is a fully functional professional artist's studio with an upstairs gallery and viewing platform.

Guildhall Event Space

222 Queen Victoria Street, NORTH
FREMANTLE WA 6159

E events@guildhall.com.au

W guildhall.com.au

P 0422 748 370

Guildhall combines history, décor and art to offer a unique pop up bar and a space for rad parties. Once North Fremantle's town library, the artfully designed bar features vintage and designer furnishings. The heritage-chic building draws a crowd on the last Sunday of every month, for a Sunday Session offering good vibes and guest DJs.

Heritage Council Of Western Australia - Perth

E info@stateheritage.wa.gov.au

W wa.gov.au

P (08) 6552 4000

No information

Hilton Harvest Community Garden

West Side of Hilton Preprimary, Rennie Crescent South, HILTON WA 6163

E hilton.harvest@gmail.com

W hiltonharvest.weebly.com

P 0432 317 150

Hilton Harvest Community Garden was initiated in 2009 by a group of residents living in Hilton, Western Australia in conjunction with The Meeting Place - a local community centre. A community garden is a shared gardening space that is actively managed by a group of local residents or a community organisation.

Imagined Futures

12 Queen Victoria Street, FREMANTLE WA 6160

E ifaad@stpats.com.au

W imaginedfutures.org.au

Imagined Futures is a partnership made up of 60 not-for-profit and government human service providers, businesses, philanthropists and community members who come together to pool their resources, unleash their collective creativity, and find innovative solutions to complex social issues in the south west metropolitan region (local government areas of Cockburn, Fremantle and Melville).

Lang, Robert remantle Fibonacci Centre

19 Blinco Street, FREMANTLE WA 6160

E robbylang@hotmail.com.au

P 0417 175 597

Fremantle Fibonacci Centre is The largest private Arts and Community Centre in West Australia, The building was previously the old Raffles Paint Factory, in the Fremantle Industrial Arts Quarter. It has a Vegan Cafe, A Yoga Studio, A Community work hub, a Central Event and Exhibition Space and a number of Arts Studios.

Luna on SX

Essex Street, FREMANTLE WA 6160

E sx@lunapalace.com.au

W lunapalace.com.au

P (08) 9430 5999

Independent cinema in Fremantle which features arthouse, contemporary and classic cinema.

Moore's Building Contemporary Art Gallery Venue Hire

46 Henry Street, FREMANTLE WA 6160

E richiek@fremantle.wa.gov.au

W fac.org.au

P (08) 9432 9898

Located in Fremantle's historic west end, the Moore's Building Contemporary Art Gallery is a City of Fremantle subsidised art gallery offering a diverse showcase of contemporary art by local and national artists in low cost exhibition and project spaces.

Red Umbrella Art Gallery

255 South Terrace, SOUTH FREMANTLE WA 6162

P 0422 952 424

Red Umbrella was established by Elizabeth Mavrick and Steve Scott to showcase the finest in contemporary Studio Glass, Fine Art, Objects and Jewellery by Australian artists.

South Street Gallery and Studio

16 South Street, FREMANTLE WA 6160

E susanmargaretafremantle@gmail.com

P 0416 931 190

A studio and gallery in the CBD of Fremantle, purpose built within an artist's home exhibiting and selling local artists' work. Exhibits include paintings, scenes of Freo, abstract art, watercolours. See South Street Art Gallery on Facebook, via Susan Margareta Allwood page. By appointment only. Jewellery.

St John Ambulance Australia (WA) - Belmont

E volunteermemberservices@stjohnambulance.com.au

W stjohnwa.com.au

P (08) 9334 3850

Volunteer organization, active in metro and country areas; providing volunteer first aid at social activities, sporting fixtures, entertainment venues and search and rescue. Members receive comprehensive and continuous training to provide a high standard of care. There is a minimum time requirement for continued active membership. All over metro area and major country towns

St John's Books Fremantle

E books@stjohnsbooks.com.au

W stjohnsbooks.com.au

P (08) 9335 1982

Christian bookshop for bibles, theology, pastoral care, meditation, prayer, children's books. A large range of books on spirituality, Taize music, hymns and a select range of CDs. Sacramental gifts and cards.

Success

Basement Level, 2 Newman Court,
FREMANTLE WA 6160

E info@successarts.org

W successarts.org

Success is a large-scale exhibition venue based in a former Myer department store building in central Fremantle. It shows innovative, critically-minded, and experimental contemporary art from exciting Australian and international artists. In addition to its core visual arts and performance programmes, Success will also host regular supplementary events and film screenings.

The Flying Angel Club - Fremantle

76 Queen Victoria Street, FREMANTLE
WA 6160

E fangelc@starwon.com.au

P (08) 9335 5000

The Flying Angel Club is a mission for seafarers coming to the Port of Fremantle.

The Fremantle Foundation - Fremantle

5 Norfolk Street, FREMANTLE WA 6160

E admin@fremantlefoundation.org.au

W fremantlefoundation.org.au

P 0410 202 610

The Fremantle Foundation grows community funds that support those in need in the Fremantle area. The Foundation encourages people to live local and give local, to make the community a better place.

The Hub on SX

19 Essex Street, FREMANTLE WA 6160

E admin@thehubonsx.com.au

W facebook.com

P (08) 6558 1834

The Hub on SX (HOSX), a not-for-profit sustainability based co working space in Fremantle. We are underpinned by the UN's Sustainable Development Goals and are very proud to be an emerging collaboration space for sustainably minded sole traders, small businesses and start ups in Fremantle.

The Swim Factory

12/101 Garling Street, O'CONNOR WA
6163

E oconnor@bkgymswim.com.au

W theswimfactory.com.au

P (08) 9331 4947

The Swim Factory teaches children from 6 months to 12 years of age, plus runs mini squads for children 8–12 years. The pool is indoors, heated with small class sizes.

Western Australian Maritime Museum

1 Peter Hughes Drive, FREMANTLE WA
6160

E reception@museum.wa.gov.au

W visit.museum.wa.gov.au

P 1300 134 081

Perched on the Indian Ocean's shore, the Western Australian Maritime Museum is symbolic of Fremantle's past, present and future as a coastal city and port.

Western Australian Museum Shipwreck Galleries

Maritime Museum, 47 Cliff Street,
FREMANTLE WA 6160

E reception@museum.wa.gov.au

W museum.wa.gov.au

P 1300 134 081

The Western Australian Museum - Shipwrecks Museum is recognised as the foremost maritime archaeology museum in the southern hemisphere. The Museum is housed in 1850s-era Commissariat building and has since been restored to its historic glory.

White Gum Valley Community Orchard

94 Samson Street, WHITE GUM VALLEY
WA 6162

E wgvorchard@gmail.com

W wgvorchard.org

P (08) 9433 4171

A community orchard open to all (under development), community & playgroup venue in long term.

COMMUNITY CLUBS & INTEREST GROUPS

CHILDREN & YOUTH CLUBS

Baba Lala

Penny Lane Music Workshop, 48
Knutsford Street, FREMANTLE WA 6160

E pennylanesmusic@hotmail.com

W pennylanesmusic.com.au

P 0450 793 720

Early childhood music and movement. Songs and dance, rhythm and rhyme for babies, toddlers and little children and their parents. Runs all year round, including school holidays.

Fremantle Police and Community Youth Centre - Hilton

2/34 Paget St, HILTON WA 6163

E fremantlepcyc@wapcyc.com.au

P (08) 9314 3157

In partnership with the WA Police and the community. Fremantle PCYC runs a vast array of sporting and recreational programs, joint initiatives and projects with schools and local community service groups in the area. Our aim is to offer youth an opportunity to develop self-reliance, independence and confidence in order to grow as courteous and considerate citizens.

Fremantle Toy Library - Hilton

Hilton Community Centre, 34 Paget Street, HILTON WA 6163

E toylibrary@fremantle.wa.gov.au

W fremantle.wa.gov.au

P (08) 9432 9671

The Toy Library provides toys, games, dressups and activities. Membership is open to all of Western Australia, Membership fees apply, proof of current address is required upon joining. No age limits

COMMUNITY SERVICE CLUBS

Australia Nova Romana

E australia.novaroma@outlook.com

W austnovaroma.wixsite.com

A national Roman living-history and education organisation providing a central community for the study of Latin language, exploration of ancient Roman politics and a safe network for members to explore and learn about the 'cultus deorum romanum', the religion of ancient Rome.

Braille House

E coordinator@qbwa.org.au

W braillehouse.org.au

P (07) 3848 5257

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

Fremantle Sailing Club - South Fremantle

151 Marine Terrace, SOUTH FREMANTLE WA 6162

E membership@fsc.com.au

W fsc.com.au

P (08) 9435 8800

Sailing and boating club developing juniors with free introductory lessons

Hilton Precinct

E hiltonprecinct@gmail.com

Community Clubs & Interest Groups - Community Service Clubs - Community Service Clubs.

Message In A Teacup

15 Clarke Street, HILTON WA 6163

E messageinateacup@gmail.com

W messageinateacup.org

A free workshop for community members to make a teacup planter and message to gift to someone in their neighbourhood. Spreading, kindness, hope and inspiration.

Naval Association of Australia - City of Fremantle

W navalassoc.org.au

P 0408 053 537

Main aim is to look after the welfare of ex naval personnel and provide common interests; Keep members alert to changes in Veteran Affairs etc.

Navy Club Inc

Navy Club Inc, 64 High Street, FREMANTLE WA 6160

E navyclub@navyclub.com.au

P (08) 9336 3752

To provide a social club for all persons, including Service and Ex Service Personnel. It's mainly a members club but we welcome new members and their visitors. Two Function Rooms available for hire.

SMYL Community Services - Fremantle

1st Floor, 46 Mews Road, FREMANTLE WA 6160

E smyl@smyl.com.au

P (08) 9430 4921

SMYL believes everyone has the right to participate fully in the social and economic life of their communities. Equality of opportunity is the first step towards each person having life-long outcomes of personal growth and achievement.

South Fremantle Precinct

E southfreoprecinct@gmail.com

W fremantle.wa.gov.au

Community Clubs & Interest Groups - Community Service Clubs - Community Service Clubs.

The Round House - Fremantle Volunteer Heritage Guides Association Inc

The Round House, Captains Lane, FREMANTLE WA 6160

E enquiries@fremantleroundhouse.com.au

W fremantleroundhouse.com.au

P (08) 9336 6897

The FVHGA sources and co-ordinates volunteer Guides who provide historical information to visitors to the Fremantle Round House to add value to their Fremantle experience. The Round House is open daily from 10.30am to 3.30pm and the 1.00pm cannon is fired and the time ball lowered daily (weather permitting).

VoiceMale

St Paul's Church Hall, 162 Hampton Road, BEACONSFIELD WA 6162

E digby_hill@iinet.net.au

W musewares.com

P 0401 688 956

A bit like a choral Men's Shed, but with singing. We're an open community group of blokes who get together to sing and talk, learn a bit about singing a cappella, sing some great songs together, learn a bit about other cultures through music, and occasionally perform those songs. We meet Mondays 7.15 pm

White Gum Valley Precinct

E wgvprecinct@gmail.com

Community Clubs & Interest Groups - Community Service Clubs - Community Service Clubs.

GENERAL COMMUNITY CLUBS

ANFE Inc - Fremantle

E margamato@gmail.com

P (08) 9317 2128

To provide help, social and cultural activities for Italian Migrant Families. Each member is given a program of events twice yearly.

Bike Budz

19 Blinco Street, FREMANTLE WA 6160

E bikebudzworkshop@gmail.com

"Empowering people to love bikes through hands-on skill-share learning" Join us to learn about maintaining your bike, share your knowledge with others and meet new people in your community. We run open workshops every Tuesday from 5pm till 7pm, as well as ticketed events, social rides and other community / bicycle focused activities. Everyone is welcome.

Choir4Adults

36 Ellen Street, Ellen Street, FREMANTLE WA 6160

E sing@choirs4adults.com

W choirs4adults.com

P 0414 205 919

Everything we do helps people to feel happier, more confident and ready to take on life in a different way. We just happen to do that through singing! No auditions, no previous experience required, just a love for singing.

City Of Fremantle Art Collection

Fremantle Arts Centre, 1 Finnerty Street, FREMANTLE WA 6160

E ArtsCentre@fremantle.wa.gov.au

W fremantle.wa.gov.au

P (08) 9432 9828

Responsibility for the management and public program of the City of Fremantle Art Collection

Community Yoga

BodyRiches Wellness Centre, 302 South Terrace, SOUTH FREMANTLE WA 6162

E info@communityyoga.co

P 0431 570 896

Donation based yoga classes. Classes are suitable for all levels, including beginners. A gentle Hatha style of yoga aimed at relaxation is provided each Sunday night at 6:30pm.

Fair Trade Freo

E freoforfairtrade@gmail.com

Fair Trade Freo is a group of community members and entrepreneurs committed to creating a fair deal for developing world producers. We aim to increase the awareness and availability of fair trade by hosting events and promoting the use of fair trade products by consumers and businesses in the greater Fremantle area.

FamilyHistoryWA

E secretary@fhwa.org.au

W fhwa.org.au

P (08) 9271 4311

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

Fremantle Bicycle User Group

31 Gibson Street, BEACONSFIELD WA 6162

E robdelves1088@gmail.com

P 0409 376 926

Bicycle User Groups are Australian wide, providing Bicycle Advocacy at the Local Authority level.

Fremantle Inner City Residents Association

E maryrosebakero@gmail.com

P (08) 9335 4516

Contact for matters concerning residents of inner city community networks in Fremantle.

Fremantle Keynote Speakers

Fremantle Bowling Club, Ellen Street,
FREMANTLE WA 6160

E davidnic@iinet.net.au

P 0401 011 212

Fremantle Keynote Speakers is a speaking group affiliated with contacts from the Victoria Quay Toastmasters.

Fremantle LETS

4 Hale Street, BEACONSFIELD WA 6162

E admin@fremantlelets.org

W fremantlelets.org

P 0435 611 311

We trade in seashells in the Fremantle area. LETS - Local Energy Trading System. An exchange of goods & services with no dollars involved, instead we use a local currency - seashells! Trading can include Massage, Local Produce, Busy bees, whatever you would like to offer!

Fremantle Sailing Club

151 Marine Terrace, FREMANTLE WA 6160

E reception@fsc.com.au

W fsc.com.au

P (08) 9435 8800

It's on again, this Sunday March 21. Free to everyone. Bring along all of those boating bits n bobs that you have had kicking around your bilge and give them a new life in the hands of other boating enthusiasts. Treasures of the Bilge. Sellers entry from 8:00 and Buyers from 9:00 on the lawns of the lagoon. Reduce, reuse and repurpose those boating items and meet

Freo Friendly Quilters

P (08) 9335 6481

Local patchwork & quilting group. For any age or stage of quilting. No classes - not a teaching group. Do your own projects, in company.

Italian Club Of Fremantle

Italian Club Of Fremantle, 65 Marine Terrace, FREMANTLE WA 6160

E admin@italianclubfremantle.com

P (08) 9335 9033

Sporting organisation, social club.

Legacy Club Of Fremantle Inc

Legacy House, 17 Parry Street,
FREMANTLE WA 6160

E reception@legacywa.com.au

W legacy.com.au

P (08) 9335 2764

The care of dependants of comrades who served their country in times of war and who died on service or subsequently. Provide a social outlet for Legacy widows who hold fortnightly meetings and are known as the Laurel Club.

Rotary Club Of Fremantle

Fremantle Sailing Club, 151 Marine Terrace, FREMANTLE WA 6160

E enquiries@fremantlerotary.org

W fremantlerotary.org

P (08) 9339 1131

To encourage and foster the ideals of service as a basis or worthy enterprise, community service - international understanding. High ethical standards in business. Find Rotary on facebook.

Soroptimist International Of Fremantle

Old Boys School, 92 Adelaide Terrace,
FREMANTLE WA 6160

E davidsonbarbara14@gmail.com

Through partnerships and a global network of members, Soroptimists inspire action and create opportunities to transform the lives of women and girls by advocating for equity and equality, creating safe and healthy environments, increasing access to education, developing leadership and practical skills for a sustainable future.

South Fremantle Community Association

396 South Terrace, SOUTH FREMANTLE WA 6162

E southfremantleca@gmail.com

The purpose of the South Fremantle Community Association (SFCA) is the coming together of a diverse local community to celebrate festivals and events, to support each other through online communication, to learn from each other, to inspire each other, to feel a sense of fellowship, safety and belonging together.

The Fremantle Network

11 McAtee Court, FREMANTLE WA 6160

E thefremantlenetwork@gmail.com

P 0408 988 977

The Fremantle Network is a community based forum for discussion on Fremantle issues, which provides a much needed opportunity for "inclusive networking". Rather than bringing together special interest groups, the goal of TFN is to create a friendly and creative meeting place for the wide variety of people – residents and businesses – who have chosen to make Fremantle their home.

Victoria Quay Toastmasters

Fremantle Bowling Club, Ellen Street,
FREMANTLE WA 6160

E davidnic@iinet.net.au

W toastmastersvq.net

P 0401 011 212

Toastmasters is for men and women who wish to overcome their fear of public speaking.

Wasamba - Freo's Carnival Drummers

Fremantle PCYC, 34 Paget Street,
FREMANTLE WA 6160

E enquiries@wasamba.com.au

W wasamba.com.au

WASAMBA!! is a community based non-profit funky carnival samba band. We are open to anybody keen to get in touch with their wild side. Performances include festivals and much more.

CRISIS & EMERGENCY SERVICES

ABUSE & ASSAULT SERVICES

Dv Assist

E info@dvassist.org.au

W dvassist.org.au

P 1800 080 083

DVassist provides single or multi session counselling via telephone or webchat, information and resources for people experiencing family and domestic violence who live in regional, rural and remote WA.

Fremantle Family Violence Service

Fremantle Justice Complex, 8 Holdsworth
Street, FREMANTLE WA 6160

P (08) 9431 0324

The Family Violence Service provides information and support on dealing with violence in intimate or family relationships, including those between: partners - married, de facto or otherwise; ex partners; same sex couples; family members; children of either member of a couple; live-in carers.

Full Stop Australia

W fullstop.org.au

P 1800 424 017

Full Stop Australia offers free confidential, trauma specialist counselling for people of all genders who are impacted by violence and abuse, as well as their friends, colleagues and family members.

CRISIS COUNSELLING & INTERVENTION SERVICES

Domestic and Family Violence Mensline

E mail@dvconnect.org

W dvconnect.org

P 1800 600 636

Mensline is a free, confidential telephone, counselling, referral and support service especially set up for men.

Domestic and Family Violence

Womensline

E mail@dvconnect.org

W dvconnect.org

P 1800 811 811

Telephone counselling and refuge referral 24/7
Queensland wide DVConnect, Womensline.

Parents Beyond Breakup

E enquiries@parentsbeyondbreakup.com
m

W parentsbeyondbreakup.com

P 1300 853 437

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

Suicide Call Back - National Phone Service

W suicidecallbackservice.org.au

P 1300 659 467

The Suicide Call Back Service is a 24-hour, nationwide service that provides telephone and online counselling to people 15 years and over who fit one of the following categories: People who are suicidal, people who are caring for someone who is suicidal, people bereaved by suicide or health professionals supporting people affected by suicide.

GENERAL CRISIS AND EMERGENCY SERVICES **Australian Maritime Safety Authority**

Atwell Building, Level 3 3 Cantonment Street, FREMANTLE WA 6160

E ssdwestfre@amsa.gov.au

W amsa.gov.au

P (08) 9430 2100

The Australian Maritime Safety Authority is a largely self-funded government agency with the charter of enhancing efficiency in the delivery of safety and other services to the Australian maritime industry. Implements policy relating to the operation of vessels in Australian waters in accordance with the Navigation Act and the Marine Safety (Domestic Commercial Vessel) National Law Act 2012.

Emergency Helplines - WA

W wa.gov.au

P 1800 199 008

If you need help there are a number of telephone numbers you can call 24 hours a day, seven days a week, or services you can contact.

Emergency Relief

12 Queen Victoria Street, FREMANTLE WA 6160

E admin@stpats.com.au

W stpats.com.au

P (08) 9430 4159

St Pat's Emergency Relief and Welfare Service offer clients professional and confidential, social and emotional support in their greatest time of need. At no other time is our work more relevant than in times of urgent and immediate care needs. *currently by appointment only due to COVID-19, please call 9430 4159 to schedule

Team Rubicon Australia

E info@disasterreliefaus.org

W disasterreliefaus.org

P (02) 8815 8113

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

Women's Domestic Violence Helpline

W wa.gov.au

P 1800 007 339

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

WELFARE ASSISTANCE & SUPPORT SERVICES

Homeless Helpline - Perth

W wa.gov.au

P 1800 065 892

During office hours: Homeless Helpline - 1800 199 008 or your local Department of Communities. (Fremantle 08 9431 8800) After hours: Crisis Care - 1800 199 008 To contact a local child protection office please contact 1800 176 888

National Services Men's Association - Fremantle

E nat@nashos.org.au

W nashos.org.au

P (08) 9337 8642

To improve the general welfare of all national servicemen. To seek reparation benefits or medical compensation of all members. To seek amendments to the Defence Services Homes Act to include National servicemen between 1951 - 1972. To participate in Anzac Day marches and similar remembrances.

The Claddagh Association (Inc)

E admin@claddagh.org.au

W claddagh.org.au

P (08) 9249 9213

Since 1997 The Claddagh Association has been a family away from home, supporting the Irish community in WA through the ups and downs of life.

CULTURAL AND MIGRANT SERVICES

GENERAL CULTURAL GROUPS

W A Portuguese Club

2 Strang Street, BEACONSFIELD WA
6162

W waportugueseclub.com.au

P (08) 9335 2002

To foster goodwill and social relationships within the Portuguese community; promote goodwill between Portuguese and Australian communities.

Walyalup Reconciliation Group

E Walyalupreconciliationgroup@gmail.com

W melvillecity.com.au

The Walyalup Reconciliation Group is a grass roots group formed voluntarily by members of the community who desire justice and reconciliation for Aboriginal people.

MIGRANT SERVICES

Australian Asian Association of WA Inc - Perth

E austasia1@iinet.net.au

P (08) 9328 6202

No information

Chung Wah Association

E chungwah@chungwah.org.au

W chungwah.org.au

P (08) 9328 8657

No information

Executive Staff Services - Fremantle

21A Pakenham Street, FREMANTLE WA
6160

E info@essworldwide.com.au

W essworldwide.com.au

P (08) 9433 4097

Executive Staff Services is a renowned Migration Agency firm based in Perth, delivering professional advice within Australian Migration Law for individuals and corporations.

Italian Migrant Welfare Organisation - Fremantle

65 Marine Tce, FREMANTLE WA 6160

E incapert@iinet.net.au

P (08) 9335 2897

No information

Italian Village - Fremantle

95 Samson Street,, WHITE GUM VALLEY
WA 6162

E ceo@italianvillage.net.au

P (08) 9430 8111

Aged care facility. These services are operated by Fremantle Italian Aged Persons' Services Assoc. High and low care.

Settlement and Community Engagement

E hello@multiculturalfutures.org.au

W multiculturalfutures.org.au

P (08) 9336 8282

Working with individuals and families, we can help you build essential skills, access other migrant settlement services and connect with your local community.

Muslim Community Service of WA - Kewdale

E info@aic.wa.edu.au

P (08) 9362 5340

No information

National Resource Centre For Migrant Empowerment

E enquiries@nationalresourcecentre.org.au

W nationalresourcecentre.org.au

P 0478 054 020

NRCME is dedicated to improving the lives of vulnerable and precarious immigrants, with a focus on newly arrived immigrants in Australia. We offer an extensive set of services, community organization, and leadership development programs. Including job seeking support, acquiring safe and affordable housing, education and legal aid, health advice, and demonstrating services.

Peak Ethnic Umbrella Organisation

E admin@eccwa.org.au

P (08) 9227 5322

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

South Metropolitan TAFE Adult Migrant English Program - Thornie

E amep@smtafe.wa.edu.au

W southmetrotafe.wa.edu.au

P (08) 9267 7609

No information

DISABILITY SERVICES

CARER INFORMATION

Kindship

E hello@kindship.co

W kindship.com.au

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

People With Disability Australia - Qantas Carer Concession Card

E qccc@pwd.org.au

W pwd.org.au

P 1800 806 769

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

DISABILITY ACCOMMODATION SERVICES

Etham Care

E info@etham.com.au

W etham.com.au

P 0408 489 782

Etham Care is a NDIS registered service provider specialising in offering accommodation and a range of support services for people with disabilities. Our goal is to enhance the quality of life for their clients by fostering social and community participation and capacity building.

Vera Living**E** jade.hayward@veraliving.com.au**W** veraliving.com.au**P** 0480 546 642

Vera Living are a luxury Specialist Disability Accommodation provider. Our friendly team are here to support you with every part of your SDA journey. From providing advice, to finding your home, helping you move and giving ongoing support in your Vera home, we are here throughout. Contact us to start your journey to luxury SDA today.

DISABILITY EMPLOYMENT & TRAINING SERVICES**Alinea (Inc.)****E** info@alinea.org.au**W** alinea.org.au**P** (08) 9381 0111

As a registered Australian Disability Enterprise, ParaQuad Industries offers a range of high-quality goods and services to customers whilst providing work opportunities to supported employees. Our Jandakot op shop has a wide range of quality pre-loved and vintage clothing, furniture, books, electrical goods and bric-a-brac on offer.

APM Disability Employment Services**W** apm.net.au**P** 1800 276 276

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

Bizlink - Fremantle**E** bizlink@bizlink.asn.au**W** bizlink.asn.au**P** (08) 9433 2653

Bizlink is a not for profit free service that assists people with a disability or barriers to secure and maintain individualised award waged employment with offices in Fremantle, East Perth and Rockingham. A free service Personalised job-matching Pre-employment training and skills development Individualised assistance On-site training Experienced Apprenticeship and Traineeship support

Maxima - Fremantle

152 High Street, FREMANTLE WA 6160

E enquiries@maxima.com.au**W** maxima.com.au**P** 1300 629 462

Landing your first job, changing careers, finding a new team member, or securing NDIS support can feel impossible – you don't have to do it alone. Let Maxima help you reframe what's possible.

Twilight Therapy**E** info@twilight-therapy.com.au**W** twilight-therapy.com.au**P** 0466 537 766

NDIS Occupational Therapy services, accepting self-managed and plan manager managed client. Specialised in Autism, psychosocial disability, as well as assistive tools

Disability employment**E** info@visability.com.au**W** visability.com.au**P** (08) 9311 8202

CoAct and VisAbility work with employers to create sustainable employment opportunities for people with disability.

DISABILITY INFORMATION & COUNSELLING

Counselling

E referral@bilass.com.au

W bila.org.au

P 1300 564 621

At Bila, we offer counselling services to help our clients understand their current circumstances and identify ways to move forward together so they can feel healthier, happier, and more energetic. Our counsellors can work with one-on-one or in group sessions to help develop healthier relationships and improve well-being.

NDIS Plan Management

E info@completemoney.com.au

W completemoney.au

P 1300 161 489

At Complete Money Management we are your local NDIS Plan Manager, we are a registered provider who is here to assist in all your plan budget needs and to help you navigate the complex system.

Limbs 4 Life

E info@limbs4life.org.au

W limbs4life.org.au

P 1300 782 231

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

My Virtual Support Coordinator

E info@myvirtualsc.com.au

W myvirtualsc.com.au

P (03) 9077 1448

My Virtual Support Coordinator works as an online service provider. Our mission is to change the way Support Coordination is managed by creating a simple, clear and manageable plan for NDIS Participants. No travel costs. Direct access to online tools. Simple billing options to suit your needs. Access to experienced staff.

People With disabilities WA - West Perth

E info@pwdwa.org

W pwdwa.org

P (08) 9420 7279

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

Therapy Connect

E clientservices@therapyconnect.com.au

W therapyconnect.com.au

P 1300 757 806

Therapy Connect provides flexible, person-centred allied health supports via telepractice for people who experience disability or delay in development that affects their participation at home, in the community, in childcare, education or the workplace.

Your Story Disability Legal Support

E yourstorydisability@legalaid.qld.gov.au

W yourstorydisabilitylegal.org.au

P 1800 771 800

Your Story Disability Legal Support empowers people with disability to safely share their story with the Disability Royal Commission and connect with local support services. We work in partnership with communities to deliver a person centred, trauma-informed and culturally safe legal service.

DISABILITY RESPITE AND ACTIVITY CENTRES

Respite Care Services

E referral@bilass.com.au

W bila.org.au

P 1300 564 621

Respite means that family members can find support if they want a rest from their role as a carer. It also offers people with disabilities the opportunity to get out and about in the community. This helps to provide support in social aspects while building confidence, self-esteem, and community engagement.

Cahoots

E volunteer@cahoots.org.au

W cahoots.org.au

P 1300 103 880

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

Chorus - Kwinana

E hello@chorus.org.au

W nmahsmh.health.wa.gov.au

P 1800 264 268

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

Disability in the Arts, Disadvantaged in the Arts Australia

92 Adelaide Street, FREMANTLE WA 6160

E gallery@dadaa.org.au

W dadaa.org.au

P (08) 9430 6616

Opportunities for people with disabilities and the disadvantaged to participate in arts activities.

Livinghope NDIS Disability Services

E admin@livinghope.au

W livinghope.au

P (08) 6377 7333

Welcome to LivingHope NDIS Disability Services in Armadale! We are your trusted partner in providing exceptional disability support to individuals and families in our community. Our mission is to empower those with disabilities to lead fulfilling lives, fostering a sense of inclusion, independence, and hope.

Trusted Care Network

E info@trustedcarenetwork.com.au

W trustedcarenetwork.com.au

P 0402 345 165

Trusted Care Network is a registered NDIS service provider that truly understands the support needs of their clients and families. Trusted Care Network offers the following Services to NDIS participants: ? Daily Care & Support Services ? Community Nursing Care ? Accommodation & Living Arrangements ? Community Engagement ? Transport Services ? Support Coordination

Yadah Care Services

W yadahcareservices.com.au

P 0466 986 761

General Disability Services, Respite Care, Disability services for SIL and MTA under the NDIS. Open from 8am -4pm.

GENERAL DISABILITY SERVICES

4 CLEANING

E info@4cleaning.com.au

W 4cleaning.com.au

P 0460 869 848

Professional Cleaning & Gardening Services For Your Home, NDIS Participants, and other We provide services across Perth WA.

Abundance Healthcare Group

E info@abundancehealthcaregroup.com.au

W abundancehealthcaregroup.com.au

P 1300 973 556

Welcome to Abundance Healthcare Group™ (AHG) - Empowering Lives, Enriching Communities! AHG isn't just healthcare; we champion empowerment, fostering inclusive communities for those with "permanent and significant disabilities." Committed to respect, innovation, and personalized care, we redefine excellence in disability support services.

Achieve Disability Care

E info@achievedisabilitycare.com.au

W achievedisabilitycare.com.au

P (08) 6150 0175

Our service is completely focused on (person centered plan) the needs of the person with disability and their families. Along with delivering high quality services for NDIS participant, Achieve Disability Care been active in research for more than a year and this helps us to deliver the positive outcome.

Activ

15 Porter Street, BEACONSFIELD WA 6162

W activ.asn.au

P (08) 9337 6318

Aims: Supporting people with intellectual disability by providing accommodation, respite, employment and alternative to employment options in the region. No age restrictions, children's services ...

AG Beauty and Hairdressing Services

E Info@AGinHomeServices.com.au

P 0498 564 044

We are a mobile service provider that currently provides in home Hairdressing services to both AGEING POPULATION AND DISABILITY SERVICES. We primarily want to support individuals that solely depend on other services to access these services externally. Monday to Friday 9am to 7pm Weekend 10am to 5pm Email us: booking@aginhomeservices.com.au Phone In: 0498564044 info@aginhomeservice.com.au

Apex Lifestyle

E info@apexlifestyle.com.au

W apexlifestyle.com.au

P 0402 773 663

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

Ask Community Support Services

E info@askcss.com.au

W askcss.com.au

P (08) 6156 6411

Ask Community Support Services is an NDIS Registered Provider in Western Australia, where a participant-centered care model is the cornerstone of our service delivery promise. We focus on strengthening capabilities and enhancing skills, through access to in home, and community activities aligned with our client's goals. See our website or contact us for more information!

At Home Care - Head Office

E hello@athomehealth.com.au

P (08) 9381 3344

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

Australian Community Care Services

E admin@australianccs.com.au

W australianccs.com

P 1300 490 909

ACCS are a quality Registered NDIS Service Provider, who go the extra mile to tailor supports to each individual participant. ACCS Services: Accommodation & Tenancy Plan Management Assist Personal Activities Assist Personal Activities High Assist Transport Activities Community Care Nursing Development Life Skills Domestic Assistance Group Centre Activities Participate Community

Australian disability support services**E** Support@a-dss.com**W** a-dss.com**P** 1800 943 718

Psycho social supports OT, psychologist, speech therapist

Auxilium Recovery Network**E** admin@arnwa.com.au**W** auxiliumsupportcoordination.com**P** 1300 040 272

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

Baobab Care**E** admissions@baobabcare.com.au**W** baobabcare.com.au

Baobab Care is a disability services and NDIS support provider for young and adult with disability in Perth. We offer a range of NDIS services including Transportation, Cleaning, Social Support and Community Engagements, Support Coordination and many more.

Being Human Support Services**E** admin@beinghumansupportservices.com.au**W** beinghumansupportservices.com**P** 0407 227 782

Being human support services is a quality NDIS Service providers, offering range of disability services. We offer in home care, Disability support, community participation, Nursing services. we are very passionate about delivering quality care and believe in inclusiveness respecting choice and establishing person centred care by promoting and upholding the fundamental rights.

Better Quest Disability Services**E** info@betterquestdisabilityservices.com.au**W** betterquestdisabilityservices.com.au

As a registered NDIS support service provider, Better Quest Disability Services strives to assist participants in developing and enhancing their skills to maximise their potential in all aspects of life. Our services include Community Access, In-home support, Household tasks, Group Centre activities, and Assisting with personal Activities to Mention a few.

Boomaroo Plan Management**E** admin@boomarooplans.com.au**W** boomarooplans.com.au**P** 0492 853 012

Assisting Others Inspires Us We ensure your needs and preferences are understood and respected whilst managing the quick processing of payments so that your Service Providers can focus on YOU! We make you our Sole focus and assist you in embarking on your NDIS Journey and are always happy to answer any of your questions. Give Boomaroo Plans a call today !

Brightwater - Inglewood Head Office**E** welcome@brightwatergroup.com**W** brightwatergroup.com**P** 1300 223 968

Capacity building support, support coordination, specialist support coordination and Allied Health

Capital Gaurdians Plan Management**W** capitalguardians.com**P** (03) 9008 9992

Capital Guardians is a Plan Manager throughout Australia.

Care Squared**E** info@caresquared.com.au**W** caresquared.com.au**P** 1300 632 639

Allied Health Supports, Employment Supports and Group Therapies

Cessible Healthcare - Seville Grove**E** contact@cessiblehealthcare.com.au**W** cessiblehealthcare.com.au**P** (03) 8774 9686

We are a team of compassionate caregivers with nursing and caring backgrounds, here to offer personalized NDIS and disability support services. We understand that seeking such services can be overwhelming, and that's why we aim to work with you, your family, or your support coordinator to tailor our services to meet your unique needs, ensuring that you gain the most from our support.

Chayah, Independent NDIS Consultant and Services**E** hansenlouise@ymail.com**P** 0455 192 281

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

Community Access Squad**E** Fremantle@CommunityAccessSquad.com**W** communityaccesssquad.com**P** 0401 915 495

From starting the Community Access Squad in 2015 our team has worked hard to bring together like minded peers with varying abilities to be able to experience all that Perth has to offer. We aim to engage every individual in a focused and meaningful way through community based inclusive outings.

Complex Support Coordination**E** sam@complexsupport.com.au**W** complexsupport.com.au**P** (08) 9467 7333

High quality, results oriented NDIS Support Coordination and Psychosocial Recovery Coaching services. I get the NDIS to work for you!

Confidence Club**W** confidenceclub.com.au**P** 1800 861 199

Australian-owned NDIS approved direct supplier of products for managing incontinence - and an award winning customer support team. We have bladder leakage pads, pull-up pants and nappies for youth and adult that are more sustainably made in our European factories, perform reliably and great value. Trusted by many thousands of Australians for fast and discreet delivery to their doors everywhere.

Connect2Care - WA**E** info@connect2care.com.au**W** connect2care.com.au**P** 1800 950 288

We offer predominantly mobile services throughout Australia, and our therapists have extensive experience working in homes, schools, and other community-based settings. We also provide in-centre therapy at our metropolitan hubs in Melbourne, Brisbane and Sydney, as well as Telehealth appointments.

Dineamic**E** team@dineamic.com.au**W** dineamic.com.au**P** (03) 8669 0587

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

Disability Enquiry Hotline**E** disability@online.telstra.com.au**W** telstra.com.au**P** 1800 068 424

Telstra Disability Services Centre offers a free advisory service for persons who have difficulty using their telephone, such as difficulties hearing the telephone ring, hearing the caller, holding the receiver, voice projection or reading the dial.

Disability Health Support Australia

E dorothy@disabilityhealthsupport.com.au

W disabilityhealthsupport.com.au

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

National Disability Health Support Australia

E dorothy@disabilityhealthsupport.com.au

W disabilityhealthsupport.com.au

P 0421 011 430

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

Disabled Surfers Association Of Aust - Perth

18 Leighton Beach Boulevard, NORTH FREMANTLE WA 6159

E secretary@disabledsurfers.org

W disabledsurfers.org

P 0408 253 206

The Disabled Surfers Association was established in 1986. Many suffer from disabilities that the general public would not consider a disability. From asthmatics to joint injuries to paraplegic, many members have found friendship, support and have renewed their interest in surfing.

Distil Management

E admin@distilmanagement.com.au

W distilmanagement.com.au

P 1800 512 326

Distil is an NDIS registered provider offering on-line tools and face-to-face help so that you can manage the disability plan for you or your family member, simply.

Diversity and Hope Community Services

E info@diversityandhope.org

P 0457 558 386

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

Down's Syndrome Association Of Wa - South Perth

E admin@downsyndromewa.org.au

W downsyndrome.org.au

P (08) 6182 3690

Supporting Western Australian families since 1986. Our purpose is supporting people with Down syndrome to achieve their goals. Down Syndrome WA are NDIS Registered Providers. Down Syndrome Western Australia is Western Australia's peak organisation representing people with Down syndrome, their families and friends.

Personal Care (Disability Service Provider)

E prakash@dtccare.com.au

W dtccare.com.au

P 0426 803 524

Core Supports that enable participants to complete activities of daily living. We assist participants by assisting them to achieve their goal of completing daily personal activities, and Assistance with Travel/Transport Arrangements. Assistance in participation in community, social and civic activities.

Emmanuel - Self Help Centre for People with Disabilities

E emmanuelcentre@perthcatholic.org.au

W emmanuelcentre.perthcatholic.org.au

P (08) 9328 8113

Emmanuel Centre provides a range of services from an activities group for adults with a disability which has run for more than 40 years to a social night for deaf adults. It is a Catholic Church agency that aims to help make the Church more user friendly for people with a disability. It advocates for people with a disability and runs Mental Wellbeing sessions for Church groups.

Epilepsy Action Australia**E** epilepsy@epilepsy.org.au**W** epilepsy.org.au**P** 1300 374 537

Epilepsy Action Australia provides support, information and innovative services to those living with and affected by epilepsy across Australia. We offer world-class education and support services nationally, with a determined commitment to deliver equitable and consistent services to all Australians regardless of where they live.

Epilepsy WA**E** community@epilepsywa.asn.au**W** epilepsywa.asn.au**P** 1300 660 880

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

Fishers with Disabilities Association Inc.**E** executiveofficer@fishability.org.au**P** 0424 417 073

The Fishers with Disabilities Association Inc. aims to increase independence for people with disabilities, while engaging in an outdoor recreational activity that they would not normally be able to participate in. This is achieved by allowing participants to use specially designed motorised rods and reels to enjoy the pleasure of fishing.

GAP Support**E** info@gapsupport.com.au**W** gapsupport.com.au**P** 0427 667 427

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

Getabout (Rocky Bay Inc) - Mosman Park**E** maiw@rockybay.org.au**W** rockybay.org.au**P** (08) 9203 7500

For adults with disabilities who do not work on a full time basis, Rocky Bay offers support to participate in individual or group recreational, educational and personal development options.

Good life Medical**E** admin@goodlifemedical.com.au**W** goodlifemedical.com.au**P** (08) 9331 5800

Good Life Medical is a Western Australian family owned and operated business that specialises in the supply of mobility and disability equipment in Perth.

Good Sammy Academy**E** info@gsi.org.au**W** goodsammy.com.au**P** (08) 9463 0500

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

Grow Your Impact**E** growyourimpact@outlook.com**W** meaningfulbehaviour.com**P** 0432 315 939

Registered NDIS Provider of Positive Behaviour Support for people with behaviours of concern. Services are available from Brisbane to Far North Queensland and the Northern Territory and include positive behaviour support plan creation and implementation for NDIS participants and clients of residential aged care.

GS Assist**E** bjdeutsch@icloud.com**P** 0466 641 799

SUPPORT COORDINATION with extensive experience working within the NDIS - intensive support - setting up your own home - starting and leaving school - employment support - later years support > Support to get your NDIS plan working properly with regular check-ins > Help preparing for your Plan Review > Assistance changing your plan when life changes > Connecting you with your supports

Guardian Angel Carers**E** info@guardianangelcarers.com.au**P** (08) 9441 4829

Providing Therapeutic service, SDA homes ,support coordination

Hendercare - West Perth**E** hello@hendercare.com.au**W** hendercare.com.au**P** 1300 764 433

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

Heyhubble**E** hello@heyhubble.com.au**W** heyhubble.com.au**P** 1300 776 246

Our team at HeyHubble connects NDIS participants with: - Behaviour support - Exercise physiology - NDIS Plan management - Occupational therapy - Physiotherapy - Psychology, counselling, social work - Psychosocial recovery coach - Speech therapy - Support worker

HiCom Care - NDIS Plan Manager**E** Admin@hicomcare.com.au**W** hicomcare.com.au**P** 0480 305 919

HiCom Care is Australia's most dynamic NDIS registered Financial Plan Management service provider for people from CALD backgrounds. We are an enthusiastic, young, and friendly team passionate about delivering A-Grade services to our clients nationwide. We handle the day-to-day financial tasks that come with our participants' plans and help them to keep track of their funding balance.

Hillcrest Health**E** info@hillcrestt.com**W** hillcrestt.com**P** 0473 440 282

Hillcrest Health provides disability support services for people with mental health problems, physical health issues, complex community nursing care needs. We also provide supported independent living and respite for short and medium term accommodation needs. We assist self, Plan and NDIS registered clients in the Perth Metropolitan area in providing recovery a focused service.

Holly Blue Healthcare**E** enquiries@hollybluehealthcare.com.au**W** hollybluehealthcare.com.au**P** (08) 6140 6667

Holly Blue Healthcare is a Registered Provider of NDIS services including support coordination, daily living assistance, social support, nursing and others. We employ dedicated and qualified team members with a strong commitment to the NDIS Code of Conduct, Quality and Safeguarding Legislation and Australian Health Care Rights. We have extensive experience within physical and mental health care.

Homage Australia - Aged and Disability Home Care Services (HCP, NDIS, Private Fundings accepted)

W homage.com.au

P (08) 6147 0324

We provide Aged and Disability Home Care Services. We accept Private, Home Care Package Funding (HCP) and National Disability Insurance Scheme Funding (NDIS). We work closely with Private clients, Support Coordinators, Care Managers, Hospitals and Aged Care Facilities.

Humdrum

123 South Street, BEACONSFIELD WA 6162

E info@humdrum.au

W humdrum.community

P (08) 6500 0256

Humdrum is a registered NDIS disability organisation with a mission to combat isolation and boredom. Humdrum operates as a hybrid between a digital platform and full service provider. This means that participants and employees can be captains of their own journeys, while still having the full support of a clinical and administration team when needed.

I Hate Cooking

E info@ih8cooking.com.au

W ih8cooking.com.au

P 0410 526 477

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

iDune Health

E clem.mabiza@idunehealth.com.au

W idunehealth.com.au

P 0413 175 550

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

Indigo

E help@indigosolutions.org.au

W indigosolutions.org.au

P (08) 9381 0600

Indigo provides information and advice, assessment, training, funding and hire services that enable Western Australians of all ages and abilities to live more independent and fulfilling lives.

Daily domestic living needs through to Complex and High Care

E info@janescare.com.au

W janescare.com.au

P (08) 9322 9999

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

General Disability Services

E mailpe@justbettercare.com

W justbettercare.com

P (08) 6119 9137

In-Home Aged & Disability Support.

General Disability Services

E mailpe@justbettercare.com

W justbettercare.com

P (08) 6119 9137

In-home aged and Disability Care support

LibertyPlus**E** hello@libertyplus.com.au**P** 0407 449 505

Capacity Building: Development of Daily Living and Life Skills (Reg. Group 0117) 7 days a week; 6am - 8pm. Core: Assistance with Social, Economic and Community Participation (Reg. Group 0125) 7 days a week; 6am - 8pm. Assistance with self care (0107) and Assistance with Household Tasks (0120); and High Intensity Supports - Personal Care & Community Support Behaviours of Concern - Dementia (0104)

Life Care WA**E** admin@lifecaringwa.com.au**W** lifecaringwa.com.au**P** 0437 313 164

NDIS registered Disability Support and Aged Care service catering to the Peel, Metropolitan and South West regions. We offer professional support to a wide variety of disabilities and illnesses. Including but not limited too; daily living, personal hygiene, household tasks, innovative community participation, support communication, develop life skills, group activities.

Life Purpose Australia**E** admin@lifepurposeaustralia.com.au**W** lifepurposeaustralia.com.au**P** 1300 539 194

Our mission at Life Purpose Australia is to deliver person-centred services that promote the health, safety, and well-being of individuals with disabilities while preserving their rights and autonomy. We believe that collaboration is key, and we work closely with our participants and their families to develop customized plans that meet their unique needs and goals.

Lifepath Care Services**E** info@lifepathcareservices.com.au**W** lifepathcareservices.com.au**P** (08) 9525 6607

Lifepath Care Services is a Registered NDIS Provider serving Perth and surrounding areas. Our goal is to empower individuals and families impacted by behavioral health, intellectual or developmental challenges, resulting in better living. Our services are as follows: Community Nursing, Increased Community Access, Development - Life skills, Household Tasks, Group/Centre Activities and many mor...

Link My Plan**E** admin@linkmyplan.com.au**W** linkmyplan.com.au**P** 1300 611 788

Here at Link My Plan we know that finding the right supports can be challenging. That's why we take the time and effort to connect you with a support worker or peer mentor that's right for you. No more guessing who or if your supports are turning up for their shifts, that's the Link My Plan promise.

Manage It**E** info@manageit.com.au**W** manageit.com.au**P** (08) 9380 0271

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

Me Plus More**E** hello@meplusmore.com.au**W** meplusmore.com.au**P** 0405 905 610

Me Plus More is an online platform specifically designed to inspire and empower people with intellectual disability or cognitive impairment to take those much-needed steps towards reaching their goals and independence. It has been designed in both English and easy read English to gives members the tools and resources to assist in learning independent living skills.

Medihire and Sales - Independent Living Equipment**E** info@medihireandsales.com**W** medihireandsales.com**P** (08) 9354 3111

Many people in our community have a need for mobility equipment, home health care aids, incontinence products and other items that can ease anxiety and give peace of mind. We trust as you browse our website, you will discover equipment that will give you greater freedom and independence both at home and in your daily activities.

Mobility Allowance - Perth**W** servicesaustralia.gov.au**P** 13 27 17

Centrelink's Mobility Allowance provides assistance to people with disabilities.

Mosaic Community Care Inc - Jandakot**E** hello@mosaic.org.au**W** mosaic.org.au**P** (08) 9314 8900

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

My Dreams**E** info@mydreamssupport.org.au**P** 0451 352 401

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

My Flex Disability**E** kayleighj@myflexhealth.com.au**W** myflexhealth.com.au**P** (08) 9427 7500

My Flex Disability is experienced in providing in home personal support services across Perth and the South West to a wide range of people living with disability, including children, the elderly and consumers requiring private services.

My Plan Assist**E** info@myplanassist.com.au**W** myplanassist.com.au**P** (07) 5641 2277

The simple solution to managing your NDIS Funding. My Plan Assist is a registered provider of plan management services for children, young people & adults with disabilities under the NDIS. They offer caring & personalised support to simplify NDIS plan management, offering more flexibility and control with less stress. Get the support you need so you have more time to focus on your NDIS goals.

My Plan Manager**E** enquiry@myplanmanager.com.au**W** myplanmanager.com.au**P** 1800 934 170

My Plan Manager is Australia's largest plan management service – we take the stress out of the NDIS. We can process your NDIS invoices, reduce time-consuming paperwork, and support you to quickly and simply track your NDIS plan spending. We can also work with you to maximise your NDIS plan and ensure it includes the important items that really make a difference to achieving your goals.

MyCareSpace**W** mycarespace.com.au**P** 1300 288 893

An online connections service helping NDIS participants to connect with verified local service providers with immediate appointments available.

Plan Management - MyIntegra Perth, Western Australia**E** choiceandcontrol@myintegra.com.au**W** myintegra.com.au**P** 1800 696 347

With the right Plan Manager by your side, your NDIS journey gets a whole lot easier. MyIntegra's NDIS Plan Management service can take care of the paperwork, pay invoices on time and guide you to get the most out of your NDIS plan.

**Support Coordination - MyIntegra
Perth, Western Australia**

E enquiries@myintegra.com.au

W myintegra.com.au

P 1300 937 187

Get value from your NDIS plan with expert help to connect you with local supports in Western Australia (WA) • Help to understand your plan • Registered Support Coordinator • Build your independence • All levels of disability including complex needs • Prepare for plan reviews • Navigate the NDIS

**National Disability Services WA -
Osborne Park**

E ndswa@nds.org.au

W nds.org.au

P (08) 9242 5544

No information

National Relay Disability Phone Service

E helpdesk@relayservice.com.au

W accesshub.gov.au

P 1800 555 660

The National Relay Service is a national telephone system for people who have difficulty hearing or speaking on a regular telephone. Information, training and referral is available locally or via the

NDSP Plan Managers - WA

E info@ndsp.com.au

W ndsp.com.au

P (08) 6146 3707

As an NDIS Plan Manager we assist you on your NDIS journey by paying your supports to providers from your NDIS funds. NDSP allows you to live your life while we manage your claims, payments and administration of your NDIS budget.

disability support services

E info@neviccommunity.com.au

NEVIC Respite and Community Care, we provide the best person-centered care as we seek to tackle challenges that our clients face in their quest to live independent and fulfilling lives. We aim to develop a caring relationship with our clients and the community.

OUTCARE LTD - Bayswater

E outcare@outcare.com.au

W outcare.com.au

P (08) 6263 8622

This program supports people with disability and mental health issues who are at risk in the community, in prison or after release from prison. Case workers offer community in home support, accommodation, daily living skills, access to education and skill development.

Pacify Plan Management

E hello@pacify.com.au

W pacify.com.au

P 1800 959 344

Pacify Plan Management is registered by the NDIS to provide plan management services to participants Australia-wide.

NDIS Plan Management

W pathwaystocare.com.au

P 1300 467 284

We are one of Australia's premier NDIS Plan Management services for people with disability. Our aim is simple, for all our participants to be living the lives they want to live. We take the stress out of managing your NDIS plan, allowing you to focus on what is important to you. We love getting to know you to help you achieve your goals and connect you to your community!

Pathways To Care

W pathwaystocare.com.au

P 1300 467 284

We are one of Australia's premier NDIS Plan Management services for people with disability. Our aim is simple, for all our participants to be living the lives they want to live. We take the stress out of managing your NDIS plan, allowing you to focus on what is important to you.

Peak Plan Management**E** info@peakplan.com.au**W** peakplanmanagement.com.au**P** 1300 732 324

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

Peel Home and Community Support - NDIS Disability Services**E** enquiries@peelhcs.com.au**W** peelhcs.org.au**P** 1800 733 522

Peel Home and Community Support provides assistance with personal activities, household tasks, plan management and much more. Support ranges from domestic, community access, shopping, medical appointments, centre-based day activities, alternate family care, respite and Finding and keeping a job. Please call to discuss your needs and how we can assist you.

Peniel Support Network**E** admin@penielsupportnetwrk.com.au**P** 0410 968 901

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

People Skills and Community (Part of Activ) - Beaconsfield

Porter Street, BEACONSFIELD WA 6162

W activ.asn.au**P** (08) 9337 6099

To provide a range of services for people with disability enabling them and their families to pursue a better life.

Plan Partners**E** rollie.pontigon@planpartners.com.au**W** planpartners.com.au

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

Plan Partners - WA**E** admin@planpartners.com.au**W** planpartners.com.au**P** 1300 333 700

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

PlanCare**E** hello@plancare.com.au**W** plancare.com.au**P** 1800 024 000

PlanCare is a leading NDIS plan manager, and we're passionate about supporting participants to understand and get the most out of their funding. We support NDIS participants to pay invoices for their providers, and assist them to understand their plan, link in with supports and spend their funding. We're support NDIS participants Australia-wide!

Provider Choice Plan Management - Perth**E** hello@providerchoice.com.au**W** providerchoice.com.au**P** 1300 776 246

Provider Choice offer plan management services to families across Western Australia. We provide you with your very own personal plan manager who remembers your story, pays your invoices, and answers your questions - you don't just deal with someone in a call centre. We also have an online portal where you can keep track of your budget in real time.

Recovery Plus Support**E** referral@recoveryplussupport.com.au**W** recoveryplussupport.com.au**P** 1800 512 281

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

Reel Keen Powerchair Fishing**E** robert@reelkeen.com**W** reelkeen.com**P** 0418 128 749

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

Simplified Plan Management**E** info@dsumpm.com.au**W** simplifiedpm.com.au**P** 0491 090 747

At Simplified Plan Management, we understand the complexity and overwhelm that can come with the NDIS process. We are passionate about significantly enhancing the lives of people living with disabilities. Get support to manage your NDIS plan, and access more control and choice in managing your NDIS funds. Get assistance with invoice processing, budgeting, and payment of services. No more worrying

Spectrum Space

2 Alma Street, FREMANTLE WA 6160

E info@spectrumspace.org.au**W** spectrumspace.org.au**P** (08) 9431 2111

Spectrum Space provides unique opportunities for autistic people to develop and display their strengths, capacity and contributions. Using a strengths-based approach our social groups connect young autistic people with others, providing opportunities for social interaction, engagement and fun.

Sunlight Disability Care**E** info@sunlightdisability.com.au**W** sunlightdisability.com.au**P** 0410 096 930

Sunlight Disability Care is a Perth Western Australia-based Registered Disability service provider. We are a small business run by family members who are caring, dedicated, and passionate about supporting people with disability. We welcome people from all backgrounds. Our services are available for children, adults, and older communities in Perth metro, surroundings, and expanding all over WA

Support Coordination to Avenues Australia**E** hello@avenuesaustralia.com**W** avenuesaustralia.com**P** 1300 208 594

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

The Aussie Hands Foundation Inc - Melbourne**E** info@aussiehands.org**W** aussiehands.org

Aussie Hands (ii) supports children and adults who have been born with a hand difference or have an acquired hand injury; (ii) provides opportunities for networking and exchange of information; and (iii) supports research initiatives focussing on hand differences

The Care Co.**E** shams@thecareco.com.au**W** thecareco.com.au**P** 0452 660 183

The Care Co. is a registered NDIS approved provider that seeks to empower people living with a disability. We offer many different types of support services, such as Community Nursing, Development of Life skills and Assisting Personal Activities and many more.

The Dyslexia-speld Foundation Wa Inc - South Perth

E support@dsf.net.au

W dsf.net.au

P (08) 9217 2500

No information

The Good Meal Co

E agedcare@goodmeal.com.au

W goodmeal.com.au

P 1800 155 255

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

The Happy Giraffe

E claire@thehappygiraffe.com.au

W thehappygiraffe.com.au

P 0409 026 230

* Offers a wide range of Sensory Products - Autism, ADHD, Sensory Processing, Anxiety.... * A safe space for people to look, touch and feel products to suit their sensory needs. * Committed to supporting our Neurodivergent and wider Community

The Kids Coach - National

W thekidscoach.tv

P 0478 437 368

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

Thinkwise Disability

P 0478 254 112

THINKWISE Disability offers valuable disability support services all across Australia. Our mission is to empower people with disability and long-term health conditions to unlock their potential through engagement, education and employment to become self-sufficient and participate in their communities.

Tuley

E hello@tuley.com.au

W tuley.com.au

P 0433 915 037

Tuley is a family-owned and operated disability support organisation providing individualised and flexible community-based supports to NDIS participants (7 years and upwards) and their families in the Perth Metro and Bunbury area.

Verity Allied Health

E contact@verityah.com.au

W verityah.com.au

P 1300 318 468

A team of highly experienced Speech Pathologists with over 12 years experience each in the disability sector with capacity for referrals for 0-18 years old. Experienced with enhancing outcomes for neurodiverse individuals, such as those with ASD, ADHD, and Down Syndrome.

Vision Impairment Services

E info@visability.com.au

W visability.com.au

P (08) 9311 8202

Professional low vision support and therapy services in homes, at school, at work and in the community: Therapy for adults and seniors with vision impairment Therapy for children and youth with vision impairment Assistive technology Leisure, sport and recreation Employment assistance Guide dog services Training and education

XYX Syndrome Association of Australia Inc.

E xyxaustralia@gmail.com

W xyxaustralia.org

P 0427 064 157

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

Yadah Care Services

E isabel.magaya@yadahcareservices.com.au

W yadahcareservices.com.au

P 0466 986 761

Yadah Care Services provides care for individuals 7yrs - 65 yrs old assisting with, Personal Care supports, Respite services, House hold Tasks, Community Nursing, Community participation and support coordination

Yadah Care Services

E isabel.magaya@yadahcareservices.com.au

W yadahcareservices.com.au

P 0466 986 761

Yadah Care Services provides care for individuals 7yrs - 65 yrs old assisting with, Personal Care supports, Respite services, House hold Tasks, Community Nursing, Community participation and support coordination

Standard and High Intensity Level Support Worker Services - In Home

E info@youfirstservices.com.au

W youfirstservices.com.au

P 1300 525 656

Standard & High Intensity Level Support Worker Services - In Home

Your Plan Manager

E plan@ypm.com.au

W yourplanmanager.com.au

P 1800 968 775

We provide Registered NDIS Plan Management Services Australia-wide. Our passion is offering you, your family, carers and providers with an access to expert and personal advice for the life of your NDIS plan.

Your Supported Living Pty Ltd

E ceo@yoursupportedliving.com.au

W yoursupportedliving.com.au

YSL is committed to empowering people with disabilities to enjoy life on their own terms by granting them more freedom, choice, and control and by assisting them in realising their own aspirations and objectives. They can have NDIS supported and coordinated or private home care services for the disabled or infirmed persons and includes personal, domestic or outside the home help.

SPECIAL EDUCATION PROGRAMS

Port School - Hamilton Hill

E admin@portschool.wa.edu.au

W portschool.wa.edu.au

P (08) 9335 6323

No information

EDUCATION

ADULT EDUCATION

Australian Training Institute

E admin@atiaustralia.edu.au

W atiaustralia.edu.au

P (07) 3269 5005

The "Australian Training Institute (ATI) Pty Ltd" specialises in First Aid; Security; Working at Heights/Confined Space; Safety (WHS); Fire; Mining; and Business. Our honesty, integrity and professionalism along with our broad expertise and technical training have positioned the company as one of the top providers in Australia.

Parentshop

E info@parentshop.com.au

W parentshop.com.au

P (02) 6680 8910

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

Read Write Now**E** readwritenow@nmtafe.wa.edu.au**W** read-write-now.org.au**P** 1800 018 802

The Read Write Now program provides one-to-one help for adults who want to improve their reading, writing, maths, study or basic computer skills. Students work with trained volunteer tutors in an informal public space for about an hour and a half each week to achieve their personal and professional goals. The program operates in 18 metropolitan and some regional areas of WA.

South Metropolitan TAFE - Fremantle**1** Fleet Street, FREMANTLE WA 6160**W** southmetrotafe.wa.edu.au**P** 1800 001 001

Challenger Institute has 10 campuses and four community-based training sites in Perth's southern metropolitan corridor and the Peel region. The institute offers more than 450 courses at 14 locations spanning a catchment area of 6,000 square kilometres - from Fremantle to the Peel region and inland to Murdoch.

South Metropolitan TAFE, Literacy Courses for Access and Participation - Fremantle**1** Fleet Street, FREMANTLE WA 6160**W** southmetrotafe.wa.edu.au**P** 1800 001 001

Challenger Institute has 10 campuses and four community-based training sites, in Perth's southern metropolitan corridor and the Peel region. The institute offers more than 450 courses at 14 locations spanning a catchment area of 6,000 square kilometres - from Fremantle to the Peel region and inland to Murdoch.

Suicide Programs Calm Conversations Can Save Lives**E** admin@suicideprograms.com.au**W** suicideprograms.com.au**P** (07) 3077 6536

We offer many evidence based, Australian training programs that empowers you to "have a CALM conversation" about suicide - to reduce stigma, promote help seeking and save lives. Learn face-to-face, virtually or online.

The University Of Notre Dame Australia Sport and RecreationThe University Of Notre Dame Australia,
32 Mouat Street, FREMANTLE WA 6160**E** fremantle.sports@nd.edu.au**W** notredame.edu.au**P** (08) 9433 0588

The university of Notre Dame hold sport and recreation events on campus that are also open to the Fremantle community. Recreation includes casual fitness classes such as yoga and pilates, as well as social sports competition such as mixed netball and soccer. Put a team in this fun social ten week round robin competition held at Notre Dame.

GENERAL EDUCATION PROGRAMS**A Team Tuition - HEAD OFFICE****W** ateamtuition.com**P** (07) 5226 0351

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

Adult Migrant English Program (AMEP) - Carlisle**E** amep@smtafe.wa.edu.au**W** southmetrotafe.wa.edu.au**P** 1800 862 166

The Adult Migrant English Program (AMEP) provides up to 510 hours of English language tuition to eligible migrants and humanitarian entrants to help them learn foundation English language and settlement skills to enable them to participate socially and economically in Australian society.

Australian Cervical Cancer Foundation**E** info@accf.org.au**W** accf.org.au**P** 1300 727 630

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

Australian School Of Entrepreneurship**E** group@ase.edu.au**W** ase.edu.au**P** 1300 336 095

The ASE Group is a community-led and purpose driven business for good that delivers education, entrepreneurship and employment programs to Australians of all ages.

Balance Minder**E** leanne@balanceminder.com.au**P** 0428 181 824

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

be informed.**E** beinformedaus@gmail.com

be informed. helps people make good decisions. We offer free Seminars on important topics of interest so people are educated with information about what matters to them.

Department Of Education WA - South Metropolitan Regional Education Office

184 Hampton Road, SOUTH FREMANTLE WA 6162

E southmetroregionaledoffice@education.wa.edu.au**W** education.wa.edu.au**P** (08) 9336 9563

Regional Education Office for Fremantle and Peel regions, covering 244 primary and secondary schools. Provides educational, social and emotional assistance to students within the South Metropolitan Education Region and assists schools to best cater for students at educational risk.

Empyrean Education Institute

16/18 The Terrace, FREMANTLE WA 6160

E admissions@eei.wa.edu.au**W** eei.wa.edu.au**P** (08) 9228 1600

Empyrean Education Institute is Perth's fastest growing Commercial Cookery, Hospitality & Business College, located in the bustling precinct of Fremantle. EEI is a leading vocational provider (VET). Government funded courses are available.

Firstaidpro - Fremantle

Quest Fremantle , 8 Pakenham Street, FREMANTLE WA 6160

E courses@firstaidpro.com.au**W** firstaidpro.com.au**P** 1300 029 132

FirstAidPro Fremantle- Australia's No.1 in Accredited First Aid Training & CPR Courses, offering Basic Life Support, Emergency Response and more. Providing face to face and online training. Our trainers are trusted, experienced and knowledgeable. Offering affordable First Aid Courses. FirstAidPro's Fremantle training venue is located in Quest Fremantle, 8 Pakenham St, Fremantle WA 6160.

FORTRESS LEARNING**E** info@fortresslearning.com.au**W** fortresslearning.edu.au**P** 1300 141 994

Fortress Learning is one of Australia's premier RTOs, delivering nationally accredited courses in both Training & Assessment and Business. Learning team can help.

Fremantle education Centre Inc (FEC) - Fremantle

cnr Cantonment and Parry St, FREMANTLE WA 6160

E succeed@fec.org.au**W** fec.org.au**P** (08) 9335 5444

FEC opening Hours 7am to 3pm Mon to Fri - +61 8 9335 5444 BSB20120 Certificate II in Workplace Skills CHC30121 Cert III in ECEC CHC30221 Cert III in SBES CHC40221 Cert IV in SBES CHC32015 Cert III in Com Serv CHC42021 Cert IV in Com Serv BSB30120 Cert III in Bus BSB40120 Cert IV in Bus

Language Trainers Australia - Western Australia

E australia@languagetrainers.com

W languagetrainers.com.au

P (08) 6118 2835

Language Trainers, a no-nonsense approach to language classes, operating in Perth since 2004. Language Trainers specialises in one-on-one and small group language courses for business people and busy individuals who need language skills for work, study, travel, family and relationship needs.

Little Folk Music

Fremantle PCYC, 34 Paget Street,
HILTON WA 6163

E hellolittlefolkmusic@gmail.com

W instagram.com

P 0432 242 993

Early childhood music classes for your little folk, ages 0 - 5yrs. Every Tuesday morning during the school term, at the Hilton Community Centre/Fremantle PCYC.

Murdoch University's 'On Track' Program - Murdoch

E ontrack@murdoch.edu.au

W murdoch.edu.au

P (08) 9360 2609

No information

South Metropolitan TAFE - Certificate I, II, III and IV in Leadership Development

15 Grosvenor St, BEACONSFIELD WA 6162

E info@smtafe.wa.edu.au

W southmetrotafe.wa.edu.au

P 1800 001 001

Certificate I, II, III & IV in Leadership Development (Indigenous Focus)

South Metropolitan TAFE - Certificate II, III and IV in ATSI Primary Health Care

15 Grosvenor St, BEACONSFIELD WA 6162

E info@smtafe.wa.edu.au

W southmetrotafe.wa.edu.au

P 1800 001 001

Certificate II, III & IV in ATSI Primary Health Care

South Metropolitan TAFE - Certificate III and IV in ATSI Allied Health Assistant

15 Grosvenor St, BEACONSFIELD WA 6162

E info@smtafe.wa.edu.au

W southmetrotafe.wa.edu.au

P 1800 001 001

Certificate III & IV ATSI Allied Health Assistant

South Metropolitan TAFE - Certificate III and IV in ATSI Population Health

15 Grosvenor St, BEACONSFIELD WA 6162

E info@smtafe.wa.edu.au

W southmetrotafe.wa.edu.au

P 1800 001 001

Certificate III & IV ATSI Population Health

South Metropolitan TAFE - Certificate III and IV in Education Support

15 Grosvenor St, BEACONSFIELD WA 6162

E info@smtafe.wa.edu.au

W southmetrotafe.wa.edu.au

P 1800 001 001

Certificate III and IV in Education Support (Indigenous Focus)

South Metropolitan TAFE - Certificate IV in Frontline Management

15 Grosvenor St, BEACONSFIELD WA 6162

E info@smtafe.wa.edu.au

W southmetrotafe.wa.edu.au

P 1800 001 001

Certificate IV in Frontline Management (Indigenous Focus)

South Metropolitan TAFE - Certificate IV in Training and Assessment (TAE40110)

15 Grosvenor St, BEACONSFIELD WA 6162

E info@smtafe.wa.edu.au

W southmetrotafe.wa.edu.au

P 1800 001 001

Certificate IV in Training and Assessment (TAE40110) (Indigenous Focus)

South Metropolitan TAFE - One Sky, Many Paths Program

1, Fleet Street, FREMANTLE WA 6160

E Peter.mann@challenger.wa.gov.au

W southmetrotafe.wa.edu.au

P (08) 9599 8757

One Sky Many Paths is a program that helps make you a leader in your community

Stroke Foundation: StrokeSafe Volunteer Speaker Program

E strokesafe@strokefoundation.com.au

W strokefoundation.org.au

P (03) 9670 1000

Our StrokeSafe volunteer speakers are trained in public speaking and experienced in delivering life-saving messages about stroke. Our volunteers cover a range of issues that will help your organisation or group better understand stroke and how it can be prevented including; what a stroke is, how to recognise the signs of stroke, what to do if someone is having a stroke, how to prevent stroke.

Substance Abuse and Mental Health (Dual Diagnosis) Training

E george@dualdiagnosistraining.com.au

W dualdiagnosistraining.com.au

P 0408 332 765

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

The Home Based Learning Network of WA Inc

E coordinator@hbln.org.au

W hewa.wa.edu.au

No information

Anger Management and Conflict Resolution Program

E transformationministries@gmail.com

W anger.org.au

P 0408 332 765

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

University of Notre Dame Australia - Fremantle

19 Mouat St, FREMANTLE WA 6160

E fremantle.reception@nd.edu.au

W notredame.edu.au

P (08) 9433 0555

The University of Notre Dame Australia is a national Catholic university that provides a distinctive educational experience coast to coast with campuses in Sydney in NSW and Fremantle and Broome in WA.

Walya Productions

W walya.com.au

P 0401 203 654

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

LITERACY & NUMERACY PROGRAMS

Accelerated Learning Tutoring Centre

E info@perthtutor.com.au

W acceleratedlearning.com.au

P (08) 9471 9036

> Tutoring centre providing personalised tuition for maths, physics and chemistry students in school or university. Open 6 days a week. > Small group tutorials or one-to-one tuition available.

Centacare Employment and Training - Fremantle

Unit 3, 19 Essex Street, FREMANTLE WA 6160

E see@centacarewa.com.au

W centacarewa.com.au

P (08) 9482 7028

Centacare Employment and Training is a not-for-profit registered training organisation that has been transforming lives through education, training and employment for more than 40 years. We offer programs, courses and support services to disadvantaged people in the Perth community who are looking to obtain the skills or qualifications necessary to find a job or go on to further study or training.

Reading Writing Hotline

E enquiries@readingwritinghotline.edu.au

W readingwritinghotline.edu.au

P 1300 655 506

The Hotline is a free anonymous phone referral service for adults wishing to improve their reading writing, maths or computing skills. The Hotline teachers will help callers find appropriate classes or resources to assist them. The Hotline is available to anyone in Australia and is funded by the Commonwealth Department of Education and Training.

South Metropolitan TAFE - Adult Migrant English Program (AMEP)

E amep@smtafe.wa.edu.au

W southmetrotafe.wa.edu.au

P 1800 862 166

English for on-arrival adult migrants. Intensive courses in 10 weeks terms. Full time, part time classes. Community classes and home tutor option. Referral to Distance Learning. Various locations - Perth, Carlisle, Armadale & Thornlie centres, plus community classes and rural and regional classes. See website for full details.

South Metropolitan TAFE-Literacy Courses for Access and Foundation skills

E info@smtafe.wa.edu.au

W southmetrotafe.wa.edu.au

P 1800 001 001

South Metro Tafe has 14 campuses and multiple community-based training sites, in Perth's southern metropolitan corridor and the Peel region. The institute offers more than 450 courses at 14 locations spanning a catchment area of 6,000 square kilometres - from Fremantle to the Peel region and inland to Murdoch/Thornlie/Bentley and Carlisle.

The Literature Centre Inc - Fremantle

4 Knutsford Street, FREMANTLE WA 6160

E info@thelitcentre.org.au

W thelitcentre.org.au

P (08) 9430 6869

Aims to make literature more accessible to all students, K-12, in a rich, happy stimulating environment. Provides a focus for all those interested in children's literature, bringing together students, teachers, parents, writers, storytellers, illustrators and specialists in the field; Holds regular exhibitions of original artwork and manuscripts. Books and Artwork for sale.

PARENTS & CITIZENS ASSOCIATIONS

Winterfold Primary School Parents And Citizens Association

Winterfold Primary School, 41 Annie St,
BEACONSFIELD WA 6162

E winterfoldpandc@gmail.com

P (08) 6274 1900

Promoting the interests of the school through cooperation between parents, teachers, students and members of the general public; assisting in the provision of resources, amenities and facilities for the school and the fostering of community interest in educational matters. Main activities relate to primary school education.

PRIVATE (PRIMARY AND HIGH SCHOOLS)

Baro, Rafael

First floor, 18 Adelaide Street,
FREMANTLE WA 6160

E Info@oniria.com.au

W oniria.com.au

P 0466 825 961

Spanish and Portuguese language courses. Fun and interactive classes. Small groups. All levels. Face to face and online classes.

CBC Fremantle

51 Ellen Street, FREMANTLE WA 6160

E enquiries@cbcfremantle.wa.edu.au

W cbcfremantle.wa.edu.au

P (08) 9336 2700

Catholic Secondary (Years 7 - 12) Education for Boys.

Christ The King School - Beaconsfield

87 York Street, BEACONSFIELD WA 6162

E admin@ctk.wa.edu.au

P (08) 9338 8777

Catholic Primary School. Pre-Kindy (3 Year old students) up to Year 6 Primary school. Special Needs Centre.

Lance Holt School

1 Henry Street, FREMANTLE WA 6160

E admin@lanceholtschool.wa.edu.au

W lanceholtschool.wa.edu.au

P (08) 9335 6742

Education of Pre-Kindergarten to year 7 promoting non competitiveness, a caring environment and parent participation. As from 2015 Year 7 will no longer be offered.

Our Lady of My Carmel School - Hilton

82 Collick Street, HILTON WA 6163

E admin@olmchilt.wa.edu.au

W olmchilt.wa.edu.au

P (08) 9337 7066

Education - K-6. A Catholic primary school. 3 year old program from July 2014.

Seton Catholic College

Marchant Road, SAMSON WA 6163

E admin@seton.wa.edu.au

W seton.wa.edu.au

P (08) 9314 1816

A Catholic co-educational college enrolling students in years 7-12 encouraging students to strive for excellence in every aspect of their development.

St Patricks Primary School Fremantle

8 Ellen Street, FREMANTLE WA 6160

E admin@stpatsfremantle.wa.edu.au

W stpatsfremantle.wa.edu.au

P (08) 9335 5215

At St Patrick's Primary we offer a unique educational experience that focuses on the development of the whole child, physical, emotional, spiritual and academic. The model of schooling offered by St Patrick's is underpinned by the Gospel values and encourages students to strive to do their best in all facets of school life.

SPECIAL EDUCATION PROGRAMS

ALANNAH and MADELINE FOUNDATION

W alannahandmadeline.org.au

P 1300 720 747

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

STATE (PRIMARY AND HIGH SCHOOLS)

Beaconsfield Primary School

5 Hale Road, BEACONSFIELD WA 6162

E beaconsfield.ps@education.wa.edu.au

P (08) 9430 7055

Education - State (Primary and High Schools) - State (Primary and High Schools).

Beaconsfield Primary School

Kindergarden - Beaconsfield

5 Hale Road, BEACONSFIELD WA 6162

E beaconsfield.ps@education.wa.edu.au

P (08) 9335 7625

A kindergarden program that promotes social, emotional and physical development in an atmosphere of fun and friendship.

Fremantle College

79 Lefroy Road, BEACONSFIELD WA 6162

E fremantle.college@education.wa.edu.au

W fremantlecollege.wa.edu.au

P (08) 9338 8900

Fremantle College opening in 2018. One of only nine schools offering a prestigious gifted and talented secondary selective entrance academic program.

Fremantle Primary School

1 Brennan Street, FREMANTLE WA 6160

E Fremantle.PS@education.wa.edu.au

W fremantleps.wa.edu.au

P (08) 9335 3647

Provide education for primary school children K - 7

Fremantle Primary School and Kindergarden

28 Attfield Street, FREMANTLE WA 6160

P (08) 9335 3647

4 year old Kindergarden. 2 1/2 days 8.50 am - 2.55 pm.

Hilton Primary School - North Hilton

21 Rennie Crescent, NORTH HILTON WA 6163

E Hilton.PS@det.wa.edu.au

W hiltonps.wa.edu.au

P (08) 9337 1006

Education K - 6. Onsite at the school is a morning kindergarden running 2 days one week, 3 days the following week.

Gifted and Talented Arts Education

90 Ellen Street, FREMANTLE WA 6160

E johncurtin.col@education.wa.edu.au

W jc.wa.edu.au

P (08) 9433 7202

With an outstanding record of achievement both academically and in the Arts, John Curtin hosts a range of exciting opportunities for your child to thrive in our unique learning environment.

North Fremantle Primary School

30 John Street,, NORTH FREMANTLE WA 6159

E NorthFremantle.PS@education.wa.edu.au

P (08) 9335 2743

Gumblossom OSHC. Education K - 7 Before and After School Care, Pupil-free day care, Vacation care.

**Wanslea Beaconsfield Outside School
Hours Care - Beaconsfield**

5 Hale Street, BEACONSFIELD WA 6162

W wanslea.org.au

P 0435 884 887

To provide high quality affordable out of school care for primary school aged children, of working/studying parents and caregivers in need of respite. Will collect children from Beaconsfield. Located next to the Kindy room at Beaconsfield Primary, Kindy and Pre Primary children are collected from their classroom, all other children meet in the After School Care room.

White Gum Valley Primary School

29 Hope Street,, WHITE GUM VALLEY
WA 6162

E whitegumvalley.ps@education.wa.edu.au

W whitegumvalley.ps.wa.edu.au

P (08) 9335 2655

Primary School - Education PP - Yr 6

**Winterfold Primary School -
Beaconsfield**

41 Annie Street,, BEACONSFIELD WA
6162

E winterfold.ps@det.wa.edu.au

W winterfoldps.wa.edu.au

P (08) 9337 2936

Primary School Kindergarten - Year 6 Numeracy
Specialist Teacher, Literacy Specialist Teacher,
Learning Support Coordinator.

EMPLOYMENT & TRAINING

DISABILITY EMPLOYMENT & TRAINING SERVICES

APM Disability Employment Services

1 Quarry Street, FREMANTLE WA 6160

W apm.net.au

P 1800 276 276

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

Pet Cloud

E support@petcloud.com.au

W petcloud.com.au

P 1300 667 785

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

EMPLOYMENT INFORMATION & ASSISTANCE

Jenny Gleeson Coaching and Consulting

E jenny@jennygleeson.com.au

W jennygleeson.com.au

P 0433 884 847

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

GENERAL EMPLOYMENT & TRAINING SERVICES

Approach Services

E info@approach-services.com

W approach-services.com

P (08) 6171 3833

Approach Services is a Western Australian business on a mission to shape the way we lead and implement change around the world. We are here to empower communities, organisations and leaders to recover fast from challenges and grow through transformation. Facing change? Talk to us about how we can help you thrive.

**Australian Maritime Officers Union
Fremantle**

1 High Street, FREMANTLE WA 6160

E wa@amou.com.au

W amou.com.au

P (08) 9335 3535

Australian Maritime Officers Union represents Mariners as well as Professional, Administrative, Supervisory and Technical employees in the Maritime Industry and dependent services.

Bridging the Gap Inc (Member of Job Futures) - Rockingham

E kay.masters@bridgingthegap.org.au

W bridgingthegap.org.au

P (08) 9550 1111

No information

Business Foundations - Fremantle

Knutsford St, FREMANTLE WA 6160

E admin@businessfoundations.com.au

W businessfoundationsinc.com.au

P (08) 9430 8569

No information

Curtin University of Technology

E a.nicholas@curtin.edu.au

W curtin.edu.au

P (08) 9266 1709

The WA Data Science Innovation Hub aims to:

- Enable the development of data science capability to promote job creation
- Support the growth and innovation of local businesses through the application of data science
- Provide upskilling, advisory services and Design Thinking training for startups and SMEs

Electrician Jobs

P (02) 8005 8225

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

Fair Work Infoline

W fairwork.gov.au

P 13 13 94

Provide information on awards and agreements including your entitlements as an employee. Also for enquiries re wages and employment conditions in the private sector. Information can still be obtained from the Department of Justice and Attorney-General.

First Aid Course Armadale - Australia Wide First Aid

E info@australiawidefirstaid.com.au

W australiawidefirstaid.com.au

P (07) 3437 7500

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

First Aid Course Fremantle - Australia Wide First Aid

34 Paget Street, FREMANTLE WA 6163

E info@australiawidefirstaid.com.au

W australiawidefirstaid.com.au

P 1300 336 613

First Aid courses for accredited, nationally recognised First Aid certificates. Streamlined blend of online First Aid courses and minimal face-to-face training and assessment. Find a cheaper course, we'll beat it by 10%

First Aid Course Midland - Australia Wide First Aid

E info@australiawidefirstaid.com.au

W australiawidefirstaid.com.au

P (07) 3437 7500

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

Information Enterprises Australia Pty Ltd

2/18 Parry Street, FREMANTLE WA 6160

E admin@iea.com.au

W iea.com.au

P (08) 9335 2533

Employment, consulting and training provider for records and information management and libraries.

Neami National Joondalup

E joondalup@neaminational.org.au

W neaminational.org.au

P (08) 9301 1227

THRIVE focuses on improving job readiness and workplace inclusivity for people that experience mental health challenges or psychosocial disability. THRIVE includes a suite of e-learning modules and workshops that guide participants and employers toward inclusive recruitment and inclusive workplace practices. Eligibility: Ages of 18-65; reside in WA, VIC, SA, QLD or NSW;

Overses Qualifications Unit - West Perth

E oqu@dtwd.wa.gov.au

P 13 18 81

No information

South West Corridor Development Foundation (SWCDF) Inc

E director@southwestgroup.com.au

W perthsouthwest.com.au

P (08) 9439 0416

No information

YOUTH EMPLOYMENT & TRAINING SERVICES

Bridging the Gap

80 Cantonment Street, FREMANTLE WA 6160

E mailbox@bridgingthegap.org.au

W bridgingthegap.org.au

P (08) 9419 2553

Working alongside our invaluable community partners and supporters, we provide a diverse range of high performing Federal and State funded programs focusing on youth services, employment, career development and training.

ENVIRONMENT & CONSERVATION

ENVIRONMENT & CONSERVATION LOCAL HISTORY

Army Museum Of Western Australia

Artillery Barracks, Burt Street,

FREMANTLE WA 6160

E info@armymuseumwa.com.au

P (08) 9430 2535

To collect, conserve, display and interpret Western Australia's Military heritage. The Army Museum houses a large collection of military vehicles and artillery on the Artillery Barracks parade ground.

Australian Association For Maritime History

E info@aamh.asn.au

The Australian Association for Maritime History was formed in May 1978. Its main aim is to promote the study, publication and general appreciation of maritime history. Membership is open to anyone with an interest in maritime history. The AAMH is not restricted to Australia and Australian maritime history: its membership and field of interest are international in scope.

Booyeembara Friends Group

Booyeembara Park, Montreal Street,

WHITE GUM VALLEY WA 6162

E booparkfriends@gmail.com

W booyeembara.org

P (08) 9433 4171

The purpose of the Friends of Booyeembara Park is to organise community events in the park and to both care for the park and bring the community together for cultural/musical/social events in the park. The name Booyeembara means the land - the park features limestone and plantings typical of the area, with a central lake and areas that encourage its use as a meeting place.

Department of Fisheries (Fremantle Office)

14 Capo D'Orlando Drive, FREMANTLE
WA 6160

W wa.gov.au

P (08) 9432 8000

The main function of the Fisheries Department is to enhance the aquatic biological resources of Western Australia and to encourage aqua culture, for the social and economic benefit of the community, consistent with the conservation of the States natural resources.

Fremantle History Society

E secretary.fhs@gmail.com

W fhs.org.au

P 0408 092 100

To encourage the study and public awareness of Fremantle history and cultural diversity; encourage the research and writing of Fremantle history and to promote the recording of oral recollections of people who have lived and worked in Fremantle.

Fremantle History Centre

Walyalup Civic Centre, 151 High Street,
FREMANTLE WA 6160

E frelib@fremantle.wa.gov.au

W fremantle.wa.gov.au

P (08) 9432 9766

Fremantle History Centre, located in the Library, is a source of historical information on Fremantle and East Fremantle. The collection includes rate books, biographical files, newspapers, council minutes and agendas, publications and maps and plans.

Fremantle Society Incorporated

E john.dowson@yahoo.com

Give responsible voice on matters affecting character and development of Fremantle area. Encourage retention and restoration of buildings of historic and aesthetic value. Promote Fremantle as a residential area and protect the social mix.

Museum without walls

E mikeblefroy@gmail.com

W mikelefroy.com

P 0430 381 957

Mike Lefroy explores stories from his own backyard of Fremantle. He is a descendant of Engineer-in-Chief, CY O'Connor, Surveyor General Septimus Roe and Premier Henry Bruce Lefroy. Mike is the great nephew of Australian artist Kathleen O'Connor. Mike is passionate about local history and loves to share his knowledge.

Samson House

Samson House, 61 Ellen Street,
FREMANTLE WA 6160

E trust@ntwa.com.au

W ntwa.com.au

P (08) 9321 6088

Samson House is considered one of the most significant heritage places in Western Australia because of its original furniture and household collection.

Tuggeranong Homestead

E info@tuggeranonghomestead.com.au

W canberrahomestead.com

P (02) 6292 8888

Provides a heritage-listed homestead on 70 acres. A private secluded venue catering for weddings, functions, conference and training workshops. We are open by prior arranged appointment or function only.

Western Australian Naturalists' Club

E info@wanaturalists.org.au

W wanaturalists.org.au

P (08) 9228 2495

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

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

E info@wanaturalists.org.au

W wanaturalists.org.au

P (08) 9527 8612

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

**ENVIRONMENTAL ACTION
& CONSERVATION**

Apacé Aid Aid Hall

Winter House, 1 Johannah Street, NORTH
FREMANTLE WA 6159

E admin@apacewa.org.au

W apacewa.org.au

P (08) 9336 1262

Apacé (WA) is a self-supporting, community-based organisation promoting appropriate technology and environmentally sustainable development.

**Conservation Volunteers Australia -
Perth**

James Street, 12 James Street,
FREMANTLE WA 6160

E perth@cva.org.au

W conservationvolunteers.com.au

P (08) 9335 2777

Discover your local environment or visit somewhere new and make a difference by volunteering for single day or multi-day projects. We do hands-on conservation work at rivers, wetlands, beaches and bush-land all over Perth. Our strength is our ability to connect people with the environment. Our volunteers come from a broad range of backgrounds and experiences and give their time freely to help.

East Freo Farm Community Garden
121 Marmion Street, FREMANTLE WA
6160

E effcommunitygarden@gmail.com

East Freo Farm Community Garden operates on organic principles and is a place where the local community can come together to grow and harvest their own food, promote sustainable ecological practices and a healthier lifestyle, and strengthen the sense of community. Our community garden includes a thriving orchard, multiple communal and private garden beds, worm farms and composting facilities.

**Fremantle Environmental Resource
Networks (FERN)**

26 Montreal Street, FREMANTLE WA
6160

E fern26montreal@gmail.com

P 0421 547 665

To provide diverse experiences and educational tools for the whole community that foster and facilitate sustainable lifestyles and practices in our urban environment. Provide a venue for hands on activities within the community including: Biodynamic Gardening including workshops, Community meeting space, Vegan cooking, Bicycle recycling.

**Great Barrier Reef Marine Park
Authority**

E SouthernPOM@gbrmpa.gov.au

W www2.gbrmpa.gov.au

P (07) 4750 0700

The Great Barrier Reef Marine Park Authority is a Commonwealth Government agency that manages the Great Barrier Reef.

Repair Cafe Fremantle

E repaircafefremantle@gmail.com

P 0422 742 180

Repair Cafe' Fremantle is a waste management initiative which aims to reduce unnecessary waste going to landfill by offering free repairs to broken household items, and encouraging repair practices in the community. Eligible household items include clothing, small furniture, electrical appliances (those with an adapter or battery operated), bikes, device help and more.

HEALTH SERVICES

ADULT HEALTH SERVICES

Diabetes WA

E info@diabeteswa.com.au

W diabeteswa.com.au

P 1300 001 880

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

AGEING HEALTH SERVICES

Volunteer Visitors Scheme

E rights@advocare.org.au

W advocare.org.au

P 1800 655 566

Social support for lonely and/or socially isolated older people

Care finder service - Chorus

E hello@chorus.org.au

W chorus.org.au

P 1800 264 268

Care Finder Service for Senior Australians who require specialist and intensive assistance to understand and access aged care and connect with other relevant supports in the community.

Fremantle Aged Care Assessment Team - Fremantle

Fremantle Hospital, V Block, Level 5 Alma Street, FREMANTLE WA 6160

W fsfhg.health.wa.gov.au

P (08) 9431 2673

We offer inpatient and outpatient assessment and rehabilitation services for older people. We provide specialist comprehensive geriatric assessments for a range of age-related conditions including dementia and cognitive impairment, balance and mobility impairments, continence problems, polypharmacy and general medical problems experienced in older age.

Stay On Your Feet WA

E info@injurymatters.org.au

W injurymatters.org.au

P (08) 6166 7688

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

My Companionship

E admin@mycompanionship.com.au

W mycompanionship.com.au

P (08) 6245 2319

- Companion Care - Domestic Cleaning - Personal Care - Transportation - Live-in Care - Overnight Care

Care finder service - Umbrella

Multicultural Community Care Services

E enquiries@umbrellacommunitycare.com.au

W umbrellacommunitycare.com.au

P (08) 9275 4411

Care Finder Service for Senior Australians who require specialist and intensive assistance to understand and access aged care and connect with other relevant supports in the community.

ALLIED HEALTH

AB Physiotherapy Services

1 Norfolk Street, FREMANTLE WA 6160

E admin@abphysiotherapy.com.au

W abphysiotherapy.com.au

P (08) 9433 4193

Managing Director and experienced Musculoskeletal Physiotherapist, Aurelie Blumann established AB Physiotherapy in 2002, with a clear goal in mind: to help people get the best from their body. The AB Physiotherapy team provides a breadth of experience and the skills essential for hands-on treatment and management of physical injuries, joint and muscle conditions. Conveniently located in the heart

Absolute Care Therapy - Allied Health**E** absolutecare@iinet.net.au**W** absolutecaretherapy.com.au**P** 0491 948 871

Home visiting physiotherapy and dementia education to people living with dementia in the Perth South Metro region. Allied health professional with 22 years' experience. Services include: holistic functional assessments, physiotherapy, pain management, dementia education, carer support, and care plan recommendations. Services can be fully covered through NDIS and Home Care Package funds.

Active Nutrition**E** viviennesalu@ozemail.com.au**W** activenutrition.net.au**P** 0407 373 002

'Offering Telehealth Only' Dietitian/Nutritionist private practice providing telehealth (video and telephone) support, information and motivation in the areas of health and nutrition. Rebates available from Medicare and Private Health.

Alliance Occupational Therapy**E** danielle@allianceot.com.au**P** 0438 440 646

Home-based Occupational Therapy intervention for adults in the Peel region of WA. Home environmental assessments, assistive equipment prescription, physical rehabilitation, falls prevention, education, carer support etc. Optimising independence, safety, function and comfort for clients. Provider for Department of Veterans' Affairs, Private Health, Medicare, Home Care Package recipients.

AT Occupational Therapy**E** howard.reddyhough@bigpond.com**P** 0439 712 794

AT Occupational Therapy provides a mobile Home Visiting and Assessment service for people in receipt of CHSP, HCP, DVA and self-managed NDIS funding. I work with clients, their Carers, and Care Providers to make tailored recommendations for Assistive Technology and Home Modifications. My aim is to provide a quality service which improves the safety and independence of my clients and their Carers.

Avicenna Health and Wellness**E** health@avicenna-hw.com**W** avicenna-hw.com**P** 0493 210 327

Good health is not a luxury, it is what you deserve. Blending science and traditional knowledge, we support you on your journey to optimal health with natural, holistic, and personalised solutions.

Axis Health Psychology**E** info@axispsychology.org**W** axispsychology.org**P** 0455 398 354

Health focused, evidence-based psychological therapy and hypnotherapy for anxiety, depression and stress; gut health; disordered eating and disturbed sleep.

Bailey Nelson Fremantle

71 Market Street, FREMANTLE WA 6160

W baileynelson.com.au**P** (02) 9098 9322

Provides Health Services - Allied Health in the Fremantle area

Beyond Barriers Care - Bennett Springs**E** intakes@bbcare.com.au**W** bbcare.com.au**P** 0426 383 738

At Beyond Barriers Care, we're dedicated to breaking down the obstacles that prevent individuals from living their lives to the fullest. Our Occupational Therapy (OT) services in Western Australia are designed to empower you to overcome physical, emotional, and cognitive challenges, ensuring that you can live life on your terms. Contact us today to schedule an assessment or learn more about us.

Biome Integrative Nutrition**E** biomewellnesscentre@iinet.net.au**W** biomeintegrativenutrition.com.au**P** 0403 278 455

Clinical Nutritionist specialising in food behaviour management and counselling, post-operative weightloss surgery Nutrition and supporting a wide range of health concerns through dietary and lifestyle counselling. Open Tues-Friday 9am-5pm Saturday 9-2pm inclusive practice LGBTQ friendly.

Black Swan Health - Fremantle

Level 1, Wesley Central, 2 Cantonment Street, FREMANTLE WA 6160

E info@blackswanhealth.com.au

W blackswanhealth.com.au

P 1300 820 398

Black Swan Health helps people in the Fremantle area to access the health programs, services and training they need.

Body Dynamics

142 South Terrace, FREMANTLE WA 6160

P 0451 296 150

Health Services - Allied Health

Chrysalis Wellbeing

E chrissy.ortner@zohomail.com.au

W chrysaliswellbeing.com.au

P 0430 322 711

Online and face to face support, Mt Evelyn, for people experiencing Anxiety, Overwhelm, PTSD, Post Natal Depression or Chronic Ill health.

Hypnotherapy is an evidence based therapy for deep relaxation, addressing the causes of Anxiety and Depression and supporting you to feel calm and in control. Quit Smoking Hypnosis and Weight Loss Programs available. NDIS support for Self Managed Clients.

ClearConvo

E support@clearconvo.com

W clearconvo.com

P (07) 3703 1812

ClearConvo is a registered provider with the National Disability Insurance Scheme. We provide speech therapy services to NDIS participants in the Brisbane region and Queensland or anywhere in Australia via online speech therapy sessions (Telehealth). Call us today on (07) 3703 1812.

Communicate Speech Pathology

E info@communicatespeech.com.au

W communicatespeech.com.au

P (02) 9328 3444

Founded in 2004, Communicate Speech Pathology provides speech and language mobile, community and school-based and telehealth services to clients of all ages. Our trained speech therapists are practicing members of Speech Pathology Australia and work with clients of all ages to achieve their communication goals.

Concentric - Midland

E support@concentric.com.au

W concentric.com.au

P 1300 148 160

Concentric is a unique multidisciplinary national allied health practice. We focus on the management of conditions for all aged groups and encompass treatments across musculoskeletal, neurological and orthopaedic disciplines.

Concentric offers NDIS services such as physio, exercise physio, speech pathology, occupational therapy, psychology and dietetics. We also work in aged care and homecare.

Concentric - Treeby

E support@concentric.com.au

W concentricrehab.com.au

P 1300 148 160

Concentric Rehabilitation is a registered NDIS provider that has your goals and aspirations at the core of our organisation. Our unique approach combines a multidisciplinary therapy team, cutting edge treatment facilities to ensure everyone reaches their potential. Physiotherapy, Neuro Physiotherapy, Occupational Therapy, Dietetics. Therapy your way in clinic, home or community.

Concentric - Westminster**E** support@concentric.com.au**W** concentric.com.au**P** 1300 148 160

Concentric Rehabilitation is an award winning allied health provider with clinics located across Australia. We currently have 9 clinics in Western Australia covering Perth and the southwest. Our flexible appointment options, including clinic, mobile services and telehealth sessions mean we are able to provide care where you need it most. Therapies we offer: Physio, OT, PBS, Psychology, Speech.

Concentric Maddington**E** support@concentric.com.au**W** concentric.com.au**P** 1300 148 160

Concentric Maddington is complete with a comprehensive gym, private treatment rooms. Our unique approach uses cutting edge research and a multidisciplinary approach to provide the best outcomes for our clients. Working together as a team, we bring together Neurological Physiotherapists, Speech Pathologists, Occupational Therapists, and Psychologists work together.

Connect2Care - ACT**E** info@connect2care.com.au**W** connect2care.com.au**P** 1800 950 288

Connect2Care was founded by health professionals with a shared passion for helping people with a disability reach their highest potential. We offer predominantly mobile services throughout Australia, and our therapists have extensive experience working in homes, schools, and other community-based settings.

Connect2Care - WA**E** info@connect2care.com.au**W** connect2care.com.au**P** 1800 950 288

Connect2Care was founded by health professionals with a shared passion for helping people with a disability reach their highest potential. We offer predominantly mobile services throughout Australia, and our therapists have extensive experience working in homes, schools, and other community-based settings.

Continence Aids Payment Scheme**W** health.gov.au**P** 1800 330 066

The National Continence Helpline is staffed by a team of continence nurse advisers and is available to anyone in Australia. It operates from 8am to 8pm (AEST) Monday to Friday.

Counselling WA**10 Norfolk Street, FREMANTLE WA 6160****P** 0424 951 670

Health Services - Allied Health

Crystal Clear Psychology Solutions**E** reception.ccpsychsolutions@gmail.com**W** crystalclearpsychologysolutions.com**P** 0476 758 096

Welcome to Crystal Clear Psychology Solutions, a warm and supportive environment that enables you to start living a meaningful and balanced lifestyle. We are passionate about supporting you to be the best version of yourself! We have individual therapy, group programs, return to work support, and job seeking services available to help you reach your goals and maximise your potential.

Embark Physio**E** info@embarkphysio.com.au**W** embarkphysio.com.au**P** 0450 594 416

Embark Physio provides Physiotherapy services to those who are ageing, have a neurological condition or live with a disability. We have a special interest in brain injury, stroke, parkinson's disease, falls prevention, general de-conditioning. Embark Physio caters from 10+ to the elderly.

Fam-ally**E** referrals@fam-ally.com.au**W** fam-ally.com.au**P** (08) 6454 0207

Occupational therapy services for children aged 2-13

For Eyes Optometrist

158 High Street, FREMANTLE WA 6160

E reception@foreyes.com.au

W foreyes.au

P (08) 9335 3433

Focussed on the Health of Your Eyes For Eyes Optometrist are a team of optometrists, orthoptists and vision therapists with extensive experience in children's vision, myopia management, orthokeratology, contact lenses, neuro-optometry and dry eye treatment. We build relationships with our patients with the aim of enhancing your vision throughout your life.

Fremantle Physiotherapy Centre

164 High Street, FREMANTLE WA 6160

P (08) 9335 7055

Provides Health Services - Allied Health in the Fremantle area

Good Move Chiropractic

Upstairs Inside Warehouse Fitness Centre

O'Connor, 5 Stockdale Road, O'CONNOR WA 6163

W goodmovechiro.com.au

P 0412 782 628

Evidence based Chiropractic care using a combination of hands on treatment, education and exercise.

Growth Physiotherapy

E tanya@growthphysio.com.au

W growthphysio.com.au

Mobile physiotherapy services in the Perth metro area specialising in supporting people living with a disability or developmental delay.

Healing Hands Chiropractic

201 South Terrace, SOUTH FREMANTLE WA 6162

P (08) 9336 4111

Provides Health Services - Allied Health in the South Fremantle area

Julie Pratt - IBS and FODMAP Dietitian

E julie@naturalbalancenutrition.com.au

W natural-balance-nutrition-dietitian.business.site

P 0420 994 870

Natural Balance Nutrition is a virtual nutrition practice specialising IBS management and the low FODMAP diet. We help clients with a range of digestive issues including: - Irritable bowel syndrome (IBS) - Fructose malabsorption - Lactose intolerance - Coeliac disease - Reflux - Chronic constipation / diarrhoea - Small intestinal bacterial overgrowth (SIBO)

Kind Therapy

E info@kindtherapy.com.au

W kindtherapy.com.au

P (08) 6558 0835

Kind Therapy provides allied health supports across the lifespan to children and adults with developmental delays, disabilities and those that require rehabilitation support. Our mission is to provide evidence based and client focused intervention to improve the lives of people we help. We currently have availability with our speech therapists.

Laura Murray Bowen Therapy and Kinesiology

75 Wray Avenue, FREMANTLE WA 6160

P 0412 933 534

Health Services - Allied Health

Lavender Sleep and Wellness

E hello@lavendersleepandwellness.com

W lavendersleepandwellness.com

P 0435 784 209

Empowers families to remove obstacles and restore optimal sleep, health and wellness so that they and their children - from infants to teens - can flourish. Integrative sleep support for newborns to seniors.

LifeCare Fremantle Physiotherapy
Ground Floor, Ellen Health Medical, 91
Hampton Road, FREMANTLE WA 6160
E fremantle@lifecare.com.au
W lifecare.com.au
P (08) 9335 7733
Provides Health Services - Allied Health in the
Fremantle area

LifeCare Fremantle Physiotherapy
Hampton Road, FREMANTLE WA 6160
P (08) 9335 7733
Health Services - Allied Health

**Lifeworks Occupational Therapy -
Subiaco**
E reception@lifeworksot.com.au
W lifeworksot.com.au
P (08) 7082 0622
An experienced occupational therapy service
providing clinic and home based therapy for
people with chronic and/or complex health
conditions, including chronic pain and mental
health. We work to give people with chronic or
complex health conditions the knowledge, skills
and power to move forward with confidence, and
overcome barriers, so they can live their best
possible life.

Meraki Muse Health
E info@merakimuse.org
W merakimuse.com.au
P 0415 409 698
Meraki Muse Health strives to make Allied Health
professions accessible, relevant and affordable. To
achieve these goals, Meraki Muse Health offers
opportunities to access sessions as an individual
and group. We want to support you on your
journey toward a healthy you

National 360 - Perth
E sa@national360.com.au
W national360.com.au
P 1300 340 440
National 360 aims to provide exceptional allied
health services to clients of all ages across
Australia. We lead the way with a straightforward
and personal approach to allied health – helping
more people in more places to be their best. Our
360 approach ensures we provide holistic care to
our clients by integrating their goals, family and
support network. We will go further for you.

Next Wave Therapy Trust
3a/352 South Street, 352 South Street,
O'CONNOR WA 6163
E admin@nextwavetherapy.com.au
W nextwavetherapy.com.au
P (08) 9337 6460
Specialist Physiotherapy & Occupational Therapy
Pain Clinic. We help people Move, Think & Feel
Alive We provide individually tailored therapy for
injury rehabilitation, pain management and
mental health.

North Freo Physio
Unit 2, 43620 Doepel Street, NORTH
FREMANTLE WA 6159
P (08) 9336 6990
Provides Health Services - Allied Health in the
North Fremantle area

North Freo Physio
4-6 Doepel Street, NORTH FREMANTLE
WA 6159
P (08) 9336 6990
Health Services - Allied Health

O'Connor Physiotherapy Centre
386 South St, O'CONNOR WA 6163
P (08) 9337 9088
Health Services - Allied Health

On The Line Australia**E** enquiries@ontheline.org.au**W** lifeline.org.au**P** (03) 8371 2800

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

ORS Fremantle**2** Hughes Street, HILTON WA 6163**E** ors@orsgroup.com.au**W** orsgroup.com.au**P** 1800 000 677

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

ORS Jandakot**E** ors@orsgroup.com.au**W** orsgroup.com.au**P** 1800 000 677

ORS have been in the business of making a difference to people with disability, injury and health conditions for more than 30 years! We are one of the fastest growing allied health providers nationally with over 25 locations across Australia servicing a wide range of regions. We have locations in NSW, VIC, WA, QLD and the ACT, however we also provide our services via Telehealth nationally!

ORS Morley**E** ors@orsgroup.com.au**W** orsgroup.com.au**P** 1800 000 677

ORS have been in the business of making a difference to people with disability, injury and health conditions for more than 30 years! We are one of the fastest growing allied health providers nationally with over 25 locations across Australia servicing a wide range of regions. We have locations in NSW, VIC, WA, QLD and the ACT, however we also provide our services via Telehealth nationally!

ORS Stirling**E** ors@orsgroup.com.au**W** orsgroup.com.au**P** 1800 000 325

ORS have been in the business of making a difference to people with disability, injury and health conditions for more than 30 years! We are one of the fastest growing allied health providers nationally with over 25 locations across Australia servicing a wide range of regions. We have locations in NSW, VIC, WA, QLD and the ACT, however we also provide our services via Telehealth nationally!

Phoenix Hypnotherapy**E** lynne@phoenixhypnotherapy.com.au**W** phoenixhypnotherapy.com.au**P** 0438 411 551

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

Physiotherapy in Motion Perth

E admin@physiotherapyinmotionperth.com.au

W physiotherapyinmotionperth.com.au

P 0423 160 141

NDIS Physiotherapy and Exercise Physiology Appointments Servicing Perth Metro, Surrounding Suburbs and South West Mobile appointments at home, school, local gym and within the community. Small local business with friendly professional staff who genuinely want to have a positive impact. Work with paediatric and adult populations. Please get in touch to see how we can help you.

Robert Harper Health and Training

E robertharper101@bigpond.com

P 0411 881 959

Sports and Exercise Physiotherapy: home visits
Musculoskeletal Physiotherapy: Home visits
Committed personalised service aimed at motivating healthy physical activity whilst addressing any limiting musculoskeletal injury or motivational issues. I thrive on getting people of all ages up and going to the best of their ability and despite any disability

South Fremantle Physiotherapy

Shop 7, 330 South Terrace, SOUTH
FREMANTLE WA 6162

E info@southfremantlephysio.com.au

W southfremantlephysio.com.au

P (08) 9336 3333

South Fremantle Physiotherapy is an established community driven practice, located near the beach, on the South Fremantle café strip.

Stack St Physio

4 Stack Street, FREMANTLE WA 6160

P 0421 195 553

Provides Health Services - Allied Health in the Fremantle area

Stay At Home Physio

E stayathome_enquiries@outlook.com

W stayathomehealthgroup.com.au

P 0415 504 519

Stay At Home Health Group provides mobile physiotherapy & exercise therapy services to the Perth metropolitan area. We specialise in providing tailored home exercise programs and physio services for the elderly, those with arthritis and post/pre op clients. We are happy to work with private clients, private health insurance & home care packages.

The Trustee For The Irving Family Trust

E Admin@revivehealthandhappiness.com.au

P (08) 6381 0297

Psychology & Dietetics Services and Behaviour Support Plans

Therapy Pro Pty Ltd

E info@therapypro.com.au

W therapypro.com.au

P 1300 004 414

Inspired by the vision of 'choice and control' developed by the National Disability Insurance Scheme (NDIS), Therapy Pro has reimaged the world of service delivery with you, the client, central to the planning and delivery of your services.

TLC - Therapeutic Lifestyle Changes

10 Norfolk Street, FREMANTLE WA 6160

P 0468 957 061

Health Services - Allied Health

CHILD YOUTH & FAMILY HEALTH**School-Based Immunisation Program**

E healthywa@health.wa.gov.au

W healthywa.wa.gov.au

P (08) 9222 4222

WA's school-based immunisation program provides free recommended vaccines to WA high school students in year 7 and 10.

Kidsafe WA**E** kidsafe@kidsafewa.com.au**W** kidsafewa.com.au**P** (08) 6244 4880

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

Leukodystrophy Resource and Research organisation**E** bobwyborn@bigpond.com**W** leukodystrophyresourceresearch.org**P** (07) 4627 1092

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

Marwick, Patrick John

42 Henry Street, FREMANTLE WA 6160

E patrickmarwick@icloud.com**P** 0404 678 650

Counselling, psychotherapy and family therapy for children (including under five years of age), young people and their families for anxiety, depression, relationship conflict and emotional and behavioural problems related to trauma and other life challenges. As an Accredited Mental Health Social Worker Medicare rebates apply for people on a mental health care plan.

Child Contact Service

1 Ord Street, FREMANTLE WA 6160

E fremantle@relationshipsaustralia.org.au**W** relationshipsaustralia.org.au**P** (08) 6164 0420

The Child Contact Service provides professional and child-focused changeover and supervision services to foster safe and positive interaction between children and their parents, and to strengthen these relationships.

Swim and Survive**E** info@royallifesavingwa.com.au**W** royallifesavingwa.com.au**P** (08) 9383 8200

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

Therapy Inclusive**E** info@therapyinc.com.au**W** therapyinc.com.au**P** (08) 6371 8830

At Therapy Inc, we provide holistic, comprehensive and evidence-based NDIS therapy services that are tailored to fit the needs of our clients. Our experienced team of qualified Occupational Therapists, Physiotherapists, Speech Pathologists and Psychologists are dedicated to supporting and assisting clients who currently self-manage or plan to manage their NDIS funding.

Thrive Therapy and Consulting Services**E** reception@thrive-therapy.com.au**W** thrive-therapy.com.au**P** 0413 778 056

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

COMMUNITY HEALTH & MEDICAL**360 Health And Community - Fremantle**

Block A, Fremantle Hospital South

Terrace, Fremantle Hospital,

FREMANTLE WA 6160

E info@360.org.au**W** 360.org.au**P** (08) 6595 8871

Our team of allied and mental health clinicians connect body, mind and lifestyle to deliver services for all-round health.

Food Sensations for Adults

E wa.info@foodbankwa.org.au

W foodbankwa.org.au

P (08) 9258 9277

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

Peer Pathways

E info@peerpathways.org.au

W peerpathways.org.au

P (08) 9477 2809

Peer Pathways is a West Australian, Statewide helpline for people with mental health challenges to find the supports needed to promote health and wellbeing. Our Peer Navigators will assist you, your family and your carers to navigate services across the State.

Peter Stroud Podiatry

31 Parry Street, FREMANTLE WA 6160

E peter.stroud.podiatry@gmail.com

W fccpodiatry.com.au

P (08) 9335 7754

Peter Stroud Podiatry is located within the centre of Fremantle and offers all podiatry needs for feet.

UWA Health and Medical Services

E camdh@uwa.edu.au

W uwa.edu.au

P (08) 6488 2118

UWA Health and Medical Services is a fully equipped and accredited service supporting the UWA community with high-quality safe and confidential care.

DENTAL & ORAL HEALTH**DB Dental North Fremantle**

2 Pensioner Guard Road, NORTH

FREMANTLE WA 6159

W nationaldentalcare.com.au

P (08) 9432 3409

Provides Health Services - Dental & Oral Health in the North Fremantle area

DB Dental North Fremantle

2 Pensioner Guard Road, NORTH

FREMANTLE WA 6159

W nationaldentalcare.com.au

P (08) 9432 3409

Health Services - Dental & Oral Health

Fremantle Dental Care

68 Elder Place, FREMANTLE WA 6160

P (08) 9335 2691

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

Freo Dental

Suite 1, 19 Douro road, SOUTH

FREMANTLE WA 6162

P (08) 9336 6588

Provides Health Services - Dental & Oral Health in the South Fremantle area

South Street Dental Centre

50 Ladner street, O'CONNOR WA 6163

P (08) 9337 7388

Health Services - Dental & Oral Health

Superior Smiles

78 Stirling Hwy, NORTH FREMANTLE WA

6159

P (08) 9254 6510

Provides Health Services - Dental & Oral Health in the North Fremantle area

The Tooth Clinic

261 South St, BEACONSFIELD WA 6162

P (08) 9430 9288

Health Services - Dental & Oral Health

DRUG & ALCOHOL SERVICES**Alcoholics Anonymous - Fremantle Meetings**

2/33 Moore Street, FREMANTLE WA 6160

E aaperthwa@iinet.net.au

W aaperthwa.org

P (08) 9325 3566

A self-help organisation to help alcoholics achieve sobriety through working a 12-step program.

**Anon Family Groups WA area
Association Inc - Fremantle**

219 High Street, FREMANTLE WA 6160

W al-anon.org.au

P 1300 252 666

The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strengths and hope in order to solve their common problems.

Lived Experience education and support

E admin@australianantiicecampaign.org.au

W australianantiicecampaign.org.au

P (07) 5665 6063

Prevention Education Advocacy Intervention Peer support Relapse prevention Group therapy

Make Smoking History

E onlinecommunity@nswcc.org.au

W makesmokinghistory.org.au

P (08) 9212 4333

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

Quitline - Western Australia

E onlinecommunity@nswcc.org.au

W quit.org.au

P 13 78 48

Highly skilled, friendly Quitline counsellors deliver behavioural interventions to help people stop smoking.

AOD Community Treatment

E enquiries@communities.wa.gov.au

W wa.gov.au

P 1800 176 888

Alcohol and other drugs - Community Treatment, Community Support

**After Hours AOD Counselling Service at
GP Practices - Fremantle**

Unit 1, 191 Hampton Road, FREMANTLE
WA 6160

W palmerston.org.au

P (08) 9430 5001

Provides access to drug and alcohol treatment through general practices including assessment, counselling, recovery planning and referral.

Family Drug Support

E general@fds.ngo.org.au

W fds.org.au

P 1300 368 186

FDS provides up to date information on all aspects of alcohol and drug use relative to the families and friends of people who use substances. FDS also operates a National 24 hr, 7 day a week telephone support service for families and friends affected by alcohol and other drug issues.

**Alcohol and Other Drug Service -
Fremantle**

114 South St, FREMANTLE WA 6163

E enquiries@fwhc.org.au

W fwhc.org.au

P (08) 9431 0500

Support and counselling (individual, couple and family counselling and group programs) by qualified counsellors for women and their families experiencing AOD related problems to make positive changes in their own and their families lives.

24hr Alcohol and Drug Support Line

E contactus@mhc.wa.gov.au

W mhc.wa.gov.au

P (08) 9442 5000

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

24hr Meth Helpline**E** contactus@mhc.wa.gov.au**W** mhc.wa.gov.au**P** 1800 874 878

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

24hr Parent and Family Drug Support Line**E** contactus@mhc.wa.gov.au**W** mhc.wa.gov.au**P** (08) 9442 5050

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

Alcohol and Drug Support Service**E** contactus@mhc.wa.gov.au**W** mhc.wa.gov.au**P** (08) 6553 0600

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

Drug and Alcohol Youth Service (DAYS)**E** days@missionaustralia.org.au**W** sd.missionaustralia.com.au**P** (08) 9222 6300

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

Narcotis Anonymous WA**W** na.org.au**P** (08) 9227 8361

A non profit fellowship for men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean.

Alcohol and other drug counselling**E** perth@palmerston.org.au**W** palmerston.org.au**P** (08) 9328 7355

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

The Farm Therapeutic Community (residential rehabilitation)**E** perth@palmerston.org.au**W** palmerston.org.au**P** (08) 9328 7355

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

Assertive Outreach Support - Kwinana Beach**E** rockingham@palmerston.org.au**W** palmerston.org.au**P** (08) 9550 9200

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

Assertive Outreach Support - Coolbellup**E** fremantle@palmerston.org.au**W** palmerston.org.au**P** (08) 9430 5966

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

**After Hours AOD Counselling Service at
GP Practices - South Fremantle**

219 Hampton Road, SOUTH FREMANTLE
WA 6162

E fremantle@palmerston.org.au

W palmerston.org.au

P (08) 9430 5966

Provides access to drug and alcohol treatment through general practices including assessment, counselling, recovery planning and referral.

**Assertive Outreach Support - South
Lake**

E fremantle@palmerston.org.au

W palmerston.org.au

P (08) 9430 5966

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

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

E enquiry@cyrenianhouse.com

W cyrenianhouse.com

P (08) 9328 9200

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

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

E enquiry@cyrenianhouse.com

W cyrenianhouse.com

P (08) 9328 9200

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

SMART Recovery

E smartrecovery@srau.org.au

W smartrecoveryaustralia.com.au

P (02) 9373 5100

Smart Recovery For all addictive behaviours

Assertive Outreach Support - Armadale

E armadale@palmerston.org.au

W palmerston.org.au

P (08) 9399 5344

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

**Post-Treatment, Relapse Prevention
and Aftercare Service - Thornlie**

E thornlie@palmerston.org.au

W palmerston.org.au

P (08) 9267 2400

Post-treatment and aftercare services for persons exiting intense Alcohol and Other Drug (AOD) treatment to enable individuals to maintain treatment gains, reduce relapses and increase adherence to relapse prevention plans (Saturday clinic only).

**Post-Treatment, Relapse Prevention
and Aftercare Service - Fremantle**

L3, 22 Queen Street, FREMANTLE WA
6160

E fremantle@palmerston.org.au

W palmerston.org.au

P (08) 9430 5966

Post-treatment and aftercare services for persons exiting intense Alcohol and Other Drug (AOD) treatment to enable individuals to maintain treatment gains, reduce relapses and increase adherence to relapse prevention plans.

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

L3, 22 Queen Street, FREMANTLE WA
6160

E fremantle@palmerston.org.au

W palmerston.org.au

P (08) 9430 5966

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

South Metro Community Alcohol and Drug Service – Fremantle

L3, 22 Queen Street, FREMANTLE WA 6160

E fremantle@palmerston.org.au

W palmerston.org.au

P (08) 9430 5966

Palmerston Association is a leading and respected not for profit provider of alcohol and other drug services. We have a rich and proud history of providing support through a range of services including counselling, groups, residential rehabilitation and educational initiatives. Our free community services are based in 10 locations throughout the metropolitan and Great Southern region.

Post-Treatment, Relapse Prevention and Aftercare Service

E mandurah@palmerston.org.au

W palmerston.org.au

P (08) 9581 4010

Post-treatment and aftercare services for persons exiting intense Alcohol and Other Drug (AOD) treatment to enable individuals to maintain treatment gains, reduce relapses and increase adherence to relapse prevention plans.

Post-Treatment, Relapse Prevention and Aftercare Service - Rockingham

E rockingham@palmerston.org.au

W palmerston.org.au

P (08) 9550 9200

Post-treatment and aftercare services for persons exiting intense Alcohol and Other Drug (AOD) treatment to enable individuals to maintain treatment gains, reduce relapses and increase adherence to relapse prevention plans.

Crossroads Project

12 Queen Victoria Street, FREMANTLE WA 6160

E admin@stpats.com.au

W stpats.com.au

P (08) 9430 4159

The Crossroads program is an outreach program aimed at tackling anti-social behaviour, reducing alcohol and drug related harm and improving the health and social wellbeing of individuals. The program is a partnership between St Patrick's and 55 Central covering the identified hot spots of the Fremantle CBD, Perth CBD and Maylands area.

Attach drug and alcohol treatment service for parents

10 Market Street, FREMANTLE WA 6160

E admin@unitingwa.org.au

W unitingwa.org.au

P 1300 663 298

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

Wa Network Of Alcohol and Other Drug Agencies

E drugpeak@wanada.org.au

W wanada.org.au

P (08) 6557 9400

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

Alcohol and drug treatment services

E info@wungening.com.au

W wungening.com.au

P (08) 9221 1411

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

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

E info@wungening.com.au

W wungening.com.au

P (08) 6558 1000

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

**GENERAL HEALTH
SERVICES**

Arthritis And Osteoporosis Wa

E general@arthritiswa.org.au

W arthritiswa.org.au

P (08) 9388 2199

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

**Australian Institute of Holistic Medicine
(AIHM) - Jandakot**

E info@aihm.wa.edu.au

W aihfe.edu.au

P (08) 9417 3553

No information

**Australian Primary Health Care Nurses
Association (APNA)**

E admin@apna.asn.au

W apna.asn.au

P (03) 9322 9500

APNA champions the role of primary health care nurses; to advance professional recognition, ensure workforce sustainability, nurture leadership in health, and optimise the role of nurses in patient centered care.

**Australian Red Cross Blood Service -
Fremantle**

47 Douro Road, SOUTH FREMANTLE WA
6162

W lifeblood.com.au

P 13 14 95

To perform a critical role in health care by providing a safe, secure and cost effective supply of quality blood products, essential services and leading edge research to meet the needs of patients. Services: Whole Blood Collection, Plasma collection, Platelet collection

**General Practice for Young People
(GP4YP)**

Level 1, Wesley Central, 2 Cantonment
Street, FREMANTLE WA 6160

E info@blackswanhealth.com.au

W blackswanhealth.com.au

P 1300 820 398

GP4YP is a youth friendly, free, confidential medical practice for young people. The practice focuses on health issues specific to young people, including physical health, mental health, alcohol and other drug use, sexual health and relationship issues. The aims of the service are to provide non-judgmental, easily accessible consultations.

Diabetes WA

E info@diabeteswa.com.au

W diabeteswa.com.au

P 1300 001 880

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

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

E info@diabeteswa.com.au

W diabeteswa.com.au

P 1300 001 880

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

East Fremantle Child Health Centre
E dalveen.godwin@health.wa.gov.au
W emhs.health.wa.gov.au
P (08) 9319 2384
Health surveillance and parent education. Post
Natal parenting groups for first time parents.
Home visits by arrangement/as necessary.

Fremantle Dental clinic
Holdsworth St, FREMANTLE WA 6160
W dental.wa.gov.au
P (08) 9431 4100
Government Dental Clinics

Fremantle Women's Health Centre Inc
114 South St, FREMANTLE WA 6163
E enquiries@fwhc.org.au
W fwhc.org.au
P (08) 9431 0500
A not-for-profit, community health centre for
women of all ages and cultural backgrounds that
provides low cost services delivered by women
staff.

Hands-On Infection Control - Perth
E info@handsoninfectioncontrol.com.au
W handsoninfectioncontrol.com.au
P (08) 9227 1132
No information

**Headache and Migrain Western
Australia Inc - Nedlands**
E hamwa@cnsa.com
W headacheaustralia.org.au
P (08) 9346 7530
No information

Healthdirect Helpline
E info@nhccn.com.au
W healthdirect.gov.au
P 1800 022 222
The healthdirect helpline is a 24-hour telephone
health advice line that operates seven days a
week. It is staffed by registered nurses who
provide expert health advice. You can call for
advice if you or a member of your family are
feeling ill and are unsure what to do, or for health
information on a particular condition.

**Healthway (Western Australian Health
Promotion Foundation) - West Perth**
E healthway@healthway.wa.gov.au
W healthway.wa.gov.au
P (08) 9476 7000
No information

LiveLighter
E kathleen.O'connor@health.wa.gov.au
W livelighter.com.au
P (08) 9388 3343
LiveLighter® encourages all Western Australian
adults to lead healthier lifestyles - to make
changes to what they eat and drink, and to be
more active. It also encourages public debate
about obesity and the need for changes in the
community to support healthy eating and physical
activity.

Herbalife Independent Distributor
E info@herbsforhealth.com.au
W herbsforhealth.goherbalife.com
P 0417 544 349
Community Weight Loss Challenge

HiBar Nutrition and Fitness
W hibar.com.au
P 0428 202 832
A nutrition coaching service to help people lose
weight and become healthy. Providing ongoing
counselling to help people improve their diet and
live long and happy lives.

Hilton Community Health
34 Paget St Unit 3, HILTON WA 6163
W health.wa.gov.au
P (08) 9337 2528
Provide a primary health care service to the
people and families of the Fremantle/Cockburn
area.

Hilton Community Health Centre
3/34 Paget Street, HILTON WA 6163
P (08) 6332 0100
Health Services - General Health Services -
General Health Services.

Hospital Benefit Fund (HBF)

135 High street, FREMANTLE WA 6160

E fremantlebranch@hbf.com.au

W hbf.com.au

P 13 34 23

Western Australia's leading health insurer covering over 600,000 people in the areas of hospital and ancillary services such as dental, optical, physiotherapy, chiropractic and ambulance. Also a leading provider of home, car, contents and travel insurance.

Juvenile Diabetes Reserch Foundation - Osbourne Park

E info@jdrf.org.au

W jdrf.org.au

P (08) 9207 1278

No information

Laura Murray Bowen Therapy and Kinesiology

75 Wray Avenue, FREMANTLE WA 6160

P 0412 933 534

Provides Health Services - General Health Services in the Fremantle area

Lung Foundation

E kelcieh@lungfoundation.com.au

W lungfoundation.com.au

P 1800 654 301

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

Mable Direct store

E info@mable.com.au

W orders.pmcdirect.com.au

P 1300 736 573

Mable Direct provides independent support workers, clients and coordinators direct access to affordable consumables, equipment and wearables to support your everyday needs. Mable Direct can help you maximise NDIS or HCP funding

Medicare Australia - Fremantle

11 Queen Victoria Street, FREMANTLE WA 6160

W servicesaustralia.gov.au

P 13 20 11

HIC is responsible for the administration of the Medicare program.

Motor Neurone Disease

E admin@mndawa.asn.au

W mndawa.asn.au

P (08) 6186 4133

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

Move Ability Massage Therapy

E moveabilitymassage@gmail.com

P 0439 708 476

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

Open Space Healing - Fremantle

Suite3/1 Howard Street, FREMANTLE WA 6160

E info@openspacehealing.com.au

W openspacehealing.com.au

P (08) 9336 1180

Openspace is a multi-disciplined chiropractic clinic providing a range of services to cater to all needs.

Precedence Health Care

E support@precedencehealthcare.com

W precedencehealthcare.com

P (03) 9023 0800

Precedence Health Care is a Digital Health Solutions for Integrated Care - A better, healthier life for everyone.

Pregnancy and Childbirth Resource Centre - East Fremantle

E midwivesresourcecentre@gmail.com

P (08) 9319 8043

No information

Remedy Pain Centre - Fremantle

207 High Street,, FREMANTLE WA 6160

E admin@remedypain.com.au

P (08) 9430 4668

Remedy Pain Centre is Perth's first community bases multidisciplinary youth and young adult persistent pain clinic.

Scad Research

E info@scadresearch.com.au

W scadresearch.com.au

P 0413 486 833

SCAD Research Australia is a registered not for profit health charity which generates awareness and raises money for life saving medical research to beat SCAD Heart Attacks. Spontaneous Coronary Artery Dissection (SCAD) is the leading cause of heart attacks in women under 50, new mums and pregnant women and cause of heart attacks in healthy, fit adults with no risk factors for heart disease.

Primary Care at Home

E SilverChains@yandex.com

W silverchain.org.au

P (08) 9242 0119

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

South Lake Podiatry

E southlakepodiatry@iinet.net.au

P (08) 9417 9727

No information

South Metropolitan Population Health Unit - Fremantle

D5, Fremantle Hospital, Alma Street,
FREMANTLE WA 6160

W smhs.health.wa.gov.au

P (08) 9431 0200

The core business of public health is prevention, with a focus on the health and wellbeing of whole populations.

Health Services

12 Queen Victoria Street, FREMANTLE
WA 6160

E admin@stpats.com.au

W stpats.com.au

P (08) 9430 4159

Variety of free physical and mental health services for St Pats Clients in our day centre *currently some services are unavailable and some are by appointment only due to COVID-19, please call 9430 4159 to schedule and to find out more

The Healing Point - Fremantle

Suite 1, First Floor, 5 Point Street,
FREMANTLE WA 6160

W healingpoint.com.au

P (08) 9430 8867

At The Healing Point we take a holistic approach to health care, which goes beyond treating an isolated symptom to addressing the underlying cause.

Sexual Health and Blood-borne Virus Program (SHBBVP)

E waac@waacids.com

W ww2.health.wa.gov.au

P (08) 9335 3617

The Sexual Health and Blood-borne Virus Program (SHBBVP), Communicable Disease Control Directorate, Public Health Division, Department of Health, coordinates the prevention and control of sexually transmitted infections (STIs), human immunodeficiency virus (HIV) and blood-borne viruses (BBVs) in Western Australia.

**Needle and Syringe Exchange Program
- West Perth**

E waac@waaids.com

W waaids.com

P (08) 9482 0000

The WA AIDS Council NSEP provides needles and syringes free on exchange or new at low cost, disposal of used equipment, safer sex equipment, user friendly advice, information and referral service.

YouthReach South

E youthreachsouth@health.wa.gov.au

W fsfhg.health.wa.gov.au

P (08) 9499 4274

YouthReach South provides specialised mental health services to young people aged 13-24 years with complex, and/ or persistent and/ or severe mental health difficulties, or experiencing significant symptoms and at-risk of developing a long-term illness.

**GENERAL
PRACTICE/DOCTOR**

Canning Medical Centre - Fremantle

199 High Street, FREMANTLE WA 6160

E reception@canningmedicalcentre.com.au

W canningmedicalcentre.com.au

P (08) 9335 6822

Fremantle's trusted medical centre When it comes to looking after your health, it's important to register with a trusted medical centre and to visit for regular check-ups. Whether you suffer from an ongoing condition that requires constant management or you're in good health, it's best to undergo routine health checks to ensure everything's as it should be.

Central Avenue Medical Centre

213 South Street, BEACONSFIELD WA 6162

P (08) 9335 9884

General Practice

Dr Jayaraman Surgery - Fremantle

195 High Street, FREMANTLE WA 6160

P (08) 9335 6070

Opening times: Monday: 8:30am - 5pm Tuesday: 8:30am - 5pm Wednesday: 8:30am - 5pm Thursday: 8:30am - 5pm Friday: 8:30am - 5pm For public holiday hours, please contact this service.

Dr McCann Rooms - Fremantle

87-89 South Terrace, FREMANTLE WA 6160

P (08) 9335 1140

We provide services in the region.

Ellen Health

Unit 1, 191 Hampton Road, FREMANTLE WA 6160

W palmerston.org.au

P (08) 9430 5001

Ellen Health is a doctor-owned and managed General Practice providing a diverse range of medical and allied health services to the Fremantle community. We're open 7 days!

Ellen Health

Hampton Road, FREMANTLE WA 6160

E reception@ellenhealth.com.au

W palmerston.org.au

P (08) 9239 0200

7 day general practice, treatment of emergencies and occupational healthcare. Provides comprehensive health checks and chronic disease care plans. Dedicated women's and men's health services.

Fremantle Family Doctors - South Street

283 South Street, HILTON WA 6163

W fremantlefamilydoctors.com.au

P (08) 9314 1999

Fremantle Family Doctors is an award winning private billing surgery with two locations in the Fremantle area, with appointments available every day, on the day, from Monday to Saturday.

**Fremantle Family Doctors
(Beaconsfield) - Beaconsfield**

Suite 15, 115 Lefroy Road,
BEACONSFIELD WA 6162

W fremantlefamilydoctors.com.au

P (08) 9331 7479

Fremantle Family Doctors is an award winning surgery with two locations in the Fremantle area, with appointments available every day, on the day, from Monday to Saturday. All our doctors have trained in general practice to specialist level, and we pride ourselves on our high clinical standards and inclusive and compassionate care.

**Fremantle Family Doctors
(Beaconsfield) - Beaconsfield**

Suite 15, 115 Lefroy Road,
BEACONSFIELD WA 6162

W fremantlefamilydoctors.com.au

P (08) 9331 7479

Fremantle Family Doctors is an award winning private billing surgery with two locations in the Fremantle area, with appointments available every day, on the day, from Monday to Friday.

Fremantle Women's Health Centre Inc

114 South St, FREMANTLE WA 6163

E enquiries@fwhc.org.au

W fwhc.org.au

P (08) 9431 0500

Services for Women of all ages & cultures FWHC is a not-for-profit community health centre for women living and working in the south west metropolitan region. We provide a range of health promotion, prevention and treatment services in the area of women's health. Staff and facilitators are experienced, caring, female health professionals – doctors, nurses, counsellors and health educators.

Freo Street Doctor - Fremantle

E freostreetdoctor@blackswanhealth.com.au

W blackswanhealth.com.au

P (08) 9432 0480

Freo Street Doctor is a mobile medical health service that provides a visible, easily accessible and non-judgemental primary health care service to marginalised, disadvantaged and homeless people in our community. The service aims to care for those members of our community who for any reasons may not access mainstream general practice.

Hampton Medical Centre

7/219 Hampton Road, SOUTH
FREMANTLE WA 6162

P (08) 9336 3665

General Practice

Hilton Doctors Surgery

19 Victor Street, HILTON WA 6163

W hiltondoctors.com.au

P (08) 9337 8899

General Practice

Hilton Medical Centre - Fremantle

Suit 4, 197 High Street, FREMANTLE WA 6160

E hiltonmedicalcentre@bigpond.com

P (08) 9337 1577

Opening times: Monday: 12:30pm - 5pm Tuesday: 12:30pm - 5pm Thursday: 12:30pm - 5pm Friday: 12:30pm - 5pm For public holiday hours, please contact this service.

Fremantle

E manager@nightdr.com.au

W nightdr.com.au

P 1300 644 483

We offer 100% bulk billed out-of-hours medical care to you in the convenience of your own home. If you have a valid Medicare or DVA card there's no out-of-pocket expense.

Phoenix Medical Centre - Spearwood

W ipn.com.au

P (08) 9434 3555

What makes Phoenix Medical Centre so different? Phoenix Medical Centre is part of IPN, which works in partnership with Doctors to deliver high quality community-based healthcare. IPN provides the physical facilities and management services and employs Nurses who work at the direction of Doctors at the Centre.

South Freo Medical

Shop 7, 195 Hampton Road, SOUTH
FREMANTLE WA 6162

P (08) 6424 8937

Provides Health Services - General
Practice/Doctor in the South Fremantle area

Telehealth Dr

E admin@telehealthdr.com.au

W telehealthdr.com.au

P 1300 998 808

We are Telehealth Doctors. A Digital Telehealth Agency proudly provides a patient portal for Telehealth Care all across Australia, where efforts are carried out by our highly trained and RACGP licensed professionals to restore and maintain patients' physical, mental and emotional health. Our Telehealth Consultants are ready to provide you electronic prescriptions according to your ailments at ...

Travel Health Fremantle - Beaconsfield

85 South Street, BEACONSFIELD WA
6162

E reception@travelhealthplus.com.au

W travelhealth.com.au

P (08) 9336 6630

Travel Health Plus is about more than just travel. We are an organisation dedicated to keeping people protected throughout their life. We offer vaccinations for children, adults, seniors, workers, students and of course travellers – as dedicated specialists in this niche field, Travel Health Plus is the place to be held in good hands.

York Street Medical Centre - Beaconsfield

96 York Street, BEACONSFIELD WA 6162

P (08) 9314 2733

GP service to the local community.

HEALTH REHABILITATION SERVICES

Activ8 Health Club

E trent@activ8.club

W activ8.club

P (02) 8544 0487

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

HEALTH SCREENING SERVICES

Diversa Health - Richmond

P 1300 100 560

We are a unique dietitian-led coaching service for NDIS participants. Accessibility is our priority - our services are entirely remote enabling us to work with participants Australia-wide, from the comfort of their own home. Diversa specialises in low carbohydrate nutrition, weight loss & type 2 diabetes, as well as helping NDIS participants to reduce pain and fatigue, improve mood, promote opt

National Bowel Cancer Screening Program (NBCSP)

W health.gov.au

P 1800 627 701

The National Bowel Cancer Screening Program aims to reduce deaths from bowel cancer by detecting the early signs of the disease. Eligible Australians from 50 to 74 years of age are sent a free, simple test that is done at home. Find out how the program works and how to do the test.

HEARING SERVICES

Audika Australia - Fremantle

116 Wray Avenue, FREMANTLE WA 6160

E fremantle@audika.com.au

W audika.com.au

P (08) 9430 7999

We believe in personalised hearing care, because we know that every individual is unique. So when it comes to your hearing aids, there's no "one-size fits all" solution and it is our goal to make sure you always have the very best in hearing care.

Auslan services

W auslanservices.com

P 1300 287 526

Auslan Services is a nationally recognised, multi-award winning agency and employer of choice that provides a one-stop shop with the most affordable suite of packages of support to Deaf Australians. Auslan Services have been a regular source of contact via many reputable organisations, agencies, businesses and Government departments at local, state and national levels.

Hearing Australia - Hilton

44 Victor Street, HILTON WA 6163

E info@hearing.com.au

W hearing.com.au

P (08) 9435 1400

With over 600 locations across Australia, we'll work with you to deliver on our promise to offer world-leading hearing solutions anyone can access— to make a difference to you, your family as well as the communities we serve.

Hearing Australia - Melville

W hearing.com.au

P (08) 9435 1400

Full audiological service for eligible clients in the southern suburbs. Also visits to some country areas. \$42.00 P.A. fee for batteries and aid repairs for majority of clients. Staff and facilities provided to fit and repair hearing aids and maintain services. Other local centre: C/- Hilton Doctors Surgery, 19 Victor Street, Hilton WA 6163.

HOME CARE & SAFETY SERVICES

Cura In-Home Care

E care@cura-inhomecare.org.au

W cura-inhomecare.org.au

P (08) 9382 4186

Are you or someone you love in need of support at home? Would you like to know more about in-home care services and how you can access these? Do you have questions about the government funded subsidies and privately funded services available for support at home? Are you currently receiving support through a Home Care Package and would like more information on what services are available to you?

Grafton General Products Home Safety Modifications

E info@ggpwa.com.au

W graftongeneralproducts.com.au

P (08) 9418 6343

We supply and install home safety aids for the elderly and disabled. Our product range includes rails, ramps and general home safety modifications to assist the elderly and disabled to live independently in their own homes.

MercyCare - Amber Youth Wellness Outreach

E yhreferrals@mercy care.com.au

W mercy care.com.au

P (08) 9442 3498

MercyCare's community and home support services work with you to provide services which help you remain living independently in the comfort of your own home.

Trilogy Care

E info@trilogycare.com.au

W trilogycare.com.au

P 1300 459 190

Trilogy Care supports you to confidently manage your Home Care Package so you can continue to live comfortably in the home you love. Our experienced team provides personalised care planning and budget administration, as well as the option for coordination of supports, to help you maximise your care hours and wellbeing.

HOSPITALS

Fiona Stanley Hospital (Inpatient and Consultation Liaison Service)

W fsfhg.health.wa.gov.au

P (08) 6152 2222

Fiona Stanley Hospital has adult and youth inpatient services (total of 30 beds), an emergency department as well as a consultation liaison service to support patients throughout the general hospital or rehabilitation service who have mental health issues. This service is provided by the WA Government.

Fremantle Hospital

Fremantle Hospital, 2 Alma Street,
FREMANTLE WA 6160

W fsfhg.health.wa.gov.au

P (08) 9431 3333

Fremantle Hospital is a 300-bed specialist hospital, focused on providing high-quality aged care, mental health, secondary rehabilitation, planned surgery and specialist medical services.

Perth Children's Hospital - Mental Health Inpatient Service

W ww2.health.wa.gov.au

P (08) 6456 2222

Many young people experience mental health issues. The majority of young mental health clients are seen in our community based clinics; however some young people need more intensive support. Perth Children's Hospital's Mental Health inpatient ward (20 beds) provides a range of specialist mental health services for young people, provided by the WA Government.

South Terrace Clinic - Fremantle

Freemantle Hospital - A Block, Alma Street, FREMANTLE WA 6160

W fsfhg.health.wa.gov.au

P (08) 9431 2149

We offer a wide range of multidisciplinary services to treat, screen and educate people about sexually transmitted infections. Free Service. Our clinics operate on both a walk-in and appointment basis. If you have a GP appointment or want to book an appointment please call 9431 3145. Check out the website for the current operating hours.

MENTAL HEALTH SERVICES

Advocare Incorporated - Bunbury

W advocare.org.au

P (08) 9479 7566

*** Service to Be Provided ***

Amanda Giudice Clinical Psychology

E amanda@amandagiudice.com.au

P 0411 910 224

Psychological assessment and treatment of adult and youth psychological disorders

Community Support - Family and carer support

E hello@avivo.org.au

W avivo.org.au

P 1300 428 486

Avivo provides support to families and carers of people with mental illness.

Individual Community Living Strategy

E hello@avivo.org.au

W avivo.org.au

P 1300 428 486

The Individual Community Living Strategy is for people with severe and persistent mental illness, who have been in specialist hospital inpatient facilities for an extended period, or those who have a severe functional limitation resulting from a severe mental illness, who are isolated.

Personalised support for mental health

E hello@avivo.org.au

W avivo.org.au

P 1300 428 486

Avivo provides personalised support for people with mental health issues. Visit our website to find out more.

Touchstone

E CAMHS.correspondence@health.wa.gov.au

W cahs.health.wa.gov.au

P (08) 9416 3746

Touchstone is a structured day service for young people aged 12-17 years and their families. The multi-disciplinary team comprises of a consultant child and adolescent psychiatrist, service manager, and an experienced therapy team of nurses, psychologists, social workers, occupational, art and creative therapists. The service is funded by the WA Government.

Beyond Blue Helpline and Online Chat

W beyondblue.org.au

P 1300 224 636

Beyond Blue Webchat provides one-on-one mental health support for people in Australia who are concerned about anxiety, depression or suicide.

Psychosocial Recovery Coaching

E referral@bilass.com.au

W bila.org.au

P 1300 564 621

A Psychosocial Recovery Coach can offer invaluable guidance for people with mental health and addiction issues. They provide support, encouragement, and most importantly, respect to empower individuals on the road to reaching their recovery goals.

Black Swan Health - Fremantle

Level 1, Wesley Central, 2 Cantonment Street, FREMANTLE WA 6160

E info@blackswanhealth.com.au

W blackswanhealth.com.au

P 1300 820 398

Black Swan Health provides an affordable, evidence-based counselling service for people of all ages experiencing mental health conditions and has clinicians available across the Perth Metropolitan area.

Psychosocial Support

Level 1, Wesley Central, 2 Cantonment Street, FREMANTLE WA 6160

E info@blackswanhealth.com.au

W blackswanhealth.com.au

P 1300 820 398

Time-limited and capacity building psychosocial supports to eligible clients for whom clinical care is not enough to help build capacity for daily living and who would benefit from specialised psychosocial support at particular points in time.

Psychosocial Supports Program

Level 1, Wesley Central, 2 Cantonment Street, FREMANTLE WA 6160

E info@blackswanhealth.com.au

W blackswanhealth.com.au

P 1300 820 398

The Psychosocial Supports Program assists people with severe, persistent mental illness with unmet needs, as well as their carers and families. Our staff assist you to make an application for an NDIS package, whilst at the same time working with multiple sectors, services and supports to assist with the improvement of our clients' improved health, wellbeing and recovery.

Cate Simpson Counselling and Psychotherapy

17 South St, SOUTH FREMANTLE WA 6162

E catesimpsoncounselling@gmail.com

W catesimpsoncounselling.com

P 0408 831 421

I am a Psychotherapist, Counsellor and Registered Mental Health Practitioner with AHPRA (Australian Health Practitioner Regulation Agency), have worked for over twenty years in the public health system and have been in private practice for six years. I have completed a Masters degree in Psychoanalytic Studies and a four year program in Gestalt Therapy.

Centre for Clinical Interventions**W** cci.health.wa.gov.au**P** (08) 9227 4399

The Centre for Clinical Interventions is a clinical psychology service of the North Metropolitan Health Service. It provides evidence-based treatments to adults experiencing complex anxiety, mood and eating disorders, conducts research and provides training and resources.

Child and Adolescent Mental Health Service (CAMHS) - Fremantle

Stirling Street Centre, 1 Stirling Street,
FREMANTLE WA 6160

W cahs.health.wa.gov.au**P** (08) 9435 9700

There are 10 community CAMHS services across the Perth metropolitan area. These provide assessment and treatment of persistent mental health difficulties in infants, children and young people. Children and families are referred to these services by their treating therapist, specialist, GP, school or other community organisation. They are provided by the WA Government.

Clear Health Psychology**E** office@clearhealthpsychology.com**W** clearhealthpsychology.com.au**P** (08) 6424 8177

Provides Health Services - Mental Health Services in the Mount Lawley area

Clear Health Psychology Fremantle

Upstairs, 15 Adelaide Street,
FREMANTLE WA 6160

E fremantleoffice@clearhealthpsychology.com**W** clearhealthpsychology.com.au**P** (08) 6378 4711

Psychology and Accredited Social Workers appointments available in the heart of Fremantle. Open 6 days a week.

Connections Counselling and Healthcare Centre - Dianella**E** connections counsellingperth@gmail.com**W** connectionshealthcarecentre.com.au**P** 0499 042 551

Connections Counselling provides a range of psychotherapeutic and Christian counselling services catering for all ages, individual, couples and families. You may also schedule online sessions with our Counsellors and Psychologists from anywhere in the world.

Connections Counselling and Healthcare Centre - South Perth**E** connections counsellingperth@gmail.com**W** connectionshealthcarecentre.com.au**P** 0499 042 551

Connections Counselling Perth offers a professional counselling service in a warm, supportive and non-judgemental environment. Our therapists are experienced, respectful and compassionate professionals who specialise in a variety of areas.

Counselling WA

10 Norfolk Street, FREMANTLE WA 6160

P 0424 951 670

Provides Health Services - Mental Health Services in the Fremantle area

Critical Components - Fremantle

Suite 37/ 13-15 Cantonment Street,
FREMANTLE WA 6160

E info@criticalcomponents.com.au**P** (08) 9200 4229

Critical Components is a unique mental health team whose vision is to improve quality of life and promote positive outcomes through quality psychological support, education and intervention. We are a

Discover Me Occupational Therapy**E** discovermeot@gmail.com**P** 0422 087 107

Play Therapy for Children (counselling for children 3 - 12 years) & Support for Parents. Play Therapy may be helpful for your child if she or he is experiencing emotional, social and behavioural difficulties. Counselling for Adults - Counselling can be helpful for individuals with emotional and mental health difficulties including Cognitive Behavioural Therapy (CBT) for Anxiety and Depression.

BluePages Depression Information**E** ehub@ehubhealth.com**W** bluepages.anu.edu.au

BluePages Depression Information provides evidence-based information about depression - what it feels like, how it is diagnosed, how you can seek help and which treatments work. The website includes reviews of the available scientific evidence for a large number of potential depression treatments, so that individuals can make informed decisions about which treatments might be best for them.

E - Hub Health**E** ehub@ehubhealth.com**W** ehubhealth.com

We provide automated, online mental health programs which are available free to all Australians thanks to funding from the Australian Department of Health.

e-couch self-help**E** ehub@ehubhealth.com**W** ecouch.anu.edu.au

e-couch is an online, interactive self-help program for common mental health problems. - Free, evidence-based information and self-help training - Program modules for depression, anxiety & worry, social anxiety, bereavement & loss, divorce & separation. - Access anonymously, at your own pace, at any time.

moodgym**E** ehub@ehubhealth.com**W** moodgym.com.au

moodgym is like an online interactive self-help book which helps you to learn and practise skills which can help to prevent and manage symptoms of depression and anxiety. - Free for all Australians - Over 1 millions users worldwide - Anonymous and confidential - Secure handling of your data - Access anytime, at your own pace - Scientifically evaluated

Ebb and Flow Recovery**E** info@ebbandflowrecovery.com.au**W** ebbandflowrecovery.com.au**P** 0468 862 282

A psychosocial recovery coaching service for people with a NDIS plan and primarily a psychosocial disability. Including but not limited to: - Coaching to develop and work towards meaningful goals. - Coaching to increase recovery skills and personal capacity. - Coaching to build relationships, and social connections. - Supporting participants to develop recovery plans.

Fiona Stanley Hospital - telepsychiatry**W** fsfhg.health.wa.gov.au**P** (08) 6152 7999

Fiona Stanley Hospital provides specialist psychiatry services to remote and regional areas via telepsychiatry.

Fiona Stanley Hospital (Youth Community Assessment and Treatment Team)**W** fsfhg.health.wa.gov.au**P** (08) 6152 2222

The Fiona Stanley Hospital Youth Community Assessment and Treatment Team is a community based service providing a client-centred and recovery-focused approach to youth mental health. It is provided by the WA Government.

Older Adult Community Mental Health Service - Fremantle

Fremantle Hospital, 2 Alma Street,
FREMANTLE WA 6160

W fsfhg.health.wa.gov.au

P (08) 9431 3600

Fremantle Older Adult Mental Health Service is a specialist mental health service providing assessment and treatment to people 65 and over, who live in the Fremantle Hospital catchment area and who have a mental health disorder that may be complicated by the physical conditions of ageing.

Counselling Services

114 South St, FREMANTLE WA 6163

E enquiries@fwhc.org.au

W fwhc.org.au

P (08) 9431 0500

Fremantle Women's Health Centre is a not-for-profit community health centre for women living and working in the south west metropolitan region, providing a range of clinical, preventive and health promotion services in the area of women's health.

Galcom

E support@sentient.global

W sentientpsych.com

P 1300 187 448

Sentient Professional Wellbeing is a mental wellbeing, professional wellbeing and research organisation. Our specialised team of clinical psychologists, counsellors, executive coaches and researchers are highly skilled and experienced in working with stress, anxiety, relationships, depression, life transitions, grief & trauma/ PTSD. We welcome all forms of diversity to our clinic.

Hampton Road Service - Fremantle

E hrs.fh@health.wa.gov.au

W fsfhg.health.wa.gov.au

P (08) 9431 4882

The Hampton Road Service - Provides community-based residential support, for up to 4 weeks, for adults experiencing significant functional deterioration as a result of their mental health.

headspace Fremantle

60 Pakenham Street, FREMANTLE WA
6160

E info@headspacefreo.com.au

W headspace.org.au

P (08) 9431 7453

Ensuring young people (12-25 year olds) can access expert health workers in a safe, confidential and youth-friendly environment. headspace can help young people with mental health, physical health (including sexual health), alcohol and other drug services, and work and study support.

Healthspot Ot

E admin@healthspotot.com.au

W linktr.ee

P 0481 301 965

HealthspotOT Occupational Therapy is an online integrative occupational therapy service focussing on mental health and well-being.

Healthy Minds: Fremantle

Level 1, 6 Cantonment Street,
FREMANTLE WA 6160

E healthyminds@fremantleml.com.au

P (08) 9432 0442

Psychology and Therapeutic Support, Occupational Therapy services, speech therapy, exercise physiology services, workplace rehabilitation and telehealth services.

Mental Health Carer Support

Suite 11B, 16 Phillimore Street,
FREMANTLE WA 6160

E info@helpingminds.org.au

W helpingminds.org.au

P (08) 9427 7100

Support services for the family and friends of people living with mental health challenges, including: • Free and confidential support • Individual in-person counselling for adults across WA • Phone counselling for adults in regional and rural WA via 1800 811 747 • Support groups and workshops • Carer advocacy • Peer support

Young Carers Support Services

Suite 11B, 16 Phillimore Street,
FREMANTLE WA 6160

E info@helpingminds.org.au

W helpingminds.org.au

P (08) 9427 7100

Growing up around mental health challenges can have a big impact on young people. It can be confusing, scary and frustrating when a family member lives with mental health challenges. To help young people understand what's going on around them and how best to cope with the challenges, HelpingMinds offers a variety of free support that is fun, informative, and empowering.

Humanique

W humanique.com.au

P 1300 059 666

Provides Health Services - Mental Health Services in the Fremantle area

Joanna Salomone - Psychology and Counselling

E joanna.salomone@iinet.net.au

W salomonecounselling.com.au

P 0439 295 911

Joanna Salomone is a registered, AHPRA endorsed, Counselling Psychologist working in private practice.

Lifeline - 13 11 14 - Phone Support

E reception@lifelinewa.org.au

W wa.lifeline.org.au

P 13 11 14

Lifeline WA provides Western Australians experiencing a personal crisis or thinking about suicide with access to 24 hour crisis support and suicide prevention services. Our 13 11 14 service is a nationally-routed crisis support number, available every day of the year, from any location in Australia.

Linkedup Support Services - Wheatbelt

E info@linkedup.com

W linkedup.au

P 0402 253 336

Linkedup Support Services is an NDIS provider that offers Support Coordination and Psychosocial Recovery Coaching services. We are located in Wheatbelt and available from Monday to Friday, 9 am to 5 pm.

Martinovich Psychological Service - Fremantle

61 South Street, SOUTH FREMANTLE
WA 6162

E office@mpsfremantle.com.au

P (08) 9433 6559

No information

Head to Health Assessment and Referral Phone Service

E regional.enquiry@medibank.com.au

W headtohealth.gov.au

P 1800 595 212

The Head to Health Assessment and Referral Phone Service provides state-wide access to telephone-based assessment and referral to match people to services to meet their mental health needs. The service undertakes a standardised assessment to identify an individual's required level of care and facilitates referral to an appropriate community-based and/or digital mental health service.

Mental Health Advocacy Service (MHAS) - Youth Advocate

E contactus@mhas.wa.gov.au

W wa.gov.au

P (08) 6234 6300

The Mental Health Advocacy Service (MHAS) provides a specialised independent advocacy for young people accessing mental health services (in certain circumstances) to assist them enforce their rights and resolve issues.

Here For You**E** contactus@mhc.wa.gov.au**W** mhc.wa.gov.au**P** 1800 437 348

Here For You is a statewide confidential, non-judgemental, telephone service for anyone concerned about their own or another person's alcohol and other drug use and/or mental health issues.

Mental Health Emergency Response Line (1300 555 788) and RuralLink (1800 552 002)**W** emhs.health.wa.gov.au**P** 1300 555 788

Anyone experiencing or dealing with others experiencing mental health distress or crisis across Metropolitan WA can call the Mental Health Emergency Response Line, 24 hrs a day, 7 days a week. Regional and remote callers can reach RuralLink after 4:30pm Monday to Friday or 24/7 over the weekend.

Mental Health First Aide International**E** mhfainternational@mhfa.com.au**W** mhfa.com.au**P** (03) 9079 0200

Mental Health First Aid (MHFA) Australia is a national not-for-profit health promotion charity focused on mental health training and research. MHFA Australia operates under the governance of a Board of Directors and derives funding from government and philanthropic grants, public donations and through its training programs.

Mental Health Journey Australia**E** info@mhja.net.au**W** mhja.net.au**P** 0480 307 637

We support you on your road to recovery with the guidance of our Support Coordination and Recovery Coach Team. Our staff are highly experienced in working with Psychosocial disability and our aim is to help you achieve your goals by understanding your specific wants, needs, and challenges.

Mental Illness Fellowship of Western Australia - Midland**E** info@mifwa.org.au**W** mifwa.org.au**P** (08) 9237 8900

MIFWA is a not for profit organisation dedicated to providing information and a comprehensive and integrated range of support services to people with mental illness as well as their carers, families and friends who have an interest in caring for a person with a mental illness.

Mentor Counselling and Support For Young Men**E** admin@mentorperth.com**W** mentorperth.com**P** 0422 569 650

A Casual Approach to Counselling & Support Mentoring For Young Men 13-30 Years Perth based Registered NDIS Provider & ACA Member #makingmensmentalhealthcool

Mentoring Men**W** mentoringmen.org.au**P** 1300 583 925

Mentoring Men provide free long-term one-to-one life mentoring programs for men Australia-wide. We focus on a proactive approach, engaging with Australian men who need help before they spiral into crisis.

Richmond Wellbeing - Hearing Voices Network of WA**E** admin@rw.org.au**W** rw.org.au**P** 1800 742 466

The Hearing Voice Network of WA is a program for people who hear voices and experience visions and other unusual perceptions, promoting acceptance and recovery. The Network offers a place for the voice-hearing community to access relevant information, training, hearing voices support groups, and specific services.

Kwelena Mental Health Step Up/Step Down Service - Rockingham**E** mindconnect@mindaustralia.org.au**W** mindaustralia.org.au**P** 1300 286 463

Short-term residential service (up to 30 days) providing support for your recovery from mental ill-health that helps you transition out of hospital, or avoid a hospital admission. The service is voluntary and free. The Rockingham step up/step down service is provided by Mind Australia.

Mindspot - WA**E** contact@mindspot.org.au**W** mindspot.org.au**P** 1800 614 434

A free, web-based service, Mindspot is designed to help people with high prevalence mental health conditions such as anxiety and depression. The service offers cognitive behavioural therapy with health professionals either online or by telephone. People can access the service without a doctor's referral from the comfort of their home in their own time.

MindSpot Clinic**E** contact@mindspot.org.au**W** mindspot.org.au**P** 1800 614 434

The MindSpot Clinic is a free telephone and online service for Australian adults troubled by symptoms of anxiety or depression. We provide free Online Screening Assessments to help you learn about your symptoms, free Treatment Courses to help you to recover, or we can help you find local services that can help.

CALD Mental Health Outreach Service**E** hello@multiculturalfutures.org.au**W** multiculturalfutures.org.au**P** (08) 9336 8282

Provides low intensity mental health services to people of Culturally and Linguistically Diverse (CaLD) backgrounds who experience, or who are at risk of developing mild to moderate mental illness.

Mental Health Advocacy Service**E** hello@multiculturalfutures.org.au**W** fmcwa.com.au**P** (08) 9336 8282

Mental Health Advocacy Service is for adults from a migrant or refugee background. We work in partnership with other providers to deliver brief support to individuals, carers, and families experiencing concerns with mental health and emotional wellbeing. Our Advocates provide information to support clients to navigate services available to them, empowering and enabling them to improve wellbeing.

CALD Mental Health Outreach Service - Cockburn**W** multiculturalfutures.org.au**P** (08) 9336 8282

Provides low intensity mental health services to people of Culturally and Linguistically Diverse (CaLD) backgrounds who experience, or who are at risk of developing mild to moderate mental illness.

Multisystemic Therapy (12-16 years)**K** Block, Alma Street, FREMANTLE WA 6160**W** cahs.health.wa.gov.au**P** (08) 9431 3787

The Multisystemic Therapy program is an intensive family intervention for severe behavioural disorders in young persons aged 12-16 years. It is provided by the WA Government.

My Health Journey: Fremantle**14** James Street, FREMANTLE WA 6160**W** myhealthjourney.net.au**P** 61438678845

Janett Newman implements a combination of health promotion and clinical psychology techniques. She specialises in assisting people with injuries, acute and chronic illness, and rehabilitation. Janett also assists people with behaviour change and those with mental health conditions (e.g. anxiety, stress or low mood).

Ngatti House - Mental Health and Housing Support**E** info@lwb.org.au**P** (08) 9432 1100

Our services focus on the intensive case management which aim to assist you to re-establish connections that may result in finding somewhere safe to stay while taking steps to finding a permanent place to call home so that you can get on with your life.

Neami Nationals**E** support@nqphn.com.au**W** neaminational.org.au**P** (07) 4034 0300

Neami is a values-based, not-for-profit organisation providing mental health, homelessness and suicide prevention services.

Mental Health and Wellbeing (Open Arms)**E** paul.blakey@dva.gov.au**W** openarms.gov.au**P** 1800 011 046

A range of mental health and wellbeing services including counselling, peer support, complex case management and training programs.

Case Management Support**E** outcare@outcare.com.au**W** outcare.com.au**P** (08) 6263 8622

Outcare's reintegration services help all Australians to fully engage with society in a positive, contributing manner. We specialise in person centred care for people whose circumstances place them at risk of entry to the criminal justice system, or who are currently serving a sentence.

Pathways**W** cahs.health.wa.gov.au**P** (08) 9382 0731

Pathways is an evidence-based Tier 4 service providing intensive therapeutic day services in addition to educational support to children with complex social, behavioural, mental health and developmental issues. Pathways is suitable for children aged 0-12. Referrals are accepted from Tier 3 services such as CAHS Mental Health, Child Development Services and other specialised services for children

Peaceful Mind Counselling**E** admin@pmcounselling.com.au**W** pmcounselling.com.au**P** 0426 191 010

Jayani Jayatilake is a Counsellor / Accredited Mental Health Social Worker and a member of Australian Association of Social Workers (AASW). Assisting client who experience; Depression, bipolar and other mood disorders, Anxiety Disorder, Eating Disorders, Trauma including Post Traumatic Stress Disorder, Personality disorders, Suicidal thoughts and self-harming behaviors, Domestic violence & etc.

PeopleSense**85 South Street, EAST FREMANTLE WA 6158****E** reception@peoplesense.com.au**W** peoplesense.com.au**P** 1300 307 912

Clinical services include counselling and therapy, Employment Assistance Program Counselling, conflict resolution and mediation, Critical Incident Response intervention and organisational services (such as, education session and drug and alcohol assessments).

CAMHS Emergency Telehealth Service**W** cahs.health.wa.gov.au**P** 1800 048 636

Urgent mental health telephone and online videocall support children and young people in the metropolitan area that are experiencing a mental health crisis. Support and advice is also available for families, carers and health professionals. This service is provided by the WA Government.

Complex Attention and Hyperactivity Disorders Service

W cahs.health.wa.gov.au

P (08) 6456 0214

The Complex Attention and Hyperactivity Disorders Service is a specialist assessment and consultation service for children aged up to 17, and their families, who have persistent complex attention difficulties and related conditions. It is provided by the WA Government.

Eating Disorders Program

W cahs.health.wa.gov.au

P (08) 6456 2222

The Eating Disorders Program provides outpatient, day treatment and inpatient management of children and adolescents with eating disorders. It is provided by the WA Government.

Gender Diversity Service

W cahs.health.wa.gov.au

P (08) 6456 0202

The Gender Diversity Service (GDS) offers a multidisciplinary approach to the assessment, care and treatment of gender diversity. It is provided by the WA Government.

Paediatric Consultation Liaison

W cahs.health.wa.gov.au

P (08) 6456 2222

Paediatric Consultation Liaison is a multidisciplinary team that engages with children and adolescents who are current, ongoing or regular Perth Children's Hospital patients, and have mental health issues related to their medical conditions or central to their treatment plan. This service is provided by the WA Government.

Perth Mental Health Occupational Therapy -

E admin@perthmhot.com.au

W perthmhot.com.au

P 0457 965 040

We are a small, mobile mental health occupational therapy practice that provides compassionate and client-centred care for adults who have a primary psychosocial disability/ severe and persistent mental illness/mental health condition/diagnosis. Please visit our website for more detailed information on our service and supports.

Phoenix Hypnotherapy

E lynne@phoenixhypnotherapy.com.au

W phoenixhypnotherapy.com.au

P 0438 411 551

Psychotherapy, Clinical Hypnotherapy, NLP, EMDR, CBT to transform anxiety and depression, quit smoking and weight loss, Phobia and PTSD. Creating change for clients to access true emotional ease with Nationally accredited Psychotherapist, Lynne Lumley. Natural

Positive Families PSYCHOLOGY CLINIC

E info@positivefamilies.com.au

W positivefamilies.com.au

P (07) 3096 0450

Positive Families is a boutique positive psychology clinic conveniently located in the inner Brisbane suburb of Ashgrove. We provide a comprehensive range of specialised counselling for children, teenagers, adults and families. We support our clients across the broad spectrum of mental health – from individual therapy and treatment of mental health issues to building resilience.

Psychcare Services Telehealth and Psychcare Psychology

E pm@psychcareservices.com.au

W psychcareservices.com.au

P (07) 3812 9001

PsychCare Services is an independent healthcare provider, specialising in the delivery of community based psychiatric assessment and treatment services for clients of all ages. We specialise in providing telepsychiatry services across Australia and have a practice in Ipswich, Qld that offers face to face psychiatry and psychology services.

PsychHelp

W psychhelp.com.au

P 1300 144 357

PsychHelp offers a full range of telehealth based online psychological services across Australia. Our Psychologists are all qualified and registered with a broad range of expertise. We provide a convenient, affordable, and confidential service for all clients with bulk billing also available. Please visit our website for more information and the ability to book an appointment online today.

PsychOrium Forensic and Clinical Psychology Service

E info@psychorium.com

W psychorium.com

P (02) 8772 9559

PsychOrium takes a positive psychology and humanistic approach, we fundamentally believe that every person has a unique strength and we strive to maximise and build upon that strength. Our experienced team provides clinical and forensic assessments and interventions, court and legal aid reports, group therapy, consultancy and training.

Reimagine

E reimagine@mhcc.org.au

W reimagine.today

P (02) 9555 8388

Supporting people living with mental health conditions to navigate the NDIS

Mental Health and Wellness

5 Norfolk Street, FREMANTLE WA 6160

E connecting@ruah.org.au

W ruah.org.au

P 13 78 24

At Ruah we believe that your needs, strengths and recovery preferences are at the centre of everything we do. We walk alongside you, your family and carers to achieve your goals and improve your quality of life. These services provide personalised recovery support to improve quality of life, relationships and wellbeing.

Eating Disorders Outreach and Consultation Service

W scgh.health.wa.gov.au

P 1300 620 208

The WA Eating Disorders Outreach and Consultation Service is a Statewide Service that aims to ensure youth and adults in WA with an eating disorder can access optimal best practice care. We provide consultation liaison, mentoring and support to help clinicians to manage their patients, as well as resources and clinical education.

Mental Health Nurse Incentive Program (MHNIP)

E RAPHAEL.WA@SJOG.ORG.AU

W sjog.org.au

P (08) 6226 9400

The Mental Health Nurse Incentive Program (MHNIP) is structured so that mental health nurses work in collaboration with private psychiatrists and general practitioners to provide services such as periodic reviews of patients' mental status and medication monitoring and management.

Talked

E info@talked.com.au

W talked.com.au

P 0466 439 787

Talked provides affordable and Medicare-rebated, NDIS-rebated or private health rebated mental health services.

Tendercare

E info@tendercare.org.au

W tendercare.org.au

P (08) 9300 3399

Tender Care (Home Health Pty Ltd) is a West Australian charity and public benevolent institution which has been providing non-clinical community mental health services on behalf of the WA government for over 20 years.

The ADHD Psychology Clinic

E admin@adhdpsychiatryclinic.com.au

W adhdpsychiatryclinic.com.au

P 1300 517 614

Our psychologists provide Adult ADHD diagnostic assessments. Telehealth consultations Australia wide.

The Regional Men's Health Initiative

E menshealth@4blokes.com.au

W regionalmenshealth.org.au

P (08) 9690 2277

The Regional Men's Health Initiative acts as a bridge of support and education to regional men, communities and health services throughout Western Australia. Our team achieves this through the support for grass roots organisations and attending their functions when requested.

The Road Hypnotherapy and Health Services

E mia@theroadhypno.com.au

W theroadhypno.com.au

P 0426 564 950

Committed to providing people with the tools to strive and thrive. If you're struggling to get out of first gear and are being held back by low self-esteem, trauma or anxiety, we're here to help. Complimentary services are available via zoom or phone for eligible people.

TLC - Therapeutic Lifestyle Changes

10 Norfolk Street, FREMANTLE WA 6160

P 0468 957 061

Provides Health Services - Mental Health Services in the Fremantle area

Unwind Psychology

E unwindpsychology@gmail.com

W unwindpsychology.com.au

P 0493 083 161

Unwind Psychology is a telehealth based online private Psychology practice, providing high-quality psychological treatment and support services to adults across Australia. Offering a range of counselling and psychology treatment options tailored to your needs. You are the expert in your life, and we have the psychology knowledge and training, and together we can help you live your best life.

Vision Health Support Services

E doreen@visionhealthservice.com.au

W visionhealthservice.com.au

P 0410 803 416

Recovery Coaching Mental Health Support NDIS Provider for Core Supports SIL and Respite Accommodation

Wattleseed Centre WA

W wattleseedcentrewa.com.au

P 0433 420 706

Art Therapy and Counselling support both in our Midland office and Outreach to Northam

Mental health promotion

E waac@waaids.com

W waaids.com

P (08) 9482 0000

Mental health promotion

Young Veterans

E admin@youngveterans.com.au

W youngveterans.com.au

P 0401 793 560

Young Veterans has one goal, enrich the lives of Australian veterans, empowering them to progress and succeed in life after service. Young Veterans was born from a necessity of support that wasn't available. This support is one that inspires Veterans to think outside the box of what is possible, re-engage with civilian society and participate in positive events that challenge and rehabilitate.

Youth Axis program (16-24 years)

E youthaxis@health.wa.gov.au

W nmhs.health.wa.gov.au

P (08) 9287 5700

Youth Axis provides services to young people aged 16-24 years living in stable accommodation in the Perth metropolitan area, who are help accepting and have an ultra high risk of psychosis, or features of an emotionally unstable personality disorder. This program is provided by the WA Government.

MULTI-CULTURAL & REFUGEE HEALTH

Language Service Coodinators at Fiona Stanley Hospital

W fsfhg.health.wa.gov.au

P (08) 6152 2222

Language services include interpreting and translating services to facilitate effective communication between the WA health system staff and consumers and carers who have limited English proficiency and people who are Deaf or hard of hearing.

Language Services Coordinators (Fremantle Hospital)

Fremantle Hospital, 2 Alma Street,
FREMANTLE WA 6160

W fsfhg.health.wa.gov.au

P (08) 9431 3333

Language services include interpreting and translating services to facilitate effective communication between the WA health system staff and consumers and carers who have limited English proficiency and people who are Deaf or hard of hearing.

PALLIATIVE CARE

Metropolitan Palliative Care Consultancy Service

E info@bethesda.org.au

W bethesda.org.au

P (08) 9340 6300

Service (MPaCCS) is a mobile specialist palliative care team, focusing on capacity building of the palliative care sector workforce through training, education, assistance and mentoring where there are currently no specialist palliative care consultation services.

PHARMACIES

Fremantle Permaculture

E freopermies@gmail.com

Fremantle Permaculture is an open community permaculture group, based in Fremantle, Western Australia. Anyone living south of the river or nearby who would like to get together to learn and become involved in all things permaculture are welcome to attend our monthly meetings at 6.30 pm on the last Tuesday of the month. You don't have to be a trained permaculturist to join!

PREGNANCY, MATERNITY & NEWBORN HEALTH

A Parent's Touch

E denise@aptinfantmassage.com.au

W aptinfantmassage.com.au

P 0415 498 077

A Parent's Touch provides Perth families with a mobile, high-quality, cue-based infant massage service with the vision that every parent and infant will develop a long-lasting relationship that is loving, healthy and secure. You can find some of our parent's testimonials on our website: aptinfantmassage.com.au

The Healing Point

2/75 Queen Victoria Street, FREMANTLE
WA 6160

E thehealingpoint58@gmail.com

W healingpoint.com.au

P 0400 113 212

The Healing Point provides a spectrum of holistic health care of the highest professional standard with care and empathy, in an harmonious and welcoming environment. We aim to impart a deeper understanding of health & wellbeing and encourage our clients to live life with awareness and healing. Fertility and pregnancy support. Entrance to building is off 58 Quarry St.

PSYCHIATRIC SERVICES

Call to Mind

E info@calltomind.com.au

W calltomind.com.au

P (03) 9099 0453

Call to Mind is a telepsychiatry service that allows people across Australia to access quality mental health care. We have a team of psychiatrists and psychologists ranging in availability and speciality to best meet your needs. Consults are held on a video-conferencing platform so you can attend your appointment from anywhere.

Christina Petz Clinical Psychologist

E christina.petz@bigpond.com

P (08) 9022 2666

Clinical Psychology service, provision of specialised mental health treatment, face to face or via onsite telehealth. Open every day 9am-4pm.

SEXUAL SUPPORT SERVICES & COUNSELLING

1800RESPECT

W 1800respect.org.au

P 1800 737 732

Are you experiencing sexual assault or domestic and family violence? Seeking to support someone who is? Qualified, experienced counsellors are available 24/7 to provide support, information and referral. Call 000 if in danger.

Centre For Womens Safety And Wellbeing

E admin@cswsw.org.au

W cswsw.org.au

P (08) 9420 7264

Welcome to the Centre for Women's Safety and Wellbeing We are the leading voice for women and children affected by gender-based violence in Western Australia

Sexual Health Helpline

E info@shq.org.au

W shq.org.au

P (08) 9227 6178

A confidential telephone information and referral service provided by SHQ, staffed by advanced practice nurses who can respond to clinical and general sexual and reproductive health queries.

Uniting WA - South Metro (Fremantle)

10 Market Street, FREMANTLE WA 6160

E admin@unitingwa.org.au

W unitingwa.org.au

P (08) 9239 0900

Child and Family Therapeutic Service (CAFTS) - CAFTS offers counselling to children, adolescents and families who have been impacted by child sexual abuse. REFERRAL ONLY

SPECIALIST OUTPATIENT CLINICS

Deafblind Information Australia

E info@deafblindinformation.org.au

W deafblindinformation.org.au

Deafblind Information Australia is a consortium of Senses Australia, Able Australia and Deafblind Australia.

SPECIALISTS

Calm Nights Sleep Consultancy

E hayley@calmnights.com.au

W calmnights.com.au

P 0456 682 531

Calm Nights Sleep Consultancy provides sleep services for expectant parents and children from birth to 10 years. As a certified paediatric sleep consultant, I work co-operatively with families to assist them in gently teaching their child to sleep through the night.

Docto

E team@docto.com.au

W docto.com.au

P 1300 336 286

Australia's first online hospital providing medical specialist video-consultations by appointment. Referred patients are matched to the most appropriate specialist in our national database.

Dubberley, Stacey Louise

E ndisnursecontinencespecialist@gmail.com

Continence Assessments for NDIS - Telehealth only (Australia Wide) Online referral and service agreement

<https://form.jotform.com/222121943144850>

Prime Radiology (Wa) - Hilton

Unit 5, 273 South Street, HILTON WA 6163

E hilton@primeradiology.com.au

W primeradiology.com.au

P (08) 6187 9060

Prime Radiology offers advanced top range diagnostic imaging services available for patients and their physicians to the south eastern suburban community and its surroundings.

Respiratory Care

E SilverChains@yandex.com

W silverchain.org.au

P (08) 9242 0119

Receiving respiratory care at home means you can focus on leading a more independent life.

TENS Hire Perth**E** tenshireperth@gmail.com**W** tenshireperth.com.au**P** 0413 852 643

TENS Machine Hire for labour Childbirth Education

Wound Specialist Services**E** info@woundservice.com.au**W** woundservice.com.au**P** (07) 3289 3102

Our vision is to create a better life for people with or at risk for wounds and those caring for them. Wound Specialist Services uses digital solutions to give as many people as possible access to wound knowledge anytime and anywhere to improve patient and health service outcomes. We enable the delivery of best practice wound care through our comprehensive range of services.

INFORMATION & COUNSELLING

CARER INFORMATION**XLH Australia Incorporated****E** xlhaustralia@gmail.com

XLH Australia is a patient support and advocacy group for people living with, and people caring for others with, X-linked Hypophosphatemia (XLH).

DISABILITY INFORMATION & COUNSELLING

Assistive Technology Australia**E** help@at-aust.org**P** 1300 452 679

We provide information and advice to people with disabilities, older people, carers, service providers, allied health professionals and the general community on assistive technology solutions for independent living. We run group tours, community talks and workshops to spread awareness about Assistive Technology and its role in aiding independent living.

Patches Australia - Subiaco**E** Hello@patches.com.au**W** patches.com.au**P** (08) 6280 1259

Patches provides assessment and therapy services in Perth and communities across WA and NT. We are specialised in diagnosing and supporting a range of developmental disabilities, behavioural conditions and mental health concerns, to help you achieve functional independence. Our multidisciplinary team will assist you with high-quality care, wherever you are and whatever your age.

FINANCIAL & GAMBLING MANAGEMENT & BUDGETING

Fair Entitlements Guarantee (FEG)**W** ag.gov.au**P** 1300 135 040

The Australian Government provides assistance to people owed certain outstanding employee entitlements following the liquidation or bankruptcy of employers, this help is available through the Fair Entitlements Guarantee (FEG).

Financial Counsellors Association Of Western Australia - East Perth**E** afm@financialcounsellors.org**W** fcawa.org**P** (08) 9325 1617

No information

Legal Aid WA - Perth**W** legalaids.wa.gov.au**P** (08) 9261 6222

No information

Manage Mode NDIS Plan Managers**E** info@managemode.com.au**W** managemode.com.au**P** (08) 6115 6388

Western Australian based NDIS Plan Manager with capacity to manage plans and payments for NDIS approved participants and their nominees. We understand the challenges, frustrations and victories that are experienced by participants and their carers on a daily basis and we take a very personal interest in positive outcomes.

No Interest Loan Service - WA Nils**W** wanils.com.au**P** (08) 9354 7611

WA Nils provides families and individuals on Centrelink benefits an opportunity to apply for an interest free loan. We are a community based program that enables people living on low incomes access to safe, fair and affordable credit for the purchase of essential products and services.

No Interest Loan Service - WA NILS - Statewide**E** wanils@wanils.com.au**W** wanils.com.au**P** (08) 9263 2177

No information

Saver Plus**E** saverplus@bsl.org.au**W** bsl.org.au**P** 1300 610 355

Saver Plus is Australia's largest and longest running financial education and matched savings program. Build financial skills, develop life-long savings habits, and receive up to \$500 to assist with education costs. To participate, you must be 18+ years, be studying or have children at school, have a health care or pensioner concession card, Centrelink payment plus some income from work.

Social Security Appeals Tribunal (SSAT) - Perth**E** perth@ssat.gov.au**W** aat.gov.au**P** 1800 011 140

No information

Free Financial Counselling

12 Queen Victoria Street, FREMANTLE
WA 6160

E admin@stpats.com.au**W** stpats.com.au**P** (08) 9430 4159

Jacaranda Financial Counselors visit St. Pat's every Monday, Wednesday and Thursday morning. It is a drop in service in the morning (no need to book appointments) from 8.30am to 11am. *currently by appointment only due to COVID-19, please call 9430 4159 to schedule

Tax Help WA**P** 13 28 61

Tax Help is a free service offered by a network of Tax Office-trained community volunteers. Tax Help is aimed at people who have simple tax returns (that is, salary and wages, bank interest, Centrelink payments and dividends) who meet an income test. But you must ring the Taxation Office 13 28 61 to check if you are eligible. You can make an appointment to see a trained Tax Help volunteer.

Saver Plus Program**E** MidlandFPC@thesmithfamily.com.au**W** thesmithfamily.com.au**P** 0438 518 603

Australia's longest running financial education and matched savings program. Build financial skills, develop life-long savings habits, and receive up to \$500 to assist with education costs.

Saver Plus Program**E** MirrabookaFPC@thesmithfamily.com.au**W** thesmithfamily.com.au**P** 0438 518 603

Australia's longest running financial education and matched savings program. Build financial skills, develop life-long savings habits, and receive up to \$500 to assist with education costs.

Financial wellbeing and emergency relief**E** hello@unitingwa.org.au**W** unitingwa.org.au**P** 1300 663 298

Our Financial Wellbeing team is here to support you with practical advice, counselling, workshops and emergency relief.

Uniting WA - South Metro (Fremantle)

10 Market Street, FREMANTLE WA 6160

E admin@unitingwa.org.au**W** unitingwa.org.au**P** (08) 9239 0900

Financial Counselling - This service offers free and confidential financial counselling for West Australians.

GENERAL SUPPORT SERVICES & COUNSELLING

Aglow - Fremantle

P 0402 442 963

Our aim is to draw women into a loving environment where they can be helped and healed and encouraged to trust God in their lives. All women are welcome from all walks of life.

Anchoring Your Life Counselling

E debra@anchoringyourlife.com

W anchoringyourlife.com

P 0490 061 761

I provide counselling support to couples, adults and teenagers. These services can be provided both in my private practice or online for those who may have mobility issues or prefer the sanctity of their own home. I am a private healthcare provider and work with NDIS participants who are self or plan managed.

Anglicare WA Relationship Counselling and Education - East Perth

E info@anglicarewa.org.au

W anglicarewa.org.au

P 1300 114 446

Anglicare WA's Relationships Counselling and Education can assist individuals, families and couples work through a wide range of issues. Counselling is provided by qualified counsellors to individuals, couples, children and families. Counselling staff work to address the specific concerns of each client.

Association for Services to Torture and Trauma Survivors. (ASeTTS) - Counselling

E executive@asetts.org.au

W asetts.org.au

P (08) 9227 2700

ASeTTS is a non profit, non government organisation which provides treatment and support to people who have been tortured or traumatised by violent conflicts. Many of our clients are recent arrivals to Australia, although our services are available to all survivors whatever the length of their residence has been in Australia. ASeTTS provides a range of counselling services as outlined ...

Association Of Educational Counsellors and Relationship Educators Of Wa

197 High Street, FREMANTLE WA 6160

E evalenz@dodo.com.au

W aecre.org.au

P 0409 405 585

WHAT WE DO We provide the following services for individuals, couples and groups: Counselling for Individuals and Couples Therapeutic Community Groups Communication and Awareness Seminars Self Development Courses Marriage Preparation Courses Accredited Courses for Professional Counseling to become a Professional Educational Counsellor

ConnectGroups

E info@connectgroups.org.au

W connectgroups.org.au

P (08) 9364 6909

ConnectGroups is the Peak Body in WA for Self Help and Support Groups. They provide assistance to support groups, families and individuals through referrals, training, advocacy and networking. ConnectGroups has a database of over 700 Self Help and Support Groups for a wide range of conditions.

Connecting Dots Counselling

E theresa@connectingdotscounselling.au

W connectingdotscounselling.au

Hello, my name is Theresa. Whatever has brought you to the session is what is important to you and what matters to me. No matter what your age, we will work together to empower you, bring clarity, learn new skills, build on your strengths and discover your best self to live your best life.

Counselling and Coaching with Astuteology

W astuteology.com

P 0426 952 757

As your qualified registered ACA counsellor and coach, I will work with you to help you overcome your problems, and grow your strengths and talents, so you enjoy better relationships and achieve your lifetime goals. All your counselling and coaching needs will be met, either by phone, Skype or Zoom no matter where you are in the world. Let's work on a plan to build a happier more contented you!

Counselling Services Hervey Bay**E** patriciaf20101@outlook.com**W** counsellingsservicesherveybay.com.au**P** 0458 431 919

NDIS Provider- Counselling Individuals, Children and Couples, Clinical Family Therapy, Energy Psychology-Kinesiology and Theta Healing- By Appointments Saturdays. Passionate about helping people to achieve their goals and having a happier healthier life.

Diabetic Support Group - Fremantle

Scots Church, 90 South Terrace,
FREMANTLE WA 6160

P (08) 9418 1994

No information

Diverse Communities and Social Services (DCSS Australia Inc.)

Indigenous and LGBTIQ+ Community Justice and Social Services Charity / Not-For-Profit and Charity Community Consultants (NFPCCC) Indigenous DGR PBI Charities

E Info@dcssaaustralia.org**W** dcss.org.au**P** (03) 6185 0292

This program enables us to assist people who are disadvantaged and who genuinely want to change their lives. Clients can complete a WDP through our organisation, for more information please visit: <https://www.dcssaaustralia.org/services> or email Justice@dcssaaustralia.org

Dr Julie-May Brown**E** jmbpsychology@hushmail.com**W** jmbpsychology.com.au**P** 0421 778 204

Dr Julie-May Brown is an EMDRAA Accredited Clinical Psychologist - specializing in ONLINE treatment for trauma and mental health issues.

Family Relationship Advice Line**W** familyrelationships.gov.au**P** 1800 050 321

For those seeking help, information, support and referral to a range of services that can prevent family breakdown or ease the difficulties associated with separation and divorce.

Haemophilia Foundation WA Inc - West Perth**E** office@hfwa.org**W** hfwa.org.au**P** (08) 9420 7294

The Aim of the Haemophilia Foundation of Western Australia Inc. is to work towards a better quality of life for people with a bleeding disorder and to provide support for their families.

Hampton Road Learning Centre - Fremantle

128 Hampton Road, FREMANTLE WA
6160

P (08) 9430 7029

To provide psychological assessment and counselling to adults and children. Including Study skills courses, Family counselling, gifted children, clinical problems.

Healing Beyond Discovery**E** info@healingbeyonddiscovery.org**W** healingbeyonddiscovery.org

Our group focuses on providing confidential support and information to heterosexual people who discover their partner is gay, lesbian, bisexual or transgender. Our private peer to peer support group offers a safe space to share your story and for you to gain support from people who understand.

Heart Patients Support Group Inc - Fremantle

Fremantle Hospital, Alma St,
FREMANTLE WA 6160

E admin@fremantleheart.asn.au**P** (08) 9525 9789

No information

Holistic Lifestyle Practice

E admin@holisticlifestylepractice.com.au

P 0459 946 832

Kellie Hansen is an Accredited Mental Health Social Worker, Somatic Experiencing Practitioner and Credentialed Eating Disorder Clinician who provides evidence based psychological therapy for mental health and wellbeing for adolescents and adults in person or via telehealth (phone or video link) with rebates under Medicare and NDIS funding (where eligible).

Huntington's WA

E admin@huntingtonswa.org.au

W huntingtonswa.org.au

P (08) 6457 7599

For people affected by Huntington's disease HWA provides one to one support, support groups, outings, retreats, advocacy, a Day Centre Program, crisis referrals, education and information services.

Inkblot Psychology Clinic

E reception@inkblotclinic.com.au

W inkblotclinic.com.au

P (08) 6245 0130

a boutique psychology clinic offering a range of psychological services to children, adolescents, and adults. Our clinicians are highly trained and experienced and bring with them specialist skills in a number of areas including psychoeducational assessments, mood disorders, ADHD, LGBTQIA+ issues, trauma/PTSD and neurodiversity. We see clients 6 years and above. Open weekdays 9.30am - 5pm

JPS Counselling

E JPSCounsellingSW@gmail.com

P 0493 523 322

A dedicated Counselling service, ready to provide counselling for many issues including Loss & Grief support, disability support, suicide & Self harm, PTSD, Anxiety, depression, family therapy, sexual support, LGBTQIA+ support, couples counselling and much more. Our dedicated, highly trained staff are here to help. We are a registered NDIS provider.

Lifeflow Counselling

167 South Terrace, SOUTH FREMANTLE
WA 6162

E darryl@lifeflowcounselling.com

W lifeflowcounselling.com

Darryl Smith from Lifeflow Counselling offers supportive counselling and psychotherapy sessions. He specialises in Hakomi Mindful Somatic Psychotherapy and sees it as important to create a genuinely safe place where people can feel heard and seen. It is his intention to truly "be with" each client supporting them with empathy and understanding to live happier and more fulfilling lives.

Make It Happen Hypnotherapy

E sandy@make-it-happen-hypnotherapy.com

W mihh.com.au

P 0475 159 415

Sandy is a Registered Clinical Hypnotherapist Psychotherapist. She helps people to find and fulfill their magnificent purpose in life, as she believes that everyone has been given the unique gifts and live their life to the fullest. She promotes brain education, helping people to eliminate blockages in their subconscious mind that limit them, and reinvent the life that they want.

ME/ CFS and Lyme Association of WA Inc - Nedlands

E info@mecfswa.org.au

W mecfslymewa.org.au

P (08) 9346 7477

No information

MensLine Australia

W mensline.org.au

P 1300 789 978

MensLine Australia is the nationwide telephone and online support, information and referral service. MensLine Australia offers a safe and confidential 24/7 phone and video counselling service. 1300 78 99 78
<http://www.mensline.org.au/>

Mission Australia**W** missionaustralia.com.au**P** (08) 9225 0400

Every day we support people by combatting homelessness, assisting disadvantaged families and children, addressing mental health issues, fighting substance dependencies, and much more.

Nicole Ivens Holistic Counselling**E** info@nicoleivens.com**W** nicoleivens.com**P** 0400 280 475

Counselling Service for Women. Specialising in: Anxiety, Stress, Self-care, Improving Self-confidence, Relationships, Grief & Loss, and Trauma

Ninox Cancer Support Crew**E** ninoxcsc@gmail.com**W** ninoxcsc.com.au**P** 0403 897 914

Ninox Cancer Support Crew provides peer connection opportunities and relevant resources for younger adults, aged 20-39yo, with any cancer diagnosis.

Northern Beaches Counselling and Family Therapy**E** northernbeachescounselling@outlook.com**P** 0432 244 070

Sometimes we need help to get through a difficult time. Counselling and Mediation services in a strictly confidential environment. Down to earth yet professional approach to counselling. Adolescents + Family Therapy + Grief & Loss + Relationships + Stress.

Northern Frontiers Mediation and Counselling Mediation and Counselling**E** reception@northernfrontiers.com.au**W** northernfrontiers.com.au**P** 1300 908 170

Our counsellors, mediators and psychologists assist with issues such as relationship difficulties, family separation parenting, grief and loss, peer pressure, behaviour management thoughts of suicide/self-harm, conflict at work and many more. Based in Cairns, Queensland, we provide professional services across Australia via phone, or in-person at our Cairns city offices.

Not My Closet**E** karen@notmycloset.com**W** notmycloset.com

Counselling and coaching throughout Australia for straight spouses who've discovered their partner is a closeted lesbian, gay, bisexual or transgender person.

Nova Psychology**E** hello@novapsychology.com.au**W** novapsychology.com.au**P** 0418 936 120

We are a diverse team of experienced therapists offering support for a broad range of mental health and life concerns. We are able to book clients an appointment for a telehealth consultation anywhere in Australia within one to two weeks. So we provide convenience, flexibility and accessibility with no long wait times. We welcome you to get in touch. Let's have a chat about how we can help (:

Open Arms**E** OpenArms.SouthQLD@dva.gov.au**W** openarms.gov.au**P** 1800 011 046

Veterans and families phone counselling and support line.

Overeaters Anonymous - Fremantle**E** perthoaenquiries@gmail.com**W** oaperth.org**P** (08) 9420 7254

For anyone who desires to stop compulsive behaviours related to food and / or body image.

Counselling, Career and Consultancy Services

E morehope@iinet.net.au

W counsellingcareerandconsultancyservices.com.au

P 0408 890 887

Experienced Counsellor/Social Worker (AMHSW) specialising in relationship, anxiety/depression, and trauma counselling. In private practice from 1999. Previously managed a branch of Relationships Australia and a school service. Worked 5 years as a case manager (adult community and inpatient at Armadale Mental Health Service) If Christian counselling is desired ask Owen when you make contact.

Phoenix - Coolbinia

E info@phoenix.asn.au

W phoenix.asn.au

P (08) 9443 1910

No information

Professional Counselling for Stress, Anxiety and Depression Treatment - South Fremantle

11 Silver Street, SOUTH FREMANTLE WA 6162

E chris_stress@hotmail.com

W chrisgfroerer.com.au

P (08) 9445 9747

To provide effective treatment for anxiety and stress related disorders, using a cognitive behavioural approach including: Sixteen week group treatment program for people who suffer with acute stress and/or anxiety related disorders such as agoraphobia, obsessive-compulsive disorder, chronic stress. Private counselling for stress, anxiety, depression, OCD, as well as couples counselling.

Relationships Australia - Fremantle

1 Ord Street, FREMANTLE WA 6160

E fremantle@relationshipsaustralia.org.au

W relationshipsaustralia.org.au

P (08) 6164 0420

For more than 70 years Relationships Australia WA has been providing relationship support services for individuals, couples, families and communities. We are a non-profit community service organisation with no religious affiliations.

Restful Waters

E info@restfulwaters.org

W restfulwaters.org

P 0418 229 662

Restful Waters provides professional counselling services to the community. Our counsellors work with individuals and couples to help inquire into the heart of any concerning matter and uncover pathways to find insight, resolution, healing and meaningful connections. Our private and relaxing counselling rooms are located amongst the rolling hills of Bedfordale.

Richmond Wellbeing - Hearing Voices Support Group - Fremantle

W rw.org.au

P (08) 9350 8800

This support group offers a safe environment to enable acceptance of hearing voices and to promote recovery for people who hear distressing voices. People who share the experience of hearing voices come together to support each other, to exchange information and learn from each other. The group is coordinated by Richmond Wellbeing as part of the Hearing Voices Network of WA.

Salvation Army Support Services - Northbridge

E salvosaus@aus.salvationarmy.org

W salvationarmy.org.au

P (08) 9260 9500

No information

SMYL Community Services - Fremantle

1st Floor, 46 Mews Road, FREMANTLE WA 6160

E smyl@smyl.com.au

P (08) 9430 4921

SMYL Community Services is one of WA's largest independent non-profit service providers and a leader in supporting people and communities to make positive changes for their future

Solaris Cancer Care - Cottesloe

E csmcottesloe@solariscancercare.org.au

W solariscancercare.org.au

P (08) 9384 3544

Solaris Cancer Care have provided cancer support services to WA for over 20 years. Services range from physical activities, creative, energy, and touch-based therapies and counselling services. We support thousands of cancer patients and their supporters in WA through access to reliable information, complementary therapies and personalised care offered by our skilled volunteer network.

Solutions for Conflict - West Perth

E info@solutionsfc.com

W solutionsfc.com

P (08) 9387 3249

No information

Start from Within

E admin@startfromwithin.com.au

W startfromwithin.com.au

P (02) 8971 7392

Counselling and Grief Peer Support Groups

talklink

E hey@talklink.com.au

W talklink.com.au

P (03) 7064 9528

An online mental health directory connecting Australians with mental health support. We have available psychologists, counsellors, and psychotherapists available nationwide to help people with mental health concerns. All of our mental health practitioners are available online.

The Butterfly Foundation National Helpline

E support@thebutterflyfoundation.org.au

W butterfly.org.au

P 1800 334 673

The Butterfly Foundation operates a National Helpline that includes support over the phone, via email and online, reaching 20,000 people each year. The Helpline is staffed by trained counsellors experienced in assisting with eating disorders and body image issues. We also provide a wide range of programs for service providers and recovery groups.

The Different Drum Holistic Health Clinic

Shop 6, 23 Adelaide Street, FREMANTLE
WA 6160

E mareecg@hotmail.com

P 0414 630 341

Heal your body, mind and spirit. Reconnect with any of the following: Body Work: Massage, Deep tissue, Swedish, Aromatherapy, Energy Balancing, Bowen facial kinetics, , Movement and posture, Relaxation & Awareness Prayer, Meditation with scriptures, Counselling, Dream Analysis, Retreats in daily living. Ignation based retreats on request, individual or group.

The Fathering Project - Community Fathering Hub

E david.walker@thefatheringproject.org

W thefatheringproject.org

P (08) 9235 7004

A place for fathers and father-figures to meet other dads and feel supported, so you can be the best dad for your child. We offer FREE information sessions and programs for dads and kids. Our Community Fathering Coordinator is available Wednesdays between 9AM and 4PM.

The Road Hypnotherapy and Health Services

E mia@theroadhypno.com.au

W theroadhypno.com.au

P 0426 564 950

Offering Clinical Hypnosis & Strategic Psychotherapy sessions to assist managing concerns such as anxiety, phobias, trauma, smoking and weight-loss.

Toowoomba Psychology And Counselling

E james.ising@gmail.com

W jamesisingcounselling.com.au

P 0412 742 927

Specialist psychology and counselling to individuals, couples and families. Sessions on anger, depression and anxiety, marriage and relationships, parenting, and work/life balance. James Ising is a down to earth Psychologist and Counsellor with extensive professional experience working in the non-profit, Government and health sectors. Confidential specialist service.

Transformative Place Counselling Service

E counsellortpcs@gmail.com

W transformativeplace.com.au

P 0418 961 475

Online counselling service for Australians 18 years and over

Tuart Place

24 High Street,, FREMANTLE WA 6160

E admin@tuartplace.org

W tuartplace.org

P 1800 619 795

Tuart Place is a resource service for Western Australians who experience out-of-home care during childhood.

Veterans and Veterans Family Counselling Service - Applecross

E vvcsa@dva.gov.au

P (08) 6461 7800

No information

Walking Life's Path Counselling Service

E walkinglifesp@liferestored.me

W liferestored.me

P 0411 513 430

Seek to: identify goals & potential solutions to problems causing emotional turmoil; improve communication & coping skills; strengthen self-esteem; & promote behaviour change & optimal mental health.

LESBIAN, GAY, BISEXUAL AND TRANSGENDER (LGBTQIA+)

QLife

E ask@qlife.org.au

W qlife.org.au

P 1800 184 527

QLife is Australia's first nationally-oriented peer support and referral service for people who are lesbian, gay, bisexual, trans, and/or intersex (LGBTI).

Trans Wellbeing

E info@transwellbeing.com

W transwellbeing.com

P 0481 360 427

An online group program for parents of transgender and gender diverse people. Compassionate and evidence-based information and support.

Transfolk of WA

E admin@transfolkofwa.org

W transfolkofwa.org

A support network for trans people and their families in WA. Provides a range of peer led support and services for gender diverse individuals and their families. Safe and inclusive spaces, social events and personal development opportunities for gender diverse people. Communicates and collaborates with political, government, community to increase visibility and awareness of gender diversity.

LOSS & GRIEF SUPPORT SERVICES & COUNSELLING

My Counselling and Me

E mycounsellingandme@gmail.com

W mycounsellingandme.com.au

P 0401 596 497

Kim is an experienced NDIS registered counsellor, membership with the Australian Counselling Association. Kim has extensive experience in caring for people with life-limiting illnesses and conditions. Kim also has extensive experience in providing community advice and support in palliative care, advance care planning, including supporting LGBTIQ clients.

MATERNITY SUPPORT SERVICES & COUNSELLING

National Perinatal Anxiety and Depression Helpline

E info@panda.org.au

W panda.org.au

P 1300 726 306

PANDA National Helpline Monday - Friday 9am to 7.30pm AEST/AEDT confidential Australia-wide counselling, support, information and referrals to local services. Tel: Support 1300 726 306, Admin 03 9926 9090

Pregnancy Counselling Australia

E admin@pregnancycounselling.com.au

W pregnancyhelpaustralia.org.au

P 1300 737 732

An Australia-wide telephone support service for concerns associated with: - An unexpected or difficult or challenging pregnancy. - Grief or anxiety following termination or other pregnancy loss We understand that it often takes courage to seek assistance. Our telephone support workers will listen to your concerns and respond to your request for information, support or counselling.

SUICIDE & SELF HARM INFORMATION

StandBy Support After Suicide

E info@anglicarewa.org.au

W anglicarewa.org.au

P 1300 727 247

StandBy Support After Suicide provides support to people bereaved or otherwise impacted by suicide loss. The service also helps build community capacity to understand and better respond to people affected by suicide by delivering community workshops and training. StandBy is not a suicide crisis intervention service.

ConNetica Consulting

W connetica.com.au

P (07) 5491 5456

ConNetica is recognised and awarded in Australia and internationally for our thought leadership in mental health and suicide prevention, comprehensive approach to service mapping, collaboration and integration, stakeholder engagement, suicide prevention training programs, advocacy and research.

LivingWorks Education Australia

E info@livingworks.com.au

W livingworks.com.au

P 1300 738 382

LivingWorks is the world's leading provider of suicide intervention training. For more than thirty years, we have developed and delivered programs of the highest quality with the goal of saving lives from suicide. Praised by the international community and supported by numerous studies, our workshops help people become more willing, ready, and able to intervene with someone at risk.

The Samaritans Emotional Support Line

E info@thesamaritans.org.au

W thesamaritans.org.au

P 13 52 47

The Samaritans provide non-judgemental, emotional support to those experiencing distress and despair including those who may be at risk of suicide.

LEGAL ASSISTANCE & INFORMATION SERVICES

GENERAL LEGAL ASSISTANCE & INFORMATION

**Australian Customs and Border
Protection Service - Fremantle**
Customs House 2 Henry Street,
FREMANTLE WA 6160

W homeaffairs.gov.au

P 13 18 81

Administration of Commonwealth Government
legislation

**Australian Red Cross Will Service WA -
East Perth**

E bequests@redcross.org.au

W redcross.org.au

P 1800 810 710

Red Cross' National Solicitor Network offers a
reduced charge of \$75 to prepare a simple Will.
We provide referrals to qualified solicitors, who
can help create your Will or update your existing
Will

**Consumer Credit Legal Service WA Inc -
Perth**

E info@cclswa.org.au

P (08) 9221 7066

We are a telephone advice line and give free legal
advice on credit and debt issues and the Australian
Consumer Law. See our website
www.cclswa.org.au for all the areas of law we help
with.

Dept. of Corrective Services - Fremantle
Fremantle Justice Complex, 8 Holdsworth
St, FREMANTLE WA 6160

E fremantlecourt@justice.wa.gov.au

W dotag.wa.gov.au

P (08) 9431 0350

No information

Employment Law Centre of WA

P 1300 130 956

No information

Fremantle Community Legal Centre

Suite 31 Fremantle Malls, 25-35 William
Street, FREMANTLE WA 6160

E fclc@fremantle.wa.gov.au

W fremantle.wa.gov.au

P (08) 9432 9790

The Fremantle Community Legal Centre provides
legal information, advice and assistance to the
community and limited representation regarding
restraining orders at the Fremantle Magistrates
Court.

**Metropolitan Cemeteries Board,
Fremantle Cemetery - Palmyra**

W mcb.wa.gov.au

P 1300 793 109

Cemetery service. The Metropolitan Cemeteries
Board website which offers facilities to track down
heritage and family burials and cremations.

**South Metropolitan District Police
Office**

W police.wa.gov.au

P (08) 9329 6222

Administration of Police Service within the South
Metropolitan District

Free Legal Advice

12 Queen Victoria Street, FREMANTLE
WA 6160

E admin@stpats.com.au

W stpats.com.au

P (08) 9430 4159

Street Law visits St. Pat's alternate Tuesdays from
9 – 11 am, this is a drop in service, no appointment
necessary. To find out which Tuesday they will be
at St. Pat's please contact us on 9430 4159.

*currently by appointment only due to COVID-19,
please call 9430 4159 to schedule

Western Australian Police

88 High Street, FREMANTLE WA 6160

W police.wa.gov.au

P (08) 9430 1222

Fremantle Police Station Accident reports can be made. Traffic records (Infringements and/or Conviction) \$23.40 each. Sections: General Duties, Detectives

LOCAL ADVOCACY SERVICES**Fremantle Chamber Of Commerce**

Fremantle Chamber Of Commerce Room Hire, 16 Phillimore Street, FREMANTLE WA 6160

E info@fremantlechamber.com.au

W fremantlechamber.com.au

P (08) 9335 2711

Established in 1873, the Fremantle Chamber of Commerce was the first Chamber of Commerce in Western Australia. The Chamber has since gained a solid reputation, continually responding and adapting to the changing needs to Fremantle and business in general. The Chamber has strong links with the City of Fremantle and is able to assist members with issues related to the City.

MEDIATION & OMBUDSMAN SUPPORT**A Place to Just Be**

E aplacetojustbe@bigpond.com

P (08) 9339 4448

A Place to Just Be is a low profit centre with the aim to provide a caring and creative environment to facilitate healing of the whole person.

Australian Financial Complaints Authority

E info@afca.org.au

W afca.org.au

P 1800 931 678

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

Family Mediation Direct

E admin@familymediationdirect.com.au

W familymediationdirect.com.au

P 1300 559 459

We assist parent going through separation to reach agreements about their children and property.

Fremantle Mediation Group Inc - Fremantle

195 High Street, FREMANTLE WA 6160

E dutyofficer@fremantlemediation.org.au

P (08) 9238 1304

Fremantle Mediation Group provides independent, professional dispute mediators of business, commercial, family law, environmental and government disputes between individuals and/or groups.

Jizo-an International Zen Centre - Hamilton Hill

E infozencentre@gmail.com

W australianzen.org

No information

The Zen Group of WA - Beaconsfield

E info@zgwa.org.au

W zgwa.org.au

P 0413 826 119

No information

PEAK, INDUSTRY AND FUNDING BODIES

FOUNDATIONS

Sock it to Sarcoma!

E admin@sockittosarcoma.org.au

W sockittosarcoma.org.au

P (08) 6285 0744

We fund research into and provide peer support, financial assistance, information and community networks for people who have been diagnosed with sarcoma and their families. Contact us through our website for more information about services.

The Fathering Project Pkh

E admin@thefatheringproject.org

W thefatheringproject.org

P 1300 328 437

More effective fathers and father-figures means a generation of kids with happier, healthier futures. The Fathering Project aims to inspire and equip fathers and father-figures to positively engage with the children in their lives – for the benefit of kids.

INDUSTRY BODIES

Industrial Hemp Western Australia

Association Inc. Inc.

E admin@ihempwa.org

W ihempwa.org

iHempWA is a public not-for-profit incorporated entity formed to be a trusted industry voice to connect, guide and builds the Western Australian Industrial Hemp community and industry.

Maritime Union Of Australia

Level 1, 2 Kwong Alley, NORTH

FREMANTLE WA 6159

E muawa@mua.org.au

W mua.org.au

P (08) 9335 0500

Peak, Industry and Funding Bodies - Industry Bodies - Industry Bodies. Trade union.

Rottnest Island Authority

E enquiries@rotnnestisland.com

W rotnnestisland.com

P (08) 9432 9300

Rottnest Island is a Class A Reserve governed by the Rottnest Island Authority Act, 1987 (the Act) which establishes the Rottnest Island Authority as a statutory body to control and manage the Island, reporting to the Minister for Tourism.

PEAK BODIES

Alcohol And Other Drug Consumer and Community Coalition

E info@aodccc.org

W aodccc.org

P (08) 6311 8402

The Alcohol and Other Drug Consumer & Community Coalition (AODCCC) is the emerging peak body for alcohol and other drug consumer advocacy in Western Australia. Our aim is to empower the voices of consumers, their families and supports, ensuring the health and wellbeing of our community.

Community Information Support Services - Perth

E support@mycommunitydirectory.com.au

W communityinfo.org.au

P 1300 762 515

My Community Directory is an online directory of health and community services based in your local Western Australia Council area.

Disability Advocacy Network Australia (DANA)

E info@dana.org.au

W dana.org.au

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

Fremantle Greens

1/440 William Street, FREMANTLE WA 6160

E office@wa.greens.org.au

W greens.org.au

P (08) 6365 2131

Peak, Industry and Funding Bodies - Peak Bodies - Peak Bodies. Political party.

Indigenous Allied Health Australia**E** admin@iaha.com.au**W** iaha.com.au**P** (02) 6285 1010

Indigenous Allied Health Australia is a national, member-based Aboriginal and Torres Strait Islander allied health organisation. IAHA leads sector workforce development and support to improve the health and wellbeing of Aboriginal and Torres Strait Islander peoples.

Kidney Health Australia**E** Kidney.Helpline@kidney.org.au**W** kidney.org.au**P** 1800 454 363

We are the peak body for kidney health in Australia. For over 50 years, we have connected people to the vital information, education and support services they need to preserve their kidney health and live a better quality of life if they are diagnosed with kidney disease.

Mental Health Commission of Western Australia**E** contactus@mhc.wa.gov.au**W** mhc.wa.gov.au**P** (08) 6553 0600

The Mental Health Commission is responsible for planning, commissioning and providing mental health, alcohol and drug services in Western Australia on behalf of the State Government. Visit our website for more information.

Perth South PHN**W** wapha.org.au**P** (08) 6272 4900

We support primary health providers to coordinate, efficient and effective health services to people, particularly those at risk of poor health outcomes. We cover the Perth South East metropolitan area, including Armadale and Pinjarra.

Shelter WA Inc - East Perth**E** shelterwa@shelterwa.org.au**W** shelterwa.org.au**P** (08) 9325 6660

Shelter WA is the peak body for social and affordable housing and ending homelessness in Western Australia. Shelter WA undertakes research, engagement, policy development and advocacy to drive solutions to build an effective housing system.

WA Labor Fremantle Branch**E** Fremantle.branch@walabor.org.au**P** (08) 9328 7222

To strengthen and consolidate the Labor organizations throughout the State of WA.

SKILLS ALLIANCES**Australian Women In Agriculture (AWiA)****E** administration@awia.org.au**W** awia.org.au**P** 0490 346 195

Australia's peak organisation for women across all areas in agriculture since 1994. We are a network of women across Australian agriculture and beyond. Together, we are a stronger voice and a voice that can make a difference.

RECREATION & LEISURE**CRAFTS****Australian Lace Guild W A Branch****E** walacesec@gmail.com**W** australianlaceguild.com.au

This Guild promotes and teaches all forms of lace making. Some of the styles of lace making available are bobbin, needle, tatted, knitted, crochet, knotted.

FITNESS ACTIVITIES

Cirque Bizirque-wa Circus School

The Freo Big Top, 90 Adelaide Street,
FREMANTLE WA 6160

W circuswa.com

P 0435 374 492

At CircusWA we offer classes for all ages and all abilities from 2+ years to professional performers. The basis of all our classes is about the spirit of community, skill exploration, development and having fun. We offer classes, workshops and birthday parties. With the support of funders and philanthropic donations CircusWA ensures that Circus is made accessible for ALL.

Fremantle Walking Group

7/45 Tuckfield Street, FREMANTLE WA 6160

P (08) 9335 1771

Walking for fitness and fun.

Good Deed Movement

E gooddeedmovement@gmail.com

W gooddeedmovement.com.au

P 0430 519 394

Free walking group, yoga classes and functional fitness. monthly wellness events

Live online Yoga and Pilates Classes

E info@kevalahealth.com.au

W kevalahealth.com.au

Live Stream Online Yoga and Pilates classes. Private personal training NDIS registered. General yoga, pilates, mixed yoga-pilates, meditation, fitness, rehab

ModernRoc South

Hilton Park Bowling Club, 64 Shepherd Street, BEACONSFIELD WA 6162

E modernrocsouth@gmail.com

W modernroc.com.au

P 0411 150 054

Modern Jive/Ceroc: Fun, social partner dance for beginners! Master cool moves to great music (pop, rock, disco!). Perfect for singles & couples (partner rotation). No experience needed, just bring your love of music & unleash your inner dancer!

Para And Ability Dance WA

E info@ballroomfit.com.au

W padwa.org.au

P 0439 460 487

We provide dance classes for people living with disabilities. We cater for a range of physical, learning and cognitive disabilities, adapting classes to each individual's needs. See our website for more information.

Perth Swing Dance Academy - Fremantle

90 South Terrace, FREMANTLE WA 6160

E info@perthswingdanceacademy.com

W perthswingdanceacademy.com

P 0402 556 956

We've been teaching Lindy Hop in Fremantle for almost 10 years now! Known for our super friendly and fun classes, with some of Perth's best swing dancers, we'll take you from 2 left feet to swinging out on the dance floor in no time! Drop-in on Thursday nights, beginner class starts at 7 pm!

Prime Movers - BEACONSFIELD

64 Shepherd Street, BEACONSFIELD WA 6162

E secretary@primemovers-exercise.com.au

W primemovers-exercise.com.au

P 0444 560 037

Prime Movers Inc is a community based non-profit organisation. Classes are structured to include stretching, low impact aerobics and muscle work, all carried out in a friendly environment to familiar music.

Sangmorakot Muay Thai Gym

8/2 Keegan Street, O'CONNOR WA 6163

E info@smgmuaythai.com

P 0417 988 564

We teach the traditional martial art of Thailand- Muay Thai (Thai Kickboxing) in a family owned gym with experienced instructors both Australian and Thai. Whether you are serious about becoming a fighter, getting fit, or just having fun – come check us out! Classes and personal training. Training trips to an authentic gym in Bangkok can be arranged.

Shanti Yoga and Well-being

9A Blinco Street, FREMANTLE WA 6160

E laurabenzoni@live.com

W yogawellbeing.wixsite.com

P 0449 190 944

Yoga studio. Very inclusive and supportive environment. Welcoming yoga community. Small group hatha yoga classes tailored to best suit the needs of each individual and of the group, with a specific attention given to any physical injuries or pain. Trauma informed practice. NDS Companion Card WA affiliate

Sowilo Soul Centre

18 Holdsworth St, FREMANTLE WA 6160

E admin@soulcentre.guru

P (08) 9430 6894

Pilates, Kundalini yoga, massage, psychic. Courses, readings and therapies in gorgeous surroundings with professional practitioners.

Warehouse Fitness Centre O'Connor

1/5 Stockdale Rd, O'CONNOR WA 6163

P (08) 9331 4665

Warehouse Fitness centres provide a large selection of group fitness classes from strength training, cardio and yoga plus personal training. Free childminding.

Warehouse Fitness Centre South**Fremantle**

258 Hampton Road, SOUTH FREMANTLE WA 6162

P (08) 9335 7333

Warehouse Fitness centres provide a large selection of group fitness classes from strength training, cardio and yoga plus personal training. Free childminding.

GENERAL RECREATION AND LEISURE**Wellness Central**

E Razif@55central.asn.au

W 55central.asn.au

P (08) 9272 1333

Wellness Central is a peer led support program that offers a variety of small group activities designed to educate, energise and engage. Wellness Central workers create safe spaces and activities for people experiencing mental health issues. Together we grow and learn, building skills that support healthy, positive lifestyles.

Aikido WA

Fremantle PCYC, 32A Paget Street, HILTON WA 6163

E aikidowa@gmail.com

W aikidowa.org.au

P 0428 536 835

Aikido WA is the Western Australian branch of Aiki-Kai Australia. Aiki-Kai Australia was founded in 1965 by S. Sugano Shihan for the teaching and advancement of Aikido in Australia. Sugano Sensei continues today as the World Aikido Headquarters (Hombu) Representative in Australia. The Association has representatives in all States and Territories.

Charleyoga

30A Sea View Street, BEACONSFIELD WA 6162

E info@charleyoga.com.au

W charleyoga.com.au

P 0439 966 059

Charleyoga classes are a gentle combination of therapeutic yoga, pilates and fitness movements with an emphasis on breath and awareness. Classes end with a relaxing meditation. Suitable for all ages and fitness levels. Beginners are especially welcome and can join us anytime. Classes also held in Applecross, Bateman & Fremantle areas.

ClassBento**E** hi@classbento.com.au**W** classbento.com.au

ClassBento is all about the fun and stimulation that comes with learning (or teaching) a skill and being present in the moment. Be inspired by our experienced teachers, and give your brain a chance to stretch those creative wings. Join our mission and let's bring more healthy arty fun into our communities.

Company Of Master Mariners Of Australia Ltd (Western Australian Branch)

The Flying Angel Club, 76 Queen Victoria Street, FREMANTLE WA 6160

E hrjpbk@bigpond.net.au**W** mastermariners.org.au**P** (08) 9418 1847

Supports and sponsors the Sail Training Association and seafaring welfare agencies; Encourages young people to be proficient and interested in the ways of the sea; Strives to maintain a standard of excellence in the Maritime and associated industries.

Cutler's Dance Club

1/30 Stockdale Road, O'CONNOR WA 6163

E wayne@cutlersdance.com.au**W** cutlersdance.com.au**P** 0414 310 823

Teach dancing including modern & latin, foxtrot, cha cha, waltz, jive, tango, samba, quickstep, rumba, Zumba, merengue, mambo, salsa. lindy hop Saturday dance nights - public welcome - do some dancing, enjoy the company. Classes for the absolute beginner. We teach around 200 couples a year a choreographed wedding dance.

Dance Central

212A Queen Victoria Street, NORTH FREMANTLE WA 6159

W dance-central.net**P** (08) 9430 5192

To promote dance for children. Dance Central offers classes for children in Jazz/Hip-Hop, Classical Ballet, Tap, Contemporary and Creative Dance in fully air conditioned studios.

Free Shri Mataji Nirmaladevi's**Meditation with Indian Raga**

Phillimore Chambers, 7/11 Phillimore Street, FREMANTLE WA 6160

E indianmusic@icmraa.com**W** icmraa.com**P** 0407 561 662

Free Shri Mataji Nirmaladevi's Meditation is a method of meditation which brings a breakthrough in the evolution of human awareness. Free Shri Mataji Nirmaladevi's Meditation programs occur extensively throughout Perth and in other parts of WA. These programs are open to everyone and are always free of charge.

Fremantle Bridge Club

Masonic Hall, Chalmers and High St, FREMANTLE WA 6160

E fremantlebridgeclub@inet.net.au**W** fremantle.bridge-club.org

To provide a club where members and visitors can play bridge under ABF rules. Acoll and Standard American. Visitors welcome.

Fremantle E-Tech Centre

15 Grosvenor St, BEACONSFIELD WA 6162

E jason.pepperell@challenger.wa.gov.au**P** (08) 9239 8501

Aim: Deliver a range of IT qualifications from Certificate I to Diploma.

Fremantle Ladies Probus Club Inc**P** (08) 9457 2588

Friendship, companionship, social, and regular outings, guest speakers.

Health and Fitness Centre Services

10 Shuffrey Street, FREMANTLE WA 6160

E info@fremantle.wa.gov.au

W fremantle.wa.gov.au

P (08) 9432 9999

The Fremantle Leisure Centre is open all year round and offers a range of health and fitness programs including learn to swim and group fitness classes. The centre boasts four heated swimming pools, a gym, café, crèche, training room and swim shop all located on 3.5 hectares of open grassed space. Memberships are available.

Fremantle Men's Community Shed

70 Shepherd Street, BEACONSFIELD WA 6162

E admin@freomenshed.org.au

W freomenshed.org.au

P (08) 9337 8614

A local community shed initiative that evolved from an idea that men in Fremantle could benefit from having a "tooled-up" shed facility to work on projects, either their own or community ones. The Men's Shed is staffed by volunteers and supported by the City of Fremantle.

Fremantle PCYC Karate

Fremantle PCYC, Paget Street, HILTON WA 6163

E kuawafreo@gmail.com

W karatewestaustralia.com

P (08) 9418 6473

Teaching and promoting traditional and sports Karate and self defence. Promoting of cultural exchange through our sister City in Japan via a student home-stay program. We are affiliated and registered with the Australian Karate Federation which is registered with, and recognised by the Ministry of Sport and Recreation. Coaches are accredited through the appropriate body.

Fremantle Yoga Centre

Fremantle Yoga Centre, Shed E Victoria Quay, FREMANTLE WA 6160

E info@fremantleyoga.com

W fremantleyoga.com

P 0417 187 433

The Fremantle Yoga Centre is a well established school that has been operating for over twenty years. The instructors are highly experienced and draw on years of studying, practicing and teaching various styles of yoga. While the yoga we teach has its roots in the traditional methods, our approach to it is a creative one, that is not limited to merely one style of yoga.

Indian Ocean Jujutsu

Fremantle PCYC, 2/34 Paget Street, HILTON WA 6163

E info@indianoceanjujutsu.com.au

W indianoceanjujutsu.com.au

P 0431 980 979

Self-defence, traditional Jujutsu.

Mala Yoga

2 Keegan Street, O'CONNOR WA 6163

E hello@malayoga.com.au

W malayoga.com.au

P 0459 151 599

Your Yoga and Wellness sanctuary in O'Connor. Part of our Fremantle community for over 9 years. Unwind and find peace in you busy day with us. Open 7 days per week.

Nuline Dance

Progress Hall, 34 Paget Street, HILTON WA 6163

E sueh@nulinedance.com

W nulinefreo.org

P 0448 404 009

Enjoy moving to music? Nuline Dance sets dance routines to a wide variety of music styles; Latin, Celtic, Pop, Jazz, Funk and more. All ages, guys and girls, no partners needed. Exercise for your body and mind.

Pat Taylor's Dancing

Hilton Bowling Club, Shepherd Street,
HILTON WA 6163

E whitfordsdance@gmail.com

P 0414 681 567

Social dance studio for retired & social dancers
Monday Afternoon Tea Dance 12.30 pm–4.00 pm

People On Bicycles

E christina@peopleonbicycles.com.au

W peopleonbicycles.com.au

P 0424 080 695

People on Bicycles provide bicycle training for any age to get more people to use bikes for transport and fun.

The Potters Market

56 Stockdale Road, O'CONNOR WA 6163

E julie@thepottersmarket.com.au

P (08) 9337 6888

Wheel hire service, public firing service and delivery service. Retail of all pottery supplies. Retail ceramic fibre & other insulation materials. Pottery wheel servicing. 1 day specialised workshops, school advisory service, pottery advice and technical information. All the materials for building your pizza oven.

Tourist Wheel Fremantle

Esplanade Reserve, Marine Terrace,
FREMANTLE WA 6160

E touristwheel@hotmail.com

W touristwheel Fremantle.com.au

The SkyView Observation Wheel is Australia's largest relocatable ferris wheel and provides unprecedented views of Fremantle Town and Harbours. The rides take around 10 minute ride, the number of rotations depends on frequency of passengers disembarking. 6 passengers per gondola. Wheelchair access available.

Victoria Quay Night Market

B Shed, 1 Cliff Street, FREMANTLE WA 6160

E mail@fremantleports.com.au

W fremantleports.com.au

P (08) 9430 3555

Fremantle Port's Victoria Quay will be the setting for an exciting range of international food stalls cooking up a storm from 5.00 pm each Thursday from 13 March. On the verandah, car park and lawns between E Shed and B Shed, the night market will have food and entertainment within the fantastic setting of the working port.

W G V SQUARE DANCE CLUB INC

2 Nannine Avenue, WHITE GUM VALLEY
WA 6162

E wgvvsquares@gmail.com

P (08) 9457 8132

Square dancing, some Round dancing.

Walyalup Koort

8 William Street, FREMANTLE WA 6160

E info@visitfremantle.com.au

W visitfremantle.com.au

P (08) 9431 7878

Chess: The pieces for this giant chess set may be used by the public and are available daily. Table Tennis: bats and balls available for the Fremantle Visitors Centre at the City of Fremantle.

World Ship Society Fremantle Branch

Leeuwin Sail Training Office, Peter
Hughes Drive, FREMANTLE WA 6160

E captkeys@iinet.net.au

W worldshipsociety.org

P 0417 989 066

To foster an interest in ships and shipping.

Wu Tao (The Dancing Way)

5 Skinner Street, FREMANTLE WA 6160

E info@wutaodance.com

W wutaodance.com

P 0417 989 397

Wu Tao is a healing therapy which uses dance, music, movement and meditation to balance the Chi (life-force energy) in the body.

Yoga Grooves

26 Swanbourne Street, FREMANTLE WA 6160

E jo@yogagrooves.com

W yogagrooves.com.au

P 0427 839 402

Yoga and AcroYoga classes in Canning Vale, kids Yoga, restorative yoga, mums n bubs yoga, group classes, private lessons.

Yogazeit. Yoga and Mindfulness

E regina@yogazeit.com.au

W yogazeit.com.au

P 0405 551 635

We are a not for profit organisation empowering with evidence-based Yoga and Mindfulness for Children and Seniors. Also offering school programs and programs for Aged Care. Additionally providing Trainings and Professional Development for teaching Children's and Teens Yoga, Yoga Ed. Tools for Teachers (Brain Breaks) in the Classroom, as well as Workshop on teaching Yoga to Seniors.

INDOOR RECREATION AND LEISURE

City of Fremantle - Samson Recreation Centre

44 McCombe Avenue, SAMSON WA 6163

E samsonrec@fremantle.wa.gov.au

W fremantle.wa.gov.au

P (08) 9432 9992

The Samson Recreation Centre is a community recreation/sporting facility, providing services for Fremantle residents and surrounding communities. Samson Recreation Centre is a smoke and alcohol free facility.

Breakaway Social Club Inc - East Fremantle

P (08) 9339 3794

Social club with dances featuring Old time and modern dancing with live bands and great music.

Fremantle Workers Social and Leisure Club (Inc)

36 Ellen Street, FREMANTLE WA 6160

E freeworkers@iinet.net.au

P 0400 201 441

The Fremantle Workers Social and Leisure Club is currently based at South Fremantle Football Club until a purpose-built shared facility is completed on Fremantle Park. The Club has a fantastic dance floor. Every Sunday afternoon you can dance to Country Rock bands from 1.30 to 5pm. Entry is only \$2 members \$5 guests

Integral Yoga Association of Western Australia

151 South Street, BEACONSFIELD WA 6162

E info@sivanandaashram.org.au

W beaconomyogacentre.com

P (08) 9335 9339

Daily Yoga Classes together with the Sivananda Ashram Beacon Yoga Centre's spiritual residential programme provides education in the pathways of Integral Yoga, through practice, study and meditation. Guided Morning Meditation: 6.30 am (Monday–Friday). Hatha Yoga Classes: Monday–Saturday. Monthly Yoga Days (All Welcome). Workshops and residential Retreats.

OUTDOOR RECREATION AND LEISURE

Cockburn 4WD Club

E secretary@cockburn4wdclub.org.au

W cockburn4wdclub.org.au

P 0417 993 689

We are a family friendly 4WD Club. We cater to all 4WD makes and all experience levels, from beginners to experienced. The club runs regular trips and events, ranging from a day on the beach to weekends away and extended trips across the country. Although based in Cockburn, membership is open to everyone. We support and are supported by local businesses. We are also on Facebook & Instagram.

**Leeuwin Ocean Adventure Foundation
Ltd - Fremantle**

E office@sailleeuwin.com

W sailleeuwin.com

P (08) 9430 4105

Building confidence, courage and character in young people, developing their self-awareness and self-respect. Tall-ship sailing adventures provide a positive, challenging and rewarding opportunity for young people to realise their capabilities and grow their potential. Based in Fremantle Western Australia, Leeuwin Ocean Adventure makes ordinary extraordinary every day.

Mala Yoga - Yoga at South Beach

E hello@malayoga.com.au

W malayoga.com.au

P 0459 151 599

Join us for yoga by the beach! Classes are at South Beach, South Fremantle at 8.00am on Saturdays throughout summer. Beach Yoga classes are a moving meditation in the sun, flowing with the breath and taking the time to relax and experience each posture. Suitable for all levels, including beginner students. Start your weekend enjoying your yoga practice in nature at the beautiful South Beach.

North Fremantle Social Farm

10 Thompson Road, NORTH FREMANTLE
WA 6159

E northfreosocialfarm@gmail.com

W northfreosocialfarm.org

A place for Growing, Learning and Connecting.

Ocean Heroes

E info@oceanheroes.com.au

W oceanheroes.com.au

P 0431 452 514

We provide an opportunity for children on the autistic spectrum to take part in organised sport backed by a highly supported, safe and inclusive environment. By running events and one-on-one surfing lessons, we offer every kid the chance to experience the thrill of riding a wave.

**PERSONAL DEVELOPMENT
ACTIVITIES**

Fremantle Gateway Toastmasters

Bowling Club, Ellen St, FREMANTLE WA
6160

E annikki.ohara@gmail.com

W 5491.toastmastersclubs.org

Toastmasters is for men and women who wish to overcome their fear of public speaking.

Toastmasters will show you how to listen effectively, think on your feet, and speak confidently. You will learn valuable leadership skills in a friendly environment.

**Leeuwin Ocean Adventure Foundation
Ltd - Fremantle**

B Berth Victoria Quay, Peter Hughes
Drive, FREMANTLE WA 6160

E office@sailleeuwin.com

W sailleeuwin.com

P (08) 9430 4105

Building confidence, courage and character in young people, developing their self-awareness and self-respect. Tall-ship sailing adventures provide a positive, challenging and rewarding opportunity for young people to realise their capabilities and grow their potential. Based in Fremantle Western Australia, Leeuwin Ocean Adventure makes ordinary extraordinary every day.

**Resource Center for Personal
Development (Relationships and
Counselling Centre) - Fremantle**

197 High Street, FREMANTLE WA 6160

E evalenz@dodo.com.au

W rcpd.net.au

P 0409 405 585

More information; 11 courses, personal awareness, psychology, communication skills, confidence building, psychology and theology, counselling training, training for group facilitation, analysis skills, and techniques and skills for building constructive relationships.

**RELIGION &
PHILOSOPHY**

CHURCHES AND PLACES OF WORSHIP

ADRA Australia - Gosnells

E waadmin@adventist.org.au

W adra.org.au

P (08) 9398 7222

We are connected to a large Seventh-day Adventist Church who has the capacity to reach into the lives of thousands in their local communities. Our crisis relief programs include: •Food relief •Bill and household expense support •Community meals

Anglican Church Of St Paul The Apostle Beaconsfield

162 Hampton Road, BEACONSFIELD WA 6162

E parish.stpauls@gmail.com

W stpaulsbeaconsfield.org.au

P (08) 9335 2242

The many active groups in our worshipping community have provided support and assisted with development in many aspects of life not only within the church community but also as outreach in our immediate community. The old church hall, kitchen and meeting room are available for community groups to hire.

C3 Fremantle and Portcare - South Fremantle

230 Hampton Road,, SOUTH FREMANTLE WA 6162

E info@c3f.com.au

W c3f.com.au

P (08) 9433 3901

Pentecostal Church. CCC Freo aims to be a community oriented church which provides the necessary dynamics for building people, families and leaders. Sunday Services: 10.00 am FUSION YOUTH Friday 7.00

Christ The King Catholic Church - Beaconsfield

61 Lefroy Road, BEACONSFIELD WA 6162

E ckchurch@iprimus.com.au

W ckcbeaconsfield.net

P (08) 9335 1636

Religious Church, Charitable Society of St. Vincent de Paul; Parish Council.

Christian Science Society, Fremantle

3 Canning Highway, FREMANTLE WA 6160

E csfremantle@iinet.net.au

W christianscience.com

P (08) 9335 2648

Religion & Philosophy - Churches and Places of Worship - Churches and Places of Worship. Church.

Church Freo

Fremantle Education Centre, 69 Shepard Street, BEACONSFIELD WA 6162

E jonathonzahra@outlook.com

P 0421 107 888

A non denominational Christian church. All welcome

Congregation Of Jehovah's Witnesses White Gum Valley

105 Watkins St, WHITE GUM VALLEY WA 6162

W jw.org

P (08) 9335 9807

Bible education to help people understand, apply and benefit from the good news of God's kingdom. Free at-home bible education program.

Croatian Catholic Centre Of WA

St Anne's Church - Parish House, Alfred Road, NORTH FREMANTLE WA 6159

E hkcwa@yahoo.com.au

W hkc.com.au

P (08) 9335 4485

Masses for Croatian People. Croatian Ethnic School.

East Fremantle Congregation Of Jehovah's Witnesses

Kingdom Hall, 90 Edmund Street, FREMANTLE WA 6160

W jw.org

P (08) 9335 1987

Preach the good news of Gods Kingdom. Free home bible study program.

Fremantle Church of Christ

217 High Street, FREMANTLE WA 6160

E lee@hinkledownunder.com

P (08) 9388 1030

Church Services, Social Welfare work, Funerals, marriages and child dedications conducted.
Operation Christmas Child Program - Shoeboxes with small gifts collected by the Church until mid-September for distribution overseas.

Mount Pleasant Baptist Church - Booragoon

E contact@mounties.org.au

W mounties.org.au

P (08) 9329 1777

Welcome to Mount Pleasant Baptist Church. This is a great church! And by the grace of God we're alive and growing.

Our Lady Of Mt Carmel Catholic Church

82 Collick Street, HILTON WA 6163

E sec.hilton@perthcatholic.org.au

P (08) 9314 7733

Religious organisation, a catholic parish church

Scots Presbyterian Church

Scots Presbyterian Church, 90 South Terrace, FREMANTLE WA 6160

E melbonn@bigpond.com

W pcwa.org.au

P (08) 9398 1304

Religious organisation.

St Edward's Anglican Church Hilton - Anglican Church Of Australia

40 Collick St, HILTON WA 6163

E revd.debbie@gmail.com

W hilton.perth.anglican.org

P (08) 9337 5969

Religious activities and services. Additional activities: New 2 You Hall Sale in the first Saturday of the month between 8.30-1.00pm

The Basilica Of St Patrick, Fremantle Catholic Parish

47 Adelaide Street, FREMANTLE WA 6160

P (08) 9335 2268

Religious organisation seeking to witness to the Presence of Christ in the world as a church community in the Catholic Tradition.

GENERAL RELIGION & PHILOSOPHY**Baha'i Faith Of Fremantle**

E fremantle@wa.bahai.org.au

W fremantle.wa.bahai.org.au

P (08) 6219 5218

Striving to create a community that promotes unity in diversity, and recognises the essential oneness of humanity. Capacity is developed for the independent investigation of truth, through study of the Sacred Texts of Baha'u'llah. Programs for adults, youth and children are offered.

Fremantle Wesley Mission

Fremantle Wesley Uniting Church, 4 Cantonment Street, FREMANTLE WA 6160

E admin@fwm.org.au

W unitingchurchwa.org.au

P (08) 9335 1775

All normal Church activities including worship, weddings, baptisms and funerals. Wesley Link (the Function Room) is open to all from 10.00 am–1.00 pm every Thursday and Friday for morning tea/coffee and biscuits, all provided. You may like to bring your lunch and enjoy a warm and friendly environment, meet your friends and share with others. We look forward to seeing you and your friends.

New Life Christian Community

First floor, 177 South Terrace, SOUTH FREMANTLE WA 6162

E info@newlifefreo.com

P (08) 9336 5333

Religion & Philosophy - General Religion & Philosophy - General Religion & Philosophy.

SELF HELP

GENERAL SELF HELP SERVICES

Workshops, Talks and Seminars

E matt@btsmc.com.au

W beneaththesurface.au

P 0435 086 316

Workshops, Talks & Seminars about mental health, obesity, addiction, domestic violence and homelessness

Empower-ED Recovery

E edpeermentoring@gmail.com

W edpeermentoring.com.au

P 0435 724 620

Empower-ED Recovery Peer Mentoring is a peer mentoring and support service that provides emotional and practical support, face to face within the Perth metropolitan area, online and telephone, to people living with an eating disorder and their families. Empower-ED Recovery Peer is not a sole recovery support or a replacement of specialised psychological, medical, dietetic or nutritional services.

National Continence Helpline

W continence.org.au

P 1800 330 066

The National Continence Helpline is a free telephone advisory service.

On My Feet Fremantle Chapter

Fremantle Park, Ord Street, FREMANTLE
WA 6160

E bonniekpaul@gmail.com

W onmyfeet.org.au

P 0434 027 097

On My Feet uses running to help those experiencing or at risk of experiencing homelessness and those dealing with long term unemployment achieve greater self worth, self sufficiency and purpose.

Sahaja Yoga Queensland

E peter.hewitson1@gmail.com

W sahajayogaql.com

P 0438 781 413

Sahaja Yoga provides free meditation programs for the community all around Australia.

Soul Cjaya - Victoria Park

E mimma.soulcjaya@gmail.com

Committed to personal development, reconnection and healing using a creative spiritual approach. Includes meditation, yoga, creative writing, tutoring/mentoring, conducting workshops & incursions.

Speak Easy Association of WA (Fremantle Group) - East Perth

W speakeasy.org.au

P (08) 9225 4111

Purpose of the meeting is self-help for treated stutterers to retain fluency and confidence. Non-treated stutterers welcomed in supportive atmosphere. Public speaking is encouraged.

The knights of the Southern Cross (WA) Inc - South Perth

E office@kscwa.org.au

W wa.ksca.org.au

P (08) 9368 2503

Catholic men's self-help group which mixes faith and fellowship and adds in some fun. Defends pro-life issues. A political group. Some funding for charitable works (needy and disadvantaged). Supports

The NAKED Soul

E admin@thenakedsoul.com.au

W thenakedsoul.com.au

P 1300 625 331

The purpose of The NAKED Soul (our WHY) is to ... Inspire Humanity to Love. Experience more joy, gratitude, kindness and well-being in your day-to-day life, through our wellbeing programs, private coaching & transformational life workshops.

Life coaching

E your.listener.coaching@gmail.com

W yourlistener.wixsite.com

P 0402 333 950

John Cuturilo is Your Listener, a new type of life coach in Australia who helps people to overcome challenges and make changes in their lives. Drawing on a rich base of knowledge and experience, John eschews extravagance, vague claims, and expensive packages for tested strategies based on real experience in demanding situations.

SPORT

INDOOR SPORTS

Active Gymnastics

Unit 6, 30 Hines Road, O'CONNOR WA 6163

E info@activegym.com.au

W activegym.com.au

P 0417 503 517

Competitive and non competitive gymnastics for boys and girls.

OUTDOOR SPORTS

Indian Ocean Dragon Boat Club

Johannah Street, NORTH FREMANTLE WA 6159

E Indianoceandragonboat@gmail.com

P 0438 561 600

INDIAN OCEAN DRAGON BOAT CLUB is a Perth based social & competitive paddling club established with over 30 members and growing. The club is based at Gilbert Fraser Oval, North Fremantle, in the beautiful waters of Fremantle. We are associated with the North Fremantle Sports Association who administer the North Fremantle Amateur Football Club (Est 1921).

SPORTS CLUBS

Badminton at the Fremantle Police and Community Youth Centre

2/34 Paget Street, HILTON WA 6163

E fremantlepcyc@wapcyc.com.au

P (08) 9314 3157

Social badminton / Pennant.

Excalibur Community Fencing Club

1/16 Mather Rd, BEACONSFIELD WA 6162

E pres@excalibur.org.au

W excalibur.org.au

P (08) 9417 2460

Community Fencing Club with classes, individual tuition and competition training for all ages above 8 years. Emphasis is on foil and sabre. Junior and adult beginners welcome.

Fremantle All Abilities Netball Club

Gibson Park Reserve, 338 High Street, FREMANTLE WA 6160

E fremantleallabilitiesnetball@gmail.com
mFremantle

W fremantlenetball.com.au

P 0409 252 421

Fremantle All Abilities Netball Club is a non profit organization which helps get people with disabilities into playing netball in our local community.

Fremantle Bowling Club Inc

Fremantle Bowling Club, 6 Ellen Street, FREMANTLE WA 6160

E freolawnbowls@bigpond.com

P (08) 9335 1659

Social and competitive lawn bowling, fellowship, social and community group activities, relaxation. Hall for hire.

Fremantle Buffalo Club (Inc)

Fremantle Buffalo Club, 54 High Street, FREMANTLE WA 6160

E freobuffclub@outlook.com

P (08) 9335 1992

Social Club; The Social Club is a subsidiary of RAOB - phone club for contacts and activities.

Fremantle City Dockers Junior Football Club

E enquiries@fremantlecitydockers.com.au

P 0400 888 129

Junior Football Club.

Fremantle Cockburn Table Tennis Club

Samson Recreation Centre, McCombe Ave, SAMSON WA 6163

E mrjock2000@hotmail.com

P (08) 9314 3305

Seniors Table Tennis Sessions at Cockburn Council: Session Hours: Mon - 1:00pm till 3:30pm and Friday -1pm till 3:30pm. Fees: "FREE"

Fremantle District Cricket Club (Inc)
Stevens Street, FREMANTLE WA 6160
E markbeecroft260@gmail.com
W fremantledcc.com.au

P 0403 435 497

To foster the development of cricket within the allocated club boundary and to provide talented players with the opportunity to play state and international cricket.

Fremantle Districts Touch Association Competition

Ken All Fields, Jeffery Street,
BEACONSFIELD WA 6162
E freotouch@gmail.com

P 0452 120 502

Fremantle Touch is a family orientated club for adults and juniors. There are generally 10 people in a team, with Men's, Women's Mixed and Junior competitions.

Fremantle Football Club

E fremantlefc@fremantlefc.com.au
W fremantlefc.com.au

P (08) 9433 7000

Football club. Australian Football League. Colours: Purple and White.

Fremantle Hockey Club

Stevens Reserve, 39 Swanbourne Street,
FREMANTLE WA 6160

E secretary@freohockey.com

W freohockey.com

Services/Activities: Hockey Club catering for juniors, seniors, masters & Hook in2 Hockey, family club with good atmosphere. A Good Sports accredited club.

Fremantle Italian Bocce Club

Italian Club, 65 Marine Terrace,
FREMANTLE WA 6160

E admin@italianclubfremantle.com

P 0422 971 764

Play bocce competitively and socially.

Fremantle Lawn Tennis Club

Fremantle Lawn Tennis Club, 36 Ellen
Street, FREMANTLE WA 6160

E info@tennisfreo.com.au

W tennisfreo.com.au

P 0439 396 774

Tennis is available 365 days a year on grass or hard courts. Organised social tennis Saturday afternoons, Wednesday mornings and Thursday evening. All levels accommodated. Pennant teams and competitive events are available summer and winter. Members have year round unlimited casual use of the grass and hard courts., subject to availability. Coaching is available for all age groups and levels.

Fremantle Masters Swimming Club Inc

Fremantle Leisure Centre, 10 Shuffrey
Street, WA

E secretary@freofins.com

W freofins.com

Freofins support and encourage all adults, regardless of age or ability, to swim regularly.

Fremantle Mosman Park Cricket Club

Gilbert Fraser Reserve, John Street,
NORTH FREMANTLE WA 6159

E fmpcc.com.au@gmail.com

P (08) 9360 2654

Cricket club. Affiliated with the West Australian Suburban Turf Cricket Assoc.

Fremantle Netball Association (Inc)

Gibson Park Reserve, High St,
FREMANTLE WA 6160

E admin@fremantlenetball.com.au

W fremantlenetball.com.au

P (08) 9335 3430

Aims: Promote and foster the game of netball at all levels. Services / Activities: Netball competitions. Netball education - courses, coaching/umpiring.

Fremantle Park Sport And Community Centre

36 Ellen St, 36 Ellen Street, FREMANTLE WA 6160

E info@freoparkcentre.com.au

W fremantleparkclub.com.au

P (08) 9335 1659

Tennis, Bowling and Community Club all in one hub.

Fremantle Port Swimming Club

Fremantle Leisure Centre, 10 Shuffrey Street, FREMANTLE WA 6160

E freoswimclub@hotmail.com

To promote the sport of competitive swimming for all ages. We also seek to encourage sportsmanship and family well-being through involvement in this sport. The club is established as an affiliated member of the Western Australian Swimming Association (WASA).

Fremantle Roosters Rugby League Football Club

Ken Allen Field, Jeffrey Street, BEACONSFIELD WA 6162

E kevin.allen@veda.com.au

P (08) 9337 4044

To promote and foster Rugby League Football in the district, and provide recreational and sporting facilities for members which includes encouragement of juniors to participate in sport.

Fremantle Sailing Club (Inc)

Success Harbour, 151 Marine Terrace, FREMANTLE WA 6160

E ceo@fsc.com.au

W fsc.com.au

P (08) 9435 8800

Fremantle Sailing Club is a not for profit sporting organisation dedicated to the pursuit of maritime activities. Dingy Racing section & Pipes and Drums.

Fremantle Surf Life Saving Club Inc

Port Beach Road, NORTH FREMANTLE WA 6159

E fmslsc@fremantlesurfclub.com.au

W fremantlesurfclub.com.au

P (08) 9335 4359

Surf life saving club. - lifesaving patrols, competitions, social.

Fremantle Topspin Tennis

Fremantle Lawn Tennis Club, Ellen Street, FREMANTLE WA 6160

E fremantletopspintennis@gmail.com

P 0401 565 051

Fremantle Topspin Tennis is based at Fremantle Tennis Club and offers tennis coaching and playing services. The Fremantle Topspin Tennis team, led by head coach Brendan Malarkey, in conjunction with Fremantle Tennis Club offers a variety of options for your tennis needs.

Fremantle Triathlon Club

10 Shuffrey Street, FREMANTLE WA 6160

E membership@ftc.org.au

W ftc.org.au

Local triathlon club affiliated with Triathlon WA and Triathlon Australia.

Hilton Park Bowling and Recreation Club (Inc)

Shepherd Street, BEACONSFIELD WA 6162

E hpbowling@westnet.com.au

P (08) 9337 2897

Provide facilities for members to play lawn bowls, promotion of the game and encourage all in the community from age 14 upwards to play the game of lawn bowls. Provision within the clubhouse for members to play indoor games. Fridays and Tuesdays live music and Wednesdays for Community Bowls.

Indian Ocean Dojo**E** info@indianoceanjutsu.com**W** indianoceanjutsu.com.au**P** 0431 980 979

The Indian Ocean Dojo is a small and personal school in the traditional way. Instruction in jujutsu and aikido is professional and friendly, and available for people of all ages. In the style of past generations of Tsutsumi Hozan-ryu masters, the IOD senior teacher Hymus Sensei teaches not only fighting skill, but also fighting spirit; a spirit based on respect and understanding.

Judo Ryu Western Australia

Fremantle PCYC (Gym 3), 34 Paget Street, HILTON WA 6163

E info@JudoRyuWA.com.au**W** judoryuwa.com.au**P** 0420 637 565

We offer Judo Martial Arts classes for adults and kids from 5 years of age from the Fremantle PCYC, 34 Paget Street in Hilton, WA 6163.

KidSport**E** kidsport@dlgsc.wa.gov.au**W** dlgsc.wa.gov.au**P** (08) 9492 9911

KidSport enables eligible Western Australian children aged 5 to 18 years to participate in community sport by offering them financial assistance of up to \$150 per calendar year towards club fees.

Lions' Club Of Fremantle Inc.

Flying Angel Club, 76 Queen Victoria Street, FREMANTLE WA 6160

E fremantlelions@hotmail.com**W** lionsclubs.org.au**P** 0419 195 549

Community Service; Fund raising; Aims are to develop projects and activities geared to the needs of the community, to provide service where the need exists and to have club meetings where good fellowship and harmony prevail.

North Fremantle Amateur Football Club

Gilbert Fraser Reserve, John Street, NORTH FREMANTLE WA 6159

E tmwappa@iinet.net.au**P** (08) 9430 5088

To promote amateur football for colts and seniors in the area.

North Fremantle Associated Clubs Inc

Gil Fraser Hall, 2 Johanna Street, NORTH FREMANTLE WA 6159

E pa@armandosports.com.au**P** 0412 924 644

Co-operative body of member sporting clubs which use the Gilbert Fraser Reserve and Club rooms.

Orbit Ladies' Golf Club

Fremantle Public Golf Course, Montreal St, FREMANTLE WA 6160

P (08) 9335 4006

To enjoy golf, welcome, help and encourage new members. Social friendly group.

Port Beach Polar Bears

Port Beach, Port Beach Road, NORTH FREMANTLE WA 6159

E jenipedler@outlook.com

Early morning swimming, all year round, at Port Beach. Members gather each morning from 5.30 - 8.00 am for swim followed by tea and toast at the clubrooms and various social functions.

Rolloways Leisure Centre

12/352 South Street, O'CONNOR WA 6163

E rolloways@rolloways.com**W** rolloways.com**P** (08) 9337 9444

Rollerskating & rollerblading rink, Childrens Birthday Parties, Corporate functions, Fundraising functions, church, school and sport functions. Roller Derby Training with Rolloways Perth teams on Wednesday 6:30pm to 9pm and Monday 6pm to 8pm.

Royal Fremantle Golf Club Inc

359 High Street, FREMANTLE WA 6160

E operations@rfgc.com.au

W royalfremantlegc.com.au

P (08) 9335 3866

Royal Fremantle was the first 18 hole course in Western Australia and provides a true Championship Course and facilities including bar, dining and locker rooms for members, guests and members of reciprocal clubs. Function rooms are available for weddings, parties, dinners etc.

South Fremantle Football Club (Inc)

Fremantle Community Bank Oval,

William Street & Parry Street,

FREMANTLE WA 6160

E admin@sffc.com.au

W sffc.com.au

P (08) 9335 1555

Aims: Development of Australian Rules Football from junior level to senior level. Services / Activities: Australian Rules Football Club. Many players live in City of Cockburn. U/18's team train @ Davilak Oval. U/15's & 16's teams train @ Santich Park Fees: Membership fees

South Fremantle Women's Football (Bulldogs) Club

Parry Street, FREMANTLE WA 6160

E graeme.pratt@sffc.com.au

W wawfl.com.au

P 0419 702 911

The South Fremantle Women's Football Club provides opportunities for women of all ages to play AFL. The club welcomes all players, new and old, who are interested in joining the Mighty Bulldogs! The club also has a fun social aspect, holding numerous functions in conjunction with the South Fremantle male teams.

TRANSPORT SERVICES

GENERAL TRANSPORT SERVICES

Department of Transport - Marine

Marine House, 1 Essex Street,

FREMANTLE WA 6160

E marineops@transport.wa.gov.au

W transport.wa.gov.au

P (08) 9435 7500

Working in partnership with government, industry and the community, the Department is responsible for marine safety, marine environment protection and coastal facilities.

Fremantle Patient Transport - Fremantle

P (08) 9431 2805

Transport an elderly patient from their nursing home or home to the outpatient clinic at Fremantle Hospital.

Platinum Care - Perth

W platinumhealthcare.com.au

P (08) 9470 4075

Need to get to a doctor's appointment or down to the shops to get groceries but can't rely on taxis.

VOLUNTEERING GENERAL VOLUNTEERING SERVICES

Cockburn Volunteer Resource Centre

E customer@cockburn.wa.gov.au

W cockburn.wa.gov.au

P (08) 9411 3490

The Cockburn Volunteer Resource Centre (VRC) develops a healthy, liveable, vibrant, socially cohesive and inclusive community, through supporting a thriving network of volunteers and community groups.

EdConnect Australia**E** edconnect@edconnect.org.au**W** edconnectaustralia.org.au**P** (08) 9444 8646

At EdConnect Australia (formerly The School Volunteer Program), we recruit, train and support a nationwide cohort of volunteers to provide life-changing mentoring and learning support in schools for young people who are at-risk of not fulfilling their educational potential. Whatever stage of life you're at, we all have the potential to do good – to make a difference

Fremantle Volunteer Sea Rescue

Cantonment Hill Signal Station, 4 Burt Street, FREMANTLE WA 6160

E admin@searescue.com.au**W** searescue.com.au**P** (08) 9336 3443

Sea search and rescue of mainly recreation boats, in off-shore waters. Radio watch. Education of boating public in boat and water safety.

Murdoch Guild Volunteering

Amenities Building 490, 90 South Street, FREMANTLE WA 6160

E volunteering@murdochguild.com.au**W** murdochguild.com.au**P** (08) 9360 6307

Murdoch Guild Volunteering is here to help connect you–Murdoch students–to community organisations in need of volunteers capable of helping them improve our community and our world. We are here to support you as you help yourself, your career and our community throughout your time as a volunteer. We will offer assistance and advice whenever necessary.

Volunteering at St Pats

12 Queen Victoria Street, FREMANTLE WA 6160

E admin@stpats.com.au**W** stpats.com.au**P** (08) 9430 4159

If you are interested in offering your time and skills to make a real difference in the community, we would love to have you on board! We have a number of different volunteer roles doing different tasks and with varying levels of time commitment ranging from one or two days a week to one-off special events Please contact volunteer@stpats.com.au for more information.

The Trustee For Freddy Bear Foundation**E** hello@freddymatch.org**W** freddymatch.org**P** 1300 737 090

At FreddyMatch, we drive social change through technology, using our unique algorithm to match people with great opportunities, increasing volunteer participation rates and building stronger communities.

Volunteer Home Support**E** admin@volunteerhomesupport.com.au**W** volunteerhomesupport.com.au**P** (08) 9331 2933

Volunteer Home Support is a not for profit organisation, located in O'Connor. We enable the frail aged, people with disabilities and their carer's to continue living at home by supporting their needs under the Commonwealth Home Support Program (CHSP), Home and Community Care Programme (HaCC) and the NDIS programme with the following services.

Volunteer Melville!

E volunteering@melville.wa.gov.au

W melvillecity.com.au

P (08) 9364 0662

Volunteer Melville! maintains a register of many diverse and interesting volunteering positions in the City of Melville, making it easy for you to access information about volunteering, volunteering positions and volunteer involving organisations. Volunteer Melville! provides complimentary support, information, and resources to not-for-profit volunteer organisations within the City.

WELFARE ASSISTANCE & SERVICES

GENERAL WELFARE & SUPPORT SERVICES

Centrelink - Fremantle

11 Queen Victoria Street, FREMANTLE
WA 6160

W servicesaustralia.gov.au

P 13 24 68

Centrelink is an Australian Government Statutory Agency, assisting people to become self-sufficient and supporting those in need.

Perth Legacy

E reception@legacywa.com.au

W legacy.com.au

P (08) 9486 4900

Every year Legacy helps pick up the pieces for thousands of Australian families who have been shattered by the loss of a serving husband, wife, father or mother. This is done with little direct government support as Legacy relies on the generosity of the community. In Western Australia Legacy cares for over 6,000 Widows and Widowers, 39 Legacy Children and 22 Persons with a Disability.

Saver Plus

E saverplus@bsl.org.au

W bsl.org.au

P 1300 610 355

Saver Plus is a 10-month matched savings program that helps people to build their financial skills, establish a savings goal and develop long term saving habits. When finished, participants receive up to \$500 in matched savings which can be used for education costs such as computers and tablets, text books and uniforms.

Meals and Community Support Centre

12 Queen Victoria Street, FREMANTLE
WA 6160

E admin@stpats.com.au

W stpats.com.au

P (08) 9430 4159

St Patrick's provides free breakfasts Monday-Friday and subsidized lunches (gold coin donation). We also have a self-serve café style courtyard, movie room, billiards, computer centre and library. Our Day Centre also provides emergency relief services including: food hampers, showers, clean towels, toiletries and clothing for those who find themselves with nowhere else to go

St Vincent De Paul Society WA

E info@svdpwa.org.au

W vinnieswa.org.au

P (08) 6323 7500

The Vincent de Paul Society provides a number of services to the community including home visitations, accommodation and care for people with a mental illness, support and care. Please ring 1300 794 054 for all Emergency Relief queries.

National Perinatal Support Program

E info@thebabesproject.com

W thebabesproject.com.au

P 1300 140 212

The Babes Project works with women who are seeking additional support during pregnancy. We run a National support service providing our Perinatal Support Program via phone and video calls for pregnant and early parenting women across Australia, who cannot access one of the Centres.

Trauma Clean

E admin@traumaclean.com.au

W traumacleanaustralia.com.au

P 0413 739 854

NDIS registered provider. Our team is here to help, regardless of what sort of cleaning service you require. We can deal with everything from biohazards substances to gross filth and even human waste cleaning, and our experienced team is available 24/7 as required. Yes, it can be embarrassing to ask for help, but don't worry. We get it. Sometimes life takes over and you just need a helping hand.

Ubuntu Australia

E australiaubuntu@gmail.com

W ubuntuaustralia.com

P 0416 009 646

We provide benevolent relief for people who have a disability, are visually impaired, homeless, financially disadvantaged and new migrants. We operate an Outreach Program for people sleeping rough in Perth and provide social and material assistance. We also provide support and mentoring to migrants and provides emergency relief food and care hampers to those who are in need.

MEALS ON WHEELS

Australian Red Cross Will Service WA - East Perth

E bequests@redcross.org.au

W redcross.org.au

P 1800 810 710

Volunteers deliver a hot, nutritious meal to those who are homeless, socially disadvantaged or on a very low income. The service is non-intrusive so no questions are asked and any one who approaches the van is served. Meals are provided 7 days a week/365 days a year at locations in Fremantle and Perth from specially modified Soup patrol vans. The service does not offer advice or referrals.

Chorus Kitchen

E meals@chorus.org.au

W chorus.org.au

P (08) 9435 1379

Frozen meals and fresh salads delivered to your home. Home style meals cooked in our commercial kitchen.

Give A Feed

E waynejason9@bigpond.com

P 0417 917 589

We help WA Individuals and Families with Food by packing and supplying Hampers at Christmas, each Hamper feeds a Family of 4, Food relief at a special time of year. We ask people and organisation to donate the Hampers on line at www.giveafeed.com.au for us to pack and donate to those in need via the Foodbank network. We are all Volunteers and all donations are Tax Deductible.

SECOND HAND SHOPS

Australian Red Cross - Fremantle

37 Market Street, FREMANTLE WA 6160

E jbuzuk@redcross.org.au

W redcross.org.au

P 0404 015 193

Join us and have some fun in our new location at Freo Tasks like this: Customer service - help shoppers with their questions Cashier- take money and give change to complete sales Reliable - turn up for shifts, sort donations, complete tasks around the Shop Sense of humour - locals love to have a chat and so do your colleagues Creativity - create displays Donation Sorting, plus so much more

Good Sammy - Fremantle

142 High Street,, FREMANTLE WA 6160

E info@gsi.org.au

W goodsammy.com.au

P (08) 9335 7921

Recycling retail shop, clothing , kitchenware, bookshop. Central office has truck which will pick up in any area.

R.S.P.C.A Society Store - Palmyra

P (08) 9319 1985

Opportunity shop - furniture, nik-naks, crockery and clothing; raising funds for the RSPCA

Salavation Army Family Store - Fremantle

3/5 Josephson Street, FREMANTLE WA 6160

W salvationarmy.org.au

P (08) 9336 2026

Opportunity shop including clothes and furniture.

Save The Children Fund Opportunity Shops

W savethechildren.org.au

P (08) 9335 2619

Opportunity shops - clothing crockery and household goods - new clothes and goods also available. South Fremantle 272 South Terrace Fremantle 08 9335 2619 Myaree U9/ 67 McCoy St Myaree WA 6154 08 9330 9204 Mosman Park 600 Stirling Highway Mosman Park 08 9384 5318

St Pat's Rack

12 Queen Victoria Street, FREMANTLE WA 6160

E admin@stpats.com.au

W stpats.com.au

P (08) 9430 4159

Secondhand clothing, shoes, bric-a-brac and more! St. Pat's Rack is the perfect spot to pick up a bargain while supporting St Patrick's Community Support Centre in providing meals, health services and support services to people in need. These services transform lives and strengthen community. *both our stores are currently closed due to COVID-19

YOUTH SERVICES

GENERAL YOUTH SERVICES

Brave Foundation

E info@bravefoundation.org.au

W bravefoundation.org.au

P 0448 088 380

The Brave Foundation is a national charity which runs a program supporting expecting and parenting teens and young people up to age 25 face to face and virtually in Cairns and surrounding areas, by providing mentoring and connecting them to the services and resources they need and supporting that ongoing engagement.

Cadets WA (Department of Local Government and Communities)

5 Newman Court, FREMANTLE WA 6160

E cadetswa@communities.wa.gov.au

W wa.gov.au

P 1800 176 888

Cadets WA is a State Government funded youth development program, aimed at creating exciting opportunities for young people of secondary school age. Being involved with Cadets WA is both ...

City of Fremantle

Fremantle Town Hall, 8 William Street, FREMANTLE WA 6160

E info@fremantle.wa.gov.au

W fremantle.wa.gov.au

P (08) 9432 9999

The City provides a range of grants to assist young people to participate in local sport and recreation programs. To be eligible to apply the applicants must live within the City of Fremantle (Hilton, White Gum Valley, South Fremantle, North Fremantle, Fremantle, Samson & O'Connor). Each grant has specific guidelines. See the website for forms and guidelines.

Crossroads West - Northbridge

E tss@aus.salvationarmy.org

W salvationarmy.org.au

P (08) 9328 1600

Crossroads West run a variety of programs and services. These include two fully supported group living programs for children and youth, and 4 externally supported accommodation units and a transitional support service for youth and young adults. The organisation also runs a crisis service in Kalgoorlie & Karratha

Fremantle and Districts Model Railway Association

Fremantle Prison Heritage Site, The Terrace, FREMANTLE WA 6160

E campbellsatlynwood@bigpond.com

P 0411 108 807

Aims: Provide an avenue for railway modellers to meet, exchange ideas and jointly build layouts for own satisfaction and to publicly display these layouts. Meeting details: Wednesday 1pm - 9.00pm and Sat 1.30pm - 4.30pm Fees: Adult (annual) \$60.00, Junior/student discount, Family discount

Life Without Barriers - Leederville

E cdps@lwb.org.au

W lwb.org.au

P (08) 9208 3400

We are a community-based organisation and we deliver services in more than 250 communities across Australia.

Little Dreamers Australia

E info@littledreamers.org.au

W littledreamers.org.au

P 1800 717 515

As Australia's leading Young Carer organisation, Little Dreamers works with young people who provide unpaid care for a family member with a disability, illness or addiction. Across a range of direct support programs, we're improving the quality of life for Young Carers across Australia, with a vision that every single Young Carer around the world is supported by someone or something by 2030.

Mission Australia (WA) - Osborne Park

E westernaustralia@missionaustralia.com.au

W missionaustralia.com.au

P (08) 9225 0400

No information

SMYL Community Services - Fremantle

1st Floor, 46 Mews Road, FREMANTLE WA 6160

E smyl@smyl.com.au

P (08) 9430 4921

Group Training Organisation provides career guidance, support and mentoring for young Aboriginal people

Youth Place

12 Queen Victoria Street, FREMANTLE WA 6160

E admin@stpats.com.au

W stpats.com.au

P (08) 9430 4159

Assists young people 15 to 25 years of age (singles, couples, with or without children) who are homeless and have barriers that prevent them from being an active member of the community. Offers case management, advocacy, finds and maintains accommodation and supports young people through skills and advice related to independent living, financial and legal issues.

YOUTH CRISIS & EMERGENCY SERVICES**Department Of Communities**

E enquiries@communities.wa.gov.au

W dcp.wa.gov.au

P 1800 176 888

protects and cares for Western Australian children and young people who are in need, and supports families and individuals who are at risk or in crisis. We work proactively with families to build safety around children, and prevent the need for children to enter the out-of-home-care system. We also support children and young people who are in out-of-home care to thrive by working with ...

Y-Shac Youth Supported Housing and Crisis Accommodation

29 Queen Victoria Street, FREMANTLE WA 6160

E yshac.spearwood@anglicarewa.org.au

W anglicarewa.org.au

P (08) 9412 0671

Anglicare WA's Y-shac program provides emergency, crisis and transitional supported accommodation, designed to assist homeless young people 15 - 25 years find somewhere to live immediately and to move into stable living arrangements.

YOUTH INFORMATION & COUNSELLING

Beyond Blue - Perth

W beyondblue.org.au

P 1300 224 636

Promotion of help seeking behaviour for young people who are depressed.

Black Swan Health - Fremantle

Level 1, Wesley Central, 2 Cantonment Street, FREMANTLE WA 6160

E info@blackswanhealth.com.au

W blackswanhealth.com.au

P 1300 820 398

Black Swan Health leads the way in the delivery and coordination of flexible solutions that improve health and mental wellbeing through free community health services.

headspace - Fremantle

60 Pakenham Street, FREMANTLE WA 6160

E info@headspacefreo.com.au

W headspace.org.au

P (08) 9431 7453

headspace Fremantle is a place where you can talk to professionals who are specially trained to help young people aged 12-25. We can help with mental and emotional health, physical and sexual health, alcohol or drug use, and work and study support. This service is free to access and funded by the Federal Government.

eheadspace

W headspace.org.au

P 1800 650 890

eheadspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends. If you're based in Australia and going through a tough time, eheadspace can help. You can talk 1-on-1 with an eheadspace clinician via an online chat, email or over the phone.

YES! Housing

E yeshousingduty@anglicarewa.org.au

W anglicarewa.org.au

P (08) 9263 2009

Young people who are homeless or at risk of homelessness can be assessed for eligibility for a Department of Housing tenancy, and then supported to develop their independent living and tenancy skills to be able to maintain long term stable housing.

Youth In Motion

E caitlin.tanaka@youthinmotion.org.au

W youthinmotion.org.au

The Learning Project provides free 1-1 tutoring to students who might be having a hard time. Our students experience disadvantage in many ways – from learning and attention difficulties to mental health issues. We make sure no student is left behind.

Youth Insearch

E admin@youthinsearch.org.au

W youthinsearch.org.au

P 1800 805 635

Australia's leading peer-led youth trauma recovery organisation, dedicated to supporting at-risk youth aged 12-25. We run Weekend Workshops, Weekly Support Groups and Individual Support for young people to connect and develop life skills. Our programs are delivered with youth, supported by expert adults.

INDEX

- Alinea (Inc.) 53
- # Harry's House 14
- 1800RESPECT 117
- 20 Lives 20 Homes 15
- 24hr Alcohol and Drug Support Line 92
- 24hr Meth Helpline 93
- 24hr Parent and Family Drug Support Line 93
- 360 Health And Community - Fremantle 90
- 4 CLEANING 55
- A Parent's Touch 116
- A Place to Just Be 129
- A Team Tuition - HEAD OFFICE 70
- AB Physiotherapy Services 82
- Abbi Care 20
- Aboriginart 28
- Absolute Care Therapy - Allied Health 83
- Abundance Healthcare Group 56
- Accelerated Learning Tutoring Centre 74
- Achieve Disability Care 56
- Acorn Stairlifts 21
- Activ 56
- Activ8 Health Club 102
- Active Gymnastics 142
- Active Nutrition 83
- ADRA Australia - Gosnells 139
- Adult Migrant English Program (AMEP) - Carlisle 70
- Advocare care finder program 19
- Advocare Incorporated - Bunbury 104
- Aegis Aged Care Group - Hilton 13
- After Hours AOD Counselling Service at GP Practices - Fremantle 92
- After Hours AOD Counselling Service at GP Practices - South Fremantle 94
- AG Beauty and Hairdressing Services 56
- Aglow - Fremantle 120
- Aikido WA 133
- ALANNAH and MADELINE FOUNDATION 76
- Alcohol and Drug Support Service 93
- Alcohol and drug treatment services 95
- Alcohol And Other Drug Consumer and Community Coalition 130
- Alcohol and other drug counselling 93
- Alcohol and Other Drug Outreach Service for Aboriginal People - Armadale 96
- Alcohol and Other Drug Service - Fremantle 92
- Alcoholics Anonymous - Fremantle Meetings 91
- Alliance Occupational Therapy 83
- Amanda Giudice Clinical Psychology 104
- Anchoring Your Life Counselling 120
- ANFE Inc - Fremantle 47
- Anger Management and Conflict Resolution Program 73
- Anglican Church Of St Paul The Apostle Beaconsfield 39, 139
- Anglicare WA - Hilton 14
- Anglicare WA Relationship Counselling and Education - East Perth 120
- Anglicare WA Supporting Tenancies - Fremantle 15
- ANIMAL AID ABROAD INCORPORATED 24
- Anon Family Groups WA area Association Inc - Fremantle 92
- AOD Community Treatment 92
- Apace Aid Aid Hall 81
- Apex Lifestyle 56
- APM Disability Employment Services 53, 77
- APM Local Area Coordinator - Booragoon 35
- APM Local Area Coordinator - Success 35
- Approach Services 77
- Arcadia Waters Bicton - Craigview Grove Retirement Village - Bicton 19
- Army Museum Of Western Australia 79
- Arthritis And Osteoporosis Wa 96
- Artitja Fine Art Gallery 28
- Artsource 24
- Ask Community Support Services 56

Assertive Outreach Support - Armadale 94
 Assertive Outreach Support - Coolbellup 93
 Assertive Outreach Support - Kwinana Beach 93
 Assertive Outreach Support - South Lake 94
 Assistance with Domestic Duties for NDIS Pet Owners 24
 Assistive Technology Australia 118
 Association for Services to Torture and Trauma Survivors. (ASeTTS) - Counselling 120
 Association Of Educational Counsellors and Relationship Educators Of Wa 120
 At Home Care - Head Office 56
 AT Occupational Therapy 83
 Attaboi Music Magazine 26
 Attach drug and alcohol treatment service for parents 95
 Audika Australia - Fremantle 103
 Auslan services 103
 Australia Nova Romana 45
 Australian Asian Association of WA Inc - Perth 51
 Australian Association For Maritime History 79
 Australian Breastfeeding Association and Breastfeeding Helpline - Melbourne South 30
 Australian Cervical Cancer Foundation 70
 Australian Community Care Services 56
 Australian Customs and Border Protection Service - Fremantle 128
 Australian disability support services 57
 Australian Financial Complaints Authority 129
 Australian Institute of Holistic Medicine (AIHM) - Jandakot 96
 Australian Lace Guild W A Branch 131
 Australian Maritime Officers Union Fremantle 77
 Australian Maritime Safety Authority 50
 Australian Primary Health Care Nurses Association (APNA) 96
 Australian Red Cross - Fremantle 149
 Australian Red Cross Blood Service - Fremantle 96
 Australian Red Cross Will Service WA - East Perth 128, 149
 Australian School Of Entrepreneurship 71
 Australian Sickle Cell Advocacy Inc 18
 Australian Training Institute 69
 Australian Women In Agriculture (AWiA) 131
 Austrlian Electoral Commission, Division of Fremantle, Canning and Brand - Cockburn Central 40
 Auxilium Recovery Network 57
 Avicenna Health and Wellness 83
 Axis Health Psychology 83
 Baba Lala 45
 Badminton at the Fremantle Police and Community Youth Centre 142
 Baha'i Faith Of Fremantle 140
 Bailey Nelson Fremantle 83
 Balance Minder 71
 Bansley Pty Ltd - Bicton 13
 Baobab Care 57
 Baptistcare Home Care Services - Perth Metro 22
 Baro, Rafael 75
 Bathers Beach Art Precinct 40
 be informed. 71
 Beacon Hill Retirement Village - Beaconsfield 13
 Beaconsfield Primary School 76
 Beaconsfield Primary School Kindergarden - Beaconsfield 76
 Being Human Support Services 57
 Beleza Samba School 26
 Better Quest Disability Services 57
 Beyond Barriers Care - Bennett Springs 83
 Beyond Blue - Perth 152
 Beyond Blue Helpline and Online Chat 105
 Bike Budz 47
 Biome Integrative Nutrition 83

Bizlink - Fremantle 53
 Black Swan Health - Fremantle 84, 105, 152
 Blue Gum Montessori School - Bibra Lake 32
 BluePages Depression Information 107
 Body Dynamics 84
 Boomaroo Plan Management 57
 Booyeembara Friends Group 79
 Braemar House (Presbyterian Care) - East Fremantle 19
 Braemar Presbyterian Care - Bicton 15
 Braemar Village (Presbyterian Care) - Willagee 19
 Braille House 45
 Brave Foundation 150
 Breakaway Social Club Inc - East Fremantle 137
 Bridget Seaton - Artist and Teacher 28
 Bridging the Gap 79
 Bridging the Gap Inc (Member of Job Futures) - Rockingham 78
 Brightsky Australia 22
 Brightwater - Inglewood Head Office 57
 Brightwater At Home - South 22
 Buggles - Hilton 32
 Business Foundations - Fremantle 78
 Buster It's All About Play - Fremantle 32
 Busy Bees At Fremantle 33
 C3 Fremantle and Portcare - South Fremantle 139
 Cadets WA (Department of Local Government and Communities) 150
 Cahoots 55
 CALD Mental Health Outreach Service 111
 CALD Mental Health Outreach Service - Cockburn 111
 Call to Mind 116
 Calm Nights Sleep Consultancy 117
 CAMHS Emergency Telehealth Service 112
 Canning Medical Centre - Fremantle 100
 Capital Gaurdians Plan Management 57
 Care finder service - Advocare 20
 Care finder service - Australian Red Cross 19
 Care finder service - Chorus 82
 Care Finder Service - Dementia Australia 20
 Care finder service - People Who Care 20
 Care finder service - St. Bartholomew's House 20
 Care finder service - SWAMS 20
 Care finder service - Tuart Place 20
 Care finder service - Umbrella Multicultural Community Care Services 82
 Care Squared 57
 Carers WA - Perth 20
 Carrington Aged Care - Hamilton Hill 21
 Case Management Support 112
 Cataract Kids Australia 18
 Cate Simpson Counselling and Psychotherapy 105
 CBC Fremantle 75
 Centacare Employment and Training - Fremantle 74
 Central Avenue Medical Centre 100
 Centre for Clinical Interventions 106
 Centre For Womens Safety And Wellbeing 117
 Centrelink - Fremantle 148
 Cessible Healthcare - Seville Grove 58
 Charleyoga 133
 Chayah, Independent NDIS Consultant and Services 58
 Child and Adolescent Mental Health Service (CAMHS) - Fremantle 106
 Child Australia - Belmont 32
 Child Contact Service 90
 Childhood Rising 30
 Choir4Adults 47
 Choirs4Kids 26
 Chorus - Kwinana 55
 Chorus Kitchen 149
 Christ The King Catholic Church - Beaconsfield 139
 Christ The King School - Beaconsfield 75
 Christian Science Society, Fremantle 139
 Christina Petz Clinical Psychologist 116
 Chrysalis Wellbeing 84
 Chung Wah Association 51

Church Freo 139
 Cirque Bizirque-wa Circus School 132
 Citizens Advice Bureau - Fremantle 36
 City of Fremantle 150
 City Of Fremantle - North Fremantle
 Community Hall Hire 39
 City of Fremantle - Samson Recreation
 Centre 137
 City of Fremantle - Samson Recreation
 Centre Venue Hire 39
 City of Fremantle - Wanjoo Lounge 40
 City Of Fremantle Art Collection 47
 Claro Aged Care And Disability Services
 - Belmont 21
 ClassBento 134
 Classical Dance Studio 26
 Clear Health Psychology 106
 Clear Health Psychology Fremantle 106
 ClearConvo 84
 Co-operation Housing 15
 Cockburn 4WD Club 137
 Cockburn Volunteer Resource Centre
 146
 Comfort Keepers 21
 Comfort Keepers South 23
 Communicate Speech Pathology 84
 Community Access Squad 58
 Community Information Support
 Services - Perth 130
 Community Support - Family and carer
 support 104
 Community Yoga 47
 Company Of Master Mariners Of
 Australia Ltd (Western Australian
 Branch) 134
 Complex Attention and Hyperactivity
 Disorders Service 113
 Complex Support Coordination 58
 Concentric - Midland 84
 Concentric - Treeby 84
 Concentric - Westminster 85
 Concentric Maddington 85
 Confidence Club 58
 Congregation Of Jehovah's Witnesses
 White Gum Valley 139
 Connect2Care - ACT 85
 Connect2Care - WA 58, 85
 Connected au 23
 ConnectGroups 120
 Connecting Community for Kids 36
 Connecting Dots Counselling 120
 Connections Counselling and
 Healthcare Centre - Dianella 106
 Connections Counselling and
 Healthcare Centre - South Perth 106
 ConNetica Consulting 127
 Conservation Volunteers Australia -
 Perth 81
 Consumer Credit Legal Service WA Inc -
 Perth 128
 Consumers of Mental Health WA 17
 Continence Aids Payment Scheme 85
 Council On The Ageing WA 21
 Counselling 54
 Counselling and Coaching with
 Astuteology 120
 Counselling Services 108
 Counselling Services Hervey Bay 121
 Counselling WA 85, 106
 Counselling, Career and Consultancy
 Services 124
 CraftSpark Community Craft Group 24
 Creative Kids Art Club - North
 Fremantle 28
 Crisis Care Helpline 14
 Critical Components - Fremantle 106
 Croatian Catholic Centre Of WA 139
 Crossroads Project 95
 Crossroads West - Northbridge 150
 Crystal Clear Psychology Solutions 85
 Cura In-Home Care 103
 Currency Exchange Services 40
 Curtin University of Technology 78
 Customer Service Centre 37
 Cutler's Dance Club 134
 Daily domestic living needs through to
 Complex and High Care 62
 Daily Safety Check-in Call 22
 Daily Welfare Check by Phone to Check
 they are OKAY 23
 Dance Central 134
 David Giles Art Gallery and Studio 40
 DB Dental North Fremantle 91
 Deafblind Information Australia 117

Delivery 21
 Department of Commerce, Consumer Protection Division - Perth 15
 Department of Communities 31
 Department Of Communities 151
 Department Of Communities - Fremantle 31
 Department of Communities - Women's Information Service 36
 Department Of Communities Complaints Management Unit - East Perth 32
 Department Of Education WA - South Metropolitan Regional Education Office 71
 Department of Fisheries (Fremantle Office) 80
 Department of Housing - Fremantle 15
 Department of Transport - Marine 146
 Department of Water and Environmental Regulation - Perth 40
 Dept. of Corrective Services - Fremantle 128
 Diabetes WA 96
 Diabetes WA 82
 Diabetic Support Group - Fremantle 121
 Dineamic 58
 Disability Advocacy Network Australia (DANA) 130
 Disability employment 53
 Disability Enquiry Hotline 58
 Disability Health Support Australia 59
 Disability in the Arts, Disadvantaged in the Arts Australia 40, 55
 disability support services 65
 Disabled Surfers Association Of Aust - Perth 59
 Discover Me Occupational Therapy 107
 Distil Management 59
 Diversa Health - Richmond 102
 Diverse Communities and Social Services (DCSS Australia Inc.)
 Indigenous and LGBTIQ+ Community Justice and Social Services Charity / Not-For-Profit and Charity Community Consultants
 (NFPCCC) Indigenous DGR PBI Charities 121
 Diversity and Hope Community Services 59
 Docto 117
 Domestic and Family Violence Mensline 49
 Domestic and Family Violence Womensline 49
 Down's Syndrome Association Of Wa - South Perth 59
 Dr Jayaraman Surgery - Fremantle 100
 Dr Julie-May Brown 121
 Dr McCann Rooms - Fremantle 100
 Drug and Alcohol Youth Service (DAYS) 93
 Dubberley, Stacey Louise 117
 Dv Assist 49
 e-couch self-help 107
 E-Tech Centre - Fremantle 38
 E - Hub Health 107
 E Shed Markets 41
 East Fremantle Child Health Centre 32, 97
 East Fremantle Congregation Of Jehovah's Witnesses 139
 East Freo Farm Community Garden 81
 Eating Disorders Outreach and Consultation Service 114
 Eating Disorders Program 113
 Ebb and Flow Recovery 107
 EdConnect Australia 147
 eheadspace 152
 Electrician Jobs 78
 Ellen Health 100
 Embark Physio 85
 Emergency Helplines - WA 50
 Emergency Relief 50
 Emmanuel - Self Help Centre for People with Disabilities 59
 Employment Law Centre of WA 128
 Empower-ED Recovery 141
 Empyrean Education Institute 71
 Epilepsy Action Australia 60
 Epilepsy WA 60
 Etham Care 52
 Excalibur Community Fencing Club 142

Executive Staff Services - Fremantle 51
 Fair Entitlements Guarantee (FEG) 118
 Fair Trade Freo 47
 Fair Work Infoline 78
 Fam-ally 85
 Family Drug Support 92
 Family Mediation Direct 129
 Family Playgroup Inc - East Fremantle 33
 Family Relationship Advice Line 121
 FamilyHistoryWA 47
 Federal Hotel 39
 FIFO Families - WA 41
 Financial Counsellors Association Of Western Australia - East Perth 118
 Financial wellbeing and emergency relief 119
 Fiona Stanley Hospital - telepsychiatry 107
 Fiona Stanley Hospital (Inpatient and Consultation Liaison Service) 104
 Fiona Stanley Hospital (Youth Community Assessment and Treatment Team) 107
 First Aid Course Armadale - Australia Wide First Aid 78
 First Aid Course Fremantle - Australia Wide First Aid 78
 First Aid Course Midland - Australia Wide First Aid 78
 First Steps Early Learning Centre - Hilton 33
 Firstaidpro - Fremantle 71
 Fishers with Disabilities Association Inc. 60
 Food Sensations for Adults 91
 For Eyes Optometrist 86
 FORTRESS LEARNING 71
 Fre-info Community Information service 36
 Free Counselling for Separated Parents and Children 30
 Free Financial Counselling 119
 Free Legal Advice 128
 Free Shri Mataji Nirmaladevi's Meditation with Indian Raga 134
 Freedom Scooters 23

Fremantle 101
 Fremantle Aged Care Assessment Team - Fremantle 82
 Fremantle All Abilities Netball Club 142
 Fremantle and Districts Model Railway Association 151
 Fremantle Animal Hospital 24
 Fremantle Arts Centre 25
 Fremantle Bicycle User Group 47
 Fremantle Bluegrass Jam 26
 Fremantle Bowling Club Inc 142
 Fremantle Bridge Club 134
 Fremantle Buffalo Club (Inc) 142
 Fremantle Chamber Of Commerce 129
 Fremantle Church of Christ 140
 Fremantle City Dockers Junior Football Club 142
 Fremantle Cockburn Table Tennis Club 142
 Fremantle College 76
 Fremantle Community Legal Centre 128
 Fremantle Dental Care 91
 Fremantle Dental clinic 97
 Fremantle District Cricket Club (Inc) 143
 Fremantle Districts Touch Association Competition 143
 Fremantle E-Tech Centre 134
 Fremantle Early Learning and Development Centre 33
 FREMANTLE EARLY LEARNING CENTRE INCORPORATED Inc 33
 Fremantle education Centre Inc (FEC) - Fremantle 71
 Fremantle Environmental Resource Networks (FERN) 81
 Fremantle Fairground Association 26
 Fremantle Family Doctors - South Street 100
 Fremantle Family Doctors (Beaconsfield) - Beaconsfield 101
 Fremantle Family Violence Service 49
 Fremantle Fast Track Office - North Lake Senior Campus 12
 Fremantle Fibonacci Centre 41
 Fremantle Fishing Boat Harbour 41
 Fremantle Football Club 143
 Fremantle Gateway Toastmasters 138

Fremantle Greens 130
 Fremantle Herald - Cockburn Edition 36
 Fremantle History Centre 80
 Fremantle History Society 80
 Fremantle Hockey Club 143
 Fremantle Hospital 104
 Fremantle Inner City Residents Association 47
 Fremantle Italian Bocce Club 143
 Fremantle Keynote Speakers 48
 Fremantle Ladies Probus Club Inc 134
 Fremantle Lawn Tennis Club 143
 Fremantle Leisure Centre Meeting Room and Venue Hire 41
 Fremantle LETS 48
 Fremantle Library 41
 Fremantle Library Room Hire 41
 Fremantle Markets Since 1897 42
 Fremantle Masters Swimming Club Inc 143
 Fremantle Mediation Group Inc - Fremantle 129
 Fremantle Men's Community Shed 135
 Fremantle Men's Community Shed - Beaconsfield 42
 Fremantle Mosman Park Cricket Club 143
 Fremantle Netball Association (Inc) 143
 Fremantle Park Sport And Community Centre 144
 Fremantle Patient Transport - Fremantle 146
 Fremantle PCYC Karate 135
 Fremantle Permaculture 116
 Fremantle Physiotherapy Centre 86
 Fremantle Police and Community Youth Centre - Hilton 45
 Fremantle Port Swimming Club 144
 Fremantle Ports 42
 Fremantle Post Office 42
 Fremantle Press 36
 Fremantle Primary School 76
 Fremantle Primary School and Kindergarden 76
 Fremantle Prison 42
 Fremantle Roosters Rugby League Football Club 144

Fremantle Sailing Club 48
 Fremantle Sailing Club - South Fremantle 46
 Fremantle Sailing Club (Inc) 144
 Fremantle Social Centre - Hilton 19
 Fremantle Society Incorporated 80
 Fremantle Surf Life Saving Club Inc 144
 Fremantle Topspin Tennis 144
 Fremantle Toy Library - Hilton 33, 45
 Fremantle Triathlon Club 144
 Fremantle Visitor Centre 37
 Fremantle Volunteer Sea Rescue 147
 Fremantle Walking Group 132
 Fremantle Wesley Mission 140
 Fremantle Women's Health Centre Inc 97, 101
 Fremantle Workers Social and Leisure Club (Inc) 137
 Fremantle Yoga Centre 135
 Freo Dental 91
 Freo Friendly Quilters 48
 Freo Fringe Housing Collective Inc - Hilton 15
 Freo Street Doctor - Fremantle 101
 freocast 25
 fSpace 39
 Full Stop Australia 49
 Galcom 108
 GAP Support 60
 Gender Diversity Service 113
 General Disability Services 62
 General Practice for Young People (GP4YP) 96
 Getabout (Rocky Bay Inc) - Mosman Park 60
 Gifted and Talented Arts Education 76
 Give A Feed 149
 GIVIT 37
 Glen Cowans Studio 42
 Good Deed Movement 132
 Good life Medical 60
 Good Move Chiropractic 86
 Good Sammy - Fremantle 149
 Good Sammy Academy 60
 Grafton General Products Home Safety Modifications 103

Great Barrier Reef Marine Park
 Authority 81
 Greg James Sculpture Studio Gallery 42
 Grow Your Impact 60
 Growth Physiotherapy 86
 GS Assist 61
 Guardian Angel Carers 61
 Guildhall Event Space 42
 Haemophilia Foundation WA Inc - West
 Perth 121
 Hampton Medical Centre 101
 Hampton Road Learning Centre -
 Fremantle 121
 Hampton Road Service - Fremantle 108
 Hands-On Infection Control - Perth 97
 Hazel Orme Community Kindergarden -
 White Gum Valley 33
 Head to Health Assessment and
 Referral Phone Service 109
 Headache and Migrain Western
 Australia Inc - Nedlands 97
 headspace - Fremantle 152
 headspace Fremantle 108
 Healing Beyond Discovery 121
 Healing Hands Chiropractic 86
 Health and Fitness Centre Services 135
 Health Services 99
 Healthdirect Helpline 97
 Healthspot Ot 108
 Healthway (Western Australian Health
 Promotion Foundation) - West Perth
 97
 Healthy Minds: Fremantle 108
 Hearing Australia - Hilton 103
 Hearing Australia - Melville 103
 Heart and Play Therapy 30
 Heart Patients Support Group Inc -
 Fremantle 121
 Helen's House 16
 Helen O'Grady 26
 Hendercare - West Perth 21, 61
 Herbalife Independent Distributor 97
 Here For You 110
 Heritage Council Of Western Australia -
 Perth 43
 Heyhubble 61
 HiBar Nutrition and Fitness 97

HiCom Care - NDIS Plan Manager 61
 Hillcrest Health 61
 Hilton Community Health 97
 Hilton Community Health Centre 97
 Hilton Doctors Surgery 101
 Hilton Harvest Community Garden 43
 Hilton Medical Centre - Fremantle 101
 Hilton Park Bowling and Recreation
 Club (Inc) 144
 Hilton Precinct 46
 Hilton Primary School - North Hilton 76
 Holistic Lifestyle Practice 122
 Holly Blue Healthcare 61
 Homage Australia - Aged and Disability
 Home Care Services (HCP, NDIS,
 Private Fundings accepted) 62
 Home Chef 23
 Home Instead Perth - Bunbury 23
 Home Instead Perth Metro 23
 Home Support and Community
 Participation 22
 Homebound Service 41
 Homeless Helpline - Perth 50
 Hon. Colin Barnett MLA, Premier and
 Member for Cottesloe 37
 Hon. Kate Doust MLC South
 Metropolitan - Victoria Park 37
 Hon. Lynn Ellen MacLaren MLC -
 Fremantle 37
 Hon. Sue Ellery MLC South
 Metropolitan - Willetton 37
 Horizons Childhood Learning Centre -
 South Fremantle 33
 Hospital Benefit Fund (HBF) 98
 Housing Choices WA 15
 Housing Support Street to Home 16
 HOYTS Millennium 28
 Humanique 109
 Humdrum 62
 Huntington's WA 122
 I Hate Cooking 62
 iDune Health 62
 Imagined Futures 43
 In-home Aged and Disability Care 21, 23
 Indian Ocean Dojo 145
 Indian Ocean Dragon Boat Club 142
 Indian Ocean Jujutsu 135

Indigenous Allied Health Australia 131
 Indigo 62
 Individual Community Living Strategy 104
 Industrial Hemp Western Australia Association Inc. Inc. 130
 Infinite Ability 14
 Information Enterprises Australia Pty Ltd 78
 Information service 37
 Inkblot Psychology Clinic 122
 Inkling Art Space 28
 Integral Yoga Association of Western Australia 137
 InteliCare 23
 Italian Club Of Fremantle 48
 Italian Migrant Welfare Organisation - Fremantle 51
 Italian Village - Fremantle 51
 Jazz Fremantle Inc 27
 Jen Robe Writes 25
 Jenny Gleeson Coaching and Consulting 77
 Jizo-an International Zen Centre - Hamilton Hill 129
 Joan Peters Artist 28
 Joanna Salomone - Psychology and Counselling 109
 John Gavin Writing Competition 25
 JPS Counselling 122
 Judo Ryu Western Australia 145
 Julie Pratt - IBS and FODMAP Dietitian 86
 Juvenile Diabetes Reserch Foundation - Osbourne Park 98
 Kidney Health Australia 131
 Kidogo Art Institute 29
 Kidsafe WA 90
 KidSport 145
 Kind Therapy 86
 Kindship 52
 Kiwi OT - Melbourne 32
 Kwelena Mental Health Step Up/Step Down Service - Rockingham 111
 Lakeside Village - Blbra Lake 19
 Lance Holt School 75

Lang, Robert remantle Fibonacci Centre 43
 Language Service Coodinators at Fiona Stanley Hospital 115
 Language Services Coordinators (Fremantle Hospital) 116
 Language Trainers Australia - Western Australia 72
 Laura Murray Bowen Therapy and Kinesiology 86, 98
 Lavender Sleep and Wellness 86
 Le Botanist 24
 Learn to manage your diabetes with Diabetes WA 96
 Leeuwin Ocean Adventure Foundation Ltd - Fremantle 138
 Leeuwin Ocean Adventure Foundation Ltd - Fremantle 138
 Lefroy Road Child Care Centre 33
 Legacy Club Of Fremantle Inc 48
 Legal Aid WA - Perth 118
 Leighton Action Coalition 18
 Leukodystrophy Resource and Research organisation 90
 LibertyPlus 63
 Life Care WA 63
 Life coaching 141
 Life Purpose Australia 63
 Life Without Barriers - Leederville 151
 LifeCare Fremantle Physiotherapy 87
 Lifeflow Counselling 122
 Lifeline - 13 11 14 - Phone Support 109
 Lifepath Care Services 63
 LIFESPAN DANCE 27
 Lifeworks Occupational Therapy - Subiaco 87
 Limbs 4 Life 54
 Link My Plan 63
 Linkedup Support Services - Wheatbelt 109
 Lions' Club Of Fremantle Inc. 145
 Little Dreamers Australia 151
 Little Folk Music 72
 Little Learners Early Development and Education Centre 34
 Little People's Place - East Fremantle 34
 Live online Yoga and Pilates Classes 132

Lived Experience education and support 92
 LiveLighter 97
 LiveUp 19
 Livinghope NDIS Disability Services 55
 LivingWorks Education Australia 127
 Luna on SX 43
 Lung Foundation 98
 Mable Direct store 98
 Magic Coat for Kids Pty Ltd 30
 Make It Happen Hypnotherapy 122
 Make Smoking History 92
 Mala Yoga 135
 Mala Yoga - Yoga at South Beach 138
 Manage It 63
 Manage Mode NDIS Plan Managers 118
 Margaret Hubery House - Rossmoyne 19
 Maritime Union Of Australia 130
 Martinovich Psychological Service - Fremantle 109
 Marwick, Patrick John 90
 Maxima - Fremantle 53
 McCusker Nurse Service - Bullcreek 15
 Me Plus More 63
 ME/ CFS and Lyme Association of WA Inc - Nedlands 122
 Meals and Community Support Centre 148
 Medicare Australia - Fremantle 98
 Medihire and Sales - Independent Living Equipment 63
 Meerilinga Children and Family Centre Cockburn 30
 Melville/ Cockburn Chamber of Commerce 38
 MensLine Australia 122
 Mental Health Advocacy Service 111
 Mental Health Advocacy Service (MHAS) 17
 Mental Health Advocacy Service (MHAS) - Youth Advocate 109
 Mental Health and Wellbeing (Open Arms) 112
 Mental Health and Wellness 114
 Mental Health Carer Support 108

Mental Health Commission of Western Australia 131
 Mental Health Emergency Response Line (1300 555 788) and RuralLink (1800 552 002) 110
 Mental Health First Aide Interntional 110
 Mental Health Journey Australia 110
 Mental Health Nurse Incentive Program (MHNIP) 114
 Mental health promotion 115
 Mental Illness Fellowship of Western Australia - Midland 110
 Mentor Counselling and Support For Young Men 110
 Mentoring Men 110
 Meraki Muse Health 87
 MercyCare - Amber Youth Wellness Outreach 103
 Message In A Teacup 38, 46
 Metropolitan Cemeteries Board, Fremantle Cemetery - Palmyra 128
 Metropolitan Palliative Care Consultancy Service 116
 Mindfulways - Residential Care Placement Consultant and Social Work Services 19
 Mindspot - WA 111
 MindSpot Clinic 111
 Mission Australia 123
 Mission Australia (WA) - Osborne Park 151
 Mobility Allowance - Perth 64
 ModernRoc South 132
 moodgym 107
 Moorditj Djena - Fremantle 12
 Moores Building Contemporary Art Gallery Venue Hire 43
 Mosaic Community Care Inc - Jandakot 64
 Motor Neurone Disease 98
 Mount Pleasant Baptist Church - Booragoon 140
 Move Ability Massage Therapy 98
 Mr Peter Tinley, AM, Member for Willagree 38
 Ms Melissa Parke (MHR) - Fremantle 38

Ms Simone McGurk MLA - Fremantle 38
 Multisystemic Therapy (12-16 years) 111
 Murdoch Guild Volunteering 147
 Murdoch University's 'On Track'
 Program - Murdoch 72
 Museum without walls 80
 Muslim Community Service of WA -
 Kewdale 52
 My Companionship 23, 82
 My Counselling and Me 127
 My Dreams 64
 My Flex Disability 64
 My Health Journey: Fremantle 111
 My Home And Family 15
 My Plan Assist 64
 My Plan Manager 64
 My Virtual Support Coordinator 54
 MyCareSpace 64
 Narcotis Anonymous WA 93
 National 360 - Perth 87
 National Bowel Cancer Screening
 Program (NBCSP) 102
 National Continence Helpline 141
 National Dementia Help Line 21
 National Disability Health Support
 Australia 59
 National Disability Services WA -
 Osborne Park 65
 National Perinatal Anxiety and
 Depression Helpline 127
 National Perinatal Support Program 148
 National Relay Disability Phone Service
 65
 National Resource Centre For Migrant
 Empowerment 52
 National Services Men's Association -
 Fremantle 51
 Naval Association of Australia - City of
 Fremantle 46
 Navy Club Inc 46
 NDIS Plan Management 54, 65
 NDSP Plan Managers - WA 65
 Neami National Joondalup 79
 Neami Nationals 112
 Needle and Syringe Exchange Program
 - West Perth 100
 New Life Christian Community 140
 Next Wave Therapy Trust 87
 Ngatti House - Mental Health and
 Housing Support 112
 Nicole Ivens Holistic Counselling 123
 Ninox Cancer Support Crew 123
 No Interest Loan Service - WA Nils 119
 No Interest Loan Service - WA NILS -
 Statewide 119
 North Fremantle Amateur Football Club
 145
 North Fremantle Associated Clubs Inc
 145
 North Fremantle Community
 Association/Precinct 12 18
 North Fremantle Primary School 76
 North Fremantle School of Early
 Learning 34
 North Fremantle Social Farm 138
 North Freo Physio 87
 Northern Beaches Counselling and
 Family Therapy 123
 Northern Frontiers Mediation and
 Counselling Mediation and
 Counselling 123
 Not My Closet 123
 Nova Psychology 123
 Nuline Dance 135
 O'Connor Physiotherapy Centre 87
 O'Connor Play and Learn - O'Conner 34
 Ocean Heroes 138
 Office of The Public Advocate - Perth 17
 Older Adult Community Mental Health
 Service - Fremantle 108
 Older Persons Advocacy Network 18
 On My Feet Fremantle Chapter 141
 On The Line Australia 88
 Open Arms 123
 Open Space Healing - Fremantle 98
 Orbit Ladies' Golf Club 145
 ORS Fremantle 88
 ORS Jandakot 88
 ORS Morley 88
 ORS Stirling 88
 Our Lady Of Mt Carmel Catholic Church
 140
 Our Lady of My Carmel School - Hilton
 75

Out of the Asylum Writers' Group 25
 OUTCARE LTD - Bayswater 65
 OUTCARE LTD - East Perth 15
 Overeaters Anonymous - Fremantle 123
 Overseas Qualifications Unit - West
 Perth 79
 Pacify Plan Management 65
 Paediatric Consultation Liaison 113
 Palmerston Association - Fremantle 36
 Para And Ability Dance WA 132
 Parents Beyond Breakup 50
 Parents Coffee Group - Multiple Births
 Association 30
 Parentshop 69
 Parkinson's Australia 18
 Pat Taylor's Dancing 136
 Patches Australia - Subiaco 118
 Pathways 112
 Pathways To Care 65
 Peaceful Mind Counselling 112
 Peak Ethnic Umbrella Organisation 52
 Peak Plan Management 66
 Peel Home and Community Support -
 NDIS Disability Services 66
 Peer Pathways 91
 Peniel Support Network 66
 Penny Lanes Music Workshop and
 Babalala- Musical Playtime 27
 People On Bicycles 136
 People Skills and Community (Part of
 Activ) - Beaconsfield 66
 People With disabilities WA - West
 Perth 54
 People With Disability Australia -
 Qantas Carer Concession Card 52
 PeopleSense 112
 Personal Care (Disability Service
 Provider) 59
 Personalised support for mental health
 104
 Perth Children's Hospital - Mental
 Health Inpatient Service 104
 Perth Legacy 148
 Perth Mental Health Occupational
 Therapy - 113
 Perth South PHN 131
 Perth Swing Dance Academy -
 Fremantle 132
 Pet Cloud 24, 77
 Peter Stroud Podiatry 91
 Pets Of Older Persons (Poops) WA 24
 Phoenix - Coolbinia 124
 Phoenix Hypnotherapy 88, 113
 Phoenix Medical Centre - Spearwood
 102
 Physiotherapy in Motion Perth 89
 PianoEasy 27
 Pilgrim Aged Care Hostel - East Perth 13
 Pirate88 37
 Plan Management - MyIntegra Perth,
 Western Australia 64
 Plan Partners 66
 Plan Partners - WA 66
 PlanCare 66
 Platinum Care - Perth 146
 Port Beach Polar Bears 145
 Port School - Hamilton Hill 69
 Positive Families PSYCHOLOGY CLINIC
 113
 Post-Treatment, Relapse Prevention
 and Aftercare Service 95
 Post-Treatment, Relapse Prevention
 and Aftercare Service - Fremantle 94
 Post-Treatment, Relapse Prevention
 and Aftercare Service - Rockingham
 95
 Post-Treatment, Relapse Prevention
 and Aftercare Service - Thornlie 94
 Precedence Health Care 98
 Pregnancy and Childbirth Resource
 Centre - East Fremantle 99
 Pregnancy Birth and Baby 30
 Pregnancy Counselling Australia 127
 Primary Care at Home 99
 Prime Movers - BEACONSFIELD 132
 Prime Radiology (Wa) - Hilton 117
 Professional Counselling for Stress,
 Anxiety and Depression Treatment -
 South Fremantle 124
 Provider Choice Plan Management -
 Perth 66
 PS Art Space 29

Psychcare Services Telehealth and
 Psychcare Psychology 113
 PsychHelp 113
 PsychOrium Forensic and Clinical
 Psychology Service 114
 Psychosocial Recovery Coaching 105
 Psychosocial Support 105
 Psychosocial Supports Program 105
 PWDWA/Albany 17
 QLife 126
 Quitline - Western Australia 92
 R.S.P.C.A Society Store - Palmyra 149
 Raising Connected Kids 32
 Reachout Australia 31
 Read Write Now 70
 Reading Writing Hotline 74
 Recovery Plus Support 67
 Red Umbrella Art Gallery 43
 Reel Keen Powerchair Fishing 67
 Regents garden Residential Care -
 Bateman 13
 Regis Day Therapy Centre - North
 Fremantle 22
 Reimagine 114
 Relationships Australia - Fremantle 124
 Remedy Pain Centre - Fremantle 99
 Repair Cafe Fremantle 81
 Resource Center for Personal
 Development (Relationships and
 Counselling Centre) - Fremantle 138
 Resource Centre For Personal
 Development - Fremantle 17
 Respiratory Care 117
 Respite Care Services 55
 Restful Waters 124
 Retirees Wa Inc - Salter Point 20
 Rex Beall Units - O'Conner 13
 Richmond Wellbeing - Hearing Voices
 Network of WA 110
 Richmond Wellbeing - Hearing Voices
 Support Group - Fremantle 124
 Robert Harper Health and Training 89
 Rolloways Leisure Centre 145
 Rotary Club Of Fremantle 48
 Rottnest Island Authority 130
 Royal Fremantle Golf Club Inc 146
 Sahaja Yoga Queensland 141

Salavation Army Family Store -
 Fremantle 149
 SALT Directory - Senior and Aged care
 Living Transition Directory 22
 Salvation Army Support Services -
 Northbridge 124
 Samson House 80
 Sangmorakot Muay Thai Gym 132
 Save The Children Fund Opportunity
 Shops 150
 Saver Plus 119, 148
 Saver Plus Program 119
 Scad Research 99
 School-Based Immunisation Program
 89
 Schools of Early Learning - North
 Fremantle 34
 Scots Presbyterian Church 140
 Sculpture At Bathers 29
 Senator Scott Ludlam - Fremantle 38
 Seniors Housing Advisory Centre - Perth
 13
 Serenity Lodge Therapeutic Community
 (Residential Rehabilitation) 94
 Serenity Withdrawal Unit for Alcohol
 and other Drugs 94
 Seton Catholic College 75
 Settlement and Community
 Engagement 52
 Sexual Health and Blood-borne Virus
 Program (SHBBVP) 99
 Sexual Health Helpline 117
 SHAC Sustainable Housing for Artists
 and Creatives - White Gum Valley 29
 Shanti Yoga and Well-being 133
 Shelter WA Inc - East Perth 131
 Simplified Plan Management 67
 SMART Recovery 94
 Smileys Child Care Centre - White Gum
 Valley 34
 SMYL Community Services - Fremantle
 46, 124, 151
 Social Security Appeals Tribunal (SSAT)
 - Perth 119
 Sock it to Sarcoma! 130
 Solaris Cancer Care - Cottesloe 125
 Solutions for Conflict - West Perth 125

Soroptimist International Of Fremantle 48
 Soul Cjaya - Victoria Park 141
 South Fremantle Community Association 48
 South Fremantle Football Club (Inc) 146
 South Fremantle Physiotherapy 89
 South Fremantle Precinct 46
 South Fremantle Women's Football (Bulldogs) Club 146
 South Freo Medical 102
 South Lake Podiatry 99
 South Metro Community Alcohol and Drug Service - Fremantle 94
 South Metro Community Alcohol and Drug Service – Fremantle 95
 South Metropolitan District Police Office 128
 South Metropolitan Population Health Unit - Fremantle 99
 South Metropolitan TAFE–Literacy Courses for Access and Foundation skills 74
 South Metropolitan TAFE - Adult Migrant English Program (AMEP) 74
 South Metropolitan TAFE - Certificate I, II, III and IV in Leadership Development 72
 South Metropolitan TAFE - Certificate II, III and IV in ATSI Primary Health Care 72
 South Metropolitan TAFE - Certificate III and IV in ATSI Allied Health Assistant 72
 South Metropolitan TAFE - Certificate III and IV in ATSI Population Health 72
 South Metropolitan TAFE - Certificate III and IV in Education Support 72
 South Metropolitan TAFE - Certificate IV in Frontline Management 72
 South Metropolitan TAFE - Certificate IV in Training and Assessment (TAE40110) 73
 South Metropolitan TAFE - Fremantle 70
 South Metropolitan TAFE - One Sky, Many Paths Program 73

South Metropolitan TAFE Adult Migrant English Program - Thornie 52
 South Metropolitan TAFE, Literacy Courses for Access and Participation - Fremantle 70
 South Street Dental Centre 91
 South Street Gallery and Studio 43
 South Terrace Clinic - Fremantle 104
 South West Corridor Development Foundation (SWCDF) Inc 79
 South West Refuge Bunbury 14
 Southern Suburbs Playgroup - Hamilton Hill 34
 Sowilo Soul Centre 133
 Spare Parts Puppet Theatre 27
 Speak Easy Association of WA (Fremantle Group) - East Perth 141
 Spectrum Space 67
 St Edward's Anglican Church Hilton - Anglican Church Of Australia 140
 St Francis Aged Care - Fremantle 13
 St John's Books Fremantle 44
 St John Ambulance Australia (WA) - Belmont 44
 St Pat's Rack 150
 St Patricks Primary School Fremantle 75
 St Vincent De Paul Society WA 148
 Stack St Physio 89
 Standard and High Intensity Level Support Worker Services - In Home 69
 StandBy Support After Suicide 127
 Starlight Hotel Choir 27
 Start from Within 125
 Stay At Home Physio 89
 Stay On Your Feet WA 82
 Stella Maris Seafarers Centre - Fremantle 38
 Stepping Stones Child Care Centre - East Fremantle 34
 Stocco Holdings (Wa) 40
 Stop Live Exports 17
 Street To Home 16
 Stroke Foundation: StrokeSafe Volunteer Speaker Program 73
 Substance Abuse and Mental Health (Dual Diagnosis) Training 73
 Success 44

Sudden Infant Death Research
 Foundation - Hawthorn 31
 Suicide Call Back - National Phone
 Service 50
 Suicide Programs Calm Conversations
 Can Save Lives 70
 Sunlight Disability Care 67
 Superior Smiles 91
 Support Coordination - MyIntegra
 Perth, Western Australia 65
 Support Coordination to Avenues
 Australia 67
 Supported Independent Living (SIL)
 Disability Housing and Accommodation
 14
 Swim and Survive 90
 Talked 114
 talklink 125
 Tapper Street Mews - White Gum Valley
 14
 Tax Help WA 119
 Team Rubicon Australia 50
 Tech help for seniors - Life skills for
 youngsters! 22
 Teddy Bear Corner Child Care Center -
 Hamilton Hill 35
 Telehealth Dr 102
 Tenancy WA Inc - East Perth 16
 Tendercare 114
 TENS Hire Perth 118
 The ADHD Psychology Clinic 114
 The Artisan Store Fremantle 29
 The Aussie Hands Foundation Inc 31
 The Aussie Hands Foundation Inc -
 Melbourne 67
 The Basilica Of St Patrick, Fremantle
 Catholic Parish 140
 The Butterfly Foundation National
 Helpline 125
 The Care Co. 67
 The Claddagh Association (Inc) 51
 The Different Drum Holistic Health
 Clinic 125
 The Dyslexia-speld Foundation Wa Inc -
 South Perth 68
 The Farm Therapeutic Community
 (residential rehabilitation) 93

The Fathering Project - Community
 Fathering Hub 125
 The Fathering Project Pkh 130
 The Flying Angel Club - Fremantle 44
 The Fremantle Foundation - Fremantle
 44
 The Fremantle Network 49
 The Good Meal Co 68
 The Happy Giraffe 68
 The Healing Point 116
 The Healing Point - Fremantle 99
 The Home Based Learning Network of
 WA Inc 73
 The Hub on SX 44
 The Kids Coach - National 68
 The knights of the Southern Cross (WA)
 Inc - South Perth 141
 The Literature Centre Inc - Fremantle 74
 The Meeting Place Community Centre
 Meeting Room and Venue Hire 39
 The NAKED Soul 141
 The Potters Market 136
 The Regional Men's Health Initiative
 114
 The Road Hypnotherapy and Health
 Services 115, 126
 The Round House - Fremantle
 Volunteer Heritage Guides
 Association Inc 46
 The Samaritans Emotional Support Line
 127
 The Swim Factory 44
 The Tooth Clinic 91
 The Trustee For Freddy Bear
 Foundation 147
 The Trustee For The Irving Family Trust
 89
 The University Of Notre Dame Australia
 Sport and Recreation 70
 The Zen Group of WA - Beaconsfield 129
 Therapy Connect 54
 Therapy Inclusive 90
 Therapy Pro Pty Ltd 89
 Thinkwise Disability 68
 This n That - South Side Queers -
 Fremantle 18


Thrive Therapy and Consulting Services 90
 Tiddas In Business - FREE Business Workshops 12
 TLC - Therapeutic Lifestyle Changes 89, 115
 Toowoomba Psychology And Counselling 126
 Touchstone 105
 Tourist Wheel Fremantle 136
 Trans Wellbeing 126
 Transfolk of WA 126
 Transformative Place Counselling Service 126
 Trauma Clean 149
 Travel Health Fremantle - Beaconsfield 102
 Treasured Tots Child Care - Fremantle 35
 Trilogy Care 103
 Trusted Care Network 55
 Tuart Place 126
 Tuart Place - Advocacy and Mental Services 17
 Tuggeranong Homestead 80
 Tuley 68
 Twilight Therapy 53
 Ubuntu Australia 149
 Uniting WA - South Metro (Fremantle) 12, 31, 32, 117, 119
 University of Notre Dame Australia - Fremantle 73
 Unwind Psychology 115
 UWA Health and Medical Services 91
 Vera Living 53
 Verity Allied Health 68
 Veterans and Veterans Family Counselling Service - Applecross 126
 Victoria Quay Night Market 136
 Victoria Quay Toastmasters 49
 Vision Health Support Services 115
 Vision Impairment Services 68
 VoiceMale 46
 VoiceMale Community Choir 27
 Volunteer Home Support 147
 Volunteer Melville! 148
 Volunteer Visitors Scheme 82

Volunteering at St Pats 147
 W A Portuguese Club 51
 W G V SQUARE DANCE CLUB INC 136
 WA Child Safety Services- Bunbury – Collie – Busselton 31
 WA Croatian Community Centre Inc 39
 WA Labor Fremantle Branch 131
 Wa Network Of Alcohol and Other Drug Agencies 95
 WA Shipwrecks Museum 25
 Wageline 36
 Walking Life's Path Counselling Service 126
 Walya Productions 73
 Walyalup Aboriginal Cultural Centre - Fremantle 13
 Walyalup Koort 136
 Walyalup Reconciliation Group 51
 Wanslea Beaconsfield Outside School Hours Care - Beaconsfield 77
 Wanslea Early Learning and Development - East Fremantle 35
 Warehouse Fitness Centre O'Connor 133
 Warehouse Fitness Centre South Fremantle 133
 Wasamba - Freo's Carnival Drummers 49
 Watercolour Society Of WA 29
 Wattleseed Centre WA 115
 Wellness Central 133
 Western Australian Maritime Museum 44
 Western Australian Middle Eastern Dance Festival 28
 Western Australian Museum Shipwreck Galleries 45
 Western Australian Naturalists' Club 80
 Western Australian Naturalists Club - Kwinana Rockingham Mandurah Branch (KRMB) 81
 Western Australian Police 129
 White Gum Valley Community Orchard 45
 White Gum Valley Family day Care 35
 White Gum Valley Playgroup - White Gum Valley 35
 White Gum Valley Precinct 47

White Gum Valley Primary School 77
 Wilf Sargent House - South Fremantle
 16
 Winterfold Primary School -
 Beaconsfield 77
 Winterfold Primary School Parents And
 Citizens Association 75
 Woman and Newborn Baby Health
 Library - Subiaco 31
 Women's Domestic Violence Helpline 50
 Workshops, Talks and Seminars 141
 World Ship Society Fremantle Branch
 136
 Wound Specialist Services 118
 Writing at the Centre 26
 Wu Tao (The Dancing Way) 136
 Wungening Aboriginal Corporation 12
 Wungening Aboriginal Corporation -
 Armadale 12
 XLH Australia Incorporated 118

XYY Syndrome Association of Australia
 Inc. 68
 Y-Shac Youth Supported Housing and
 Crisis Accommodation 152
 Yadah Care Services 55, 69
 YES! Housing 152
 Yoga Grooves 137
 Yogazeit. Yoga and Mindfulness 137
 York Street Medical Centre -
 Beaconsfield 102
 Young Carers Support Services 109
 Young Veterans 115
 Your Plan Manager 69
 Your Story Disability Legal Support 54
 Your Supported Living Pty Ltd 69
 Youth Axis program (16-24 years) 115
 Youth In Motion 152
 Youth Insearch 152
 Youth Place 16, 151
 YouthReach South 100
 Zinongo Gallery 25

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