

2024 Goulburn Mulwaree Community Directory



**An up-to-date community resource for the
Goulburn Mulwaree region**

Updated 8 May 2024



Information about the Region



OFFICE OF THE MAYOR
Mayor Peter Walker

Goulburn Mulwaree Council
Locked Bag 22
Goulburn NSW 2580
t (02) 4823 4444
e council@goulburn.nsw.gov.au
www.goulburn.nsw.gov.au

My Community Directory

Goulburn Mulwaree is a vibrant, growing region ideally situated within easy reach of Sydney, Canberra, the South Coast and Snowy Mountains.

Our region is undergoing significant development with a number of major projects underway to ensure Goulburn remains a great place to work, live and play.

Goulburn Hospital was completed and opened in late 2021, and to begin the 2022 year Council has completed two fantastic facilities for our region, being the Goulburn Performing Arts Centre and the redeveloped Goulburn Aquatic & Leisure Centre. The newly elected Council have a strong vision for our region and will continue to deliver for our residents alongside staff.

Our goal as a Council is to provide top-class infrastructure for the community while maintaining all the benefits of a country lifestyle, and we're sure you and your visiting friends and relatives will value what we have to offer.

We are fortunate to enjoy a wide range of sporting, cultural, educational and social activities, and there are fantastic events all year round in Goulburn - there is truly something for everyone.

The community spirit of our people will give you a warm sense of belonging, and there are many special interest community groups that will welcome you with open arms if you wish to get involved.

A handwritten signature in blue ink, appearing to read "P Walker", is written over a light blue wavy line.

Cr Peter Walker
Mayor Goulburn Mulwaree Council



Goulburn Mulwaree Council



MAYOR

Peter Walker

Ph: 0418 215 184

E: peter.walker@goulburn.nsw.gov.au



COUNCILLOR

Bob Kirk

Ph: 0419 854 599

E: bob.kirk@goulburn.nsw.gov.au



COUNCILLOR

Carol James

Ph: 0418 342 501

E: carol.james@goulburn.nsw.gov.au



COUNCILLOR

Andrew Banfield

Ph: 0427 130 298

E: andrew.banfield@goulburn.nsw.gov.au



COUNCILLOR

Jason Shepherd

Ph: 0490 036 157

E: jason.shepherd@goulburn.nsw.gov.au



COUNCILLOR

Daniel Strickland

Ph: 0490 036 241

E: daniel.strickland@goulburn.nsw.gov.au



COUNCILLOR

Michael Prevedello

Ph: 0490 033 792

E: michael.prevedello@goulburn.nsw.gov.au



COUNCILLOR

Steven Ruddell

Ph: 0490 033 756

E: steven.ruddell@goulburn.nsw.gov.au



COUNCILLOR

Andy Wood

Ph: 0490 037 421

E: andy.wood@goulburn.nsw.gov.au

Goulburn Mulwaree Council

Contact Details

GENERAL ENQUIRIES

Monday - Friday 8.30am - 5pm

Civic Centre
184-194 Bourke Street
Goulburn NSW 2580
Ph: 02 4823 4444

AFTER HOURS/EMERGENCY

City/Rural (Duty Officer)
Phone: 02 4823 4500

GOULBURN MULWAREE ANIMAL SHELTER

Pound Enquiries/Rangers
Address: 41B Ross Street
Phone: 02 4823 4409

GOULBURN REGIONAL ART GALLERY

Address: Cnr Bourke & Church Street
Phone: 02 4823 4494

GOULBURN AQUATIC & LEISURE CENTRE

Address: 85 Deccan Street
Phone: 02 4823 4834

GOULBURN COMMUNITY CENTRE

Address: 155 Auburn Street
Phone: 02 4823 4856

IMPOUNDING OFFICER

City/Rural (Duty Officer)
Phone: 02 4822 1080

GOULBURN MULWAREE LIBRARY

Address: 184-194 Bourke Street
Phone: 02 4823 4435

GOULBURN VISITOR INFORMATION CENTRE

Address: 201 Sloane Street
Phone: 02 4823 4492 or 1800 353 646

WASTE MANAGEMENT CENTRE

8am - 4pm 7 days
Address: 100 Sinclair Street
Phone: 02 4823 4839

WASTE/RECYCLING INFO LINE

Phone: 02 4823 4417

WEEDS HOTLINE

Phone: 02 4823 4567

WORKSPACE GOULBURN

Address: 56 Clinton Street
Phone: 02 4823 4855

Contents

Aboriginal Services	9
Aboriginal Support Services & Counselling	9
General Aboriginal Services	9
Accommodation Services	10
Aged Care Accommodation Services	10
Crisis & Emergency Accommodation	10
General Accommodation Services	10
Specialist Homelessness Services	10
Advocacy Services	10
General Advocacy Services	10
National & International Advocacy Services	11
Ageing Services	12
Ageing Accommodation	12
Ageing Information & Counselling	12
Ageing Respite & Activity Centres.....	13
General Ageing Services.....	13
Home Care & Safety Services.....	15
Seniors Clubs & Social Groups	15
Animal Services	15
Animal Clubs & Hobbies.....	15
Animal Shelters	15
General Animal Services	16
Arts & Creatives	16
Crafts.....	16
Literary Arts	16
Performing Arts & Music.....	17
Visual Arts	17
Child Services	18
Child (and Parent) Information & Counselling	18
Child Protection Services	19
General Child Services.....	19
Play Groups & Childcare	19
Communication & Information	22
Community Media	22
General Communication & Information	22
Community Centres, Halls & Facilities	23
Community & Neighbourhood Centres	23
General Community Facilities	23
Community Clubs & Interest Groups	24
Children & Youth Clubs	24
Community Service Clubs	24
General Community Clubs	24
Crisis & Emergency Services	28

Abuse & Assault Services	28
Crisis Counselling & Intervention Services	28
General Crisis and Emergency Services	29
Welfare Assistance & Support Services	29
Cultural and Migrant Services.....	30
Migrant Services	30
Disability Services	30
Carer Information	30
Disability Accommodation Services	31
Disability Employment & Training Services.....	31
Disability Information & Counselling	31
Disability Respite and Activity Centres	32
General Disability Services	32
Special Education Programs.....	40
Education	41
Adult Education.....	41
General Education Programs	42
Literacy & Numeracy Programs	43
Private (Primary and High Schools).....	44
Special Education Programs.....	44
State (Primary and High Schools).....	44
Employment & Training.....	46
Disability Employment & Training Services.....	46
Employment Information & Assistance	46
General Employment & Training Services.....	46
Environment & Conservation	48
Environment & Conservation Local History	48
Environmental Action & Conservation.....	49
Health Services.....	50
Ageing Health Services.....	50
Allied Health.....	50
Child Youth & Family Health	53
Community Health & Medical.....	53
Dental & Oral Health.....	54
Drug & Alcohol Services	54
General Health Services	54
General Practice/Doctor	56
Health Rehabilitation Services	57
Health Screening Services	57
Hearing Services.....	58
Home Care & Safety Services.....	58
Hospitals	58
Mental Health Services	58
Palliative Care	62
Psychiatric Services	63
Sexual Support Services & Counselling	63
Specialist Outpatient Clinics.....	63
Specialists.....	63
Information & Counselling	64
Carer Information	64

Disability Information & Counselling	64
Financial & Gambling Management & Budgeting	64
General Support Services & Counselling	65
Lesbian, Gay, Bisexual and Transgender (LGBTQIA+)	69
Maternity Support Services & Counselling	69
Suicide & Self Harm Information	70
Legal Assistance & Information Services	70
General Legal Assistance & Information	70
Mediation & Ombudsman Support	71
Peak, Industry and Funding Bodies	71
Peak Bodies	71
Skills Alliances	72
Recreation & Leisure	72
Fitness Activities	72
General Recreation and Leisure	72
Outdoor Recreation and Leisure	73
Religion & Philosophy	74
Churches and Places of Worship	74
General Religion & Philosophy	75
Self Help	75
General Self Help Services	75
Sport	76
Indoor Sports	76
Outdoor Sports	76
Sports Clubs	76
Transport Services	77
Community Transport	77
General Transport Services	77
Volunteering	77
General Volunteering Services	77
Welfare Assistance & Services	79
Food Vans and Kitchens	79
General Welfare & Support Services	79
Youth Services	80
General Youth Services	80
Youth Crisis & Emergency Services	81
Youth Employment & Training Services	81
Youth Information & Counselling	81
Index	82



A-Z Guide

Aboriginal Services

Aboriginal Support Services & Counselling

Aboriginal Community Police Liaison Officer

E brow3gre@police.nsw.gov.au

W police.nsw.gov.au

P (02) 6561 6199

Aboriginal community Police Liaison Officers work with the community to improve communications and understanding between Police and Aboriginal people. They also work to reduce involvement and improve the safety of Aboriginal people in the criminal justice system.

Making Connections Together

E admin@makingconnectionstogether.com.au

W makingconnectionstogether.com.au

P 0420 639 407

We are a social work service and will be happy to assist you in a culturally appropriate environment

General Aboriginal Services

Mulwaree Aboriginal Community Inc

26 Taralga Road, GOULBURN NSW 2580

E mulwarreeaboriginalcommunity@gmail.com

P 0408 788 391

Mulwaree Aboriginal Community is an inclusive organisation for people living in Goulburn Mulwaree and Upper Lachlan LGA's. We work collaboratively with other organisations to provide support to our community and we are available for government consultations.

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.

Pejar Local Aboriginal Land Council

80 Combermere Street, GOULBURN NSW
2580

E pejar1@bigpond.com

W alc.org.au

P (02) 4822 3552

The Pejar LALC is a body Corporate.

Women's Legal Service NSW

E reception@wlsnsw.org.au

W wlsnsw.org.au

P (02) 8745 6900

The Indigenous Women's Legal Program is a safe and confidential services staffed by Aboriginal women. It offers free services including: free legal advice over the phone or face-to-face, assistance in finding a lawyer, trainign and community workshops, resources and information about the law.

Accommodation Services

Aged Care Accommodation Services

Goulburn Masonic Village

10 Long Street, GOULBURN NSW 2580

E admin@rfbi.com.au

W rfbi.com.au

Accommodation Services - Aged Care

Accommodation Services - Aged Care

Accommodation Services. Retirement Village

Crisis & Emergency Accommodation

Goulburn Community Housing Program

130 Cowper Street, GOULBURN NSW 2580

E goulburn.reception@anglicare.com.au

W anglicare.com.au

P (02) 4823 4000

Emergency accommodation service for families with children including women and families escaping domestic violence or other life situations. Case management program.

Department of Communities and Justice Housing Contact Centre

E feedback@facs.nsw.gov.au

W service.nsw.gov.au

P 1800 422 322

The Housing Contact Centre is a 'one-stop-shop' for tenants, maintenance contractors and members of the public. Each year approximately 800,000 calls are received (about 3,500 calls daily). These calls cover everything from tenant maintenance enquiries to requests for accommodation assistance.

General Accommodation Services

Housing (FACS)

W facs.nsw.gov.au

P 1800 152 152

Apply for Housing Assistance, private rental assistance including Rentstart Bond Loan, request a repair. Information, assessment or referral to homelessness services and support 24/7 acs.nsw.gov.au/housing/help/ways/are-youhomeless

Specialist Homelessness Services

RSPCA NSW - Community Homelessness Program

E mail@rspcansw.org.au

W rspcansw.org.au

P (02) 9782 4408

RSPCA NSW strongly believes in the emotional, mental and physical benefits of the relationships between people and pets. For some homeless people, their pet may be the only positive thing in their lives. The idea of having to give this much-loved animal up can cause major distress to someone who is already suffering hardship.

Advocacy Services

General Advocacy Services

Community Voice for Hume

E bob.philipson99@gmail.com

W cv-4h.org

The vision for Community Voice for Hume (CV4H) is to provide a voice for the constituents of Hume to create a socially sustainable future through empowerment.

Goulburn Chamber of Commerce
Workspace Goulburn, Level 1, 56 Clinton
Street, GOULBURN NSW 2580
E info@goulburnchamber.com.au
W goulburnchamber.com.au
P 0477 258 005

A business support organisation for the Greater Goulburn Region. A not-for-profit membership based group funded through member dues.

Making Connections Together

E admin@makingconnectionstogether.com.au
W makingconnectionstogether.com.au
P 0420 639 407

As a social work service we can support you with all your needs

Mission Australia - Brighter Futures Tablelands

Unit 8 Old Wool Stores, 148-158 Sloane
Street, GOULBURN NSW 2580
W missionaustralia.com.au
P 1800 888 868

Diagnosis & pre-diagnosis advocacy and support for children up to 9 years and their family.

Seniors Rights Service

E info@SeniorsRightsService.org.au
W seniorsrightsservice.org.au
P (02) 9281 3600

Seniors Rights Service is a community legal centre that protects the rights of older people. We provide legal advice as well as advocacy, and educational services. Our services are free and confidential. Our Legal Service provides legal advice and assistance to older in NSW.

South Eastern Tenant Participation Resource Service

W communityindustrygroup.org.au
P 1300 559 557

The TPRS is auspiced by the Illawarra Forum Inc, and funded through Housing NSW to deliver an information, referral and advocacy service to social housing tenants and applicants in the Illawarra ...

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.

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 - Sydney

E Services@dcssaustralia.org
W dcss.org.au

Diverse Communities and Social Services (DCSS) is a registered Charity and Not-for-Profit Community Justice and Social Services Organisation throughout Australia. Diverse Communities and Social Services (DCSS) is the only LGBTIQ+, ATSI, CALD, Diversity & Inclusion focused organisation which delivers a dual-accredited NFP Community Justice Organisation. Website: www.dcssaustralia.org

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

Ingenia Gardens Goulburn

52 Chatsbury Street, GOULBURN NSW 2580

E goulburn@ingeniagardens.com.au

W ingeniagardens.com.au

P (02) 4822 7961

Unique over 55's retirement village, offering residents flexibility and peace-of-mind by providing a choice of living options in a secure community with like-minded seniors

Warrigal Goulburn

7 St Aubyns Road, GOULBURN NSW 2580

E warrigal@warrigal.com.au

W warrigal.com.au

P (02) 4257 4257

Our purpose is to support older people to have great lives. We do this by creating communities and offering services so that older people can be independent, respected, happy and connected.

Wollondilly Gardens Retirement Village

10 Mary Martin Drive, GOULBURN NSW 2580

E david.dahl@anglicare.com.au

W anglicare.com.au

P 0432 698 691

Thank you so much for your interest in our wonderful community. Wollondilly Gardens is country living at its finest. Nestled in 18 acres of scenic countryside and overlooking the stunning Wollondilly River, it is no wonder our Independent Living Retirement Community is in such high demand.

Ageing Information & Counselling

Copeland Estates Legal

E hello@copelandlegal.com.au

W copelandlegal.com.au

P 1300 034 487

We are an online & mobile law firm for your family's estate planning (Wills, Powers of Attorney, Enduring Guardianships, etc) and deceased estate (Probate, Letters of Administration, etc) needs. We can travel to your home or office or meet you over zoom/phone/email. We celebrate happy clients and want to achieve your family's goals.

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.

Ageing Respite & Activity Centres

Neighbour Aid and Centre Based Social Support

155 Auburn Street, GOULBURN NSW 2580

E council@goulburn.nsw.gov.au

W goulburn.nsw.gov.au

P (02) 4823 4444

Council coordinates a range of services that provide social and practical support and assistance to people aged over 65yrs or Aboriginal and Torres Straight Islanders over 50 years living in the Goulburn Mulwaree Local Government Area and their carers. These services are aimed at supporting older people to live independently in their own homes and the community.

General Ageing Services

Acorn Stairlifts

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.

Aged Care Assessment Team Taree

P (02) 6515 1800

My Aged Care is the starting point to access Australian Government-funded aged care services. The phone line and website can help older Australians, their families and carers to get the help and support they need.

Community Visitors Scheme

E actinfo@redcross.org.au

W redcross.org.au

The Community Visitors Scheme engages volunteers to visit residents living in aged care facilities, or people with a Home Care Package (HCP) living in their own homes, on a weekly basis. The purpose is to reduce the loneliness that an individual might experience due to reduced contact with the outside community.

Telecross

E actinfo@redcross.org.au

W redcross.org.au

P (02) 6234 7663

Telecross provides a free, daily phone call by volunteers to people who live alone, are socially isolated or at risk of accident or illness.

Baptist Community Services Southern Highlands

Clinton Villas, 179 Clinton Street,
GOULBURN NSW 2580

E agordon@baptistcare.org.au

W baptistcare.org.au

P (02) 4819 3800

Provides a range of community services for the frail aged and people with disabilities in order to support them living at home. Offers in home respite for carers of people who have dementia or ...

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)

FoodSt**E** hello@foodst.com.au**W** foodst.com.au

FoodSt provides a wide range of easy to reheat, home cooked meals made by our community of local, accredited cooks. Over 100 meal options from 26 cuisines, all handmade by our cooks in small batches and to traditional family recipes. Meals are pre-made, frozen and delivered to your door.

Gill Waminda Aged Care Plus**4** Mary Street, GOULBURN NSW 2580**E** agedcare.enquiries@salvationarmy.org.au**W** agedcare.salvos.org.au**P** 1300 111 227

Gill Waminda Aged Care Centre is an inclusive and supportive community located just 5 minutes drive away from the heart of Goulburn town centre. Over time we have built a credible reputation in the community as an organisation that genuinely cares for others in need without discrimination, regardless of their personal, financial and medical circumstances. You're sure to feel right at home!

Inclusee Ltd**E** connect@inclusee.org.au**W** inclusee.org.au**P** 1800 287 687

Our mission is to use the power of connection to reduce isolation and loneliness for Australians. At Inclusee connection is at the core of everything we do. We connect people to friends, family, interests, cultures and events. Our cutting-edge programs are delivered by our specially trained volunteers to provide companionship and comfort to our community participants.

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.

Seniors Rights Service**E** info@SeniorsRightsService.org.au**W** seniorsrightsservice.org.au**P** (02) 9281 3600

Seniors Rights Service is a community organisation dedicated to protecting and advancing the rights of older people, particularly vulnerable and disadvantaged groups. We provide free and confidential telephone advice, aged care advocacy and support, legal advice and community information to seniors across New South Wales.

Seniors Rights Service**E** info@SeniorsRightsService.org.au**W** seniorsrightsservice.org.au**P** 1800 424 079

Our legal service provides information, referrals, advice and other assistance to older people in NSW on their legal issues. We are a fully accredited community legal centre. If you have questions or concerns about aged care services, Seniors Rights Service is here to help. Our service is available to anyone in NSW using or seeking to access aged care services.

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

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

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?

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.

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 Clubs & Hobbies

Marulan Pony Club

Johnfelds, 484 Brayton Road, MARULAN NSW 2579

E dellmat@bigpond.com

W ponyclubnsw.org.au

P 0458 402 292

Teaching children how to enjoy riding and care of their horse; learn about horsemanship; enjoy playing and meeting with other like-minded children; encourage parental involvement.

Animal Shelters

Goulburn Mulwaree Animal Shelter

41B Ross Street, GOULBURN NSW 2580

E council@goulburn.nsw.gov.au

W goulburn.nsw.gov.au

P (02) 4823 4444

Goulburn Mulwaree Animal Shelter looks forward to welcoming you to meet all the lovely animals that are looking for their fur-ever homes and are currently available for adoption.

General Animal Services

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>

RSPCA NSW - Community Domestic Violence Program

E mail@rspcansw.org.au

W rspcansw.org.au

P (02) 9782 4408

This service assists families with temporary housing for pets of people who are seeking refuge from domestic violence, and helps to address the link between animal and human abuse and child protection.

Arts & Creatives

Crafts

Goulburn Knitters' Guild

Goulburn Community Centre , 155 Auburn Street, GOULBURN NSW 2580

E sangmo51@bigpond.com

W knittersguildnsw.org.au

P 0405 559 210

Knit and crochet group to promote, teach and support such artisans of all ages.

Goulburn Regional Art Gallery

184 Bourke Street, GOULBURN NSW 2580

E artgallery@goulburn.nsw.gov.au

W goulburnregionalartgallery.com.au

P (02) 4823 4494

The Goulburn Regional Art Gallery is the region's hub for presenting, exhibiting and collecting contemporary art.

Literary Arts

Jen Robe Writes

E jenrobewrites@gmail.com

W organizablelife.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.

Performing Arts & Music

Theatre School of Dance

Anglican Church Hall, 17 Kinghorne Street,
GOULBURN NSW 2580

E margiebakker@icloud.com

Tuition in: Classical Ballet, Contemporary Dance, Jazz, Tap & Hip Hop. Preschool dance (Kindee Kids Dance). All age groups from 3 years to adult classes. Private lessons and wedding dance tuition for bride & groom.

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.

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.

Goulburn Eisteddfod Society.

E goulburn.eisteddfod@gmail.com

P (02) 4854 2127

The Goulburn Eisteddfod Society Inc is a non-profit organisation which runs an annual eisteddfod in Goulburn.

Hume Conservatorium

160 Bourke Street, GOULBURN NSW 2580

E enquiries@humecon.nsw.edu.au

W humecon.nsw.edu.au

P (02) 4821 8833

Hume Conservatorium provides an open, welcoming and safe environment for everyone participating in our programs. We seek advice and guidance from children, parents and colleagues to ensure Working With Children standards are maintained.

Lieder Theatre Company

Lieder Theatre, 52 Goldsmith Street,
GOULBURN NSW 2580

E liedertheatre@gmail.com

W theliedertheatre.com

P (02) 4821 5066

The Lieder Theatre Company is the longest running theatre company in Australia. Established in 1891 the company has evolved into providing the focus for the performing arts in the Goulburn region.

Visual Arts

Gallery On Track

Railway Barracks, Blackshaw Road,
GOULBURN NSW 2580

E galleryontrack@gmail.com

W galleryontrack.org

Art and Crafts Gallery featuring creations by local and regional artists and craftspeople. A wide range of goods are available for sale and varied monthly exhibitions are held along with different workshops and classes.

Goulburn and District Art Society

E goulburnartsociety@gmail.com

W artsociety.goulburn.net.au

Goulburn & District Art Society started its life in 1956 as the Goulburn Art Club

Southern Tablelands Arts (STARTS)

Workspace Goulburn, 56 Clinton Street,
GOULBURN NSW 2580

E ao@southerntablelandsarts.com.au

W southerntablelandsarts.com.au

P 0427 938 110

Dedicated to supporting the development and promotion of arts and culture across six local governments. The STARTS vision is "to be an effective link between Councils, artists, arts-workers and communities in supporting the development of culture and the arts in the region".

Child Services

Child (and Parent) Information & Counselling

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.

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.

Making Connections Together

E admin@makingconnectionstogether.com.au

W makingconnectionstogether.com.au

P 0420 639 407

We offer Social Work services including Counselling, NDIS Supports, Reiki, EFT, Drumming Circles and Health & Wellbeing Groups

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

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.

The Personnel Group - Goulburn

Unit 1, 42 Clifford Street, GOULBURN NSW
2580

E hello@personnelgroup.com.au

W personnelgroup.com.au

P (02) 4821 6814

Parents Next Program - is a supported service for parents with children under the age of 6 who get Parenting Payment. We provide assistance and support to study and work goals.

Child Protection Services

Caresouth Foster Care

2/148 Sloane Street (Enter via Clinton Street), GOULBURN NSW 2580

E info@caresouth.org.au

W caresouth.org.au

P (02) 4822 4327

At CareSouth we are passionate about, and committed to, building strong communities to create a positive future for children, young people, individuals, families and communities, providing opportunities in which they can enhance their quality of life.

Dept Communities and Justice - NSW

E media.unit@facs.nsw.gov.au

W dcj.nsw.gov.au

P (02) 9377 6000

FACS and Justice are now one department providing information and support for child welfare, homelessness and housing and justice matters. Phone help is available 24/7 -Child Protection: 132 111 | Domestic Violence: 1800 656 463 | Housing: 1800 422 322. Justice and legal advice available during business hours Justice: 02 8688 7777 | LawAccess NSW: 1300 888 529

General Child Services

Tutoring New South Wales

W ateamtuition.com

P (02) 9063 9544

No matter where you are across Australia, A Team Tuition can help your child reach their academic goals. 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.

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.

Ngadhi Family Services

E info@ngadhifamilyservices.com.au

P 0402 330 315

We are an Aboriginal specific service, supporting vulnerable children and their families within the community.

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

Bradfordville Supported Playgroup

Bradfordville Public School, Hampden Street, GOULBURN NSW 2580

E ashley.sturgiss@anglicare.com.au

W anglicare.com.au

Meets at Bradfordville Public School hall on Mondays during school terms. 10am-12pm. Available to parents/guardians raising children up to school age. Priority given to residents of the Bradfordville Housing estate who are first time parents, single parent families, Aboriginal or Torres Strait Islander families and families comprising of parents or children with disabilities.

**East Goulburn Outreach Playgroup -
Schools as Community Centres**

E janet.gordon@goulburn.nsw.gov.au

The Outreach Playgroup Program provides opportunities for children up to school age and their parents/guardians to participate in creative and social play during school terms. FREE playgroup sessions in and around Goulburn.

Goodstart Early Learning

207 Faithfull Street, GOULBURN NSW
2580

E gbn@goodstart.org.au

W goodstart.org.au

P (02) 4821 3422

At Goodstart Early Learning Goulburn our educators take pride in providing an educational learning program that involves all children. We work hard to ensure there is high quality education and care provided for all children and we are very approachable to discuss any of your questions.

Goulburn Academy of Early Learning

5 Chiswick Street, GOULBURN NSW 2580

E info@goulburnacademyofearlylearning.com.au

W goulburnacademyofearlylearning.com.au

P (02) 4822 5505

At Goulburn Academy of Early Learning, we don't just enrol children, we enrol their families too. We encourage and support involvement from families and communities. We treasure each child's education and focus on ensuring they become confident, lifelong learners while encouraging them to reach their full potential.

Goulburn Early Childhood Centre

TAFE NSW Goulburn Campus, View Street
Verner Street, GOULBURN NSW 2580

E toni.reay@anglicare.com.au

W anglicare.com.au

P (02) 4821 5111

Goulburn Early Learning Centre is located onsite at Goulburn's TAFE Campus and provides long day care and occasional care for children 6 weeks old up to school age. The centre is divided into two rooms, one of which caters for younger than 3 years old and the second room for older children.

Goulburn Family Day Care

126 Cowper Street, GOULBURN NSW 2580

E familydaycare@anglicare.com.au

W anglicare.com.au

P (02) 4823 4052

Goulburn Family Day Care has been active within our local community since 1977. Registered, qualified Educators offer home-based quality education and care programs in their homes, catering for children aged 0 through to 12 years. Our team of Educators are recruited, supported and overseen by the Goulburn Family Day Care Co-Ordination Unit - part of Anglicare NSW South, NSW West & ACT.

**Goulburn Outreach Playgroup - Schools
as Community Centres**

Rainbow Shed, 196 Bourke Street,
GOULBURN NSW 2580

E goulburn-p.school@det.nsw.edu.au

W goulburn-p.schools.nsw.gov.au

P (02) 4821 2827

The Outreach Playgroup Program provides opportunities for children and their parents to participate in creative and social play during FREE playgroup sessions in and around Goulburn.

Goulburn Pre-School

15 Mount Street, GOULBURN NSW 2580

E goulburnpreschoolac@bigpond.com

P (02) 4821 9047

At Goulburn Pre-School we provide high quality, affordable education and care for children in our community based early childhood setting.

Imaginations Early Education

7 Poidevin Place, GOULBURN NSW 2580

E kelly.imaginations@outlook.com

W lilacearlylearning.com.au

P (02) 4821 9233

Day Care Centre for 0 to 6 years, also provides before and after school Care.

Lilac Early Learning

30 Barry Crescent, GOULBURN NSW 2580

E director@lilacearlylearning.com.au

W lilacearlylearning.com.au

P (02) 4822 8222

At Lilac Early Learning we value your children's education so that they can reach their full potential as young learners and become learners for life.

Little Treasures Marulan Children's Centre

29 George Street, MARULAN NSW 2579

E OFFICE@LITTLETREASURES MARULAN.COM

W littletreasuresmarulan.com

P (02) 4841 1985

Welcome to Little Treasures - Marulan. We are a fully accredited - family owned centre for children ages 0-6. We are committed to life long learning - in a happy, safe, fun and educational environment. Our qualified staff provide the highest quality care - nurturing and encouraging growth through our learning programs.

Marulan and District Preschool

38 George Street, MARULAN NSW 2579

E mardist@anglicare.org.au

W anglicare.com.au

P (02) 4841 1765

Marulan Preschool has been providing a high quality preschool program for over 24 years. The preschool program is developed and implemented following the Early Years Learning Framework for Australia by qualified and highly experienced staff. Marulan Preschool is part of Anglicare Canberra and Goulburn, providing high quality preschool education to the local community and surrounds.

Orana Preschool

128 Cowper Street, GOULBURN NSW 2580

E orana.preschool@anglicare.com.au

W anglicare.com.au

P (02) 4823 4030

Orana Preschool is a community based centre that is licensed for 28 children per day aged between 3-6 years. We have a high standard of staff retention with qualified and experienced educators including a trained Early Childhood Teacher as part of the team.

River Heights Child Care Centre

58 Fitzroy Street, GOULBURN NSW 2580

E riverheights@goulburn.net.au

P (02) 4822 1049

We offer a variety of outdoor and indoor activities that will keep your child fit, balanced and happy. River Heights Child Care Centre believes that happiness is paramount to a child's well-being, and we are happy to make your child happy in our child care centre in Goulburn.

Scalliwags Children's Centre

9 James Place, GOULBURN NSW 2580

E scalliwags@spin.net.au

P (02) 4822 0377

Scalliwags Children's Centre offers a safe, nurturing environment where your child will get the attention and care that he or she needs. Our ratio of children to adults is always within state guidelines - and often even lower - to make certain each child receives top-quality care.

SDN Lady McKell Children's Education and Care Centre

2-4 McKell Place, GOULBURN NSW 2580

E goulburn@sdn.org.au

W sdn.org.au

P (02) 4824 6301

SDN Lady McKell Children's Education and Care Centre was established as a child care centre by the community for the community over 60 years ago. The centre is rated as 'Exceeding' in all Quality Areas under the National Quality Standards. We offer early education and care for children from 6 weeks to school age, and warmly welcome all children and families from our community.

Tallong Outreach Playgroups - Schools as Community Centres

Tallong, GOULBURN NSW 2579

E janet.gordon@goulburn.nsw.gov.au

P 0409 365 566

At certain locations - Tallong, Tarago, Taralga, Dalton, Goulburn East Public School, Bradfordville Public School

Tarago Preschool

8-10 Braidwood Road, GOULBURN NSW
2580

E tarago.preschool@gmail.com

W taragopreschool.wixsite.com

P (02) 4849 4427

Tarago Preschool is a strong, community run preschool that services Tarago and the surrounding area

The Learning Tree Childcare Centre

101 Lagoon Steet, GOULBURN NSW 2580

E director@thelearningtreeccc.com.au

P (02) 4822 7735

The Learning Tree Centres pride themselves on providing quality education and care for all children. Our 11 centres have special environments designed to be engaging and fun for children of different ages and stages of their development.

Tirranna Outreach Playgroup - Schools as Community Centres

School Hall, Braidwood Road, GOULBURN
NSW 2580

E janet.gordon@goulburn.nsw.gov.au

The Outreach Playgroup Program provides opportunities for children up to school age and their parents/guardians to participate in creative and social play during school terms. FREE playgroup sessions in and around Goulburn.

Windellema Outreach Playgroup

School Hall, 3426 Windellama Road,
WINDELLAMA NSW 2580

E janet.gordon@goulburn.nsw.gov.au

W windellama-p.schools.nsw.gov.au

P (02) 4844 5130

The Outreach Playgroup Program provides opportunities for children up to school age and their parents/guardians to participate in creative and social play during school terms. FREE playgroup sessions in and around Goulburn.

Communication & Information

Community Media

Goulburn Community Radio Association

271 Sloane Street, GOULBURN NSW 2580

W ramfm.com.au

P (02) 4822 1103

Goulburn Community Radio Association Inc was formed in 1987 with the call sign 2GCR FM, being the first FM station in Goulburn your local community owned radio servicing Goulburn New South Wales, Australia & surrounding districts.

Radio 2Rph

E info@2rph.org.au

W 2rph.org.au

P (02) 9518 8811

Your local radio reading service. A variety of programmes featuring readings from daily newspapers, magazines and diverse periodicals. Newcastle Herald at 11.00am weekdays and 2.00pm Saturdays. Lend us your ears, and we'll read you the world. 100.5FM

General Communication & Information

Australian Electoral Commission - Hume Electorate

40 Goldsmith Street, GOULBURN NSW
2580

E hume@aec.gov.au

W aec.gov.au

P 13 23 26

Maintains electoral rolls for federal, State and local government elections. Provides electoral information to the community on government and elections, conducts Federal elections and Referendums.

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.

Goulburn Mulwaree Council - Civic Centre

184 Bourke Street, GOULBURN NSW 2580

E council@goulburn.nsw.gov.au

W goulburn.nsw.gov.au

P (02) 4823 4444

Goulburn Mulwaree Council is a local government area located in the Southern Tablelands of New South Wales, encompassing Goulburn, Marulan, Tarago, Towrang and other villages.

Goulburn Mulwaree Library

Civic Centre, 184 - 194 Bourke Street, GOULBURN NSW 2580

E library@goulburn.nsw.gov.au

W gmlibrary.com.au

P (02) 4823 4435

Goulburn Mulwaree Library has over 50,000 items for members and visitors to browse through in a modern and friendly atmosphere conducive to study, reading and learning. Located close to the heart of Goulburn the Library is passionate about providing free and equal access to information, assisting with independent learning and promoting the joys of reading in our diverse community.

Goulburn Visitor Information Centre

201 Sloane Street, GOULBURN NSW 2580

E info@goulburnaustralia.com.au

W goulburnaustralia.com.au

P (02) 4823 4492

Head into the Goulburn Visitor Information Centre for local advice on creating a memorable trip in the city and its surrounding region. Open 9am - 5pm weekdays, 10am - 4pm weekends & Public Holidays (closed Christmas Day)

Marulan Region Chamber of Commerce Inc.

PO Box 210, Marulan 2579, MARULAN NSW 2579

E linda.blicharz@gmail.com

Focused on developing business and tourism within the Marulan region.

Tarago Progress and District Progress Association Inc

E tadpaisecretary@gmail.com

W tarago.org.au

Tarago Progress and District Progress Association Inc (TADPAI)

Community Centres, Halls & Facilities

Community & Neighbourhood Centres

Goulburn Community Centre

155 Auburn Street, GOULBURN NSW 2580

E council@goulburn.nsw.gov.au

W goulburn.nsw.gov.au

P (02) 4823 4444

Goulburn Mulwaree Council's Community Centre is open from 8:30am - 5:00pm, Monday to Friday. The centre has level street access, with wheelchair accessible spaces and bathrooms.

General Community Facilities

Workspace Goulburn

56 Clinton Street, GOULBURN NSW 2580

E workspace@goulburn.nsw.gov.au

W goulburn.nsw.gov.au

P (02) 4823 4855

Workspace Goulburn offers a co-working facility with Meeting Rooms, a Visiting Professionals Office, and Hot Desks available for hourly or daily hire, with internet and printing facilities available. We currently have Office Spaces and Desk Spaces available for long term hire.

Community Clubs & Interest Groups

Children & Youth Clubs

Police Citizen Youth Club NSW Ltd

Avoca Street Derwent Street, GOULBURN
NSW 2580

E goulburn@pcycnsw.org.au

W pcycnsw.org.au

P (02) 9625 9111

PCYC NSW is a charity empowering young people to survive, and thrive, in partnership with the Police and the community.

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.

Quota International Of Goulburn Incorporated

E goulburnquota@gmail.com

P 0438 408 911

A women's service club. We hold regular meetings, fundraising and social activities and provide support to the local community and women and children's needs. Check our facebook page for details

General Community Clubs

Australia

E geb.secretary@hotmail.com

W cwaofnsw.org.au

P 0418 283 839

The CWA was formed in 1922 when country women were fighting isolation and a lack of health facilities.

Australian Baha'i Community

58 Green Valley Road, GOULBURN NSW
2580

E secretariat@bnc.bahai.org.au

W bahai.org.au

P (02) 9998 9222

The Baha'i Faith is an independent world religion that was founded in 1844 and has been present in Australia since 1920.

Country Women's Association Goulburn Branch

2 Montague Street, GOULBURN NSW
2580

E goulburncwa@gmail.com

W cwaofnsw.org.au

P 0400 132 633

The CWA was formed in 1922 when country women were fighting isolation and a lack of health facilities.

Country Women's Association Marulan Branch

CWA Rooms, 28 George Street, MARULAN NSW 2579

E fayed516@hotmail.com

W cwaofnsw.org.au

P (02) 4841 0727

The CWA was formed in 1922 when country women were fighting isolation and a lack of health facilities.

Country Women's Association Tarago Branch

CWA Rooms, 7 Braidwood Road, GOULBURN NSW 2580

E taragocwa@gmail.com

W cwaofnsw.org.au

P (02) 4849 4681

The CWA is the largest women's organisation in Australia and aims to improve conditions for country women and children. That aim is achieved in various ways including lobbying for change, helping the local community, creating a network of support and meeting together in towns and cities.

Frogs LandcareFrogs Landcare Incorporated

May Street, GOULBURN NSW 2580

E frogslandcare@gmail.com

W landcare.nsw.gov.au

P (02) 4821 1033

The Friends and Residents of Goulburn Swamplands (FROGS) Landcare Group, are an inspirational group of volunteers who are transforming an abandoned brick pit in the Goulburn CBD – once full of rubbish, pests and weeds – into a beautiful, functioning, natural storm water treatment system; the Goulburn Wetlands.

Goulburn and District Beekeepers Club Inc

E info@goulburnbeekeepers.asn.au

W goulburnbeekeepers.asn.au

Special Interest Group

Goulburn and District Breast Cancer Support Group

E lozandmike1@gmail.com

A group of women who have experienced breast cancer or any other cancer who enjoy a regular social outlet together. Sharing support and friendship. Partners are welcome to join us for a coffee, movie, or sometimes other social events. Partners and carers often benefit from interaction also.

Goulburn and District Breast Cancer Support Group (Night Group)

Goulburn Soldiers Club (Bistro), 15 Market Street, GOULBURN NSW 2580

E gloria_watchirs2006@yahoo.com.au

A group of women who have experienced breast cancer who enjoy a regular social outlet together. Sharing support and friendship.

Goulburn and District Netball Association Inc.

Carr Confoy Park, Park Road, GOULBURN NSW 2580

E gdna.president@hotmail.com

W goulburnna.nsw.communitynetball.com.au

Community Clubs & Interest Groups - General
Community Clubs - General Community Clubs.
Netball Club

Goulburn Argyle Garden Club

Goulburn Soldiers Club, Market Street, GOULBURN NSW 2580

E argyle.garden.club@gmail.com

W goulburnargylegarden.club

P 0421 062 435

The Goulburn Argyle Garden Club is part of a nation-wide network under the auspices of the The Garden Clubs of Australia Inc. Our members are from Goulburn town and its surrounds.

Goulburn Bonsai Society Inc.

E goulburnbonsaisociety@hotmail.com

Special Interest Group Promoting Bonsai in Goulburn and District

Goulburn Bridge Club

99 Robinson Street, GOULBURN NSW
2580

E dkgraham@westnet.com.au

W goulburn.bridgeaustralia.org

P (02) 4821 6060

Duplicate Bridge Club

Goulburn Classic Riders Club

E secretary@classicridersclubgoulburn.com.au

Classic Motorcycling enthusiasts

Goulburn Combined Probus Club

E goulburncombined@probusclubs.com.au

W probussouthpacific.org

P 0412 812 439

Social Club for Active Retirees Monthly meetings ,social outings. We are a club that consist of Male and Female Members.

Goulburn Community Garden Incorporated

43 Goldsmith Street, GOULBURN NSW
2580

E info@goulburncommunitygarden.org.au

Bulding a sustainable,supportive community of gardeners and custodians for the local environment.

Goulburn Day View Club

Goulburn Soldiers Club, 1 Market Street,
GOULBURN NSW 2580

E goulburnday.viewclub@gmail.com

W thesmithfamily.com.au

P (02) 4822 1859

Goulburn Day VIEW Club was formed in September 1977. Currently, the Club sponsors two Smith Family Learning for Life students and is actively involved in fundraising activities to raise donations for The Smith Family programs.

Goulburn Evening View Club

Posthouse Motor Lodge,, 9 Franklin
Street, GOULBURN NSW 2580

E wendywise@ozemail.com.au

W thesmithfamily.com.au

P (02) 4821 7492

Goulburn Evening VIEW Club was formed in 1971. Currently, the Club sponsors two Smith Family Learning for Life students and is actively involved in fundraising activities to raise donations for The Smith Family programs. We are always open to new members, so please get in touch today and come and see what it's all about.

Goulburn Gem and Lapidary Club Inc.

Bourke Street Combermere Street,
GOULBURN NSW 2580

E joeandsue1@southernphone.com.au

P (02) 4822 4294

Special interest group for children and adults. Beginner class held Wed 4pm-6pm. Meetings are held every three months, 2nd Friday of the month. Club is open Monday and Friday from 10:30am to 4:30pm. If no one shows up by 12:30pm we close the club and go home.

Goulburn Girl Guides

Goulburn Guide Hall, Faithfull Street,
GOULBURN NSW 2580

E goulburn.district.guides@gmail.com

W girlguides-nswactnt.org.au

P (02) 8396 5200

District Girl Guides provides girl guiding for girls in Goulburn NSW. The district currently has two groups offering guides for girls aged 5 to 18 years old. Goulburn Pre-Junior & Junior Guides for girls aged 5-10 years, Guides for girls aged 10-13 years meet Tuesday. Goulburn Senior Guides for girls 14 – 18 years meet Wednesday.

Goulburn Girls Brigade

Goulburn Uniting Church Wesley Centre
Hall, 49 Goldsmith Street, GOULBURN
NSW 2580

E info@girlsbrigade.org.au

W goulburn.unitingchurch.org.au

The focus of Girls' Brigade is to help girls to know God and to follow Jesus in all aspects of their lives. The Girls' Brigade motto is to "Seek, Serve and to Follow Christ"

Goulburn Lilac City Festival

173 Auburn Street, GOULBURN NSW 2580

E goulburnlilaccityfestival2580@gmail.com

P 0448 211 839

The Lilac City Festival is Australia's longest continuously-run community festival.

Goulburn Multicultural Centre

148 Sloane Street, GOULBURN NSW 2580

E info@gmc.org.au

W gmc.org.au

P (02) 4803 9042

Goulburn Multicultural Centre (GMC) provides support services to migrants & refugees settling in Goulburn and the region.

Goulburn Mulwaree Athletics

Hudson Park, Hurrell Street, GOULBURN NSW 2580

E info@gmlac.org.au

W goulburnmulwareeathleticsclub.org

P (02) 4821 7478

Athletics meets held once a week. Providing coaches to train the club athletes.

Goulburn Region Woodworkers Inc.

233 Wheeo Road, GOULBURN NSW 2580

E ldo89482@bigpond.net.au

P 0412 015 435

Community Clubs & Interest Groups - General Community Clubs - General Community Clubs. Woodworking Club

Goulburn Scout Group

Scout Hall, Addison Street Bourke Street, GOULBURN NSW 2580

E info@nsw.scouts.com.au

W nsw.scouts.com.au

P (02) 9735 9000

Whether you're a seasoned Scout looking to pass on your passion to our next generation of community leaders or new to the Scouting community altogether, there's never been a better time to get involved! Discover the world of opportunities to become an adult in Scouting

Goulburn Seniors Activity Group

McDermott Centre, 163 Auburn Street, GOULBURN NSW 2580

E kim.sorensen@goulburn.nsw.gov.au

P (02) 4821 6537

Community focused group

Goulburn Social Ballroom Dance Club

P 0457 337 970

- Not-for-profit organisation that promotes non-competitive Ballroom dancing - Styles include waltz, foxtrot, tango, quickstep, Cha Cha Rumba, jive & rock'n'roll. - Provides weekly classes and social events - Great form of gentle exercise that can improve balance, coordination and confidence. - Sequence dancing is fun for all ages and abilities.

Goulburns Men's shed

67 Blackshaw Road, GOULBURN NSW 2580

E goulburnms11@gmail.com

W mensshed.org

P (02) 4822 9541

A place where men of all ages can meet for friendship, recreation and participation in projects that improve their health and well being.

Lions Club Of Goulburn City

Goulburn Workers Club, 1 McKell Place, GOULBURN NSW 2580

E goulburncity.nsw@lions.org.au

P 0431 929 066

Lions Clubs International is the world's largest service club organization with more than 1.4 million members in approximately 46,000 clubs in more than 200 countries and geographical areas around the world.

Marulans and Dist Lions Club

Marulan Community Hall, 44 George Street, MARULAN NSW 2579

E marulan.nsw@lions.org.au

W e-clubhouse.org

Whenever a Lions club gets together, problems get smaller. And communities get better. That's because we help where help is needed – in our own communities and around the world – with unmatched integrity and energy.

Wednesday Worship Group

E office@nationsheart.com.au

W nationsheart.com.au

P (02) 6253 1672

Church Service for people with disabilities and special needs. Meets 10 - 11 am every second Wednesday for a simple interactive time of music, a message, connection and morning tea.

Rotary Club of Goulburn

1 Lagoon Street, GOULBURN NSW 2580

E glbrotary@gmail.com

P 0417 667 045

Rotary is an organization of business and professional person united worldwide who provide humanitarian service, encourage high ethical standards in all vocations and help build goodwill and peace in the world.

Rotary Club of Goulburn

1 Lagoon Street, GOULBURN NSW 2580

E glbrotary@gmail.com

P 0417 667 045

Rotary started in Goulburn in 1930 being only the second inland Club behind Canberra. Rotary started in Australia in 1921. From 3 struggling clubs (for members) 1 new Club has emerged with a membership base of 50+ that will much better support the community of Goulburn into the future. Look out for a new combined face book page.

Tallong Community Focus Group

E secretary@tallong.com.au

W tallong.com.au

Tallong Community Focus Group (TCFG), a non-profit community organisation formed for the promotion of the Tallong District and the community that resides there.

Windellama Garden Club Inc

2377 Windellama Rd, QUIALIGO NSW 2580

E harry_simm@yahoo.com.au

P (02) 4844 7061

Special interest group offering friendship and garden advice. Charitable events for Goulburn CanAssist, eg. CanAssist Fund Raiser - cake auction held 2nd Saturday in August.

Windellama Progress Association Inc.

3444 Oallen Ford Road, WINDELLAMA NSW 2580

E windellamaprogressassociation@gmail.com

W windellama.com.au

P (02) 4844 5125

Community focused group of locals working towards community goals.

Crisis & Emergency Services

Abuse & Assault Services

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.

Link2home

E link2home@facs.NSW.gov.au

W facs.nsw.gov.au

P 1800 152 152

Information & telephone referral service for people who are homeless or at risk of becoming homeless. They work in partnership with a range of homelessness services. If you are Aboriginal you can ask to speak to an Aboriginal worker. The intake & assessment process may take up to 20 minutes.

Mental Health Line

W health.nsw.gov.au

P 1800 011 511

The Mental Health Line is a 24-hour telephone service operating seven days a week across NSW.

Parents Beyond Breakup

E enquiries@parentsbeyondbreakup.com

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

Goulburn Police Station

274 Sloane Street, GOULBURN NSW 2580

W police.nsw.gov.au

P (02) 4824 0799

Goulburn Police Station. The Hume Police District

Mission Australia - Brighter Futures

Tablelands

Unit 8 Old Wool Stores, 148-158 Sloane Street, GOULBURN NSW 2580

W missionaustralia.com.au

P 1800 888 868

An early intervention program that aims to enable children to live safely at home and give support to families as they gain independence.

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.

Welfare Assistance & Support Services

Child, Youth Mentoring Program

E canberra@barnardos.org.au

W barnardos.org.au

P (02) 5134 6718

Targets vulnerable children and young people residing in families experiencing difficulties.

Intensive Intervention Services

E canberra@barnardos.org.au

W barnardos.org.au

P (02) 5134 6701

The Barnardos Intensive Intervention Service is an outreach family support program. The program works in partnership with children, young people and their families using a 'strength approach' to assist them in achieving sustainable attitudinal and / or behavioural change. Referrals of existing clients of Child Youth Protection Services or Youth Justice only.

Circle of Security, Canberra
E info@sanctuaryaus.org.au
W sanctuaryaus.org.au
P 0431 449 822

We come to you at a time that's right for you! All parents feel lost at times and without a clue about what our child might need from us. Imagine how good it would feel to understand what your child is really asking from you. Circle of Security® is based on decades of research about how secure parent-child relationships can be supported and strengthened.

Cultural and Migrant Services

Migrant Services

Migrant Employment Legal Service

E info@mels.org.au
P (02) 8002 1203

Migrant Employment Legal Service (MELS) is state-wide service offering FREE and CONFIDENTIAL employment legal advice and representation to migrants, temporary visa holders and people from cultural and linguistically diverse backgrounds in NSW.

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.

Disability Services

Carer Information

Carer Gateway

E contact@carersnsw.org.au
W carergateway.gov.au
P 1800 422 737

Do you look after a family member or friend with a disability, a medical condition, mental illness or who is frail due to age? If you answered yes, Carer Gateway can help you. Carer Gateway provides support services in person, online and over the phone for carers. These services are free to access and here to support you whilst you provide support to the person you care for.

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

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

Disability Employment Services

Unit 1, 42 Clifford Street, GOULBURN NSW
2580

E hello@personnelgroup.com.au

W personnelgroup.com.au

P (02) 4821 6814

We help people with a disability, injury or a mental health condition to find long-term sustainable employment.

Disability Information & Counselling

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.

Registered NDIS Provider for Support Coordination and Psychosocial Recovery Coach

E info@lucysupportcoordination.com.au

W lucysupportcoordination.com.au

P 0400 075 152

NDIS Support Coordination and Psychosocial Recovery Coach

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.

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

Goulburn Community Centre

Goulburn Community Centre, 155 Auburn Street, GOULBURN NSW 2580

E kim.sorensen@goulburn.nsw.gov.au

W goulburn.nsw.gov.au

P (02) 4823 4856

Community is important to Goulburn Mulwaree Council. We provide information, referral and centre based respite activities for frail aged, older people with disabilities, and their carers. The Community Centre offers Lesiure Link, Neighbour Aid, Respite Care, Youth Services and School Holiday programs.

VERITY CARE SERVICES

E info@veritycareservices.com.au

W veritycareservices.com.au

P 0466 645 596

Verity care services is a Registered Service provider. Our vision is to include participants in building a community that is inclusive where everyone is treated as an individual with respect and strengthens their relationships. We also want to empower participants to take ownership of their life to the fullest and produce a measurable outcome in a person's quality of life.

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

Ability Consultants

E info@abilityconsultants.com.au

W abilityconsultants.com.au

P 1300 694 625

We create freedom and social connection for people with disability through easy access to Positive Behaviour Support. We support NDIS participants throughout Australia, including Sydney, Brisbane, Melbourne, Perth, Adelaide, Hobart and regional Australia.

Goulburn and Crookwell Disability Services

W anglicare.com.au

P (02) 4823 4000

• Day Program services • Plan management • Support Coordination • Personal and travel assistance • Personal activities • Development of life skills • Household tasks • Transition assistance • Daily tasks/shared living • Participation in community activities

Disability Services

130 Cowper Street, GOULBURN NSW 2580

E goulburn.reception@anglicare.com.au

W anglicare.com.au

P (02) 4823 4040

Provides disability support to assist clients to participate in the community through meaningful relationships, employment, recreation, education and volunteering. NDIS registered provider.

Assistive Technology Australia

E help@at-aust.org

P 1300 452 679

Our purpose is to provide impartial advice, information and leadership that builds capacity and optimises the value of assistive technology in leading a life of choice.

Auscare Support

E jackie.schenk@auscaresupport.com.au

W auscaresupport.com.au

P 0481 954 666

Providing NDIS Support Coordination, Plan management and support staff.

Blacksheep Care Services - Southern Highlands**E** bowral@blacksheepservices.com.au**W** blacksheepservices.com.au**P** 1300 252 257

We specialise in providing care and daily living assistance to individuals on the NDIS. Whether you need assistance due to disability, illness, or rehabilitation, our support workers will provide individualised services suited to your lifestyle. We are Blacksheep Care Services and we don't follow the flock.

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 !

Candis Plan Support**E** candisplans@yahoo.com**W** candisplans.com**P** 0404 717 031

Candis Plan Support (CPS) is a registered NDIS Provider offering the below supports to residents of Queanbeyan, ACT and surrounding regions:
Accommodation/Tennancy Assistance Assistance with personal activities Development of life skills Coordination of Supports Household tasks Community participation

Capability Support**E** enquiries@capabilitysupport.com.au**W** capabilitysupport.com.au**P** (02) 5117 4155

Capability Support provides personalised and professional supports to people living in the Community to live their life the way they choose. Capability values diversity of opinion and is dedicated to client-centric, automated and simple support solutions.

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

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!

Comprehensive Care Services**E** info@comprehensivecareservices.com.au**W** ccsth.au**P** 1300 292 656

We support individuals to learn and become independent, to exercise their choice and control their destiny, to actively take part in group and community activities of their choice. We teach participants to achieve their maximum potential goals in an all-inclusive environment. We provide care, services and supports that meet the needs of participants from multicultural and aboriginal background...

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.

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 can 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.

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.

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.

Flourish Australia - Goulburn

Shop 2, 42-44 Clinton street, GOULBURN
NSW 2580

W flourishaustralia.org.au**P** 1300 779 270

We help people with a lived experience feel supported and meet their everyday challenges. As a registered NDIS provider, we can help you to understand and access NDIS funding and provide the peer support and services you need.

Goulburn Leisure Link

155 Auburn Street, GOULBURN NSW 2580

E council@goulburn.nsw.gov.au**W** goulburn.nsw.gov.au**P** (02) 4823 4497

Leisure Link is a community participation program for people with physical or intellectual disabilities. It offers a variety of social and recreational activities that provide participants the opportunity to develop skills and interests. It supports them to increase community networks and to make and maintain friendships.

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.

Growing Abilities Goulburn**41** Ross Street, GOULBURN NSW 2580**P** 0491 089 521

We are a community organisation that provides horticultural training to people with disabilities, while promoting the benefits of social inclusion.

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.

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

National Independent Support Management**E** support@ndism.com.au**W** ndism.com.au**P** 1800 954 559

ISM's Sydney Plan Managers boost your freedom by taking the stress and uncertainty out of managing your NDIS budget.

Jigsaw Plan Management**Level 1** AMP Building, 189 Auburn Street, GOULBURN NSW 2580**E** kay@jigsawndispm.com.au**W** jigsawndispm.com.au**P** 0412 944 571

NDIS Plan Manager, providing financial intermediary services for people with NDIS plan. We receive, check and lodge the invoices from service providers, arrange payment and provide monthly statements to participants. We are reliable, consistent, transparent, respectful and client focused.

Life Sycle**E** service@lifesycle.com.au**P** 1800 849 313

LifeCycle is your trusted disability support services provider in NSW and Victoria. We support our clients in achieving the goals in their NDIS/care plan. Our services are specially designed to help individuals with physical and intellectual disability, Autism Spectrum, mental health conditions, including aged and frail individuals who need home care support.

Lucy Support Coordination and Services**E** info@lucysupportcoordination.com.au**W** lucysupportcoordination.com.au**P** 0400 075 152

Lucy Support Coordination and Services (LSCS) is a Registered NDIS Support Coordination Services. LSCS provides Support Coordination, a Psychosocial Recovery Coach, and Social and Community Participation for adult NDIS participants. It is a mobile service, seven days a week services. LSCS provide services in all Sydney and Greater Sydney areas. We have the capacity to take referrals immediately.

Making Connections Together

E admin@makingconnectionstogether.com.au

W makingconnectionstogether.com.au

P 0420 639 407

Support NDIS Participants within the community. Michel sees clients without NDIS Packages and can assist with a range of supports and therapies. Michel currently sees clients in the community or at their homes.

Making Connections Together

E admin@makingconnectionstogether.com.au

W makingconnectionstogether.com.au

P 0420 639 407

We are an NDIS Register provider and can support all your needs.

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.

MCT Care

E info@mctcare.com.au

W mctcare.com.au

P (02) 8866 5344

MCT Care is one of the leading NDIS providers of Australia which is providing a variety of services nationally. MCT Care is established to provide support and services to people with disabilities. We are approved National NDIS provider and launching branches all over Australia except Western Australia. Team of an experienced health professional with different expertise are running it.

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 give members the tools and resources to assist in learning independent living skills.

General Disability Services

E newcastle@mdaa.org.au

W mdaa.org.au

P 0434 745 586

MDAA aims to promote, protect and secure the rights and interests of people with disability, with particular focus on Culturally, Linguistically and Diverse CALD / NESB (Non English Speaking Backgrounds). MDAA views culture and disability through the lens of diversity. We see diversity as strength and we promote this view in all our work.

Mum and Dad's Laundry and Car Spa

22 Clifford Street, GOULBURN NSW 2580

E laundry@mumanddads.com.au

W mumanddads.com.au

P (02) 4856 8860

Registered NDIS provider of laundry services. Providing the people of Goulburn and surrounding areas with all of your laundry needs. Premium laundry service. Located right in the middle of town, and directly across from the Centro shopping mall. We have a drive-thru and drop-off service so you can stay dry even in the worst of the weather. We also offer Laundry Pick Up and Laundry Drop Off.

My Mobile Plan Manager

E mymobileplanmanager@gmail.com

P 1800 519 716

Registered NDIS Plan Management Service Provider and Fellow Certified Practising Accounting (FCPA) with over 25 years experience in accounting and bookkeeping to assist participants with managing their NDIS funds.

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 Sydney, New South Wales**E** choiceandcontrol@myintegra.com.au**W** myintegra.com.au**P** 1800 696 347

Let us guide you on your NDIS journey with plan management in New South Wales (NSW) • Pay providers fast • Claim funds from NDIA • Track your budget online, 24/7 • Advice to maximise your plan • Choice and control • Reserve funds for chosen providers • Quick online sign up • Registered Plan Manager

Support Coordination - MyIntegra Sydney, New South Wales**E** choiceandcontrol@myintegra.com.au**W** myintegra.com.au**P** 1800 696 347

Get value from your NDIS plan with expert help to connect you with local supports in New South Wales (NSW) • 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 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

NDIS Mental Health Officer Program (Southern Health LHD)

Goldsmith Street, GOULBURN NSW 2580

E melise.eriksson@health.nsw.gov.au**P** (02) 4825 4777

The NDIS Mental Health Officer (NMHO) Program assists people with psychosocial disability to access support through the National Disability Insurance Scheme (NDIS). The NMHO can assist in the understanding, accessing and planning processes of the NDIS. The NMHO for Southern NSW Local Health District is based at the Goulburn Community Mental Health Office.

NDSP Plan Managers - NSW and ACT**E** info@ndsp.com.au**W** ndsp.com.au**P** 1800 636 377

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.

Noble Enterprises**E** admin@noblesafecare.com.au**W** noblesafecare.com.au**P** 1300 737 388

Noble Safe Care is a disability service provider based in Sydney. It offers a wide range of in-home and community-based support & care services for people with disabilities. Our team is highly experienced and skilled in a broad range of community services. This includes providing suitable support for people with complex care needs that may impact daily life.

Owens Driving School

107 Clinton Street, GOULBURN NSW 2580

E owensdrivingschool@bigpond.com**W** owensdrivingschool.com.au**P** 0412 318 008

Steve is a qualified Occupational Therapy Driving Instructor and has many years experience in this area. Owens Driving School is an NDIS accredited provider (4050013396) for this area. Steve works along side local and interstate Medically qualified Occupational Therapists.

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!

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.

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.

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

With all your NDIS in the one place, you can achieve your goals, budget easily, and take control of your plan.

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 !!!

Behaviour Support Program**E** info@sanctuaryaus.org.au**W** sanctuaryaus.org.au**P** 0431 449 822

Sanctuary Aus specialises in providing Behaviour Support Services for children and young people who are struggling to manage their behaviours.

Shine Home Support**E** admin@shinehomesupport.com.au**W** shinehomesupport.com.au**P** 0420 282 832

Shine Home Support offers tailored Level 1 and Level 2 NDIS Support Coordination to Self and Plan Managed NDIS Participants

Skipper Care Australia**E** support@skippercare.com.au**W** skippercare.com.au**P** 0418 636 424

Skipper Care is a disability support provider located in Canberra and the surrounds, who provides the following services: One on one Support Workers Group Sessions building living skills and independence skills Overnight Accommodation in our Skipper Care home Cleaning & Gardening

Sky Plan Management**E** info@skyplanmanagement.com.au**W** skyplanmanagement.com.au**P** 1300 103 787

Are you looking for a highly responsive and personalised service from your NDIS Plan Manager? We offer a budget Dashboard for real-time info on your budget balances, quick and accurate payments to your providers, and our friendly team are highly responsive to your queries. Call us today on 1300 103 787.

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 Disability Trust - Goulburn

124 Auburn Street, GOULBURN NSW 2580

E jacqueline.clarke@disabilitytrust.org.au**W** disabilitytrust.org.au**P** 1300 347 224

NDIS Approved provider. The Disability Trust can assist with all support categories outlined in NDIS plan budgets . Trained professional staff are available to assist with all aspects of support, training, therapies. Short term accommodation (Respite) - overnight in Goulburn is available if required.

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 Independence Crew

E hello@theindependencecrew.com.au

W theindependencecrew.com.au

P 0493 239 659

At The Independence Crew we strive to take care of all your support needs.

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.

Valmar Support Services Ltd

240 Cowper Street, GOULBURN NSW 2580

E bettybanks@valmar.com.au

W valmar.com.au

P 1300 825 627

Valmar is a locally-minded not-for-profit company overseen by a voluntary Board of Directors. We are a community based support services for adults with disabilities

Verity Care Services

E info@veritycareservices.com.au

W veritycareservices.com.au

P (02) 6193 3192

Our team is made up of an assembly of imaginative and energetic caregivers. We will support all participants with any kind of disability and will also support them with any kind of funding they have in any way they want to fund themselves. We aim to provide high-quality care with integrity, accountability, and diligence.

XYX Syndrome Association of Australia Inc.

E xyyaustralia@gmail.com

W xyyaustralia.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.

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.

Special Education Programs

Disability And Diversity Services

E info@mindsatplay.com.au

W mindsatplay.com.au

P 0423 527 413

Minds at Play recognises the challenges often associated with engaging children, youth and adults with disabilities. Our program aims to offer a safe environment in which players can experience the following social aspects while playing a well established social and fantasy-based game involving role-playing and self-awareness.

E d u c a t i o n

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.

Country Universities Centre

Tafe Campus, Block E, Cnr of Verner St & View St, GOULBURN NSW 2580

E degrees@cucgoulburn.edu.au

W cucgoulburn.edu.au

P (02) 4824 6900

We support Higher Education students in Goulburn and the surrounding areas. As a University centre, we offer academic learning support, along with the free use of our high-tech, modern facilities. High-Speed Internet and a network of like-minded students and university partners ensure all students have the support they need to pursue their education goals.

Country Universities Centre (CUC) - Goulburn

View Street, GOULBURN NSW 2580

E degrees@cucgoulburn.edu.au

W cucgoulburn.edu.au

P (02) 4824 6900

The Country Universities Centre is a not-for-profit offering free support for regional, rural and remote higher education students in the region. Face-to-Face learning skill support is available, along with access to our facilities from 5 am until midnight, 7 days per week.

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.

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.

TAFE NSW Goulburn Campus

Verner Street View Steet, GOULBURN NSW 2580

E illa.courseinfo@tafensw.edu.au

W tafensw.edu.au

P 13 16 01

TAFE NSW Goulburn is dedicated to educating and enabling students to meet the expectations and requirements of industry throughout the region.

University of the 3rd Age (U3A)

Cnr of Bourke St & Combermere St, GOULBURN NSW 2580

E info@u3agm.com.au

W u3agm.com.au

P (02) 4873 5355

Education for Older people

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.

Allens Training Pty Ltd

36 Chantry Street, GOULBURN NSW 2580

E info@allenstraining.com.au

W allenstraining.com.au

P 1300 559 064

Allens Training Pty Ltd are a Registered Training Organisation offering First Aid and WHS related training courses across Australia.

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.

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.

iClick2Learn

E hello@iclick2learn.com.au

W iclick2learn.com.au

P (02) 6884 4654

Australia's most comprehensive on-demand learning library for the community sector. We teach business skills to boards, staff & volunteers enabling them to develop sustainable communities. We offer face-to-face training, live webinars and blended learning. At iClick2Learn, we want your community, to have the best chance they possibly can, to be self-sustainable & continue the good work they do.

NSW Dept of Primary Industries

159 Auburn Street, GOULBURN NSW 2580

W dpi.nsw.gov.au

P (02) 4828 6600

State Department conducting research into farm production, marketing, fisheries and mines.

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@dualdiagnosisitraining.com.au

W dualdiagnosisitraining.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.dualdiagnosisitraining.com.au/family-support/>

The Smith Family

Workspace Goulburn, 56 Clinton Street,
GOULBURN NSW 2580

E robyn.seager@thesmithfamily.com.au

W thesmithfamily.com.au

P (02) 4821 2833

Learning for Life provides families with opportunities to increase their children's success at school, TAFE or University. Learning for Life offers programs to help improve reading, and financial scholarships to help pay the cost of education.

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

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.

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.

Private (Primary and High Schools)

Ss Peter and Paul's Primary School

10 Knox Street, GOULBURN NSW 2580

E office.sppg@cg.catholic.edu.au

W sppg.nsw.edu.au

P (02) 4821 3304

Promoting the total development of each child; respect the dignity and individuality of each member of the school community.

St Joseph's Primary School

101 Lagoon Street, GOULBURN NSW 2580

E Matthew.Mullins@cg.catholic.edu.au

W sjglb.nsw.edu.au

P (02) 4821 3510

Striving to build a safe and caring community where the children will develop to the best of his or her ability.

Trinity Catholic College

Clinton Street College Street, GOULBURN NSW 2580

E info.tccg@cg.catholic.edu.au

W trinitycollege.nsw.edu.au

P (02) 4821 3600

Trinity Catholic College Goulburn is a co-educational Catholic school, offering students in Years 7-12 a contemporary, vibrant and holistic education.

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.

Training and Education

E contact@meridianact.org.au

W meridianact.org.au

P (02) 6257 2855

Meridian offers LGBTIQA+ [AI] Awareness & Inclusivity training to organisations (governmental, non-governmental, community-based), workplaces and businesses. Training modules include; - Foundation Training (LGBTIQA+ 101) - Allyship training - AOD Training (Alcohol & other drugs) - LGBTI+ Silver Rainbow Aged Care Training - HIV Awareness Education.

State (Primary and High Schools)

Bradfordville Public School

10-30 Hampden Street, GOULBURN NSW 2580

E bradfordvi-p.school@det.nsw.edu.au

W bradfordvi-p.schools.nsw.gov.au

P (02) 4821 4936

Providing students with quality educational programs and emphasize the importance of learning, particularly in literacy and numeracy.

Goulburn East Public School

41 Eleanor Street, GOULBURN NSW 2580

E goulburne-p.school@det.nsw.edu.au

W goulburne-p.schools.nsw.gov.au

P (02) 4821 4007

A proud tradition in education excellence

Goulburn High School

132 Goldsmith Street, GOULBURN NSW 2580

E goulburn-h.school@det.nsw.edu.au

W goulburn-h.schools.nsw.gov.au

P (02) 4821 4022

A proud and rich history of achievements in the academic, sporting, cultural and community service areas. Student leadership and community involvement are central to its success.

Goulburn Public School

204 Bourke Street, GOULBURN NSW 2580

E goulburn-p.school@det.nsw.edu.au

W goulburn-p.schools.nsw.gov.au

P (02) 4821 2827

Providing a positive learning setting which is comprehensive, caring and stimulating.

Goulburn South Public School

2-16 Addison Street, GOULBURN NSW 2580

E goulburns-p.school@det.nsw.edu.au

W goulburns-p.schools.nsw.gov.au

P (02) 4821 2759

Providing a safe, happy and caring educational environment.

Goulburn West Public School

106 Combermere Street, GOULBURN NSW 2580

E goulburnw-p.school@det.nsw.edu.au

W goulburnw-p.schools.nsw.gov.au

P (02) 4821 1781

Goulburn West is a large primary school close to a settled, leafy neighbourhood. With 400 students and 16 classes including an OC class, we offer a strong academic and well rounded environment.

Marulan Public School

63 George Street, MARULAN NSW 2579

E marulan-p.school@det.nsw.edu.au

W marulan-p.schools.nsw.gov.au

P (02) 4841 1573

Providing a commitment to literacy and numeracy and to excel in the Arts and Environment Studies.

Mulwaree High School

40 McDermott Drive, GOULBURN NSW 2580

E mulwaree-h.school@det.nsw.edu.au

W mulwaree-h.schools.nsw.gov.au

P (02) 4821 4499

Established in 1971, the school has achieved academic distinction in a most agreeable work environment.

Tallong Public School

Bumballa street, TALLONG NSW 2579

E tallong-p.school@det.nsw.edu.au

W tallong-p.schools.nsw.gov.au

P (02) 4841 0292

We offer our students a broad range of educational opportunities in a safe, caring and attractive rural environment.

Tambelin Independent School

20 Fenwick Cresnet, GOULBURN NSW 2580

E info@tambelin.nsw.edu.au

W tambelin.nsw.edu.au

P 0419 165 894

A small independent primary school with a maximum enrolment of 32.

The Crescent School

Mount Street, GOULBURN NSW 2580

E emailcrescent-s.school@det.nsw.edu.au

W crescent-s.schools.nsw.gov.au

P (02) 4821 3680

Our school offers students a caring, nurturing learning environment. Our dedicated and experienced teachers provide a positive and enriching program, appreciating the individual needs and interests of each child.

Tirranna Public School

Braidwood Road, GOULBURN NSW 2580

E tirranna-p.school@det.nsw.edu.au

W tirranna-p.schools.nsw.gov.au

P (02) 4821 4645

A small school with a strong community focus serving a mixed rural and urban community.

Windellama Public School

3426 Windellama Road, WINDELLAMA
NSW 2580

E windellama-p.school@det.nsw.edu.au

W windellama-p.schools.nsw.gov.au

P (02) 4844 5130

2 fulltime teachers with a K-2 class and a 3-6 class.
Students have daily access to modern technology
and individualised support.

Wollondilly Public School

Cnr Newton Street and Hoskins Street,
GOULBURN NSW 2580

E wollondill-p.school@det.nsw.edu.au

W wollondill-p.schools.nsw.gov.au

P (02) 4821 4496

A strong academic focus on developing literacy
and numeracy skills

Employment & Training

Disability Employment & Training 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/>

Transformational Institute

E support@transformationalinstitute.com.au

W transformationalinstitute.com.au

P (02) 4969 7544

Independent registered training organisation
committed to empowering people to transform
their lives through education. We offer nationally
accredited Cert III and IV qualifications in disability
and aged care. We also offer First Aid and manual
handling for carers short courses. We work with
job providers and employment services to give
students job opportunities in the industry.

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 Child Care Career Options (ACCCO) - Ingleburn

E info@accco.com.au

W accco.com.au

P (02) 9618 6263

ACCCO is an industry recommended and well-established Registered Training Organisation providing qualifications in Early Childhood Education and Care, School Age Education and Care, Education Support.

Creative Orators OnLine (COOL) Toastmasters

E victoria.dalglish@gmail.com

W [facebook.com](https://www.facebook.com)

P 0419 128 144

An Online fun-learning education program that builds confidence and improves communication skills. Meets every Wednesday for one hour and is open to anyone. Enhance your career prospects, improve your spoken English or simply have fun online. Check our Facebook page <https://www.facebook.com/creativeoratorsonlinetm/>

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.?

Employment Services Group Goulburn

21-23 Clifford St, GOULBURN NSW 2580

E connect@esg.org.au

W matchworks.com.au

P 1300 658 414

Job service provider

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 Nowra - 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, and certification recognised nationally

Fitted for Work - Parramatta

E info@fittedforwork.org

W fittedforwork.org

P (02) 9635 9909

To help women experiencing disadvantage to get work, keep work and navigate their world of work. We do this through a range of job readiness services to help women get a job and achieve financial independence.

MAX Employment

238 Sloane Street, GOULBURN NSW 2580

W maxsolutions.com.au

P 1800 603 503

We work with people across Australia, people with different backgrounds and life experiences. We believe everyone has the right to respect, understanding and equal opportunity. This belief is what drives us to go the extra mile for every customer who walks through our doors.

MBC Employment

249-251 Auburn Street, GOULBURN NSW 2580

E goulburn@mbcemployment.com.au

W mbcrecruitment.com.au

P (02) 4821 4611

MBC is a locally owned and operated foundation member of the Australian Federal Governments 'Employment Services Contracts'. Since this time MBC has been empowering individuals to meet their personal and professional goals.

Neami National Mid North Coast

E midnorthcoast@neaminational.org.au

W neaminational.org.au

P (02) 6583 3443

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;

Simply Careers

W simplycareers.com.au

P 0403 785 532

We provide a first-class careers service including career consulting, job planning, résumé writing, job interview coaching, LinkedIn profile summaries and corporate training. We work with clients from Government and non-Government backgrounds, across a variety of industries. After working with us you will know your value and have the confidence to secure a career of choice.

Environment & Conservation

Environment & Conservation Local History

Bungonia Progress Association

E bungoniaprogress@gmail.com

Bungonia is located alongside of Bungonia National Park – previously known as the Bungonia State Conservation Area until the status of the area was upgraded around 2010 from Conservation Area to National Park and is the home to the famous Bungonia Gorge – the deepest gorge in the southern hemisphere.

Goulburn District Historical and Genealogical Society Inc. trading as History Goulburn

318 Sloane Street, GOULBURN NSW 2580

P 0458 028 003

Collecting and preserving Goulburn's history.

Goulburn Historic Waterworks Museum

Marsden Weir, Fitzroy Street, GOULBURN NSW 2580

E museums@goulburn.nsw.gov.au

W goulburnwaterworks.com.au

P (02) 4823 4448

Welcome to the Goulburn Historic Waterworks Museum, set on the banks of the picturesque Wollondilly River at Marsden Weir, Goulburn, New South Wales. Built between 1883 and 1885, the steam operated pumping facility provided Goulburn's first reticulated water supply.

Goulburn Rail Heritage Centre

12 Braidwood Rd, GOULBURN NSW 2580

W roundhouse.org.au

P (02) 4822 1210

Heritage railway workshop and railway museum.

Rocky Hill War Memorial and Museum

256 Memorial Road, GOULBURN NSW 2580

E museums@goulburn.nsw.gov.au

W ehive.com

P (02) 4823 4842

Rocky Hill War memorial opened in 1925 to commemorate the men and women of Goulburn who served during World War 1. There is an onsite museum with a significant and wide ranging war memorial collection including 16 items of National Significance.

St Clair Villa Museum and Archives

316 Sloane Street, GOULBURN NSW 2580

E museums@goulburn.nsw.gov.au

W goulburn.nsw.gov.au

P 0466 243 188

St. Clair Villa Museum is described as the 'most beautiful work that has escaped destruction' in 1924, St Clair Villa in Goulburn was built by James Sinclair (1806 - ?) known variously as a builder, contractor and architect, between 1843 and 1849.

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.

Windellama Historical Society

3444 Oallen Ford Road, WINDELLAMA
NSW 2580

E windellamaprogressassociation@gmail.com

W windellama.com.au

P (02) 4844 5125

This is the home of the Windellama Historical Society. This building is a replica of the original Windellama East Public School as it was in 1880. The Museum was built by member volunteers and was opened on the 25 November 2000.

Environmental Action & Conservation

Australian Plants Society Southern Tablelands Group

E knockaroura@skymesh.com.au

W landcare.nsw.gov.au

Southern Tablelands Group of the Australian Plant Society

Goulburn Waste Management Centre

100 Sinclair Street, GOULBURN NSW 2580

E council@goulburn.nsw.gov.au

W goulburn.nsw.gov.au

P (02) 4823 4417

In Goulburn Mulwaree we believe in Refuse, Reduce, Reuse, Repair, Recycle to Reduce our Rubbish! The best bin is an empty one where waste is avoided or reused... but we're also happy with a full recycling bin and organic waste bin!

Goulburn Wetlands Project

Henry Street, May street, GOULBURN
NSW 2580

E frogslandcare@gmail.com

W landcare.nsw.gov.au

P (02) 4824 1900

The Goulburn Wetlands project aims to convert an abandoned brick pit into public parkland and a natural storm-water treatment system by restoring local ecosystems.

Great Barrier Reef Marine Park Authority

E SouthernPOM@gbmpa.gov.au

W www2.gbmpa.gov.au

P (07) 4750 0700

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

Landcare Incorporated

E manager@lachlandcare.org.au

W lachlandcare.org.au

P 0421 674 840

LachLandcare Incorporated was founded in 2009 as an umbrella organisation to represent grassroots landcare throughout the Lachlan catchment. Our mission is to create resilient landscapes and communities in the Lachlan catchment through creative partnerships and strategic action.

Marulan Waste Management Centre

Wilson Drive, MARULAN NSW 2579

E council@goulburn.nsw.gov.au

W marulan-nsw.place-advisor.com

P (02) 4823 4417

Marulan Waste Management Centre Wilson Drive, Marulan 8am to 12pm Friday & Monday 8am to 4pm Saturday & Sunday (closed 12pm to 12:30pm) Closed on all public holidays and from 12pm on Christmas Eve

NSW Dept of Primary Industries

159 Auburn Street, GOULBURN NSW 2580

W dpi.nsw.gov.au

P (02) 4828 6600

DPI manages a broad range of initiatives from resource to industry, including natural resource management, research & development, pest & disease management, food safety, industry engagement and market access.

NSW Environment Protection Authority

E info@epa.nsw.gov.au

W epa.nsw.gov.au

P 13 15 55

The NSW Environment Protection Authority (EPA) is the primary environmental regulator for New South Wales. We partner with business, government and the community to reduce pollution and waste, protect human health, and prevent degradation of the environment.

Tarago Waste Management Centre

Lumley Road, TARAGO NSW 2580

E council@goulburn.nsw.gov.au

W goulburn.nsw.gov.au

P (02) 4823 4417

Tarago Waste Management Centre is approximately 5 minutes outside of the village (located ? Lumley Road, Tarago) that allow local residents to dispose of household rubbish.

West Goulburn Bushland Reserve Group

Ridge Street, GOULBURN NSW 2580

E rjkirk@bigpond.com

W landcare.nsw.gov.au

P 0418 217 520

The NSW Landcare Program is funded by the NSW Government and is supported through the partnership of Local Land Services and Landcare NSW.

Health Services

Ageing Health Services

TeleCHAT

E actinfo@redcross.org.au

W redcross.org.au

P (02) 6234 7663

TeleCHAT provides a social telephone call to people living in the community to provide support, friendship and community connection.

Allied Health

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.

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.

Challenge Foundation Goulburn

98 Goldsmith Street, GOULBURN NSW
2580

E chalwnd@tpg.com.au

P (02) 4821 2928

CHALLENGE FOUNDATION GOULBURN INC -
GROUP HOMES FOR N.S.W PEOPLE WITH
DISABILITIES Residential Services for People with
Disabilities Challenge Foundation Goulburn
operates Group Home for people in & around the
Goulburn area. This Group Home caters for people
with disabilities, with up to four residents in each
home. They provide a reassuring option for
families of people with disabilities wh...

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.

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.

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.

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.

Goulburn Podiatry Service

95 Bourke Street, GOULBURN NSW 2580

E goulburnpodiatry95@gmail.com

W goulburnpodiatry95.com.au

P (02) 4822 2626

Our mission is to provide you with personalized,
high-quality care. We are dedicated to improving
and maintaining your health through preventative
care and treating chronic diseases.

Physiotherapy Goulburn

210 Cowper Street, GOULBURN NSW 2580

E goulburn@healthfirstgroup.com.au

W healthfirstgroup.com.au

P (02) 4822 2636

We are a team of leading allied health experts offering a range of physiotherapy services. Our group of health practitioners are chosen for their inclusive, multi-disciplinary approach to healthcare to ensure all of our clients' needs are met at an exceptional level. Our Physios service Goulburn including surrounding suburbs – Brisbane Grove, Turrillville, Boxers Creek, Kenmore and more.

Hope and Heal Psychology

E hopehealpsychology@outlook.com.au

W hopehealpsychology.com.au

Telehealth Psychological service offering improved access and flexibility from the comfort of your own home for individual clients who are aged 17 years and older under Workcover, NDIS, Mental Health Care Plan and EAP. Specialising in Mood Disorders, Anxiety Disorders, Stress, Relationship Issues, Burn-out, PTSD/Trauma and Addiction.

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 in 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)

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.

Nutrition Counselling

E hello@nutritionwithmari.com

W nutritionwithmari.com

P 0478 599 770

Online nutrition counselling services for adults: Eating disorders & disordered eating; Eating well after Bariatric Surgery; and Diabetes

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 Fyshwick

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!

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.

Stroke Recovery Association**E** info@strokensw.org.au**W** strokensw.org.au**P** 1300 650 594

Free call 1300 650 594 The Stroke Recovery Association NSW is a non-profit organisation that advocates for and provides a range of Stroke support and information services.

The Communication Centre

Level 1, 127 Bourke Street, GOULBURN
NSW 2580

E office@thecommunicationcentre.com.au**W** thecommunicationcentre.com.au

Speech pathologist who takes a neurodivergent-affirming approach to speech pathology. This means I appreciate and value different ways of relating and communicating. My approach to therapy is person and child-centred, and I work with families to connect and communicate. I am passionate about empowering my clients to build independence, self-advocacy, and meaningful communication skills.

Living With Dementia and Driving Study**E** donna.rooney@uq.edu.au**W** uq.edu.au**P** (07) 3365 6392

This is an NHMRC funded study investigating ways to support people with memory loss or dementia to maintain community access and quality of life when retiring from driving. Participants in the study and their carer(s) will have an opportunity to participate in the FREE community-based support and education telehealth program, 'CarFreeMe.' Sessions are run by allied health professionals.

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 reimagined the world of service delivery with you, the client, central to the planning and delivery of your services.

Child Youth & Family Health

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

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

Together OT**E** info@together-ot.com.au**W** togetheroccupationaltherapy.com.au**P** (02) 6189 4850

Provides mobile occupational therapy services to children aged between 3-18 years in the Canberra and Queanbeyan region. Work with private, Medicare funded, NDIS self-managed and NDIS plan managed clients. Support children, families and teachers with fine motor, gross motor, sensory, handwriting, emotional regulation, play and social skills. Assist with NDIS applications and plan reviews.

Community Health & Medical

Australian Clinical Training**E** info@clinicalexperts.com.au**W** clinicalexperts.com.au**P** 0425 365 237

Clinical Experts are dedicated to not only providing a professional comprehensive nursing service but training for community care workers to ensure that you receive the highest level of care possible.

Dental & Oral Health

Aesthetic Dentures Goulburn

133 Goldsmith Street, GOULBURN NSW 2580

E digital@aestheticdentures.com.au

W aestheticdentalclinic.com.au

P (02) 4655 1975

Our dentures are made from the highest quality materials using state of the art technology. They are distinctive for their superior fit and natural looking finish.

Drug & Alcohol Services

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

Kids in Focus

E canberra@barnardos.org.au

W barnardos.org.au

P (02) 5134 6718

An outreach family support program for children, young people and their families experiencing alcohol and drug misuse issues

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.

SMART Recovery

E smartrecovery@srau.org.au

W smartrecoveryaustralia.com.au

P (02) 9373 5100

Smart Recovery For all addictive behaviours

WHOS SOUTHERN NSW

WHOS Mandala House, 234 Bourke Street, GOULBURN NSW 2580

E snsn@whos.com.au

W whos.com.au

P (02) 3813 7400

WHOS Southern NSW provides two services: Mandala House (residential AOD rehabilitation) and WHOS Hub Goulburn (assessment/referral, case management and group-work day program).

General Health Services

Argyle Medical Centre

5 Fenwick Crescent, GOULBURN NSW 2580

W argylemedicalcentre.com.au

P (02) 4821 1188

General practice, Family Planning, Family Care, Counselling, Diagnostic Services, Medical Assessments, Womens Health, Mens Health, Maternity Care, Pain Management.

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.

Bourke Street Health Service

234 Bourke Street, GOULBURN NSW 2580

W nsw.gov.au

P (02) 4825 4000

Health facility with a range of in patient and out patient services including oncology, palliative care, rehabilitation and community based services. Hydrotherapy pool. No emergency department is based on site.

Bradfordville Family Medical Centre

Shop 6-7, 53 Queen Street, GOULBURN NSW 2580

E bradfordvillemedicalcentre@yahoo.com.au

Bulk Billing medical centre. Offering pathology, skin clinic, ultrasound, womens health, general practice, surgical procedures, childrens health, imisations, work cover.

Endeavour Industries Resource Recovery Centre

67 Oxley Street, GOULBURN NSW 2580

E margaret@endeavourgoulburn.com.au

W endeavourgoulburn.com.au

P (02) 4821 4830

We are a not-for-profit organisation based in Goulburn NSW that assists people of all ages with disabilities to be valued members in the workplace through individual needs and goals.

Goulburn Community Health Centre

130 Goldsmith Street, GOULBURN NSW 2580

P (02) 4825 4700

Providing services for Aboriginal health, speech pathology, counselling (welfare & social), child at risk counselling, generalist nursing, HITH, would clinic diabetes education, dietician, dental, aged care, chronic care, palliative care, physiotherapy, occupational therapy, falls, fractures, and cardiac rehab, child & family health clinics and hearing/audiometry.

Goulburn Doctors

Goulburn Square, Shop 28, 217 Auburn Street, GOULBURN NSW 2580

E goulburndoctors@hotmail.com

P (02) 4823 5514

Providing medical care 7 days per week. Bulk billing service.

Goulburn Revival Fellowship

34 River Street, GOULBURN NSW 2580

E info@trf.org.au

The Tyler Robinson Foundation is to strengthen families financially and emotionally as they cope with the tragedy of a pediatric cancer diagnosis by offsetting out-of-pocket life expenses.

Grand Pacific Health - Goulburn

13-17 Verner Street, GOULBURN NSW 2580

E j.broadbent@gph.org.au

W gph.org.au

P (02) 4824 4900

Improving the health of our local communities. Our priority is to provide locally-tailored, high quality health services that meet the needs of the Southern NSW communities. We focus on chronic disease management and care, mental health and Aboriginal health care.

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.

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.

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

Mutlicultural HIV and Hepatitis Service**E** info@mhahs.org.au**W** mhahs.org.au**P** 1800 108 098

The Multicultural HIV and Hepatitis Service works with culturally diverse communities and with health services in NSW to reduce the impacts of HIV and viral hepatitis.

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.

Right To Work

199 Bourke Street, GOULBURN NSW 2580

E info@righttowork.net.au**W** righttowork.net.au**P** 0457 867 908

At Right to Work we believe everyone can work. Our vision is for a world where young adults of all abilities are valued and empowered to experience employment success and genuine inclusion.

Royal Far West**E** venues@royalfarwest.org.au**W** royalfarwest.org.au**P** (02) 8966 8500

Assessment and therapy packages for children provided directly into community via technology - covering speech, occupational therapy, psychology and paediatrics services.

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.

General Practice/Doctor**Goldsmith Street Surgery**

81 Goldsmith Street, GOULBURN NSW 2580

E reception@goldsmithstsurgery.com.au**W** goldsmithstsurgery.com.au**P** (02) 4855 0123

Health Services - General Practice/Doctor

Goulburn Health Hub

37 Ross Street, GOULBURN NSW 2580

E info@goulburnhealthhub.com

W goulburnhealthhub.com

P (02) 4810 0700

General Practitioners, Allied Health Centre,
Specialists, Polo Cafe, Pathology, Audiology,
Ageless Clinic.

Marulan Medical Centre

47 George Street, MARULAN NSW 2579

E rk300@bigpond.com

P (02) 4841 1195

General Medical Practice

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 ...

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)

Neo Therapy Group

E admin@neotherapygroup.com.au

W neotherapygroup.com.au

P (02) 4208 3180

Neo Therapy is a multidisciplinary allied health provider with a strong focus on Neurological Rehabilitation. Neo Therapy offers Physiotherapy, Exercise Physiology, Social Support and Transportation Services. The team at Neo Therapy are experienced in treating a wide range of conditions, including Stroke, TIA, Spinal Cord & Traumatic Brain Injuries, Multiple Sclerosis, and Parkinson's Disease.

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

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.

bloom hearing specialists Goulburn

42 Clifford Street 2, GOULBURN NSW
2580

W bloomhearing.com.au

P (02) 4821 2066

bloom™ hearing specialists is a hearing healthcare provider dedicated to helping Australians understand their hearing issues and helping them on their hearing journey. We have over 200 clinics across Australia with fully qualified and accredited hearing specialists who are passionate about educating on hearing health and finding personalised hearing solutions.

The Deaf Society

E canberra@deafsociety.com

W deafconnect.org.au

P 1800 893 855

Support services for Deaf and Hard of Hearing, NDIS Provider.

Home Care & Safety Services

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

Goulburn Base Hospital

130 Goldsmith Street, GOULBURN NSW
2580

W nsw.gov.au

P (02) 4825 4000

Goulburn Base Hospital is an 80 bed hospital

Mental Health Services

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.

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

Empower Me Psychology**E** info@empowermepsychology.com.au**W** empowermepsychology.com.au

Positive strength-based psychology intervention for NDIS clients, Medicare and Private referred clients. All appointments are via telehealth to ensure flexibility, comfortability and convenience.

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.

GROW Mental Wellbeing Programs - Leeton**E** jo.young@grow.org.au**W** grow.org.au**P** 1800 056 268

A weekly Peer to Peer mental health support group from 10:30am-12:30pm every Thursday. Mutual help based on a recovery program that is developed from lived experience of mental distress and recovery. GROW is free to attend and no referral or diagnosis is needed. Open to everyone over 18 years old. Funded by NSW Health and accredited under National Mental Health Standards.

HASI Uniting**W** uniting.org**P** 1300 029 129

The HASI Program provides psychosocial support to individuals with a severe and persistent mental illness in the Newcastle and Lake Macquarie communities. Working alongside the Recovery Model, it aims to build capacity for the consumer to live independently in their community. In collaboration with the Local Mental Health team and Housing Providers we assist in the consumers recovery goals.

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.

iflow Psychology**E** admin@iflowpsychology.com.au**W** iflowpsychology.com.au**P** (02) 6061 1144

Registered Psychologists providing Assessment, Therapy and Counselling for adolescents and adults.

Making Connections Together

E admin@makingconnectionstogether.com.au

W makingconnectionstogether.com.au

P 0420 639 407

Emotional Freedom Tapping (EFT) and Reiki These services are done in the privacy of your own home

Making Connections Together

E admin@makingconnectionstogether.com.au

W makingconnectionstogether.com.au

P 0420 639 407

We offer mental health services to NDIS and Non NDIS clients

Mental Health First Aid 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.

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.

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.

One Door Mental Health

Level 1, 56 Clinton Steet, GOULBURN NSW 2580

E reception@onedoor.org.au

W onedoor.org.au

P 1800 843 539

One Door Carer Services provides information, education, advocacy, and support, through the Family and Carer Mental Health Program (FCMHP). One Door's Carer Advocates can provide individual support services as well as education and training for carers and families of someone living with mental illness.

Meetings

E info@oasydney.org

W oasydney.org

P (02) 6231 4171

Canberra Meetings are now held online either by Zoom or Teleconference. See Sydney OA Intergroup Website for details
<http://www.oasydney.org/regional-meetings/>

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.

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

Synchron Psychology

Level 1, 127 Bourke Street, GOULBURN
NSW 2580

E office@synchronpsychology.com**W** synchronpsychology.com**P** (02) 4821 9593

Synchron Psychology is a private practice in Goulburn NSW. Our team is made of psychologists, provisional psychologists, and NDIS therapy assistants. We provide evidence-based and individualised psychological treatment for the Goulburn community and surrounds.

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.

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.

Mental Health Employment Services

Unit 1, 42 Clifford Street, GOULBURN NSW
2580

E hello@personnelgroup.com.au**W** personnelgroup.com.au**P** (02) 4821 6814

The Personnel Group helps people with a disability, injury or a mental health condition to find long-term sustainable employment.

Transcultural Mental Health Centre**E** tmhc@health.nsw.gov.au**W** dhi.health.nsw.gov.au**P** 1800 648 911

We work with people from culturally and linguistically diverse communities, health professionals and partner organisations across NSW to support good mental health. Our services complement public Mental Health Services (hospital and community) and enhance pathways to care for culturally and linguistically diverse communities.

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.

Anxiety Support Groups**E** info@wayahead.org.au**W** wayahead.org.au**P** (02) 9339 6000

A support group for people experiencing anxiety disorders, including phobias, OCD, social anxiety, and generalised anxiety. Groups are run by volunteer facilitators as part of WayAhead's Understanding Anxiety program. Carers, family and friends are also welcome to attend. Please check the website for any schedule changes and the most up to date information.

Mental Health Information Line**E** info@wayahead.org.au**W** wayahead.org.au**P** 1300 794 991

Need help? Our information lines, can connect you with services, provide support and share information.

WayAhead - Mental Health Association NSW**E** info@wayahead.org.au**W** wayahead.org.au**P** (02) 9339 6000

A not for profit mental health service that provides advocacy, support, information and programs throughout NSW. It includes Anxiety Support Groups, WayAhead Directory of Services, telephone support lines, WayAhead Workplaces, Small Steps Seminars for primary school teachers and parents, Mental Health Month and public forums.

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.

Palliative Care**Gill Waminda Aged Care Plus**

4 Mary Street, GOULBURN NSW 2580

E agedcare.enquiries@salvationarmy.org.au**W** agedcare.salvos.org.au**P** 1300 111 227

Gill Waminda Aged Care Centre is an inclusive and supportive community located just 5 minutes drive away from the heart of Goulburn town centre. Over time we have built a credible reputation in the community as an organisation that genuinely cares for others in need without discrimination, regardless of their personal, financial, and medical circumstances. You're sure to feel right at home!

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.

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.

Family Planning NSW - Talkline

E talkline@fpnsw.org.au

W fpnsw.org.au

P 1300 658 886

Call or email for free confidential information, advice and options across a wide range of reproductive and sexual health issues.

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>

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

Parent Line NSW

E info@parentline.org.au

W parentline.org.au

P 1300 130 052

Parent Line is a telephone counselling service for parents of carers of children aged 0-18 funded by NSW Family and Community Services. We provide telephone counselling, parenting strategies, information and links to other services that support parents, grandparents and carers living in NSW with a range of different parenting issues.

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.

Justice Advocacy Service

E IntakeJAS@idrs.org.au

W idrs.org.au

P 1300 665 908

Offering safe and confidential court and police support for people with cognitive impairments. Telephone support available for victims and defendants following arrest or needing legal advice.

Financial & Gambling Management & Budgeting

Anglicare Gambling Help Counselling Service

134 Cowper Street, GOULBURN NSW 2580

E helen.ford@anglicare.com.au

W anglicare.com.au

P (02) 4823 4000

We provide many NDIS services including respite, support coordination, drop in support, life stage transitioning, assistance with developing daily skills, plan management and much more.

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).

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.

Moneycare

6 Hovell Street, GOULBURN NSW 2580

E goulburncorps1@salvationarmy.org.au

P (02) 4822 2115

The Salvation Army's Moneycare is a free and confidential financial counselling service for people facing financial difficulties or wanting to avoid financial difficulties in the future. Staff are able to help with a range of issues including budgeting, credit, debt and repossession.

The Salvation Army Moneycare - NSW

E moneycare@salvationarmy.org.au

P 1800 722 363

The Salvation Army's Moneycare is a free and confidential financial counselling service for people facing financial difficulties or wanting to avoid financial difficulties in the future. Staff are able to help with a range of issues including budgeting, credit, debt and repossession.

General Support Services & Counselling

Affordable Therapy - Goulburn

E affordable.therapist@gmail.com

P 0433 842 773

Counselling and Psychotherapy offered to individuals and couples and families. Conditions treated include depression and anxiety, eating disorders, relationship issues and workplace stress, carer support and coaching. NDIS supports include: Capacity building- therapy supports; Specialist Behavioural Intervention Support and Individual Social Skills Development.

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.

Attention Deficit Disorder Support Group Inc Canberra/Queanbeyan

E admin@addact.org.au

W addact.org.au

P 0493 201 996

Provides information and advisory services and conducts monthly support meetings for children, parents, adolescents and adults with ADD/ADHD.

Care To Bloom Counselling

E caretobloom@gmail.com

W caretobloom.org

P 0424 791 888

Care To Bloom is a specialist trauma Counseling practice. Care ToBloom offers counseling and support online to Clients in Australia on the Eastern side of the Country: New South Wales, Canberra, Queensland, Victoria. Care To Bloom assist those who have experienced childhood trauma, Domestic Violence, Narcissistic Abuse, Parental Alienation, Workplace bullying, Family Relationship Breakdown.

Catholic Care Canberra and Goulburn - Relationship Counselling

29 Montague Street, GOULBURN NSW 2580

E merridee.bladwell@catholiccare.cg.org.au

W mccg.org.au

P (02) 6162 6100

Relationship Counselling Including Couple counselling, Building relationships, Conflict resolution, Improving communication, Coping with change, Step parenting, Parenting after separation Better Access Bulk Billing Psychological Service Youth Connections Assist young people who are most at risk of disengaging from education or training and therefore not attaining year 12 or equivalent and not ...

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** counsellingservicesherveybay.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.

Crisis Counselling - Carers After-Hours line**E** contact@carersnsw.org.au**P** 1800 242 636

Carer Gateway now provides services such as carer support planning, counselling, peer support, carer directed funding packages and emergency respite.

Cystic Fibrosis Goulburn and District**E** cfgoulburn@outlook.com**P** 0447 798 123

Cystic Fibrosis Goulburn and District is a not-for-profit charity that provides vital support and donates much needed funds to research. Our main goal is to find a cure to ensure no lives are affected by Cystic Fibrosis in the future.

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@dcssaustralia.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.dcssaustralia.org/services> or email Justice@dcssaustralia.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.

Goulburn Family Support Service Incport

85 Goldsmith St, GOULBURN NSW 2580

E admin@goulburnfamilysupport.com**W** goulburnfamilysupportservice.com**P** (02) 4822 2200

Our agency's practice Explicit Affective Practice is a whole of agency approach based on Tomkins' Affect Script Psychology and tools from the Restorative Justice movement. The fusion of these concepts has resulted in a whole of agency approach. This approach supports staff while providing a transparent uniform explicit practice which is used to help disadvantaged families in crisis.

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.

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).

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.

Making Connections Together**E** admin@makingconnectionstogether.com.au**W** makingconnectionstogether.com.au**P** 0420 639 407

Counselling and support

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/>

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

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.

Shine for Kids

Goulburn Correctional Centre, Maud Street, GOULBURN NSW 2580

E inquiries@shineforkids.org.au**W** shineforkids.org.au**P** (02) 9714 3000

SHINE for Kids was created as the Children of Prisoners' Support Group (COPSG) following the release of The Children of Imprisoned Parents Report, commissioned by the Family and Children's Services Agency, in March 1982.

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.

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

Victims Services**E** vs@dcj.nsw.gov.au**W** victimsservices.justice.nsw.gov.au**P** 1800 633 063

Victims Services helps people who are victims of violent crime in NSW with information and referrals. You can access support under the Victims Support Scheme, including counselling, financial assistance for immediate needs, financial assistance for economic loss, recognition payment.

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+)**Here Completely****W** herecompletely.com.au**P** 0450 359 667

We are a mental health collective located in Sydney. Our counsellors, psychologists & psychotherapists specialise in every facet of mental health wellbeing, including holistic health, relationship health, PTSD & trauma counselling, sexuality & gender issues, men's mental health & women's mental health. We are particularly committed to assisting the LGBTQI+ community.

Wellbeing Services**E** contact@meridianact.org.au**W** meridianact.org.au**P** (02) 6257 2855

Meridian offers a wide range of community-focused wellbeing services. Our wellbeing team are qualified and registered mental health professionals, including Counsellors, Psychologists and Social Workers.

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.

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

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.

Goulburn and District Suicide Prevention Network

E info@headspacegoulburn.org.au

P 0477 139 288

We are an all-inclusive organisation that values the contribution of all people, including those with lived experience of suicide. We are a community led initiative made up of passionate volunteers.

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.

Legal Assistance & Information Services

General Legal Assistance & Information

Law Access NSW

W legallaid.nsw.gov.au

P 1300 888 529

You can call 1300 888 529 between 9am to 5pm, Monday to Friday (excluding public holidays).

NSW Trustee And Guardian - Lismore

E taglismore@tag.nsw.gov.au

W tag.nsw.gov.au

P 1300 102 030

NSW Trustee and Guardian is a government agency in the Stronger Communities Cluster. They support people with preparing Wills, Power of Attorney and Enduring Guardianship documents. Pricing is regulated and they service communities right across NSW. They also provide financial management, guardianship and trustee services that support vulnerable members of the community.

NSW Trustee And Guardian - Wollongong

E tagwollongong@tag.nsw.gov.au

W tag.nsw.gov.au

P 1300 102 030

NSW Trustee and Guardian is a government agency in the Stronger Communities Cluster. They support people with preparing Wills, Power of Attorney and Enduring Guardianship documents. Pricing is regulated and they service communities right across NSW. They also provide financial management, guardianship and trustee services that support vulnerable members of the community.

Welfare Rights Centre NSW**E** sydney@welfarerights.org.au**W** welfarerightscentre.org.au**P** (02) 9211 5300

Got an issue with your payments from Centrelink? Community Legal Centre offering free legal advice and representation to people in NSW that have received an adverse decision from Centrelink. Off payment, rejected applications, debts, reduced payments and other decisions. Advice line open 3 days a week Monday and Wednesday 9:30 - 12:30 and Thursday 1:30 - 4:30.

Mediation & Ombudsman Support

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.

Energy and Water Ombudsman NSW (EWON)**E** narelleb@ewon.com.au**W** ewon.com.au**P** 1800 246 545

Free, fair and independent dispute resolution scheme for consumers and small business in NSW experiencing difficulties with their energy and water providers. Billing issues, meter or network problems, contact issues to name a few. We also offer online information sessions for staff, community workers and groups

Family Dispute Resolution**E** admin@familymediationdirect.com.au**W** familymediationdirect.com.au**P** 1300 559 459

We provide family dispute resolution (mediation) services to separated people who need to reach agreement on children & property matters. We start the process within 2 business days and guarantee our availability for mediation within 5 business days after individual intake sessions are completed.

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.

Mediation**E** admin@familymediationdirect.com.au**W** familymediationdirect.com.au**P** 1300 559 459

We provide mediation services to separated people who need to reach agreement on children & property matters. We start the process within 2 business days and guarantee our availability for mediation within 5 business days after individual intake sessions are completed.

Peak, Industry and Funding Bodies

Peak Bodies

Australian Breastfeeding Association Goulburn-Crookwell Group**E** abagoulburncrookwell@gmail.com**W** breastfeeding.asn.au**P** 1800 686 268

Breastfeeding support

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.

History Council Of New South Wales**E** executive@historycouncilnsw.org.au**W** historycouncilnsw.org.au**P** 0418 811 522

The HCNSW believes that History shapes the present and the future. The HCNSW fosters the practice of history in all its forms. We provide programs and services, mainly in NSW, which aimed to build capacity within the history sector and showcase the importance of history.

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.

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

Fitness Activities**Goulburn Aquatic and Leisure Centre**

85 Deccan Street, GOULBURN NSW 2580

E swimandfitness@goulburn.nsw.gov.au**W** goulburn.nsw.gov.au**P** (02) 4823 4834

The Goulburn Aquatic and Leisure Centre offers a range of programs and services, from learn to swim classes to aqua aerobics - it is an all year round facility catering for all ages and swimming abilities.

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

General Recreation and Leisure

Celebrate Goulburn Group - Our Living History**E** Celebrategoulburn1@bigpond.com**W** ourlivinghistory.com.au**P** 0408 786 685

Living History' defines the proud and participatory relationship Goulburn locals have with their past and present history, living surrounded by places of historical significance.

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.

Goulburn Film Group

1 Lilac Place, GOULBURN NSW 2580

E ao@southerntablelandsarts.com.au

W lilaccitycinema.com.au

P 0427 938 110

The Goulburn Film Group is a community organisation, which in association with Southern Tablelands Arts (STARTS), is committed to bringing a wide variety of film choices to our community. Films are screened on the last Sunday afternoon of each month excluding school holidays, at the Lilac City Cinema. The Goulburn Film Group appreciates the continued support of the Lilac City Cinema.

Goulburn Recreation Area

47 Braidwood Road, GOULBURN NSW 2580

E council@goulburn.nsw.gov.au

W goulburn.nsw.gov.au

P (02) 4823 4444

The Recreation Area is located at 47-131 Braidwood Road, Goulburn, on the corner of Bungonia Road. The complex occupies 45 hectares of land alongside the Mulwaree River. It is a Crown Reserve with Council as Trustee managing the complex. Council is assisted by a "Committee of Management" consisting of representatives from each of the main Recreation users.

Goulburn Show

Goulburn Dressage Club Inc, 3 Braidwood Road, GOULBURN NSW 2580

E info@goulburnshow.com.au

W goulburnshow.com.au

P (02) 4821 6813

The first show was held at Dan Thorn's in 1846 at the Old Brewery while the Argyle Agricultural Society held a ploughing competition in Bradley's Paddock. The last recorded show of this nature was in 1869.

Monaro Horse Trekkers Inc

E karencarter62@bigpond.com

W athra.com.au

P 0427 279 049

A group of horse owners who enjoy exploring the bush and trails around Canberra and nearby national parks. See

<http://www.athra.com.au/clubs/viewgroup/23-monaro-horse-trekkers-inc.html> for more details

Outdoor Recreation and Leisure

Open Gardens Canberra

E info@opengardenscanberra.org.au

P (02) 6259 3139

Open Gardens Canberra Incorporated opens lovely gardens in the Canberra region for viewing by the public. We aim to promote the enjoyment, knowledge and benefits of gardens and gardening for all.

Religion & Philosophy

Churches and Places of Worship

Baptist Church Goulburn

GOULBURN BAPTIST CHURCH, 164 Bourke Street, GOULBURN NSW 2580

E church@goulburnbaptist.com

W goulburnbaptist.com

Church Services and Pastoral Care

Christ Church West Goulburn

128 Addison Street, GOULBURN NSW 2580

P (02) 4821 3631

Anglican Church. Church Services and Pastoral Care

Goulburn and District, Uniting Church in Australia

43 Goldsmith Street, GOULBURN NSW 2580

E goulburnuca@bigpond.com

W goulburn.unitingchurch.org.au

Christian worship services and pastoral care.

Goulburn Bible Church

Hume Street, Mary Street, GOULBURN NSW 2580

E danddsmith@iinet.net.au

W goulburnbiblechurch.com

P 0423 023 351

At Goulburn Bible Church (GBC) you will find life changing messages that are practical, up to date and give guidance for life. Our church strives to disciple believers to mature spiritually with Bible Studies, Prayer meeting and kids club. You will find us warm, friendly, loving and helpful.

Goulburn Christian Life Centre

146-148 Sloane Street, GOULBURN NSW 2580

W goulburnclc.com.au

P (02) 4821 0107

We are a vibrant church with lively worship, powerful bible based preaching, sound teaching and; lots of friendly people. Visit us and you will be inspired and uplifted.

Liberty Christian Fellowship

Level 1, 264 Bourke Street, GOULBURN NSW 2580

E philchampion4@gmail.com

W libertychurchgoulb.wixsite.com

P 0427 141 031

Religion & Philosophy - Churches and Places of Worship - Churches and Places of Worship. Pastoral Care

Our Lady of Fatima Catholic Church

97 Lagoon Street, GOULBURN NSW 2580

E goulburn@cg.org.au

W olof.waggamatters.com

P (02) 4821 1022

Religion & Philosophy - Churches and Places of Worship - Churches and Places of Worship. Catholic Church

Parish Of Sutton Forest

640 Highland Way, TALLONG NSW 2579

E parishofsuttonforest@bigpond.com

W parishofsuttonforest.com

Pastoral Care. The Parish of Sutton Forest consists of many congregations who meet in four church centre's every week in the Southern Highlands of New South Wales. St Stephen's at Tallong is one of these churches.

St Andrew's Presbyterian Church
25 Clifford Street, GOULBURN NSW 2580
E connect@goulburnchurch.com
W goulburnchurch.com
P (02) 4853 2185

The Presbyterian Church of Australia is a part of the Christian Church throughout the world. The Church's name comes from the Greek word *presbuteros*, which is the word for an elder or a mature Christian leader in the New Testament. The use of the name Presbyterian reflects the Church's aim to be faithful to the Bible's teaching on the Church, even in the 21st Century.

St Nicholas' Anglican Church North Goulburn
17 Kinghorne St, Goulburn 2580,
GOULBURN NSW 2580
W stnicholasgoulburn.org
P 0439 244 326

To Know Christ and to make him known

St Peter and Paul Old Cathedral
36, Verner Street, GOULBURN NSW 2580
E goulburn@cg.org.au
W cg.org.au
P 0403 631 797

The Goulburn Catholic Mission supports the local Catholic communities of Goulburn, Marulan, Binda, Bungonia, Taralga, Crookwell, Tarago and Collector

St Saviours Cathedral Parish
170 Bourke Street, GOULBURN NSW 2580
E office@goulburncathedral.org.au
W goulburncathedral.org.au
P (02) 4821 2206

St. Saviour's is a place of pilgrimage. Many people find inspiration and consolation in the peace and beauty of the Cathedral. It is also visited each year by many thousands of tourists from all over the world.

General Religion & Philosophy

Anglican Women

P (02) 4822 3305

Enables women to strengthen and care for one another in Christian faith and life and offers support in family, church and community life. Meets fourth Wednesday of the month.

St Panteleimon Greek Orthodox Church

11 McAlister Dr, Goulburn 2580,
GOULBURN NSW 2580
E webmaster@greekorthodox.org.au
W greekorthodox.org.au
P 0410 554 702

St Panteleimon Greek Orthodox Church is served by various Priests from Sydney.

Self Help

General Self Help Services

National Continence Helpline

W continence.org.au

P 1800 330 066

The National Continence Helpline is a free telephone advisory service.

Heart-Based Living

W realtimeheart-based.com

P 0409 676 857

We provide a pathway to support people on their unique path to happiness and vitality, for each stage, change and challenge in life; to discover all that they are; become more aware; feel more present in their moments for lasting wellbeing and contentment in their lives. This is done through: public events, personal sessions, an online discovery journey, projects and online events, workplaces.

Sahaja Yoga Queensland

E peter.hewitson1@gmail.com

W sahajayogaqld.com

P 0438 781 413

Sahaja Yoga provides free meditation programs for the community all around Australia.

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.

S p o r t

Indoor Sports

Invert Gymnastics

32 Verner Street, GOULBURN NSW 2580

E vaughn@invertgymnastics.com.au

P 0400 665 231

Invert Gymnastics is a company designed around being able to provide the highest quality sport coaching to the local community.

Wheelchair Basketball at Veoila Arena

Veoila Arena, 45 Braidwood Road,
GOULBURN NSW 2580

E info@wsnsw.org.au

W wsnsw.org.au

P (02) 9809 5260

Join our FREE weekly Wheelchair Basketball training sessions at Veoila Arena. Everyone welcome. No experience needed. All equipment provided. Suits all ages and abilities, including people with and without a physical disability.

Outdoor Sports

Goulburn Rugby Union Football Club

240 Addison Street, GOULBURN NSW
2580

E becka_80@hotmail.com

W goulburnrugbyunion.com

The Goulburn Rugby Club provides rugby union to all age groups from five through to golden oldies. Our primary school aged competition which includes teams from Crookwell, Braidwood and Yass, is played in Goulburn at Carr Confoy Oval on Friday nights. Our senior teams play in the ACT first division and Women's 10s competitions. Established in 1872, we are the oldest country rugby club in Australia.

Goulburn Rugby Union Football Club - Goulburn

E becka_80@hotmail.com

W goulburnrugbyunion.com

Providing rugby to the Goulburn region since 1872.

Sports Clubs

Goulburn and District Cricket Association

Seiffert Oval, Faithful Street, GOULBURN
NSW 2580

E g_dca@hotmail.com

W goulburndca.nsw.cricket.com.au

P 423596504

Sport - Sports Clubs - Sports Clubs. Local Sporting Club

Goulburn and District Netball Association Inc.

Carr Confoy Park, Park Road, GOULBURN
NSW 2580

E gdna.president@hotmail.com

W goulburnna.nsw.communitynetball.com.au

NetSetGo - Ages 5-10 Junior and Senior Netball
Umpire Training Coaching Opportunities
Representative Netball Mixed Social Summer
Netball Volunteer Positions Available.

Transport Services

Community Transport

Driving Miss Daisy Goulburn Region

E goulburnregion@drivingmissdaisy.com.au

W drivingmissdaisy.com.au

P 0499 006 496

Companion Driving Service available to everyone and all abilities, and Seniors needing a little more support to get out and about in the community and with the focus on maintaining independence, and fun. can assist you to appointments, shopping, social outings and everything else inbetween!! Available 7 days a week, a pre quoted and pre booking service. - Bookings essential -

Goulburn Rail Heritage Centre

Goulburn Rail Heritage Centre, 12
Braidwood Road, GOULBURN NSW 2580

E glrps@bigpond.com.au

W roundhouse.org.au

P (02) 4822 1210

The Goulburn Locomotive Roundhouse is the largest heritage based operating roundhouse in NSW and displays the historic transition from steam to diesel operation. A range of locomotives and items of rolling stock are exhibited. Additionally there are other items of heritage machinery and equipment relevant to the Centre's history.

General Transport Services

Canberra Elite Taxis

E info@canberraelite.com.au

W booking.canberraelite.com.au

P (02) 6126 1600

With a fleet of over 250 taxis, we are able to cater to all of your transportation needs, offering high quality service, comfortable sedans and larger group transfers. Electronic payment systems are provided in all of our vehicles. We also offer parcel delivery, city tours, pre-paid vouchers, corporate accounts, and an automated dispatch system for your convenience.

Countrylink Travel Centre

177 Sloane Street, GOULBURN NSW 2580

E peter.churchill@transport.nsw.gov.au

Countrylink Travel Centre. Providing timetables and information and bookings.

Volunteering

General Volunteering Services

Celebrate Goulburn Group - Friends of Goulburn Historic Cemeteries

Goulburn Mulwaree Library, 184-194

Bourke Street, GOULBURN NSW 2580

E goulburn.historic.cemeteries@gmail.com

W ourlivinghistory.com.au

P 0417 416 815

The oldest cemeteries in Goulburn sit in disrepair and neglect - fallen headstones, weeds and an all consuming layer of mould and moss cover the graves. A group of history buffs have banded together to fix this problem. The Friends of Goulburn's Historic Cemeteries was formed in August last year.

Goulburn Mulwaree Volunteer Referral Service

Civic Centre, 184-194 Bourke Street,
GOULBURN NSW 2580

E volunteer@goulburn.nsw.gov.au

W goulburn.nsw.gov.au

P (02) 4823 4444

Volunteer Resource Service for prospective volunteers and not-for-profit organisations in the Goulburn Mulwaree Region.

Home-Start National

56 Clinton Street, GOULBURN NSW 2580

E goulburn@homestartaustralia.org

W homestartaustralia.org

P 0427 466 847

Home-Start National has been recognised for our Volunteer Home Visiting Program as part of the Outstanding Organisation Award. Marilyn Barnes worked for many years to build Home-Start National and her influence has brought us to the point where we are considered an outstanding organisation. So we dedicate this award to her.

NSW Rural Fire Service

82-88 Combermere Street, GOULBURN
NSW 2580

E luke.amor@rfs.nsw.gov.au

W rfs.nsw.gov.au

P (02) 4822 2900

The NSW Rural Fire Service (NSW RFS) is the lead combat agency for bush fires in NSW. For over 100 years we have been a significant part of the history and landscape of NSW. Working closely with other agencies we respond to a range of emergencies including structure fires, motor vehicle accidents and storms that occur within rural fire districts.

PCYC Goulburn

Avoca Street Derwent Street, GOULBURN
NSW 2580

E goulburn@pcycnsw.org.au

W pcycnsw.org.au

P (02) 4822 2133

PCYC Goulburn is within eye view of the NSW Police Academy, and works closely with the local police to deliver youth programs that boost the community.

Red Cross Goulburn

146 Auburn Street, GOULBURN NSW 2580

E bvann@redcross.org.au

W redcross.org.au

P (02) 4823 5010

We are a movement of people, we help Australians act for humanity. Each in our own way, and together with communities and partners, we give each action a far greater impact.

Riding For The Disabled Association NSW Goulburn Centre

Rosemont Road, GOULBURN NSW 2580

E goulburnrda@gmail.com

W rdanswgoulburn.org.au

P 0490 668 327

We are a volunteer organisation that provides horse-related activities to enrich the lives of people with disabilities.

Volunteer Tour Guides

2 Twynam Drive, GOULBURN NSW 2580

E riversdale@nationaltrust.com.au

W nationaltrust.org.au

P (02) 4821 4741

We actively protect and conserve places of heritage significance for future generations to enjoy. Explore our beautiful places around Australia and join us as we celebrate our built, natural and cultural heritage.

Save the Children

E retail.volunteerNSW@savethechildren.org.au

W savethechildren.org.au

P (02) 8202 9100

Here in Australia and around the world, we give a powerful voice to children and champion their rights. As a global organisation, in 2019 Save the Children directly reached 38.7 million of the world's most vulnerable children in 117 countries.

**Volunteer mentor to a child in foster care
- NSW**

E admin@thepyjamafoundation.com

W thepyjamafoundation.com

P (02) 8350 5770

At The Pyjama Foundation, we provide young people in foster care the opportunity to change the direction of their lives with learning, life skills and confidence. Since 2004, we have supported 11,000 young people across Queensland, New South Wales and Victoria.

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.

We Love Goulburn GMC Volunteers

W goulburn.nsw.gov.au

P 0422 035 941

Not-for profit organisations registered with the Goulburn Volunteer Resource Service 2020-2021

Welfare Assistance & Services

Food Vans and Kitchens

Goulburn Meals On Wheels

60 Clifford Street, GOULBURN NSW 2580

E gndmow@gmail.com

P (02) 4821 0997

Meals on Wheels is a name familiar to Australians and is at the heart of our community. It represents helping hands, teamwork and looking out for each other. It is all about people in the community joining forces to help others.

The Cleveland Catering.Co.

E The.clevelandcatering.co@gmail.com

W theclevelandcateringco.com

P 0497 502 018

We provide a range of homestyle ready to heat meals to the local community at low cost. Our services deliver bulk meals to the Shoalhaven area. No referral needed. We can be contacted by both charities, welfare organisation/ agencies and individuals requiring our services.

General Welfare & Support Services

**Barnardos Child, Youth and Family
Support Program**

E canberra@barnardos.org.au

W barnardos.org.au

P (02) 5134 6701

Outreach family support. Aims to improve the wellbeing of all family members, but with a specific focus on children.

Centrelink - Goulburn

136 Auburn Street, GOULBURN NSW 2580

W servicesaustralia.gov.au

P 13 24 68

Information and resources for community groups, representative bodies, welfare organisations and advocacy groups who support our customers

Goulburn Multicultural Centre

205 Auburn Street, GOULBURN NSW 2580

E info@gmc.org.au

W gmc.org.au

P (02) 4803 9042

Settlement support for migrants and refugees

Goulburn Street Van

E carol@caroljames.com.au

P 0409 483 766

The Goulburn Street Van currently has about 20 volunteers. The volunteers are trained in first aid, police liaison, coping with drug affected people, how to be safe and ensure safety of those on the street, mental health and suicide training so they have some "skills and are confident".

Making Connections Together

E admin@makingconnectionstogether.com.au

W makingconnectionstogether.com.au

P 0420 639 407

Complete Social Work and Health and Well being Services

Medicare - Goulburn

136 Auburn Street, GOULBURN NSW 2580

W servicesaustralia.gov.au

P 13 24 68

Medicare is a national health insurance program in the United States, begun in 1965 under the Social Security Administration and now administered by the Centers for Medicare and Medicaid Services.

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.

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.

The Salvation Army - Goulburn

6 Hovell Street, GOULBURN NSW 2580

E goulburncorps1@salvationarmy.org.au

P (02) 4822 2115

Journeying with people through positive change, supporting people who want to make positive changes in their lives.

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.

Youth Services

155 Auburn Street, GOULBURN NSW 2580

E council@goulburn.nsw.gov.au

W goulburn.nsw.gov.au

P (02) 4823 4444

Goulburn Mulwaree Council's Youth Services Program provides a broad range of services and activities for young people, while working towards outcomes identified in the 4 key areas of the NSW Regional Youth Framework. The Youth Services team are committed to local youth by providing programs aimed at supporting wellbeing, connectivity, a sense of community, and work readiness.

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.

Youth Crisis & Emergency Services

Warooga Youth Refuge

12 Auburn Street, GOULBURN NSW 2580

E syfs@syfs.org.au

W syfs.org.au

P (02) 4824 6256

The Crisis Youth Refuge Goulburn provides emergency and short-term accommodation and support to young people aged from 16-17 years (younger people may be assessed in special circumstances) inclusive who are vulnerable, disadvantaged, homeless or those at risk of disadvantage and homelessness and their families.

Youth Employment & Training Services

Grad Advance Program

Unit 1, 42 Clifford Street, GOULBURN NSW 2580

E hello@personnelgroup.com.au

W personnelgroup.com.au

P (02) 4821 6814

Provides graduates who have either a disability or mental health condition with a one on one relationship with an experienced mentor in the graduates chosen field.

Youth Information & Counselling

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.

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

- Theatre School of Dance 17
1800RESPECT 63
A Team Tuition - HEAD OFFICE 42
Ability Consultants 32
Aboriginal Community Police Liaison Officer 9
Accelerated Learning Tutoring Centre 43
Acorn Stairlifts 13
Activ8 Health Club 57
Active Nutrition 50
Aesthetic Dentures Goulburn 54
Affordable Therapy - Goulburn 65
Aged Care Assessment Team Taree 13
ALANNAH and MADELINE FOUNDATION 44
Allens Training Pty Ltd 42
Anchoring Your Life Counselling 65
Anger Management and Conflict Resolution Program 43
Anglican Women 75
Anglicare Gambling Help Counselling Service 64
Anxiety Support Groups 62
Approach Services 46
Argyle Medical Centre 54
Assistance with Domestic Duties for NDIS Pet Owners 16
Assistive Technology Australia 32, 64
Attaboi Music Magazine 17
Attention Deficit Disorder Support Group Inc Canberra/Queanbeyan 65
Auscare Support 32
Auslan services 58
Australia 24
Australia Nova Romana 24
Australian Baha'i Community 24
Australian Breastfeeding Association Goulburn-Crookwell Group 71
Australian Cervical Cancer Foundation 42
Australian Child Care Career Options (ACCCO) - Ingleburn 47
Australian Clinical Training 53
Australian Electoral Commission - Hume Electorate 22
Australian Financial Complaints Authority 71
Australian Plants Society Southern Tablelands Group 49
Australian Primary Health Care Nurses Association (APNA) 54
Australian School Of Entrepreneurship 42
Australian Sickle Cell Advocacy Inc 11
Australian Training Institute 41
Australian Women In Agriculture (AWiA) 72
Avicenna Health and Wellness 50
Axis Health Psychology 50
Balance Minder 42
Baptist Church Goulburn 74
Baptist Community Services Southern Highlands 13
Barnardos Child, Youth and Family Support Program 79
be informed. 42
Behaviour Support Program 39
Beyond Blue Helpline and Online Chat 58
Blacksheep Care Services - Southern Highlands 33
bloom hearing specialists Goulburn 58
BluePages Depression Information 58
Boomaroo Plan Management 33
Bourke Street Health Service 55
Bradfordville Family Medical Centre 55
Bradfordville Public School 44
Bradfordville Supported Playgroup 19
Braille House 24
Brave Foundation 80
Brightsky Australia 15
Bungonia Progress Association 48
Call to Mind 63
Calm Nights Sleep Consultancy 63
Canberra Elite Taxis 77
Candis Plan Support 33
Capability Support 33
Capital Gaurdians Plan Management 33
Care Squared 33
Care To Bloom Counselling 65
Carer Gateway 30

Caresouth Foster Care 19
Cataract Kids Australia 11
Catholic Care Canberra and Goulburn - Relationship Counselling 65
Celebrate Goulburn Group - Friends of Goulburn Historic Cemeteries 77
Celebrate Goulburn Group - Our Living History 72
Centrelink - Goulburn 79
Challenge Foundation Goulburn 51
Child, Youth Mentoring Program 29
Choirs4Kids 17
Christ Church West Goulburn 74
Chrysalis Wellbeing 51
Circle of Security, Canberra 30
ClassBento 73
ClearConvo 51
Communicate Speech Pathology 51
Community Visitors Scheme 13
Community Voice for Hume 10
Complex Support Coordination 33
Comprehensive Care Services 33
Confidence Club 33
Connect2Care - ACT 51
Connected au 15
ConNetica Consulting 70
Continence Aids Payment Scheme 51
Copeland Estates Legal 12
Counselling and Coaching with Astuteology 66
Counselling Services Hervey Bay 66
Country Universities Centre 41
Country Universities Centre (CUC) - Goulburn 41
Country Women's Association Goulburn Branch 24
Country Women's Association Marulan Branch 25
Country Women's Association Tarago Branch 25
Countrylink Travel Centre 77
Creative Orators OnLine (COOL) Toastmasters 47
Crisis Counselling - Carers After-Hours line 66
Crystal Clear Psychology Solutions 51
Cystic Fibrosis Goulburn and District 66

Daily Safety Check-in Call 15
Daily Welfare Check by Phone to Check they are OKAY 15
Deafblind Information Australia 63
Department of Communities and Justice Housing Contact Centre 10
Dept Communities and Justice - NSW 19
Dineamic 34
Disability Advocacy Network Australia (DANA) 71
Disability And Diversity Services 40
Disability Employment Services 31
Disability Enquiry Hotline 34
Disability Health Support Australia 34
Disability Services 32
Diversa Health - Richmond 57
Diverse Communities and Social Services (DCSS Australia Inc.) Indigenous and LGBTIQA+ Community Justice and Social Services Charity / Not-For-Profit and Charity Community Consultants (NFPCCC) Indigenous DGR PBI Charities 66
Diverse Communities and Social Services (DCSS Australia Inc.) Indigenous and LGBTIQA+ Community Justice and Social Services Charity / Not-For-Profit and Charity Community Consultants (NFPCCC) Indigenous DGR PBI Charities - Sydney 11
Docto 63
Domestic and Family Violence Mensline 28
Domestic and Family Violence Womensline 28
Dr Julie-May Brown 66
Driving Miss Daisy Goulburn Region 77
Dubberley, Stacey Louise 63
e-couch self-help 59
E - Hub Health 58
East Goulburn Outreach Playgroup - Schools as Community Centres 20
ehelpspace 81
Electrician Jobs 47
Employment Services Group Goulburn 47
Empower Me Psychology 59

Endeavour Industries Resource Recovery Centre 55
Energy and Water Ombudsman NSW (EWON) 71
Epilepsy Action Australia 34
Fair Entitlements Guarantee (FEG) 64
Fair Work Infoline 47
Family Dispute Resolution 71
Family Drug Support 54
Family Mediation Direct 71
Family Planning NSW - Talkline 63
Family Relationship Advice Line 66
First Aid Course Nowra - Australia Wide First Aid 47
Fitted for Work - Parramatta 47
Flourish Australia - Goulburn 34
FoodSt 14
FORTRESS LEARNING 42
Frogs LandcareFrogs Landcare Incorporated 25
Full Stop Australia 28
Galcom 59
Gallery On Track 17
General Disability Services 36
Gill Waminda Aged Care Plus 14, 62
GIVIT 23
Goldsmith Street Surgery 56
Goodstart Early Learning 20
Goulburn Academy of Early Learning 20
Goulburn and Crookwell Disability Services 32
Goulburn and District Art Society 17
Goulburn and District Beekeepers Club Inc 25
Goulburn and District Breast Cancer Support Group 25
Goulburn and District Breast Cancer Support Group (Night Group) 25
Goulburn and District Cricket Association 76
Goulburn and District Netball Association Inc. 25, 77
Goulburn and District Suicide Prevention Network 70
Goulburn and District, Uniting Church in Australia 74
Goulburn Aquatic and Leisure Centre 72
Goulburn Argyle Garden Club 25
Goulburn Base Hospital 58
Goulburn Bible Church 74
Goulburn Bonsai Society Inc. 25
Goulburn Bridge Club 26
Goulburn Chamber of Commerce 11
Goulburn Christian Life Centre 74
Goulburn Classic Riders Club 26
Goulburn Combined Probus Club 26
Goulburn Community Centre 23, 32
Goulburn Community Garden Incorporated 26
Goulburn Community Health Centre 55
Goulburn Community Housing Program 10
Goulburn Community Radio Association 22
Goulburn Day View Club 26
Goulburn District Historical and Genealogical Society Inc. trading as History Goulburn 48
Goulburn Doctors 55
Goulburn Early Childhood Centre 20
Goulburn East Public School 44
Goulburn Eisteddfod Society. 17
Goulburn Evening View Club 26
Goulburn Family Day Care 20
Goulburn Family Support Service Incport 66
Goulburn Film Group 73
Goulburn Gem and Lapidary Club Inc. 26
Goulburn Girl Guides 26
Goulburn Girls Brigade 26
Goulburn Health Hub 57
Goulburn High School 45
Goulburn Historic Waterworks Museum 48
Goulburn Knitters' Guild 16
Goulburn Leisure Link 34
Goulburn Lilac City Festival 27
Goulburn Masonic Village 10
Goulburn Meals On Wheels 79
Goulburn Multicultural Centre 27, 79
Goulburn Mulwaree Animal Shelter 15
Goulburn Mulwaree Athletics 27
Goulburn Mulwaree Council - Civic Centre 23

Goulburn Mulwaree Library 23
Goulburn Mulwaree Volunteer Referral Service 78
Goulburn Outreach Playgroup - Schools as Community Centres 20
Goulburn Podiatry Service 51
Goulburn Police Station 29
Goulburn Pre-School 20
Goulburn Public School 45
Goulburn Rail Heritage Centre 48, 77
Goulburn Recreation Area 73
Goulburn Region Woodworkers Inc. 27
Goulburn Regional Art Gallery 16
Goulburn Revival Fellowship 55
Goulburn Rugby Union Football Club 76
Goulburn Rugby Union Football Club - Goulburn 76
Goulburn Scout Group 27
Goulburn Seniors Activity Group 27
Goulburn Show 73
Goulburn Social Ballroom Dance Club 27
Goulburn South Public School 45
Goulburn Street Van 79
Goulburn Visitor Information Centre 23
Goulburn Waste Management Centre 49
Goulburn West Public School 45
Goulburn Wetlands Project 49
Goulburns Men's shed 27
Grad Advance Program 81
Grand Pacific Health - Goulburn 55
Great Barrier Reef Marine Park Authority 49
GROW Mental Wellbeing Programs - Leeton 59
Grow Your Impact 35
Growing Abilities Goulburn 35
HASI Uniting 59
Healing Beyond Discovery 67
Healthdirect Helpline 55
Healthspot Ot 59
Heart-Based Living 75
Herbalife Independent Distributor 55
Here Completely 69
HiBar Nutrition and Fitness 56
HiCom Care - NDIS Plan Manager 35
History Council Of New South Wales 72
Holistic Lifestyle Practice 67
Home-Start National 78
Hope and Heal Psychology 52
Housing (FACS) 10
Hume Conservatorium 17
I Hate Cooking 35
iClick2Learn 42
iflow Psychology 59
Imaginations Early Education 20
Inclusee Ltd 14
Indigenous Allied Health Australia 72
Ingenia Gardens Goulburn 12
InteliCare 15
Intensive Intervention Services 29
Invert Gymnastics 76
Jen Robe Writes 16
Jenny Gleeson Coaching and Consulting 46
Jigsaw Plan Management 35
Julie Pratt - IBS and FODMAP Dietitian 52
Justice Advocacy Service 64
Kidney Health Australia 72
Kids in Focus 54
Kindship 30
Kiwi OT - Melbourne 19
Landcare Incorporated 49
Lavender Sleep and Wellness 52
Law Access NSW 70
Leukodystrophy Resource and Research organisation 53
Liberty Christian Fellowship 74
Lieder Theatre Company 17
Life coaching 76
Life Cycle 35
Lilac Early Learning 21
Limbs 4 Life 31
Link2home 29
Lions Club Of Goulburn City 27
Little Dreamers Australia 80
Little Treasures Marulan Children's Centre 21
Live online Yoga and Pilates Classes 72
Lived Experience education and support 54
LiveUp 12
Living With Dementia and Driving Study 53
LivingWorks Education Australia 70

Lucy Support Coordination and Services
35

Lung Foundation 56

Mable Direct store 56

Magic Coat for Kids Pty Ltd 18

Make It Happen Hypnotherapy 67

Making Connections Together 9, 11, 18,
36, 60, 67, 80

Manage It 36

Marulan and District Preschool 21

Marulan Medical Centre 57

Marulan Pony Club 15

Marulan Public School 45

Marulan Region Chamber of Commerce
Inc. 23

Marulan Waste Management Centre 49

Marulans and Dist Lions Club 27

MAX Employment 47

MBC Employment 47

MCT Care 36

Me Plus More 36

Mediation 71

Medicare - Goulburn 80

Meetings 60

MensLine Australia 67

Mental Health Employment Services 61

Mental Health First Aide Interntional 60

Mental Health Information Line 62

Mental Health Line 29

Mentoring Men 60

Migrant Employment Legal Service 30

Mission Australia - Brighter Futures
Tablelands 11, 29

Monaro Horse Trekkers Inc 73

Moneycare 65

moodgym 59

Mulwaree Aboriginal Community Inc 9

Mulwaree High School 45

Mum and Dad's Laundry and Car Spa 36

Mutlicultural HIV and Hepatitis Service
56

My Mobile Plan Manager 36

My Plan Assist 37

My Plan Manager 37

My Virtual Support Coordinator 31

MyCareSpace 37

National Bowel Cancer Screening
Program (NBCSP) 57

National Continence Helpline 75

National Dementia Help Line 13

National Disability Health Support
Australia 34

National Independent Support
Management 35

National Perinatal Anxiety and
Depression Helpline 69

National Perinatal Support Program 80

National Relay Disability Phone Service
37

National Resource Centre For Migrant
Empowerment 30

NDIS Mental Health Officer Program
(Southern Health LHD) 37

NDIS Plan Management 31, 38

NDSP Plan Managers - NSW and ACT 37

Neami National Mid North Coast 48

Neami Nationals 60

Neighbour Aid and Centre Based Social
Support 13

Neo Therapy Group 57

Ngadhi Family Services 19

Nicole Ivens Holistic Counselling 67

Noble Enterprises 38

Northern Frontiers Mediation and
Counselling Mediation and Counselling
67

Not My Closet 67

Nova Psychology 68

NSW Dept of Primary Industries 42, 50

NSW Environment Protection Authority
50

NSW Rural Fire Service 78

NSW Trustee And Guardian - Lismore 70

NSW Trustee And Guardian - Wollongong
70

Nutrition Counselling 52

Older Persons Advocacy Network 12

On The Line Australia 52

One Door Mental Health 60

Open Arms 68

Open Gardens Canberra 73

Orana Preschool 21

ORS Fyshwick 52

Our Lady of Fatima Catholic Church 74
 Owens Driving School 38
 Pacify Plan Management 38
 Parent Line NSW 64
 Parents Beyond Breakup 29
 ParentsShop 41
 Parish Of Sutton Forest 74
 Parkinson's Australia 12
 PCYC Goulburn 78
 Peaceful Mind Counselling 60
 Peak Plan Management 38
 Pejar Local Aboriginal Land Council 9
 People With Disability Australia - Qantas
 Carer Concession Card 30
 Personal Care (Disability Service
 Provider) 34
 Pet Cloud 16, 46
 Phoenix Hypnotherapy 52, 60
 Physiotherapy Goulburn 52
 Plan Management - MyIntegra Sydney,
 New South Wales 37
 Plan Partners 38
 Police Citizen Youth Club NSW Ltd 24
 Positive Families PSYCHOLOGY CLINIC 61
 Precedence Health Care 56
 Pregnancy Birth and Baby 18
 Pregnancy Counselling Australia 69
 Provider Choice Plan Management 38
 Psychcare Services Telehealth and
 Psychcare Psychology 61
 PsychHelp 61
 PsychOrium Forensic and Clinical
 Psychology Service 61
 QLife 69
 Quota International Of Goulburn
 Incorporated 24
 Radio 2Rph 22
 Raising Connected Kids 19
 Reachout Australia 18
 Reading Writing Hotline 44
 Recovery Plus Support 38
 Red Cross Goulburn 78
 Reel Keen Powerchair Fishing 39
 Registered NDIS Provider for Support
 Coordination and Psychosocial
 Recovery Coach 31
 Reimagine 61

Riding For The Disabled Association NSW
 Goulburn Centre 78
 Right To Work 56
 River Heights Child Care Centre 21
 Rocky Hill War Memorial and Museum 48
 Rotary Club of Goulburn 28
 Royal Far West 56
 RSPCA NSW - Community Domestic
 Violence Program 16
 RSPCA NSW - Community Homelessness
 Program 10
 Sahaja Yoga Queensland 76
 SALT Directory - Senior and Aged care
 Living Transition Directory 14
 Save the Children 78
 Saver Plus 64, 80
 Scad Research 56
 Scalliwags Children's Centre 21
 SDN Lady McKell Children's Education
 and Care Centre 21
 Seniors Rights Service 11, 14
 Shine for Kids 68
 Shine Home Support 39
 Simply Careers 48
 Skipper Care Australia 39
 Sky Plan Management 39
 SMART Recovery 54
 South Eastern Tenant Participation
 Resource Service 11
 Southern Tablelands Arts (STARTS) 18
 Ss Peter and Paul's Primary School 44
 St Andrew's Presbyterian Church 75
 St Clair Villa Museum and Archives 48
 St Joseph's Primary School 44
 St Nicholas' Anglican Church North
 Goulburn 75
 St Panteleimon Greek Orthodox Church
 75
 St Peter and Paul Old Cathedral 75
 St Saviours Cathedral Parish 75
 Standard and High Intensity Level
 Support Worker Services - In Home 40
 Start from Within 68
 Stroke Foundation: StrokeSafe Volunteer
 Speaker Program 43
 Stroke Recovery Association 53

Substance Abuse and Mental Health (Dual Diagnosis) Training 43
Suicide Call Back - National Phone Service 29
Suicide Programs Calm Conversations Can Save Lives 41
Support Coordination - MyIntegra Sydney, New South Wales 37
Synchron Psychology 61
TAFE NSW Goulburn Campus 41
Talked 61
talklink 68
Tallong Community Focus Group 28
Tallong Outreach Playgroups - Schools as Community Centres 21
Tallong Public School 45
Tambelin Independent School 45
Tarago Preschool 22
Tarago Progress and District Progress Association Inc 23
Tarago Waste Management Centre 50
Team Rubicon Australia 29
Tech help for seniors - Life skills for youngsters! 14
TeleCHAT 50
Telecross 13
Telehealth Dr 57
The ADHD Psychology Clinic 61
The Aussie Hands Foundation Inc 18
The Aussie Hands Foundation Inc - Melbourne 39
The Butterfly Foundation National Helpline 68
The Cleveland Catering.Co. 79
The Communication Centre 53
The Crescent School 45
The Deaf Society 58
The Disability Trust - Goulburn 39
The Good Meal Co 39
The Happy Giraffe 39
The Independence Crew 40
The Kids Coach - National 40
The Learning Tree Childcare Centre 22
The NAKED Soul 76
The Personnel Group - Goulburn 18
The Salvation Army - Goulburn 80
The Salvation Army Moneycare - NSW 65
The Smith Family 43
The Trustee For Freddy Bear Foundation 79
Therapy Connect 31
Therapy Pro Pty Ltd 53
Thinkwise Disability 40
Tiddas In Business - FREE Business Workshops 9
Tirranna Outreach Playgroup - Schools as Community Centres 22
Tirranna Public School 45
Together OT 53
Toowoomba Psychology And Counselling 68
Training and Education 44
Trans Wellbeing 69
Transcultural Mental Health Centre 62
Transformational Institute 46
Transformative Place Counselling Service 68
Trilogy Care 58
Trinity Catholic College 44
Tuggeranong Homestead 49
Tutoring New South Wales 19
University of the 3rd Age (U3A) 41
Unwind Psychology 62
Valmar Support Services Ltd 40
Vera Living 31
Verity Care Services 40
VERITY CARE SERVICES 32
Victims Services 68
Volunteer mentor to a child in foster care - NSW 79
Volunteer Tour Guides 78
Walking Life's Path Counselling Service 69
Walya Productions 43
Warooga Youth Refuge 81
Warrigal Goulburn 12
WayAhead - Mental Health Association NSW 62
We Love Goulburn GMC Volunteers 79
Wednesday Worship Group 28
Welfare Rights Centre NSW 71
Wellbeing Services 69
West Goulburn Bushland Reserve Group 50

Wheelchair Basketball at Veolia Arena 76
WHOS SOUTHERN NSW 54
Windellama Garden Club Inc 28
Windellama Historical Society 49
Windellama Progress Association Inc. 28
Windellama Public School 46
Windellema Outreach Playgroup 22
**Wollondilly Gardens Retirement Village
12**
Wollondilly Public School 46
Women's Legal Service NSW 9
Workspace Goulburn 23

Wound Specialist Services 63
XLH Australia Incorporated 64
**XYY Syndrome Association of Australia
Inc. 40**
Yadah Care Services 32
Young Veterans 62
Your Plan Manager 40
Your Story Disability Legal Support 32
Youth In Motion 81
Youth Insearch 81
Youth Services 80

The Goulburn Mulwaree Directory

This directory has been brought to you by Goulburn Mulwaree Council as a community resource to connect everybody in the Goulburn Mulwaree 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.

Notice an error on a listing?

Email support@mycommunitydirectory.com.au, call 1300 762 515 or report incorrect information online by clicking the report button .

Do you work for a community organisation?

Error on your listing?

Log in and edit the information yourself at mycommunitydirectory.com.au/Account/Login.

Not listed yet?

Join for FREE at mycommunitydirectory.com.au/register.



mycommunitydirectory.com.au/nsw/Goulburn_Mulwaree



**My Community
Directory**

Data provided by:

COMMUNITY INFO♥RMATION EXCHANGE
