

Mercy Community

Greater Downs

Support Services Directory

2024



Support Services Directory

Acknowledgement of Country

Mercy Community acknowledges the traditional custodians and country on whose lands we provide a service and recognise the cultural and spiritual connection of Aboriginal and Torres Strait Islander people.

We wish to pay our respects to the Elders past and present, the emerging leaders, and the important role they share across the Mercy Community sites.

Funded by Department of Children, Youth Justice and Multicultural Affairs



Queensland Government

Foreword

The Mercy Community Greater Downs Support Services Directory is a community resource designed to introduce new families, community members, support services and Government agencies to the many programs, facilities and services that support social and economic participation in the Toowoomba Region.

Compiled by Mercy Community's Community Action for a Multicultural Society (CAMS) program and Greater Downs Local Level Alliance, both funded by the Queensland Government, the directory will provide easy access to a comprehensive range of agencies, community organisations, Aboriginal and Torres Strait Islander, Migrant and Refugee support services, listed in the directory by service type.

Support services working in a particular sector can be easily found, with a link to the service's email and website providing prompt referral access.

Regular updates by participating organisations are intended to keep this directory relevant.

The Mercy Community CAMS project

The (CAMS) program supports the Queensland Government's commitment to promote an inclusive, harmonious and united community and fosters opportunities for people from culturally and linguistically diverse (CaLD) backgrounds to participate in all aspects of life in the Darling Downs.

Greater Downs Local Level Alliance (GDLLA)

The Greater Downs Local Level Alliance forms part of the Queensland Government's funded statewide network, providing direct communication pathways for local child and family issues to inform funding decisions to our communities.

Members include a diverse spectrum of local services, community groups and Government agencies to ensure families from all backgrounds receive the right service at the right time.

GDLLA and CAMS thank the many agencies, support services and community members who have contributed to this comprehensive directory.



Contents

Foreword	3
Contents	4
Aboriginal Services	8
Aboriginal Support Services & Counselling	8
Aboriginal Health Services	10
General Aboriginal Services	14
Accommodation Services	16
Crisis & Emergency Accommodation	16
Disability Accommodation Services	16
General Accommodation Services	18
Specialist Homelessness Services	19
Youth Accommodation Services	19
Advocacy Services	21
General Advocacy Services	21
Local Advocacy Services	24
National & International Advocacy Services	25
Ageing Services	27
Ageing Information & Counselling	27
General Ageing Services	27
Home Care & Safety Services	27
Child Services	28
Child (and Parent) Information & Counselling	28
Child Protection Services	34
General Child Services	35
Play Groups & Childcare	38
Community Clubs & Interest Groups	46
Children & Youth Clubs	46
Community Service Clubs	48
Crisis & Emergency Services	49
Abuse & Assault Services	49
Crisis Counselling & Intervention Services	49
General Crisis and Emergency Services	52
Welfare Assistance & Support Services	55
Cultural and Migrant Services	57
General Cultural Groups	57

Migrant Services.....	60
Disability Services.....	63
Carer Information.....	63
Disability Accommodation Services.....	64
Disability Employment & Training Services.....	66
Disability Information & Counselling.....	69
Disability Respite and Activity Centres	72
General Disability Services.....	74
Special Education Programs.....	112
Education.....	114
Adult Education.....	114
General Education Programs	117
Literacy & Numeracy Programs.....	125
Parents & Citizens Associations.....	126
Private (Primary and High Schools)	130
Special Education Programs.....	137
State (Primary and High Schools)	142
Employment & Training	153
Disability Employment & Training Services	153
Employment Information & Assistance	154
General Employment & Training Services	155
Youth Employment & Training Services.....	161
Health Services	163
Aboriginal Health Services.....	163
Adult Health Services	163
Allied Health.....	164
Child Youth & Family Health.....	179
Community Health & Medical.....	180
Dental & Oral Health	181
Drug & Alcohol Services.....	182
Emergency Departments	185
General Health Services	186
General Practice/Doctor.....	192
Health Rehabilitation Services.....	198
Health Screening Services.....	200
Hearing Services	201
Home Care & Safety Services	204
Hospitals	205

Mental Health Services.....	206
Multi-cultural & Refugee Health	220
Palliative Care.....	220
Pharmacies	221
Pregnancy, Maternity & Newborn Health	222
Psychiatric Services	223
Sexual Support Services & Counselling.....	224
Specialist Outpatient Clinics.....	225
Specialists	225
Information & Counselling	229
Carer Information	229
Disability Information & Counselling	230
Financial & Gambling Management & Budgeting.....	231
General Support Services & Counselling	232
Lesbian, Gay, Bisexual and Transgender (LGBTQIA+)	247
Loss & Grief Support Services & Counselling	249
Maternity Support Services & Counselling	250
Sexual Support Services & Counselling.....	251
Suicide & Self Harm Information	251
Legal Assistance & Information Services.....	253
General Legal Assistance & Information	253
Local Advocacy Services	257
Mediation & Ombudsman Support	258
Recreation & Leisure	260
Indoor Recreation and Leisure	260
Self Help	261
General Self Help Services	261
Transport Services	265
Community Transport.....	265
Volunteering.....	266
General Volunteering Services	266
Welfare Assistance & Services	269
General Welfare & Support Services	269
Meals on Wheels	272
Second Hand Shops	272
Youth Services	274
General Youth Services.....	274
Youth Accommodation Services.....	280

Youth Crisis & Emergency Services	280
Youth Information & Counselling	280

Aboriginal Services

Aboriginal Support Services & Counselling

Adapt Mentorship Toowoomba

Address Margaret Street, TOOWOOMBA CITY QLD 4350
Telephone 0435 803 470
Email Info@adaptmentor.com

Adapt Mentorship (Formerly Known as "Young Bruthas Mentorship") is a catalyst of change. We want every young person to feel part of our community, no matter who they are or where they're from. Life can be challenging, we are here to help you see your potential!

ADIS

Telephone 1800 177 833
Website metronorth.health.qld.gov.au

Adis has operated for over 30 years as Queensland's first port of call for anyone with alcohol and drug concerns. We are a 24 hour, 7 day a week confidential support service offering support for people in Queensland with alcohol and other drug concerns, their loved ones and health professionals.

Carbal Addiction Support Services

Address 27 Mort Street, NEWTOWN QLD 4350
Telephone (07) 4680 1440
Website carbal.com.au
Email admin@carbal.com.au



In response to a long standing need Carbal has successfully sought funding from the DDWMPHN to provide an Alcohol and other Drug rehabilitation service to Aboriginal and Torres Strait Islander people and their families.

Carbal Outreach Services

Address 27 Mort Street, NEWTOWN QLD 4350
Telephone (07) 4680 1440
Website carbal.com.au
Email admin@carbal.com.au
Hours of operation 8:30 AM to 4:30 PM Mon-Fri



Dedicated to providing high quality culturally appropriate care for Aboriginal and Torres Strait Islander people and their families.

Strong Fathers, Strong Families

Address 27 Mort Street, NEWTOWN QLD 4350
Telephone (07) 4680 1440
Website carbal.com.au
Email admin@carbal.com.au



The Strong Fathers Strong Families program is to promote the role of Aboriginal and Torres Strait Islander Dads, Pops and Uncles to be healthy role models and engage fully in the child's life as early as possible.

Family and Child Wellbeing Program

Address 20 Scott Street, EAST TOOWOOMBA QLD 4350
Telephone (07) 4632 0338
Website goolburri.org.au



Family & Child Wellbeing Program values and supports Aboriginal and Torres Strait Islanders by providing a range of services to strengthen family and community relationships while protecting the vulnerable and those at risk.

Family Participation Program Service

Address 20 Scott Street, EAST TOOWOOMBA QLD 4350
Telephone (07) 4632 0338
Website goolburri.org.au



Providing Cultural Advice to the Department of Child Safety. When do we help? We help you when you are involved with Child Safety We act as your Independent Person or Entity Child Safety meetings and in court

Foster and Kinship Care Service

Address 20 Scott Street, EAST TOOWOOMBA QLD 4350
Telephone (07) 4632 0338
Website goolburri.org.au



Some children and young people cannot live with their families due to risk and issues within the home. There is a need for Aboriginal and Torres Strait Islander people to become carers for Aboriginal and Torres Strait Islander children/young people in the child protection system.

Family and Child Wellbeing Program

Address 2 Hodgson Street, TOOWOOMBA QLD 4350
Telephone (07) 4632 0338
Website goolburri.org.au
Email intake@goolburri.org.au



Goolburri Aboriginal and Torres Strait Islander Family and Child Wellbeing Program values and supports Aboriginal and Torres Strait Islanders by providing a range of services to strengthen family and community relationships while protecting the vulnerable and those at risk.

Kristalee's Counselling For You

Address 78 Hampton Street, 78 Hampton Street, HARRISTOWN QLD 4350
Telephone 0421 695 062
Email counselling4u@mail.com
Hours of operation All Hours



Indigenous NDIS supports and therapies for autism and FASD.

Under The Southern Cross Outreach Ministries

Address 540 Anzac Avenue, DRAYTON QLD 4350
Telephone 0405 858 730
Email matthewbuddo@hotmail.com

Food parcels, meals, crisis assistance, supporting, assisting, homelessness, drug and alcohol referral's, and help where possible.

Aboriginal Health Services

Chronic Disease Management

Address 125 Russell Street, TOOWOOMBA QLD 4350
Telephone 1300 379 558
Website carbal.com.au
Email admin@carbal.com.au



Connecting you with the care you need. Coping with chronic disease and managing long-term illness can be difficult and stressful.

Immunisation

Address 125 Russell Street, TOOWOOMBA QLD 4350
Telephone 1300 379 558
Website carbal.com.au
Email admin@carbal.com.au



Carbal Medical Services provides flu-vax clinics, childhood, and school aged immunisations. All Carbal clients are entitled to vaccinations against pneumonia.

Medical Services

Address 125 Russell Street, TOOWOOMBA QLD 4350
Telephone 1300 379 558
Website carbal.com.au
Email admin@carbal.com.au



Carbal offers the following medical services to the Aboriginal and Torres Strait Islander communities of Toowoomba and its surrounding regions

Pathology Services

Address 125 Russell Street, TOOWOOMBA QLD 4350
Telephone 1300 379 558
Website carbal.com.au
Email admin@carbal.com.au



Carbal Medical Services provides on-site pathology in Toowoomba and a partnership with QML in Warwick.

CRAICCHS

Telephone 1800 698 600
Website craicchs.org
Email customerservice@craicchs.org
Hours of operation 8:00 AM to 12:45 PM & 1:45 PM to 5:00 PM Mon-Thu



CRAICCHS is a comprehensive health care service for the people of the South Burnett

Allied Health Services

Address 20 Scott Street, EAST TOOWOOMBA QLD 4350
Telephone (07) 4632 0338
Website goolburri.org.au



Goolburri Allied Health specialists work within a multidisciplinary health team to provide the best outcomes for the client/elders.

Bunji Burri to Gunadoos Service

Address 20 Scott Street, EAST TOOWOOMBA QLD 4350
Telephone (07) 4632 0338
Website goolburri.org.au



Our Bunji Burri to Gunadoos Service provides Aboriginal and Torres Strait Islander families with culturally appropriate antenatal and postnatal care. Whether you need support or information during your pregnancy, our trained staff can assist you with a range of issues including immunisation, emotional wellbeing and help to decrease smoking during pregnancy.

Commonwealth Home Support Program Service

Address 20 Scott Street, EAST TOOWOOMBA QLD 4350
Telephone (07) 4632 0338
Website goolburri.org.au



Helping elders stay in their own homes. Goolburri provides home support for clients/elders who require assistance with daily tasks to live independently at home.

Dental Services

Address 20 Scott Street, EAST TOOWOOMBA QLD 4350
Telephone (07) 4632 0338
Website goolburri.org.au



Goolburri is made up of a single chair surgery and two mobile vans that offers basic dental treatment for Aboriginal and Torres Strait Islander and non-Indigenous people.

GP Service

Address 20 Scott Street, EAST TOOWOOMBA QLD 4350
Telephone (07) 4632 0338
Website goolburri.org.au



Goolburri has an accredited general medical practice, available to provide medical care to Aboriginal and Torres Strait Islander and non-Indigenous people.

Healing and Wellbeing Service

Address 20 Scott Street, EAST TOOWOOMBA QLD 4350
Telephone (07) 4632 0338
Website goolburri.org.au



Goolburri Healing & Wellbeing Service seeks to support the needs of all adults, young people and children from all cultural and social backgrounds. We use evidence based strategies to support people who are struggling with uncomfortable thoughts and feelings that impact their quality of life.

Primary Health Care Program

Address 20 Scott Street, EAST TOOWOOMBA QLD 4350
Telephone (07) 4632 0338
Website goolburri.org.au



Our Primary Health Care Program delivers services through an accredited medical practice in Toowoomba. We aim to provide affordable and holistic preventative health care services to Aboriginal and Torres Strait Islander and non-Indigenous people in this region.

Goolburri Aboriginal Health Advancement Company - Toowoomba City

Address 2 Hodgson Street, TOOWOOMBA QLD 4350
Telephone (07) 4632 0338
Website goolburri.org.au
Email intake@goolburri.org.au



Goolburri provides culturally safe and sensitive services to Aboriginal and Torres Strait Islander and Non-Indigenous People and other community members within our service areas. Oral Services are provided regionally in a mobile dental van and a surgery based in Toowoomba. GP Health Services are provided through an accredited medical practice in Toowoomba.

General Practice

Address 110 Campbell Street, OAKEY QLD 4401
Telephone (07) 4691 3372
Website goondir.org.au



The clinic provides holistic, primary health care and medical services primarily to Aboriginal and Torres Strait Islander people within the region.

Integrating Team Care

Address 110 Campbell Street, OAKEY QLD 4401
Telephone (07) 4679 5900
Website goondir.org.au



The program aims to support better access to Specialists, GP and Allied Health Services for Aboriginal and Torres Strait Islander people identified as needing more complex chronic disease management.

Indigenous Respiratory Outreach Care (IROC)

Telephone (07) 3139 4000
Website metronorth.health.qld.gov.au
Hours of operation 8:00 AM to 4:00 PM Mon-Fri

We aim to raise awareness of respiratory diseases through community engagement, lung health promotion, education, partnerships with local health providers, training and research.

General Aboriginal Services

Bowie Solutions

Telephone 0458 511 786
Website bowiesolutions.com.au
Email info@bowiesolutions.com.au



Bowie Solutions provides NDIS support services for all participants. However, our management and staff also offer services tailored specifically to meet the unique needs of Indigenous participants. Our services are strongly focused around Core Support and providing assistance with everyday living, with the added assurance of cultural safety.

CatholicCare - Darling Downs

Address 502 Ruthven Street, TOOWOOMBA QLD 4350
Telephone 1300 477 433
Website catholiccare.services
Email hello@catholiccare.services



YUMBIN delivers a range of services to support First Nations People in the Toowoomba area: the Community Justice Group, WHADDUP, Youth Bail Support service and deadly sistas.

Lifeline Darling Downs and South West Queensland Ltd

Address 33 Russell St, TOOWOOMBA QLD 4350
Telephone 1800 975 252
Website lifelinedarlingdowns.org.au
Email tcsadmin@tranquillitycareservices.org.au



We operate the Tracks to Success Program in Toowoomba and St George from our offices at 138 Victoria Street St George. It is part of the Indigenous Advancement Strategy.

Tiddas In Business - FREE Business Workshops

Telephone 0400 294 331
Website dev.murawin.com.au
Email info@murawin.com.au

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.

National Indigenous Australians Agency

Address 516 Ruthven Street, TOOWOOMBA QLD 4350
Telephone (07) 4637 3230
Website niaa.gov.au



The purpose of the NIAA is to assist the Australian Government to achieve its objectives in improving the lives of Indigenous Australians by leading the development of the Commonwealth's approach, focusing on place, working in partnership, and effectively delivering programs through the Indigenous Advancement Strategy.

Aboriginal and Torres Strait Islander Partnerships

Telephone (07) 4862 7001
Website dsdsatsip.qld.gov.au
Email businessMKY@dsdsatsip.qld.gov.au

Aboriginal and Torres Strait Islander Partnerships provide whole-of-government strategies to improve business and economic participation outcomes for Aboriginal and Torres Strait Islander Queenslanders.

Our Yakka Aboriginal Corporation

Website ouryakka.com
Email ouryakka@gmail.com



Our Yakka is an Aboriginal Corporation, formed to make, unify, nurture and inspire advancements in culture and education. Our Yakka is also a registered charity with the Australian Charities and Not-for-profits Commission. Our Yakka produces and collaborates on cultural events; develops accessible learning infrastructures; and promotes arts, culture and language.

Accommodation Services

Crisis & Emergency Accommodation

Eva's Place Pregnancy and Early Parenting Support Inc. - Toowoomba

Address 1st Floor 5 Bell St, TOOWOOMBA QLD 4350
Telephone 1300 560 665
Website evasplace.com.au
Email info@evasplace.org.au



Partnering with Safe Haven Community in providing housing solutions for women in unexpected and crisis pregnancies.

Help A Friend Club Toowoomba Inc - Newtown

Address 80A Anzac Avenue, NEWTOWN QLD 4350
Telephone (07) 4639 1304
Website hafe.org.au
Email office@hafe.net.au
Hours of operation 9:00 AM to 4:00 PM Mon-Thu; 9:00 AM to 3:00 PM Fri



HAF-Accommodation works to provide, safe, clean and affordable accommodation to people who may otherwise be homeless. Our residence offers private rooms with shared facilities. We offer people a stable environment, giving them the opportunity to regroup their lives.

St Vincent de Paul Society Queensland - South Toowoomba Homeless Hostel (Men)

Address 206 James Street, SOUTH TOOWOOMBA QLD 4350
Telephone (07) 4591 1300
Website qld.vinnies.org.au
Email hostel.toowoomba@svdpqld.org.au



Hostel Accommodation for males 18+. Shared rooms. All meals provided

Disability Accommodation Services

Endeavour Foundation - Kearneys Springs Accommodation Services

Telephone 1800 112 112
Website endeavour.com.au
Email hello@endeavour.com.au



Endeavour Foundation supports people with intellectual disability to live, learn, work and flourish according to their own interests and priorities.

Endeavour Foundation - Toowoomba Accommodation Services

Telephone 1800 112 112
Website endeavour.com.au
Email hello@endeavour.com.au



Endeavour Foundation supports people with intellectual disability to live, learn, work and flourish according to their own interests and priorities.

Endeavour Foundation - Toowoomba In Home Support Services

Telephone 1800 112 112
Website endeavour.com.au
Email hello@endeavour.com.au



Endeavour Foundation supports people with intellectual disability to live, learn, work and flourish according to their own interests and priorities.

Mcarthur (Qld)

Telephone (07) 3211 9700
Website mcarthurcommunitycare.com.au
Email communitycare.qld@mcarthur.com.au



Daily activities including personal care, high needs and complex care Community participation Community nursing respite availability SIL Vacancies - Ipswich, Caboolture . Willing to search for other locations for funded participants

OPEN MINDS - Toowoomba City

Address Unit 2, 378 Kingston Road, SLACKS CREEK QLD 4127
Telephone 1300 673 664
Website openminds.org.au
Email enquiries@openminds.org.au



Open Minds a leading provider of mental health and disability support services in Queensland and Northern New South Wales. With over 100 years of history, Open Minds is committed to its purpose of enabling an independent and positive future for people living with mental illness and disabilities. Open Minds is also a registered NDIS (National Disability Insurance Scheme) provider.

Supported Independent Living

Telephone 0447 199 633
Email SCMBdisability@gmail.com
Hours of operation 9:00 AM to 5:00 PM Every day



A committed, professional organisation with a strong focus on human rights. Our person centred supports are tailored and designed by you. We offer assistance in; Accommodation and supported living/ Community participation / Development life skills/ Household tasks/ Group activities/Assistance with personal activities/Travel&transport. Call today to discuss how we can support you on your journey.

General Accommodation Services

Anglicare Southern Queensland Mental Health and Family Wellbeing

Telephone 1300 610 610
Website anglicaresq.org.au
Email enquiries@anglicaresq.org.au



Anglicare Southern Queensland is a proud member of the Anglicare Australia network.

Fairhaven Care Centres

Address 1 Thomas Street, TOOWOOMBA QLD 4350
Telephone (07) 4632 3391
Website fairhavencare.com.au
Email fhtoowoomba@fhcc.com.au

We provide services in the Toowoomba Regional Council region.

Joshua House Australia Ltd

Address 61 Ruthven Street, HARLAXTON QLD 4350
Telephone (07) 4638 8246

We provide services in the Toowoomba Regional Council region.

The Salvation Army - Supported Accommodation Services - Toowoomba

Address 78 West Street, TOOWOOMBA CITY QLD 4350
Telephone (07) 3832 1491
Website salvationarmy.org.au



This service provides information, advice, referral and provision of housing (as available) for those who meet criteria. Persons housed by this service are provided with support-based Case Management framework with the aim to assist them to secure affordably, long-term housing. Continued support is available for all who have moved from the program to other accommodation.

The Village on the Downs

Address 63-65 Drayton Road, HARRISTOWN QLD 4350
Telephone (07) 4636 7777
Website thevillage.com.au

Direct Services, Target Group: Families/ Couples, Men & Women, Seniors,

Toowoomba Housing Hub

Address Bell Street Mall Entrance - Ground Floor, 10 Russell Street,
TOOWOOMBA CITY QLD 4350

Telephone (07) 4699 4440

Email toowoombahousinghub@chde.qld.gov.au

Hours of operation 9:00 AM to 4:30 PM Mon-Fri



At the Toowoomba Housing Hub, we have people from local government and community organisations working together in the one space with you to assist you to find housing.

YWCA Queensland - Toowoomba

Address 112 Mary St, EAST TOOWOOMBA QLD 4350

Telephone (07) 3230 3410

Website ywca.org.au

Hours of operation 9:00 AM to 5:00 PM Mon-Fri



Y Housing provides affordable permanent rental housing for low-income households. We currently manage more than 70 houses and units in Toowoomba

Specialist Homelessness Services

Homeless Hotline

Telephone 1800 474 753

Website qld.gov.au

Homeless Hotline is a phone information and referral service for people who are experiencing homelessness.

Youth Accommodation Services

Gateway House

Telephone (07) 4639 2740

Website youturn.org.au



Gateway House provides support accommodation for young people aged 16-25 years who have an immediate need for Homelessness support. As part of the program young people are encouraged to engage in education or employment. Young people who are residing in Gateway House are expected to contribute to rents and weekly amenities.

Going Places Toowoomba

Address 64 Annand Street, TOOWOOMBA CITY QLD 4350
Telephone 0428 755 679
Website missionaustralia.com.au



The Going Places service in Toowoomba is a mobile support service for young people aged 16-25 who are at risk of, or experiencing, homelessness. The service applies early intervention approaches to transition young people from homelessness to housing, and support young people to develop the skills to sustain at-risk tenancies and avoid tenancy stress in the long term.

The Haven - YellowBridge QLD

Address 2 Jordan Court, CHARLTON QLD 4350
Telephone (07) 4630 4181
Website yellowbridgeqld.com.au
Email haven@yellowbridgeqld.com.au



"The Haven" provides supported accommodation for homeless or at-risk young people aged from 16 years old. The Haven staffed 24/7 and provides as safe and homely living environment for young people.

Advocacy Services

General Advocacy Services

ADA Australia

Telephone 1800 818 338
Website adaaustralia.com.au
Email info@adaaustralia.com.au



ADA Australia offers free, confidential, client directed advocacy support to people with issues around services in residential aged care or those living at home receiving aged care services.

Aged and Disability Advocacy Australia trading as ADA Australia

Telephone 1800 818 338
Website adaaustralia.com.au
Email info@adaaustralia.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



Aged and Disability Advocacy Australia (ADA Australia) is an independent service offering free, confidential and client-focused services including advocacy support for aged care and community care issues, Guardianship matters, and provision of education and information, throughout Queensland. Target Group: Aged persons who receive a Home Care Package or reside in an aged care home.

Amnesty International Toowoomba Group

Telephone 0411 164 973
Email aitoowoomba@gmail.com



Amnesty International Toowoomba Group is part of a global movement advocating for human rights.

Amparo Advocacy - Toowoomba City

Address 103 Snell Street, TOOWOOMBA CITY QLD 4350
Telephone 0492 876 467
Website amparo.org.au
Email sylvie@amparo.org.au

Offers free help for people from multicultural backgrounds with disability, their families and communities to build their capacity and learn more about disability rights, understanding disability in Australia, gaining confidence to exercise their rights and voice their concerns, assisting to gain access to mainstream and specialised disability services including the NDIS and much more.

Elder Abuse Prevention Unit Help Line

Telephone 1300 651 192
Website eapu.com.au
Email eapu@uccommunity.org.au

The Elder Abuse Helpline promotes the right of older people to live free from abuse.

Highfields RSL Sub Branch, INC

Address Suite 2, 10476 New England Highway, HIGHFIELDS QLD 4352
Telephone (07) 4696 8251
Website highfieldsrsl.org
Email secretary@highfieldsrsl.org



What is the RSL..... Today, the RSL is the largest ex-service organisation in Australia with a national membership of around 200,000. Within Queensland, there are 45,000 members from 250 Sub Branch

Justice and Attorney-General - Toowoomba City

Address 137 Herries Street, TOOWOOMBA CITY QLD 4350
Telephone 13 74 68
Email Peter.Nell@justice.qld.gov.au

We aim to deliver a fair and safe marketplace for Queensland consumers and businesses. To do this, we provide several key Fair Trading services. At this office we: • Handle your complaints; • Investigate possible breaches of our legislation; and • Enforce our legislation through the courts and the Queensland Civil and Administrative Tribunal; • Run proactive compliance operations.

Mental Health Court registry

Telephone (07) 3082 0554
Website courts.qld.gov.au
Email registrarmhc@health.qld.gov.au

The Mental Health Court decides the state of mind of people charged with criminal offences. The court hears matters in Brisbane and also conducts hearings via videoconferencing..

Multicultural Australia - Toowoomba City

Address 15 Snell Street, TOOWOOMBA CITY QLD 4350
Telephone (07) 4632 1466
Website multiculturalaustralia.org.au
Email welcome@multiculturalaustralia.org.au



Multicultural Australia develops relationships with community stakeholders to help bridge the gaps between the structures of government, private corporations and large NGOs to ensure people are heard and can engage.

Office Of The Public Guardian



Telephone 1300 653 187
Website publicguardian.qld.gov.au
Email publicguardian@publicguardian.qld.gov.au

Involuntary guardianship agency for persons identified as having limited decision making capacity.

QE11 Courts of Law Complex

Telephone (07) 3082 0554
Website courts.qld.gov.au
Email registrarmhc@health.qld.gov.au

The Mental Health Court decides the state of mind of people charged with criminal offences. The court hears matters in Brisbane and also conducts hearings via videoconferencing..

Advocacy on behalf of our Members

Telephone (07) 3394 8480
Website qamh.org.au
Email admin@qamh.org.au
Hours of operation 8:30 AM to 4:30 PM Mon-Fri



The Queensland Alliance for Mental Health advocates on behalf of the Community Mental Health and Wellbeing Sector for better recognition within the State.

Registry of Births, Deaths and Marriages

Telephone 13 74 68
Website qld.gov.au
Email bdm-mail@justice.qld.gov.au
Hours of operation 8:30 AM to 4:30 PM Mon-Fri

The Registry of Births, Deaths & Marriages is responsible for registering births, deaths, marriages, change of name & adoptions in Queensland. Family historians can access historical birth, death & marriage records through the registry's family history website.

Save the Children - Toowoomba Branch

Address 578 Ruthven Street, TOOWOOMBA QLD 4350
Telephone (07) 4638 5330
Website savethechildren.org.au
Email lileyfamily@gmail.com



Save the Children Australia advocates for the needs of disadvantaged children in Australia and overseas and in accordance with its mission and policies (refer to www.savethechildren.org.au for details)

Local Advocacy Services

Know your legal rights

Address 10 Hinz St, CLIFTON QLD 4361
Telephone 0408 378 290
Email director@cliftoncare.org

Trying to work through bureaucracy can be difficult. Clifton Care can help

Office Of The Public Guardian



Telephone 1300 653 187
Website publicguardian.qld.gov.au
Email publicguardian@publicguardian.qld.gov.au

Involuntary guardianship agency for persons identified as having limited decision making capacity

PFLAG Toowoomba



Telephone 0478 735 242
Website pflagtoowoomba.org
Email pflagtoowoomba@gmail.com

PFLAG Toowoomba is a group of allies who support the LGBTQIA community and their friends and families.

Stigma and Discrimination Program



Telephone (07) 3013 5555
Website qpp.org.au
Email info@qpp.org.au

This service aims to improve the legal literacy of PLHIV through the provision of education, information and time limited advocacy to those PLHIV who experience stigma, discrimination or other HIV related legal problems affecting their quality of life.

Women's Legal Service - Annerley



Telephone (07) 3392 0644
Website wlsq.org.au
Email admin@wlsq.org.au

Free legal help for women in Queensland with domestic violence, complex family law and sexual assault notes counselling privilege matters.

National & International Advocacy Services

Australian Sickle Cell Advocacy Inc

Telephone 0414 309 995
Website aussicklecelladvocacy.org
Email mail@aussicklecelladvocacy.org



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

Telephone 0407 885 580
Website cataractkids.org.au
Email info@cataractkids.org.au



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.

Good Beginnings and Save the Children join forces - Vincent

Telephone (07) 3199 0500
Website savethechildren.org.au
Email qld.info@savethechildren.org.au

We run programs for children, young people and adults in Australia and overseas. We stand up for children's rights. We're here because we want all children to be educated, healthy and live a life free from violence.

Older Persons Advocacy Network

Telephone 1800 700 600
Website opan.org.au
Email enquiries@opan.com.au

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

Telephone 0419 770 010
Website parkinsons.org.au
Email ceo@parkinsons.org.au
Hours of operation 8:30 AM to 5:30 PM Mon-Fri



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 Information & Counselling

Footprints Community - Fortitude Valley

Telephone (07) 3252 3488
Website footprintscommunity.org.au
Email admin@footprintscommunity.org.au
Hours of operation 9:00 AM to 4:30 PM Mon; 8:00 AM to 4:30 PM Tue-Fri

Footprints Community is a well-regarded not-for-profit provider of community-based services, working in the community for over 30 years. We specialise in working with older people, those that experience disability, mental illness, as well as those who are at risk of homelessness.

General Ageing Services

Claro Aged Care And Disability Services - Loganholme

Telephone 1300 303 770
Website claro.com.au
Email intake@claro.org.au



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

Home Care & Safety Services

Scott Street Pharmacy

Address Medici medical Centre - Shop 1, 15 Scott Street, EAST
TOOWOOMBA QLD 4350
Telephone (07) 4638 3522
Website scottstreetpharmacy.com.au
Hours of operation 8:30 AM to 5:30 PM Mon-Fri; 8:30 AM to 12:30 PM Sat



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

Child Services

Child (and Parent) Information & Counselling

Anglicare SQ Better Relationships - Children and Parenting - Toowoomba

Address 532 Ruthven Street, TOOWOOMBA CITY QLD 4350
Telephone 1300 114 397
Website anglicaresq.org.au
Email mhfw@anglicaresq.org.au



Children and parenting is a case management support program working with the whole family to identify goals and develop a plan to achieve these. We use evidenced based approaches and ensure the family is at the centre respecting they are best placed to tell their story. We facilitate groups aiming to build connections, family wellbeing, social and emotional skills.

Australian Breastfeeding Association - Harristown

Address Toowoomba Community Baptist Church 100 Glenvale Rd,
HARRISTOWN QLD 4350
Telephone 1800 686 268
Website breastfeeding.asn.au



The Australian Breastfeeding Association is a non profit organisation whose goal is to offer mother-to-mother support in the establishment and continuation of breastfeeding.

Camp Quality Queensland

Telephone (07) 3216 0299
Website campquality.org.au
Email reception@campquality.org.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



Our Purpose is to give kids impacted by cancer the chance to be kids again in a safe, fun and supportive environment. We do this through positively changing a child's cancer experience, with entertaining, play-based education and recreational camps and retreats that strengthen the mental wellbeing and improve the quality of life of children and their family.

Childbirth and Parenting Education Association Toowoomba Inc. (CPEA)

Email cpea.toowoomba@gmail.com

We provide services in the Toowoomba Regional Council region.

Children By Choice Association Incorporated

Telephone (07) 3357 5377
Website childrenbychoice.org.au
Email advocacy@childrenbychoice.org.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri

Children by Choice provide a Queensland-wide telephone counselling, information and referral service on all unplanned pregnancy options - abortion, adoption and parenting. Face to face counselling services are available in the Brisbane region by appointment.

Eva's Place Pregnancy and Early Parenting Support Inc. - Toowoomba

Address 1st Floor 5 Bell St, TOOWOOMBA QLD 4350
Telephone 1300 560 665
Website evasplace.com.au
Email info@evasplace.org.au



A unique opportunity for men and women who have a baby on the way or have a child under the age of one to gain friendship, life skills, pregnancy care knowledge and parenting skills through regular meetings with a mentor. You can meet as often as you need to empower you to learn, grow and be a good parent to your child.

Family Participation Program (FPP)

Address 2 Hodgson Street, TOOWOOMBA QLD 4350
Telephone (07) 4632 0338
Website goolburri.org.au
Email intake@goolburri.org.au



Support for Family participation for Aboriginal and/or Torres Strait Islander families subject to notification in the child protection system

Family Wellbeing Services

Address 2 Hodgson Street, TOOWOOMBA QLD 4350
Telephone (07) 4632 0338
Website goolburri.org.au
Email intake@goolburri.org.au



Goolburri Family Wellbeing Service supports Aboriginal and Torres Strait Islanders with a range of services to strengthen families and communities relationship while protecting the vulnerable and those at risk.

Foster and Kinship Care Service

Address 2 Hodgson Street, TOOWOOMBA QLD 4350
Telephone (07) 4632 0338
Website goolburri.org.au
Email intake@goolburri.org.au



Support for children and young people ages under 18 requiring family bases out of home care and their carers.

Pregnancy Birth and Baby

Telephone 1800 882 436
Website pregnancybirthbaby.org.au
Email info@nhccn.com.au
Hours of operation All Hours



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.

Children's Contact Service

Telephone (07) 3497 2812
Email contactus@kindredconnect.com.au
Hours of operation 9:00 AM to 6:00 PM Mon; 8:00 AM to 6:00 PM Tue-Sun



Supervised Contact for children and parents

Kummara Indigenous Family Care

Telephone (07) 3846 5654
Email administration@kummara.org.au

Care & Support, Target Group: Aboriginal & Torres Strait islander

Magic Coat for Kids Pty Ltd

Telephone 0477 997 661
Website themagiccoat.com
Email admin@themagiccoat.com



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.

Intensive Family Support service

Address 104 South Street, CENTENARY HEIGHTS QLD 4350
Telephone (07) 4617 7600
Website mercycommunity.org.au
Email culturaldiversityhub@mercycommunity.org.au



Our Connected Families Program supports families with children and/or young people up to 18 years of age who might be experiencing a range of challenges that are impacting the children and young people in the family in a variety of ways.

Mercy Community Family and Child Connect - Toowoomba

Address 104 South Street, CENTENARY HEIGHTS QLD 4350
Telephone (07) 4617 7600
Website mercycommunity.org.au
Email culturaldiversityhub@mercycommunity.org.au



Family and Child Connect can help with a range of family and parenting challenges. We'll talk with you about your situation and work out the type of support you might find helpful.

Child, Youth and Family

Address 145 Taylor Street, NEWTOWN QLD 4350
Telephone (07) 4616 3100
Website lwb.org.au
Email nextstepreferrals@lwb.org.au



Our foster care, residential care and after care services provide a safe and supportive environment where they can heal and grow.

Oz Child Toowoomba

Telephone (07) 4591 8500
Website ozchild.org.au
Email hello@ozchild.org.au

We are focused on providing support for children and young people in foster and kinship care and keeping families together where possible. This is done through the delivery of evidence-based programs and services aimed at strengthening and repairing relationships.

Parentline

Telephone 1300 301 300
Website parentline.com.au
Email admin@parentline.com.au
Hours of operation 8:00 AM to 10:00 PM Every day



Parentline offers free confidential phone and WebChat counselling and support for parents and carers of children in Queensland and the Northern Territory.

Reachout Australia

Telephone (02) 8029 7777
Website about.au.reachout.com
Email info@reachout.com

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

Red Gate Bowen and Breastfeeding Clinic - Ravensbourne

Address 3468 Esk Hampton Road, RAVENSBORNE QLD 4352
Telephone 0418 183 050
Email sue@redgateclinic.com.au

Bowen Therapy for all ages, gentle relaxing treatment to help relax, rebalance & get people moving again usually with a couple visits IBCLC (Lactation Consultant) Breastfeeding can sometimes feel overwhelming & challenging with lots of different advice. I provide experienced, caring breastfeeding help so you can feel supported, informed & confident in your breastfeeding journey.

Red Nose

Telephone 1300 998 698
Website rednose.org.au
Email info@rednose.com.au



Safe Sleeping Public Health Campaign

The Aussie Hands Foundation Inc

Website aussiehands.org
Email info@aussiehands.org
Hours of operation 10:00 AM to 3:00 PM Mon-Fri



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.

Toowoomba and District Multiple Birth Association

Website tdmba.tidyhq.com
Email admin@tdmba.amba.org.au



Covering the Darling Downs and south-west QLD region, our association is a self-help peer network providing a range of connections to support families as they commence or continue along their journey with multiples.

Unitingcare Community - Toowoomba Intensive Family Support Services

Telephone (07) 4633 9214
Website unitingcareqld.com.au



Intensive Family Support Service (IFSS) teaches families how to nurture, protect and keep children safe and ultimately keep families together.

USQ Volleyball Club - Toowoomba

Address West Street, DARLING HEIGHTS QLD 4350
Telephone 1800 803 781
Email usqcollege@usq.edu.au

Act for Kids work with vulnerable families with complex needs. Provide case management support for families. Intensive support may include allied health practitioners, in-home support workers, cultural advisors and specialist domestic and family violence practitioners.

WIRRAGLEN SUPPORT GROUP INC - Highfields

Address 19 Wirraglen Road, HIGHFIELDS QLD 4352
Telephone 0438 769 524
Website wirraglen4homeschool.wixsite.com
Email woollams@hotmail.com

All home educators welcome, irrespective of experience. Meet at Highfields location each Thursday for networking and recreation. Centre includes park, facilities and materials.

Child Protection Services

Brisbane and Moreton Bay Region - Child Safety After Hours Service Centres

Telephone 13 74 68
Website dcssds.qld.gov.au



Contact the Child Safety After Hours Service Centre on 1800 177 135. The service operates 24 hours a day, seven days a week.

K.I.N. Care Services (Qld) Pty Ltd

Website kincareservices.com.au
Email dee@kincareservices.com.au



We work closely with the Department of Child Safety, Youth and Women to support families and do so in a way which supports their long-term safety and happiness. We are also registered NDIS providers. We have a team of highly skilled professionals to support families and participants in ensuring each individual is provided the supports they need to meet their full potential.

Office Of The Public Guardian

Telephone 1300 653 187
Website publicguardian.qld.gov.au
Email publicguardian@publicguardian.qld.gov.au



The OPG administers the Community Visitor Program for children and young people which plays an important role in supporting children and young people in the child protection system.

Roma Child Safety Service Centre

Telephone (07) 4578 8300
Website dcssds.qld.gov.au



Child safety service centres provide support and a range of services to children, young people, families and carers to ensure children's safety and wellbeing and to prevent children from being harmed.

South West Region Child Safety

Telephone (07) 3432 1400
Website dsdsatsip.qld.gov.au



Child safety service centres provide support and a range of services to children, young people, families and carers to ensure children's safety and wellbeing and to prevent children from being harmed.

Toowoomba South Child Safety Service Centre

Address Level 1 128 Margaret St, TOOWOOMBA QLD 4350
Telephone (07) 4614 8900
Website dcssds.qld.gov.au



Child safety service centres provide support and a range of services to children, young people, families and carers to ensure children's safety and wellbeing and to prevent children from being harmed.

General Child Services

CandK - Fairview Heights Community Kindergarten

Address 19 Hargrave St, WILSONTON QLD 4350
Telephone (07) 4633 1200
Website candk.asn.au
Email fairviewheights@candk.asn.au



New C&K kindergarten opening in 2011. This is a single unit service. To place your child on the waiting list, email waitinglist@candk.asn.au or visit www.candk.asn.au

Child Investigation Unit - Toowoomba

Address 161 Hume Street, TOOWOOMBA CITY QLD 4350
Telephone (07) 4631 6333
Website police.qld.gov.au
Hours of operation 9:00 AM to 5:00 PM Every day



The Brisbane Central District Child Protection & Investigation Unit works with juvenile offenders and young victims of crime, investigating child abuse and general child related crimes and providing cautioning to children up to 17 years of age.

Creche and Kindergarten Assoc of QLD - South West Regional Office

Address Toowoomba Education Centre, Baker Street, DARLING HEIGHTS
QLD 4350
Telephone (07) 4630 2046
Website candk.asn.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri

Established in 1907, C&K has a range of community based pre-schooling services to suit the changing needs of Queensland families. There are more than 400 C&K centres including kindergartens, child care centres, family day care schemes, in home care and an indigenous resource centre which services families with young children across the state. C&K services provide children with a nurturing, ...

Goombungee Little Folks Group

Address 59 Mocatta Street, GOOMBUNGEE QLD 4354
Telephone (07) 4696 5215

Goombungee Little Folks Group offers a quality and educational kindergarten program for children aged 3-5 years.

Highfields and District Kindergarten

Address 1 Bloodwood Street, HIGHFIELDS QLD 4352
Telephone (07) 4630 8864
Website candk.asn.au
Email admin@highfieldskindergarten.com.au

Welcome to Highfields & District Kindergarten. We are a double unit Kindergarten with four groups of children. Each group attends for 30 hours over a 5 day fortnight. We cater for children 3.5 years to 5 years of age in the year before they attend prep.

Inclusion Support Program

Telephone 1800 811 039
Website inclusionsupportqld.org.au
Email inclusionsupportqld@ku.com.au

The Inclusion Support Program has a focus on building Early Childhood and Child Care services' ability and confidence to include children with additional needs and relying less on ISP funding support.

ISA Darling Downs/South West Queensland (Garndoo Jarowair)

Address 6 Royal Street, TOOWOOMBA CITY QLD 4350
Email isa.garndoo@uccommunity.org.au

UnitingCare Community is a leading provider of community services in Queensland and we pride ourselves on client-focused care. As we're part of the UnitingCare Queensland group of community service organisations, we have a strong values base namely: compassion, justice, respect, working together and leading through learning.

Kingsthorpe Church of Christ

Address Corner North & East Tce, KINGSTHORPE QLD 4400
Telephone (07) 4630 0799
Email peterbobrige@bigpond.com

Mens Ministry Womens Ministry Youth Group Sunday School Playgroup Sunday Service

Make-A-Wish Foundation Australia

Telephone 1800 032 260
Website makeawish.org.au

Established in 1985, Make-A-wish Australia is a not-for-profit organization with a mission to bring magic and joy to children with a life-threatening illness. We do this by granting a most cherished Wish.

Pittsworth Kindergarten Association

Address 43 Short St, PITTSWORTH QLD 4356
Telephone (07) 4693 1027

C & K Kindergarten

Raising Connected Kids

Telephone 0430 306 111
Website raisingconnectedkids.com.au
Email karen@connectededucation.com.au

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.

Save the Children - Toowoomba Branch

Address 578 Ruthven Street, TOOWOOMBA QLD 4350
Telephone (07) 4638 5330
Website savethechildren.org.au
Email lileyfamily@gmail.com

54 reasons

Supports a Thrift Shop selling donated clothing and small items to obtain income for Save the Children's state, national and world-wide programs to help disadvantaged and abused children. The Shop is staffed by volunteers - applications welcome!

The Smith Family - Newtown

Address 11 Polo Street, NEWTOWN QLD 4350
Telephone (07) 4659 0614
Website thesmithfamily.com.au



The Smith Family is a national, independent non-profit organisation committed to helping disadvantaged Australian children by unlocking opportunities through education and learning.

Toowoomba Salvation Army

Address 22 Prescott Street, TOOWOOMBA QLD 4350
Telephone (07) 4632 6036
Email toowoomba.corps@salvationarmy.org.au

At the Salvation Army Family Store in Toowoomba we provide provision of toys for children at Christmas. Detailed information required to choose appropriate gifts for children. Evidence required of children in full-time care. Only one parent/carer able to collect items for their dependants.

Play Groups & Childcare

A country Garden Early Childhood Centre- Jacaranda House

Address A Country Garden Early Childhood Centre 52 - 54 Drayton Road,
HARRISTOWN QLD 4350
Telephone (07) 4635 0818
Website acountrygarden.com.au
Email reception@acountrygarden.com.au

We provide services in the Toowoomba Regional Council region.

Bright Start Child Care Centre

Address 8 Healy Street, TOOWOOMBA QLD 4350
Telephone (07) 4636 4944

We provide services in the Toowoomba Regional Council region.

CandK - Kulila Indigenous Kindergarten

Address 13 Taylor Street, TOOWOOMBA QLD 4350
Telephone (07) 4638 2788
Website candk.asn.au
Email kulilakindergarten@gmail.com



High quality early childhood education for Aboriginal & Torres Strait Islander 3 1/2 to 4 year olds. "Where Murri Kids Excel"

Cambooya Community Kindergarten Assoc Inc

Address 21 William Street, CAMBOOYA QLD 4358
Telephone (07) 4696 1611

C&K Community Kindergarten, which caters for children aged 3-5yrs. Operates 4-5 days a week. Qualified teachers and services Cambooya and the surrounding communities.

Cherubs Early Learning and Kindergarten

Address 42 Raff Street, TOOWOOMBA QLD 4350
Telephone (07) 4632 0575
Website cherubschildcare.com.au
Email cherubs@iinet.net.au

We provide services in the Toowoomba Regional Council region.

Children's Educare Centre

Address 6 Margaret Street, EAST TOOWOOMBA QLD 4350
Telephone (07) 4639 4577
Website startingblocks.gov.au
Email tammy@educarecec.com.au

We provide services in the Toowoomba Regional Council region.

Chiselhurst Preschool and Kindergarten

Address 12 Stonehaven Street, MOUNT LOFTY QLD 4350
Telephone (07) 4632 2044
Website chiselhurst.com.au
Email info@chiselhurst.com.au

We provide services in the Toowoomba Regional Council region.

CPEA Playgroup

Address 43 Kitchener St, TOOWOOMBA QLD 4350
Telephone 0405 444 202
Email cpea.toowoomba@gmail.com



Weekly Playgroup and a monthly Coffee Morning featuring guest speaker

Crows Nest and District Children's Centre and Kindergarten

Address 40 Emu Creek Road, CROWS NEST QLD 4355
Telephone (07) 4698 1543

Long Day Care providing Before and After School Care and Vacation Care

Gabbinbar State School OSHC

Address 200-202 Stenner Street, MIDDLE RIDGE QLD 4350
Telephone (07) 4631 5266
Email pandc@gabbinbarss.eq.edu.au

Providing quality after school and vacation care to primary school aged children from all schools. The services has been operating for over 10 years and is provided by the P&C association. The staff are qualified and friendly with programs tailored to your child's needs.

Glenvale Outside School Hours Care

Address 224 Glenvale Road, GLENVALE QLD 4350
Telephone 0408 717 616
Email admin@glenvaleess.eq.edu.au

We provide services in the Toowoomba Regional Council region.

Glenvale World of Learning

Address 615 Greenwattle St, GLENVALE QLD 4350
Telephone (07) 4634 1868
Website worldoflearning.com.au
Email reception@g8education.edu.au



Providing quality education and care for children aged 15 months to 6 years

Wandir Gunde Playgroup

Telephone 0499 078 016
Website goondir.org.au
Email info@goondir.org.au
Hours of operation 9:30 AM to 11:30 AM Wed



Wandir Gunde (meaning Little Stars) Playgroup is a free playgroup that meets each week during school term offering a friendly place for parents to share time with other families in the Dalby area.

HOLISTIC APPROACH FAMILY DAY CARE SCHEME

Telephone 0437 237 760
Website holisticapproachfdc.com
Email traceythomas.hafdc@outlook.com

Family Day Care Service in Toowoomba and surrounding areas

Kath Dickson Family Day Care

Address 2 Lawrence Street, TOOWOOMBA QLD 4350
Telephone (07) 4633 8400
Website kdfc.com.au
Email info@kdfc.com.au

Family day care may be just what you're looking for! Through our established network of fully trained and registered educators in Toowoomba, South West Queensland and the Sunshine Coast.

KindyLinQ - Fairview Heights State School

Address 75 McDougall Street, WILSONTON QLD 4350
Telephone (07) 4659 2888
Website fairviewheightsss.eq.edu.au
Email admin@fairviewheightsss.eq.edu.au
Hours of operation 9:00 AM to Midday Wed-Thu



Fun, free play and learn sessions for 3 year olds and their family. KindyLinQ is a program for families with young children in the year before Kindy. You and your child will explore, sing, create, socialise, play and learn. It is all about making the early years count by supporting their early learning and development.

KindyLinQ - Fairview Heights State School

Address 75 McDougall Street, WILSONTON QLD 4350
Telephone (07) 4659 2888
Website fairviewheightsss.eq.edu.au
Email admin@fairviewheightsss.eq.edu.au
Hours of operation 9:00 AM to Midday Wed-Thu



Fun, free play and learn sessions for 3 year olds and their family. KindyLinQ is a program for families with young children in the year before Kindy. You and your child will explore, sing, create, socialise, play and learn. It is all about making the early years count by supporting their early learning and development.

Leaps and Bounds Parklands

Address 10 Moran Street, WILSONTON QLD 4350
Telephone (07) 4634 1024
Website leapsandbounds.au
Email hello@leapsandbounds.au
Hours of operation 6:30 AM to 6:00 PM Mon-Fri

Our focus is to create a homely, relaxed environment where children are encouraged to be curious of the world around them. Our garden, with its magnificent tree canopy, beautiful lawn and nature play areas, offers endless fun, adventure and treasures to discover and our indoor spacious rooms with natural light and minimalistic décor provide a vibrant and welcoming environment.

LifeSupport Youth Group

Address Bottle Tree Hall, Hume Street, PITTSWORTH QLD 4356
Telephone 0418 615 773
Website harvestnewlifechurch.org
Email dolleybc@gmail.com
Hours of operation 9:30 AM to 11:30 AM Wed



"Calling all preschoolers and parents! Join us for a delightful morning of play, friendship, and coffee. Let's create cherished memories together." Pittsworth Playzone Wednesday 9:30 am during school term

Lollipop Lane Child Care Centres - Toowoomba

Address 855 Ruthven St, TOOWOOMBA QLD 4350
Telephone (07) 4635 2990

Imagine for Children South Child Care Centre is owned and operated by Chris and Kylie Moore, a local family, giving you peace of mind that your children are being cared for by highly trained educators and dedicated 'hands on' owners.

Maclagan Windermere Kindergarten

Address 30 Margaret St, MACLAGAN QLD 4352
Telephone (07) 4692 1206
Website candk.asn.au
Email maclagankinde@bigpond.com

Maclagan Windermere Kindergarten provides access to quality early education and care in a supportive community environment to children aged 2.5-4 years from Maclagan, Bell, Cooyar and surrounding areas. Our qualified and dedicated professional staff work in partnership with parents in a caring, safe and inspiring environment to provide experiences that lay the foundations for life-long learning.

Middle Ridge Child Care Centre

Address 160 Spring Street, MIDDLE RIDGE QLD 4350
Telephone (07) 4635 5700
Website goodstart.org.au
Email chd@goodstart.org.au
Hours of operation 9:00 AM to 6:00 PM Mon; 7:00 AM to 6:00 PM Tue-Sun

Government Accredited Kindergarten Program At Goodstart Middle Ridge, you and your child can enjoy the best of both worlds. Our centre offers a Government-funded kindergarten program and long day care under the one roof. Our kindergarten teachers are University qualified and provide a play-based learning program that will support your child in learning the skills for school and life.

Millmerran Creche and Kindergarten Association

Address 34 Margaret Street, MILLMERRAN QLD 4357
Telephone (07) 4695 1764
Website candk.asn.au
Email millmerran@candk.asn.au



Community Kindergarten

MIRAMBEENA CHILDREN'S CENTRE - Darling Heights

Telephone (07) 4630 1989
Website mirambeenachildrenscentre.com.au
Email miramben@usq.edu.au

A not for profit community based childcare service providing quality care for babies through to school aged care.

Mothercraft Childcare Centre

Address 6 Little Street, TOOWOOMBA QLD 4350
Telephone (07) 4632 4728

We are a community based not for profit childcare centre in the city centre.

Newtown Outside School Hours Care

Address 74 Mary Street, EAST TOOWOOMBA QLD 4350
Telephone (07) 4614 5777
Email the.principal@newtownss.eq.edu.au

We provide services in the Toowoomba Regional Council region.

Oakey Community Preschool and Kindergarten

Address 90 Beale Street, OAKEY QLD 4401
Telephone (07) 4691 1075

Operate two groups Monday, Wednesday and Friday - 9.00 am to 2.30 pm or Tuesday and Thursday - 9.00 am to 2.30 pm. Offering a pre-prep program. Affiliated with C & K

Pittsworth State School Outside School Hours Care

Address 42 Hume Street, PITTSWORTH QLD 4356
Telephone (07) 4619 8333
Website pittsworthss.eq.edu.au
Email admin@pittsworthss.eq.edu.au

Provide after school and holiday care for school aged children Prep to year 7.

Rangeville Outside School Hours Care

Address 32A High Street, RANGEVILLE QLD 4350
Telephone (07) 4617 7388
Website rangevilless.eq.edu.au
Email roshc@rangevilless.eq.edu.au

Rangeville Outside School Hours Care (ROSHC) is a licensed Early Childhood Education and Care Service that provides quality care for Rangeville State School students. The service, which is conveniently located on the school campus, offers a flexible, engaging program before and after school, as well as during school holidays and Pupil Free Days.

Rosewood Community Kindergarten Toowoomba

Address 10 Rosewood Street, TOOWOOMBА QLD 4350
Telephone (07) 4638 2729

We provide services in the Toowoomba Regional Council region.

Toowoomba East State School Outside School Hours Care

Address Cnr Arthur and Mary Streets, TOOWOOMBА CITY QLD 4350
Telephone (07) 4637 5222
Website toowoombaeastss.eq.edu.au
Email principal@toowoombaeastss.eq.edu.au

We are proud to partner with Camp Australia to provide our Outside School Hours Care (OSHC) program. Camp Australia programs are centred on child enrichment, while ensuring a reliable, engaging and hassle-free OSHC service at our school. Their engaged educators foster a safe, inclusive environment where children can relax, have fun and grow.

Treasure Island Childcare

Address 26 Tooth Street, CLIFTON QLD 4361
Telephone (07) 4697 3000
Website treasureislandchildcare.org.au
Email treasure@bigpond.net.au
Hours of operation 7:00 AM to 6:00 PM Mon-Fri



A friendly long day care service providing care for children from 6 weeks to school age. We also provide a kindergarten program 3 days per week, before school, after school and Vacation care. Open from 7am to 6 pm Mon - Fri. Three meals provided daily cooked fresh on site. Providing quality culturally inclusive care for all families.

UnitingCare - Toowoomba Long St

Address 17 Long St, TOOWOOMBA QLD 4350
Telephone (07) 4688 3930
Website unitingcareqld.com.au



Inclusion Support Agency - Darling Downs

YMCA Darling Heights OSHC

Address Wuth Street, DARLING HEIGHTS QLD 4350
Telephone (07) 4635 6308
Website ymcachildcare.com.au
Email adh@ymcabrisbane.org



YMCA Outside School Hours Care (OSHC) provides fun, stimulating and safe care for primary and secondary school children before and after school. At out of school hours care, children have the opportunity to participate in cooking, sport, music, art, dance and so much more.

Community Clubs & Interest Groups

Children & Youth Clubs

Australian Air Force Cadets - 210 SQN

Address O'Quinn Street, HARRISTOWN QLD 4350
Telephone 0407 355 415
Website airforcecadets.gov.au
Email socialmedia@airforcecadets.gov.au

We are a youth development organisation for youth aged 13-18 years with an interest in Aviation, teamwork, leadership and friendship.

Australian Navy Cadets Training Ship Toowoomba

Address Hennessy Street, HARRISTOWN QLD 4350
Telephone 0408 743 316
Email jennifer.watson@navycadets.gov.au

Australian Navy Cadets is a youth development organisation.

Bunya Park Scout Group Toowoomba

Address 21-23 Geoffrey Street, MOUNT LOFTY QLD 4350
Telephone 0412 126 784
Website scoutsqld.com.au
Email bunyparkscoutgroup@outlook.com
Hours of operation 6:00 PM to 8:00 PM Wed; 5:00 PM to 6:30 PM Fri



A youth group for girls and boys young women and young men fostering independence, self confidence and leadership. Hut for short or long term hire by sport and rec groups.

Crows Nest Boys' Brigade

Address St Luke's Lutheran Church, 21 Toowoomba Road, CROWS NEST
QLD 4355
Website bbqld.org.au
Email bbqld1stcrowsnest@brigadeaustralia.org
Hours of operation 5:30 PM to 8:15 PM Wed



Providing young people with a mix of fun, adventure and challenge, BB mentors and empowers each member to reach for their potential, building their resilience and enabling them to find their place in leading and impacting their world today and into the future.

Edmund Rice Camps Queensland

Telephone 0409 878 442
Website ercampsqld.org
Email ercqld@edmundrice.org
Hours of operation 7:30 AM to 5:00 PM Mon-Fri

Edmund Rice Camps Queensland is a community based not - for - profit organisation, providing recreational activities for children, youth and families who may not otherwise have the opportunity. We deliver peer - mentoring programs supported by committed and passionate young adult volunteers with children who are referred to us by other community support organisations.

First Crow's Nest Girls Brigade

Address Thallon Street, CROWS NEST QLD 4355
Telephone 0429 979 216
Website girlsbrigade.org.au
Email jasans@icr.com.au



Girls Brigade is a vibrant community group providing activities for girls of all ages. Girls Brigade meet once a week with a program which has been developed especially for girls, incorporating physical, social, educational and spiritual aspects

Girl Guide Hut - Mount Lofty, Toowoomba

Address 62 Wooldridge St, MT LOFTY QLD 4350
Telephone (07) 3357 1266
Website guidesqld.org
Email yellaloomtloftydm@guidesqld.org



Guiding in Queensland was established in 1919 and today, Girl Guides Queensland is the largest youth organisation for girls and young women in Queensland with over 4000 youth members, 900 Leaders and adult Members, and more than 1000 active volunteers.

Rangeville Community Church

Address Rangeville Community Church, 362 Mackenzie Street, RANGEVILLE QLD 4350
Telephone (07) 4636 1144
Website rangeville.com
Email space.pilots.club@gmail.com



Space, science, technology themed Youth group

Toowoomba Boys' Brigade

Address St Stephen's Uniting Church, 51 Neil Street, TOOWOOMBA QLD
4350
Telephone (07) 4632 2971
Website bbqld.org.au
Email boysbrigade@ststephensuniting.org.au
Hours of operation 5:30 PM to 9:00 PM Mon



Providing young people with a mix of fun, adventure and challenge, BB mentors and empowers each member to reach for their potential, building their resilience and enabling them to find their place in leading and impacting their world today and into the future.

Community Service Clubs

Kingsthorpe Progress Association Inc

Address 2 Petersens Road, KINGSTHORPE QLD 4400
Telephone (07) 4630 0830
Email kingsthorpeprogress@gmail.com

Assisting youth, community, promoting sport and protecting the environment.

Crisis & Emergency Services

Abuse & Assault Services

Full Stop Australia

Telephone 1800 424 017
Website fullstop.org.au

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.

National Disability Abuse and Neglect Hotline

Telephone 1800 880 052
Website jobaccess.gov.au
Email hotline@workfocus.com
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



Hotline to report concerns about abuse or neglect of a person with a disability.

Relationships Australia - Toowoomba

Telephone 1300 364 277
Website raq.org.au



Provides counselling for women and children experiencing domestic and/or family violence. Court support in Toowoomba, Oakey, Dalby, Chinchilla, Nanango, Kingaroy, Murgon, Warwick, Stanthorpe, Goondiwindi. Community education and awareness events.

Crisis Counselling & Intervention Services

Domestic and Family Violence Mensline

Telephone 1800 600 636
Website dvconnect.org
Email mail@dvconnect.org
Hours of operation 9:00 AM to Midnight Every day



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

Domestic and Family Violence Womensline

Telephone 1800 811 811
Website dvconnect.org
Email mail@dvconnect.org
Hours of operation All Hours



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

Family Drug Support Australia

Telephone 1300 368 186
Website fds.org.au

Information, help and support for families affected by drug use.

Harlaxton Neighbourhood Centre Inc

Address 17D Coonan Street, HARLAXTON QLD 4350
Telephone (07) 4639 2868
Email harlaxtonnc@bigpond.com
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



The charitable food sector, including institutions like food banks, food pantries, soup kitchens, and feeding programs, is working together to address food insecurity so we are funded by the Dept of Communities which we turn into food vouchers which then you take up to FoodAssist in Vanity St to collect your food Parcel

Healing Worlds

Telephone 0432 985 980
Website quora.com
Email healingworlds@aol.com
Hours of operation All Hours

Contact by SMS, or, make appointment online via Facebook. First session free.

Lifeline - National phone service

Telephone 13 11 14
Website lifeline.org.au
Hours of operation All Hours



Lifeline connects people with care by providing Crisis Support; Suicide Prevention; Mental Health Support.

Lifeline Gambling Help Toowoomba and South West Qld

Address 33 Russell St, TOOWOOMBA QLD 4350
Telephone 1800 975 252
Website lifelinedarlingdowns.org.au
Email tcsadmin@tranquillitycareservices.org.au



1. Counselling for problem gamblers and/or those impacted by the gambling of others. Individual counselling, workshops, groups 2. Community education: service providers, community, venues.

National Cannabis Prevention and Information Centre

Telephone 1800 304 050

The Helpline is a confidential information and support line for cannabis users and friends and family who are concerned about cannabis use by those close to them. . We provide counselling, information and referrals that will assist you in your current situation. We will link you to the most appropriate support services and resources for your situation in your area.

Needle Clean Up Helpline

Telephone 1800 633 353
Email info@thealbioncentre.org.au

24 hour phone safe needle disposal advice.

Parents Beyond Breakup

Telephone 1300 853 437
Website parentsbeyondbreakup.com
Email enquiries@parentsbeyondbreakup.com

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

Queensland Homicide Victims Support Group

Telephone 1800 774 744

We provide services in the Toowoomba Regional Council region.

Suicide Call Back - National Phone Service

Telephone 1300 659 467
Website suicidecallbackservice.org.au
Hours of operation All Hours



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

Beauaraba Living, Pittsworth Qld

Address 10 Weale Street, PITTSWORTH QLD 4356
Telephone (07) 4619 8422
Website beauarabaliving.org.au
Email enquiries@beauarabaliving.org.au



Residential Care Respite Care Medical Centre DVA Convalescent. We provide services in the Toowoomba Regional Council region. Please contact us for more information.

Clifton Co-Op Hospital

Address 20 Norman St, CLIFTON QLD 4361
Telephone (07) 4697 3735
Website cliftonhospital.org

We provide services in the Toowoomba Regional Council region.

Clifton Local Ambulance Committee

Address 15 Kates Street, CLIFTON QLD 4361
Telephone (07) 4697 3757
Email bernietrim@bigpond.com

Fund Raising for Local Ambulance Committee

Clifton SES

Address 6 Tooth Street, CLIFTON QLD 4361
Telephone (07) 4697 3300

The State Emergency Service (SES) is an Australian volunteer organisation that provides emergency help during and after declared (natural or otherwise) disasters. The SES is also the primary or secondary agency for emergencies, such as storm damage, flood damage, building damage, traffic hazards and road crash rescue.

Crime Prevention Co-ordinator - Darling Downs District

Address 52 Neil Street, TOOWOOMBA QLD 4350
Telephone (07) 4631 6755
Website police.qld.gov.au
Email Dcpc.Toowoomba@police.qld.gov.au



Crime Prevention advice, community education and engagement First Nations & Cross Cultural engagement.

Crows Nest and District Care Services

Address 8 Grace Street, CROWS NEST QLD 4355
Telephone (07) 4698 3555
Website villages.com.au
Email crowsnest@cofc.qld.gov.au

We provide services in the Toowoomba Regional Council region.

Eva's Place Pregnancy and Early Parenting Support Inc. - Toowoomba

Address 1st Floor 5 Bell St, TOOWOOMBA QLD 4350
Telephone 1300 560 665
Website evasplace.com.au
Email info@evasplace.org.au
Hours of operation 9:00 AM to 3:30 PM Tue-Wed,Fri



Information and pregnancy options consulting for people in unintended or challenging pregnancies.

LifeFlight Australia

Telephone (07) 3037 2299
Website lifeflight.org.au
Email info@lifeflight.org.au
Hours of operation 8:30 AM to 5:00 PM Mon-Fri



For more than forty years, RACQ LifeFlight Rescue has been Queensland's leading community helicopter rescue service delivering emergency response, critical medical care and hospital airlifts to seriously ill and injured people.

Pittsworth Police Station

Address 79 Yandilla Street, PITTSWORTH QLD 4356
Telephone (07) 4693 1122
Website police.qld.gov.au
Email Johnson.Stephen@police.qld.gov.au



We provide services in the Toowoomba Regional Council region.

Police Link

Telephone 13 14 44
Website police.qld.gov.au



Every day the Queensland Police Service, your police service, works tirelessly to ensure the safety and security of the community.

Queensland Ambulance Service - Toowoomba

Address 168 Herries Street, TOOWOOMBA CITY QLD 4350
Telephone 13 74 68
Website ambulance.qld.gov.au

We provide services in the Toowoomba Regional Council region.

Queensland Police Service - Toowoomba

Address 219A James Street, TOOWOOMBA QLD 4350
Telephone (07) 4631 6733
Website police.qld.gov.au



We provide services in the Toowoomba Regional Council region. Please dial 000 for emergencies only.

RACQ Lifeflight Rescue

Address 180 McDougall Street, WILSONTON QLD 4350
Telephone (07) 4592 5799
Website lifeflight.org.au
Email marketing@lifeflight.org.au



RACQ CareFlight Rescue has been providing an emergency rescue helicopter service to the communities of southern Queensland for almost three decades, treating more than 15,000 sick and injured people in that time. The crew is on standby 24/7 to respond to a patient's needs within minutes of being tasked.

RACQ Lifeflight Rescue

Address 180 McDougall Street, WILSONTON QLD 4350
Telephone (07) 4592 5799
Website lifeflight.org.au
Email marketing@lifeflight.org.au



RACQ LifeFlight Rescue has been Queensland's leading community helicopter rescue service for more than 40 years. We are there for all Queenslanders - no matter when or where you need us. In 2022-23, Toowoomba was RACQ LifeFlight Rescue's busiest base. Our crews helped 725 people, valued at approximately \$15.2 million, at no cost to our patients.

Sequest

Telephone 0422 687 352
Website sequestradio.org
Hours of operation All Hours

Volunteers who provide emergency & safety of life communications on the Citizen Band & Maritime radio frequencies along with community information on Facebook & Twitter 24/7 Phone or SMS 0422 687 352

St Vincent de Paul Society Queensland - Toowoomba

Address 6 Julia Street, TOOWOOMBA CITY QLD 4350
Telephone 1800 846 643
Website qld.vinnies.org.au
Email toowoomba.office@svdpqld.org.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



Family Support, Family Intervention Service, Disability Services, Supports Coordination, Retail, Youth

Team Rubicon Australia

Telephone (02) 8815 8113
Website disasterreliefaus.org
Email info@disasterreliefaus.org

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.

Toowoomba Regional Council

Address 4 Little Street, TOOWOOMBA CITY QLD 4350
Telephone 13 18 72
Website tr.qld.gov.au
Email info@tr.qld.gov.au



The Toowoomba Regional Council (TRC) is responsible for the coordination and management of resources, to ensure and maintain safe communities within the region prior to, during and after a disaster.

Welfare Assistance & Support Services

Centrelink Customer Service Centre - Toowoomba

Address 12 Bell St, TOOWOOMBA QLD 4350
Telephone 13 28 50
Website servicesaustralia.gov.au



We deliver social and health-related payments and services. Please call us for more information on the services that we provide and we can help assist you.

Cultural and Migrant Services

General Cultural Groups

Multi-Faith Multicultural Centre - Toowoomba

Address 57 West Street, NEWTOWN QLD 4350
Telephone (07) 4659 8054
Website interfaith-harmony.org
Email mfmcc.pllc@gmail.com

To strengthen social cohesion, promote greater social trust through greater appreciation of diversity in faiths and beliefs across multicultural communities.

Afghan Community Toowoomba

Address 104 South Street, RANGEVILLE QLD 4350
Telephone 0469 375 314
Email afghancommunitytoowoomba@gmail.com

This is a community for afghans people who live in Toowoomba to hold our celebrations and associate.

Alliance Française De Toowoomba

Address Suite 1, Level 1, 217 Margaret Street, TOOWOOMBA CITY QLD 4350
Telephone 0438 143 970
Website frenchtoowoomba.com
Email aftoowoomba@gmail.com



Arts Council Toowoomba Inc - Toowoomba

Address 12 Hill Street, TOOWOOMBA QLD 4350
Telephone (07) 4632 1858
Email actmba@gmail.com



Arts Council Toowoomba was established in 2006 to showcase Toowoomba as a vital and creative Centre for the Arts. Volunteers have been working for the past decade to deliver Public Art projects

Australians For Constitutional Monarchy - Toowoomba Branch

Address 16 Cloake Street, ROCKVILLE QLD 4350
Website ourconstitution.org
Email john.standley@bigpond.com

We provide services in the Toowoomba Regional Council region.

Islamic Sisters Association

Address Herman Street, ROCKVILLE QLD 4350
Telephone 0434 681 799

Primarily for Muslim women, though all women are welcome, the Islamic Sisters Association aims encourage and foster friendship among Muslim women in Toowoomba and the surrounding regions. We promote educational opportunities to assist migrant Muslim women to join in with wider community activities.

Islamic Society Of Toowoomba

Telephone (07) 4566 0289
Website toowoombamosque.com.au
Email info@isot.net.au

Islamic Society Of Toowoomba aims to help practice, uphold and promote Islam, the religion of the Society.

Multicultural Australia - Toowoomba City

Address 15 Snell Street, TOOWOOMBA CITY QLD 4350
Telephone (07) 4632 1466
Website multiculturalaustralia.org.au
Email welcome@multiculturalaustralia.org.au



Multicultural Australia exists to shape a better future for all – a welcoming, inclusive, globally connected, economically strong community

NesiANZ Services

Telephone 0481 353 588



Social Enterprise delivering culturally relevant and safe services based on Nesian values to serve community needs. Located in Brisbane, Queensland.

Sager Consultants

Telephone 0413 098 571
Email Info@sagerconsultants.com



Torres Strait Islander Organisation providing culturally appropriate and language specific training, resources and community development and engagement. Open every day 9am-4pm.

Tamil Association Queensland Inc

Telephone 0432 168 310
Email nahila99@optusnet.com.au

General Information about community members, worships places and governemnt and council support servcies information are provided.

Toowoomba Malayalee Association Inc

Address 153 South Street, SOUTH TOOWOOMBA QLD 4350
Telephone 0434 054 235
Email toowoombamalayalee@gmail.com

Toowoomba Malayalee Association (TMA), a cultural association formed by the Indian community hailing from the state of Kerala, We are known as Malayalees, for our mother tongue, Malayalam. Kerala occupies a part of the southwestern coast of India

Toowoomba Malayali Association Inc.

Telephone 0449 130 373
Website toowoombamalayali.org
Email ranjeet.jose@gmail.com

Toowoomba Malayali Association, serving the community of expatriates from the state of Kerala, India in the city of Toowoomba, Queensland, Australia.

Toowoomba Tamil Association Inc

Address 35 Harvey Street, MOUNT LOFTY QLD 4350
Telephone 0432 995 540
Website twmbatamil.com
Email twmba.tamil.association@gmail.com

Toowoomba Tamil Association represents Tamil speaking people migrated from India, Sri Lanka, Malaysia and other parts of the world to promote language and build and maintain intercultural connections. We are also committed to provide community support such as community development, employment assistance and emergency relief programs. We also offer general and local advocacy services.

Migrant Services

CatholicCare - Darling Downs

Address 502 Ruthven Street, TOOWOOMBA QLD 4350
Telephone 1300 477 433
Website catholiccare.services
Email hello@catholiccare.services
Hours of operation 8:30 AM to 5:00 PM Mon-Fri



Toowoomba Refugee and Migrant Support (TRAMS) works with refugees to assist them in becoming independent to be able to participate equitably in Australian society.

Community Action for a Multicultural Society (CAMS)

Address 96 South Street, RANGEVILLE QLD 4350
Telephone (07) 4617 7600
Website mercyfamilyservices.org.au

Community Action for a Multicultural Society Program (CAMS) undertakes systemic and group advocacy, and community capacity-building activities to assist regional CALD communities and to strengthen multiculturalism across Queensland by increasing low participating CALD groups access to services in the Darling Downs South West Region and improve agencies capacity for appropriate service delivery.

Cosmos Community Care

Address 86 Water Street, TOOWOOMBA CITY QLD 4350
Telephone 0403 449 665
Website cosmoscommunitycare.com.au
Email info@cosmoscommunitycare.com.au

With our professional and capable care team speaking 12 languages, we are focused on providing high-quality service and satisfaction. Cosmos specialises in all types of disability support, such as home care support services and community activities.

Toowoomba Overseas Qualification Recognition Unit

Address Level 1, 588 Ruthven Street, TOOWOOMBA CITY QLD 4350
Telephone 13 74 68
Website desbt.qld.gov.au
Email info@desbt.qld.gov.au

The unit provides a free general academic assessment that gives an indication of the general educational comparability in Australian terms. The assessment can assist people with higher level vocational qualifications and university qualifications.

E-raced

Telephone 0499 518 820
Email eracedracism@gmail.com



E-raced is a program that is designed to break down stereotypes and reduce racism through story telling. A team of young, new Australians from refugee and migrant backgrounds share their experiences w

MAXimus Solutions

Address 400 Ruthven St, TOOWOOMBA QLD 4350
Telephone (07) 4638 6700
Website maxsolutions.com.au

MAXimusSolutions Australia (MSA) understands the needs of refugees and humanitarian entrants. We provide support for your individual needs through the Complex Case Support (CCS) program, on behalf of

Mercy Community Cultural Diversity Hub

Address 104 South Street, CENTENARY HEIGHTS QLD 4350
Telephone (07) 4617 7600
Website mercycommunity.org.au
Email culturaldiversityhub@mercycommunity.org.au



At Mercy Community's Cultural Diversity Hub, we deliver a range of multicultural programs for refugees and migrant families in the Toowoomba and South West Regions, Queensland's highest area of regional refugee settlement.

Multicultural Affairs

Telephone 13 74 62
Email ma@dlgrma.qld.gov.au

For enquiries regarding multicultural affairs in Queensland and for more detailed information please contact the office of Multicultural Affairs QLD direct.

Multicultural Australia - Toowoomba City

Address 15 Snell Street, TOOWOOMBA CITY QLD 4350
Telephone (07) 4632 1466
Website multiculturalaustralia.org.au
Email welcome@multiculturalaustralia.org.au



Multicultural Australia is a leading settlement agency in Queensland providing settlement support for around 5000 clients each year across Brisbane, Rockhampton and Toowoomba

National Resource Centre For Migrant Empowerment

Telephone 0478 054 020
Website nationalresourcecentre.org.au
Email enquiries@nationalresourcecentre.org.au



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.

University Of Southern Queensland Multicultural Staff Network

Address 72 Platz Street, DARLING HEIGHTS QLD 4350
Telephone 1800 007 252
Website usq.edu.au
Email study@usq.edu.au



The UniSQ Multicultural Staff Network enhances the cultural diversity at UniSQ through promotion of understanding; respect for different cultures, internationalisation, and multiculturalism.

You Belong Australia

Address 126 Margaret Street, TOOWOOMBA CITY QLD 4350
Telephone 0402 623 878
Website youbelong.org.au
Email info@youbelong.org.au



To lead the way in welcoming and empowering refugees and culturally and linguistically diverse people to belong and thrive in every community that we serve.

Disability Services

Carer Information

Kindship

Website kindship.com.au
Email hello@kindship.co



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.

Next Step Plus - Toowoomba

Address 145 Taylor Street, NEWTOWN QLD 4350
Telephone (07) 4616 3100
Website lwb.org.au
Email nextstepreferrals@lwb.org.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



Our programs provide individualised lifestyle support to people living with a disability in a diverse range of housing options such as a house, unit, group home or other form of dwelling. Support is tailored to an individual's identified needs and goals with a focus on developing their skills and their links within their community, and maximising independence and choice.

People With Disability Australia - Qantas Carer Concession Card

Telephone 1800 806 769
Website pwd.org.au
Email qccc@pwd.org.au

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

Caregiva - Toowoomba

Address 414a, 414A Alderley Street, KEARNEYS SPRING QLD 4350
Telephone 1800 273 482
Email info@caregiva.net.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri

ESRA support services is a disability Service provider in Toowoomba. It provides a range of in-home and community-based support services for people with disability up to 65 years of age. ESRA also provides Accommodation & respite care

HelpAlong Pty Ltd

Telephone (07) 2111 1486
Website helpalong.com.au
Email info@helpalong.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri

In our SIL homes, clients live an independent life and have the support of staff on a 24/7 basis to assist in every step when you require it.

Infinite Possibilities Disability Solutions

Address 308 Greenmount Hirstvale Road, ASCOT QLD 4359
Telephone 0466 889 557
Email willow@infinitepossibilitiesdisabilities.com
Hours of operation 9:00 AM to 5:00 PM Mon-Fri; 10:00 AM to 2:00 PM Sat-Sun



Person first enriching lives transparency working with you to provide the support you need. Homecare services , social support, ILO Independent living options can provide 24 hr support . Support services Cleaning and yard maintenance open Monday to Friday 9am to 5pm Saturdays 10am to 2pm Sundays 10am to 2pm

Link Community Services

Address 58 Water Street South, TOOWOOMBA CITY QLD 4350
Telephone 0406 565 251
Website linkcommunityservices.com.au
Email admin@linkcommunityservices.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



Our NDIS Registered Disability Supports Services are here to help you achieve your GOALS! Our outstanding team of disability support professionals are ready listen and make sure you receive the disability supports and services you deserve. You can count on us to be beside you every step of the way. Call us today!

Multicap

Telephone 1300 135 886
Website multicap.org.au
Email customerservice@multicap.org.au



Multicap is a not-for-profit organisation supporting individuals of all ages living with disability. Operating for almost 60 years, Multicap is one of the most highly regarded disability service providers in Queensland and northern New South Wales offering individual and group day programs, supported employment, short-term accommodation (respite), social support and much more.

Queensland Disability Housing Coalition

Telephone (07) 3391 3433

QDHC provides information about housing options available to people with a disability, but it is not a housing provider.

Shine Health Services - Chermside

Telephone (07) 3416 9704
Email customerservice@shinehs.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



Shine Health Services is a registered NDIS provider. We offer some of the best-personalized health and support care to our participants. Our team works closely with the family and the participant to design a care plan and deliver the support with respect, empathy, and compassion.

Disability Program - Toowoomba- South West Region

Address 4 Julia St, TOOWOOMBA QLD 4350
Telephone (07) 4699 5222
Website qld.vinnies.org.au
Email ashleigh.donald@svdpqld.org.au



The Society Disability Program provides a range of individual and flexible services to support people to enrich their lives through independence and community participation.

Vera Living

Telephone 0480 546 642
Website veraliving.com.au
Email jade.hayward@veraliving.com.au
Hours of operation 9:00 AM to Midnight Mon-Fri



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

APM Disability Employment Services

Address C/- Crows Nest Community & RSL Centre, 30 William Street,
CROWS NEST QLD 4355

Telephone 1800 276 276

Website apm.net.au

Email toowoomba.es@apm.net.au



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

APM Disability Employment Services

Address 32 Campbell Street, MILLMERRAN QLD 4357

Telephone 1800 276 276

Website apm.net.au

Email toowoomba.es@apm.net.au



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

APM Disability Employment Services

Address 148 Margaret Street, TOOWOOMBA CITY QLD 4350

Telephone 1800 276 276

Website apm.net.au

Email toowoomba.es@apm.net.au



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

APM Disability Employment Services

Address 85 Yandilla Street C/- Pittsworth Service Centre, PITTSWORTH QLD
4356

Telephone 1800 276 276

Website apm.net.au

Email toowoomba.es@apm.net.au



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

APM Disability Employment Services

Address Shop 2, 20 Toomey Street, YARRAMAN QLD 4614
Telephone 1800 276 276
Website apm.net.au



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

Specialist Behaviour Support

Address Level 1, 158 Margaret Street, TOOWOOMBA CITY QLD 4350
Telephone 1300 621 499
Website communitysolutions.org.au
Email csteam@communitysolutions.org.au



Specialist Behaviour Support provides focused support and training to people with disabilities and their support networks to improve their wellbeing and quality of life whilst reducing challenging behaviour.

Endeavour Foundation Southwest Area

Address 219 Ramsay Street, CENTENARY HEIGHTS QLD 4350
Telephone 1800 112 112
Website endeavour.com.au
Email hello@endeavour.com.au



Endeavour Foundation supports people with intellectual disability to live, learn, work and flourish according to their own interests and priorities.

Max Solutions - Crows Nest

Address 16 Charlotte st, CROWS NEST QLD 4355
Telephone 1800 603 503
Website maxsolutions.com.au



AALL Who's Eligible: All Job Seekers MAX Employment has established a reputation for being a highly effective placement focused employment services provider. MAX utilises an integrated model of highly trained Placement Consultants Allied Health Professionals and Trainers to ensure our clients are provided with the best possible support to achieve sustainable employment outcomes.

Max Solutions - Oakey

Address 81 Campbell Street, OAKEY QLD 4401
Telephone 1800 603 503
Website maxsolutions.com.au



AALL Who's Eligible: All Job Seekers. MAX Employment has established a reputation for being a highly effective placement focused employment services provider. MAX utilises an integrated model of highly trained Placement Consultants, Allied Health Professionals and Trainers to ensure our clients are provided with the best possible support to achieve sustainable employment outcomes.

Milestone Employment

Address Pittsworth Function Centre, 42 Hume Street, PITTSWORTH QLD 4356
Telephone (07) 4688 9400
Website cpl.org.au
Email mylestonesemployment@cpl.org.au



We've helped thousands of job seekers to find jobs they love – could you be next? Whether you're leaving school, keen to enter or re-enter the workforce, or want to take your career in a new direction, we're the team who can help.

TURSA - East Toowoomba

Address 137 Herries Street, EAST TOOWOOMBA QLD 4350
Telephone (07) 4589 1153
Website tursa.com.au
Email toowoomba@tursa.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



If you are looking for sustainable employment or want to return to work, we can help you. Our Disability Employment Advocates not only provide free employment services, but they work with you to understand where you are at and where you want to be. Our plans are tailored just for you, focusing on building your confidence and achieving your goals.

uLaunch - Newtown

Address Life Without Barriers, 145 Taylor Street, NEWTOWN QLD 4350
Telephone 1800 319 502
Website ulaunch.com.au
Email contact@ulaunch.com.au



uLaunch is a Disability Employment Services (DES) provider that helps people living with illness, disability or injury find work. We believe that people living with a disability deserve every opportunity to live a self-determined strong life of confidence and pride, thriving in their community.

Disability Information & Counselling

Applied Techniques Training_NDIS REGISTERED

Telephone 0447 115 928
Website appliedtechniques.net
Email at.question@bigpond.com
Hours of operation 7:00 AM to 6:00 PM Mon,Fri; 7:00 AM to 9:00 PM Tue-Thu; 9:00 AM to 4:00 PM Sat; 9:00 PM to 4:00 PM Sun



Sue Suchocki is an Emotionologist delivering awareness, ideas and answers. Family, Education and Community Services - Disability, Positive Behaviour Management, Social and Emotional Difficulties and Anxieties. Workshops suitable for individuals, parents, carers, early child care educators, OSHC, teachers, family and community sector and employment staff.

NDIS Plan Management

Telephone 1300 161 489
Website completemoney.au
Email info@completemoney.com.au



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.

Diabetes - Queensland Info Line

Telephone 1300 136 588
Website diabetesaustralia.com.au
Email info@diabetesqld.org.au

We provide services in the Toowoomba Regional Council region.

Discovering DisAbility and Diversity

Address 3 Girrawheen Street, RANGEVILLE QLD 4350
Telephone 0417 708 945

We provide services in the Toowoomba Regional Council region.

Flourish at Living Life

Telephone 0491 718 828
Email flourishatlife@outlook.com
Hours of operation 9:00 AM to 5:00 PM Mon-Fri

For children and young people living with a disability, trauma and/or mental illness we offer therapeutic supports to increase their skills for independence and community participation. These supports include: * Counselling * Social Skills Development * Assessments (including cognitive) We work with the child/young person to reach their goals for behaviour, relationships and mental health.

Early Intervention Advisory and Planning

Telephone 0432 985 980
Website amazon.com
Email healingworlds@aol.com
Hours of operation 9:00 AM to 5:00 PM Mon-Fri

Early Intervention from Autism Advisory service for families and mothers groups embarking on early intervention planning.

Kristalee's Counselling For You

Address 78 Hampton Street, 78 Hampton Street, HARRISTOWN QLD 4350
Telephone 0421 695 062
Email counselling4u@mail.com
Hours of operation All Hours



Autism specialist counselling and support Autism specialist in home support, and community access support workers. Professional social skill's programs Behaviour consultancy NDIS participants welcomed

Limbs 4 Life

Telephone 1300 782 231
Website limbs4life.org.au
Email info@limbs4life.org.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



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

My Virtual Support Coordinator

Telephone (03) 9077 1448
Website myvirtualsc.com.au
Email info@myvirtualsc.com.au



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.

Queenslanders with Disability Network

Telephone (07) 3252 8566
Website qdn.org.au
Email qdn@qdn.org.au

Queenslanders with Disability Network is an organisation of, for, and with people with disability. Our motto is "nothing about us without us."

Therapy Connect

Telephone 1300 757 806
Website therapyconnect.com.au
Email clientservices@therapyconnect.com.au



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.

Toowoomba and District Downs Syndrome Support Group Incorporated

Address Margaret Street, TOOWOOMBA CITY QLD 4350
Telephone 0409 066 825
Email secretary@dstoowoomba.org.au

We provide services in the Toowoomba Regional Council region.

Whats Up in Disability

Address Paul Myatt Community Centre, 11-15 Alexander Street, NORTH
TOOWOOMBA QLD 4350
Telephone (07) 4632 9559
Website whatsupindisability.org
Email admin@whatsupindisability.org



Providing information on disability services within this region

Your Story Disability Legal Support

Telephone 1800 771 800
Website yourstorydisabilitylegal.org.au
Email yourstorydisability@legalaid.qld.gov.au



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

Bigdog Support Services

Address 3 Clifford Street, TOOWOOMBA CITY QLD 4350
Telephone (07) 4632 9559
Website bigdogsupport.com.au
Email reception@bigdogsupport.com.au



Toowoomba and Darling Downs Disability Services

Breakaway Toowoomba

Address 3 Bell Street, TOOWOOMBA CITY QLD 4350
Telephone (07) 4639 5100
Website breakawaytmba.org
Email communications@breakawaytmba.org



Breakaway offer support in a variety of areas including social interactions, involvement in community activities, In-home respite, centre-based respite, supported independent living, domestic assistance, personal care assistance, daily living assistance, skills development and vacation care activities. We have been working closely with families and carers for over 30 years.

Endeavour Foundation - East Toowoomba Learning and Lifestyle

Address 100 Herries Street, TOOWOOMBA QLD 4350
Telephone 1800 112 112
Website endeavour.com.au
Email hello@endeavour.com.au



Endeavour Foundation supports people with intellectual disability to live, learn, work and flourish according to their own interests and priorities.

Endeavour Foundation - Kearneys Spring Learning and Lifestyle

Address 257-275 Stenner Street, TOOWOOMBA QLD 4350
Telephone 1800 112 112
Website endeavour.com.au
Email hello@endeavour.com.au



Endeavour Foundation supports people with intellectual disability to live, learn, work and flourish according to their own interests and priorities.

Endeavour Foundation - Toowoomba City Learning and Lifestyle Service

Address 2 Hodgson St, TOOWOOMBA QLD 4350
Telephone 1800 112 112
Website endeavour.com.au
Email hello@endeavour.com.au



Endeavour Foundation supports people with intellectual disability to live, learn, work and flourish according to their own interests and priorities.

Multicap

Telephone 1300 135 886
Website multicap.org.au
Email customerservice@multicap.org.au



Multicap is a not-for-profit organisation supporting individuals of all ages living with disability. Operating for almost 60 years, Multicap is one of the most highly regarded disability service providers in Queensland and northern New South Wales offering individual and group day programs, supported employment, short-term accommodation (respite), social support and much more.

Warrina Services

Address 172 Bridge Street, TOOWOOMBA QLD 4350
Telephone (07) 4638 0399
Website warrinaservices.org.au

We provide services in the Toowoomba Regional Council region.

Yadah Care Services

Telephone 0466 986 761
Website yadahcareservices.com.au

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

General Disability Services

Ability Consultants

Telephone 1300 694 625
Website abilityconsultants.com.au
Email info@abilityconsultants.com.au
Hours of operation 9:00 AM to 4:30 PM Mon-Fri



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.

ABIS Community Co-Operative Society LTD - Morayfield

Telephone 0417 710 270
Website qld.gov.au
Email gailrussell@abiscommunity.com.au



* Aboriginal and Torres Strait Islander Registered NDIS provider since 2016. The business has been around since 1975. * Culturally Safe * Culturally Aware * Servicing and employing all Australians.

Abito Care and Support Services Pty Ltd

Address Suite 76, 58 Water Street South, TOOWOOMBA CITY QLD 4350
Telephone 0476 027 987
Website abitocare.com.au
Email info@abitocare.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



Abito Care and Support Services Pty Ltd currently trade as an unregistered NDIS provider and our NDIS registration application is underway. We provide NDIS services to self-managed and plan-managed NDIS providers of all ages as well as private in-home care services to aged (65+ years) customers across Dalby, Toowoomba/Darling Downs, Ipswich/Brisbane, and Gold Coast/Sunshine Coast.

Acorn Disability Services

Telephone 0493 631 203
Website acorn-disability-services.com
Email admin@acornds.com.au
Hours of operation All day Every day



Assistance with personal activities, travel & transport, daily tasks/shared living, household tasks, community participation, group centre ac

Acorn Stairlifts - All Queensland

Telephone 1800 158 676
Website acornstairlifts.com.au
Email adoherty@acornstairlifts.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



An Acorn Stairlift gives you a safe, comfortable and simple way to get up and down your stairs. Each Acorn Stairlift is tailor-made to suit your individual home and lifestyle. Suitable for Permanently Injured, Aged, Disabled, Adults and Children. If stairs are difficult - we can assist. Stay in your home, your community, with your adored carers. Available under NDIS, My Aged Care, CHSP, DVA.

Advance Care Services Pty Ltd

Address 68 Mort Street, NORTH TOOWOOMBA QLD 4350
Telephone 0478 602 348
Website advancecareservices.com.au
Email info@advancecareservices.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



Registered NDIS Provider. Advance Care Services provide disability support services, support coordination & NDIS Plan Management. Committed to our values of trust, respect, professionalism and empathy, we strive to provide the best quality care in long term partnership with our participants and their loved ones.

Agate Support Services

Address 25, 25 Whitefield Street, GLENVALE QLD 4350
Telephone 0452 412 419
Website agates.com.au
Email admin@agates.com.au

Community Nursing, SIL and SDSA Support, Community Participation, Weekend Respite Care, Domestic care and Support.

Agate Support Services

Address 25, 25 Whitefield Street, GLENVALE QLD 4350
Telephone 0452 412 419
Website agates.com.au
Email admin@agates.com.au

Community Nursing, SIL and SDSA Support, Community Participation, Weekend Respite Care, Domestic care and Support.

All In One Care Services

Address 625 Ruthven Street, TOOWOOMBA CITY QLD 4350
Telephone 0404 294 111
Website allinonecare.com.au
Email aiocareservices@gmail.com



All In One Care Services is a family-owned disability support provider. We recognise that each participant has their own needs. AIOC services wishes to empower and work with the strengths of participants. Our team of highly trained workers support our clients in everyday life, including future needs both in the home, or the community. Please contact us to discuss how All In One Care can help you.

All In One Care Services - Crows Nest

Telephone 0404 249 111
Website allinonecare.com.au
Email aiocareservices@gmail.com



All in One Care Services is a family owned independent NDIS support provider. We believe in providing high-quality care and services to empower our participants to live fulfilling and meaningful lives. We achieve this through individualised support and services for our participants, which provided by our team of highly trained and qualified support workers.

All In One Care Services - Westbrook

Address 339 Ruthven Street, TOOWOOMBA CITY QLD 4350
Telephone 0404 249 111
Website allinonecare.com.au
Email aiocareservices@gmail.com



All in One Care Services is a family owned independent NDIS support provider. We believe in providing high-quality care and services to empower our participants to live fulfilling and meaningful lives. We achieve this through individualised support and services for our participants, which provided by our team of highly trained and qualified support workers.

Alya - Toowoomba City

Address 532-544 Ruthven Street, TOOWOOMBA CITY QLD 4350
Telephone (07) 3517 1792
Website alya.com.au
Email enquiries@alya.com.au



Alya provides a wide range of disability support services across Queensland, which can be delivered at home, at work, or within your local community.

Amparo Advocacy Multicultural Engagement Worker

Telephone (07) 3354 4900
Website amparo.org.au
Email info@amparo.org.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri

Engaging with diverse communities to assist us to better understand the specific challenges and issues that people with disability and their families from culturally and linguistically diverse communities experience on a daily basis.

Animal Instincts Australia

Telephone 0493 094 456
Website animalinstinctsaustralia.com
Email animalinstinctsaustralia@gmail.com

At Animal Instincts Australia they work with people of all ages who are at risk and living with disabilities or mental health challenges. They provide opportunities to improve physical, mental & emotional health, social skills, knowledge, and employment prospects through working alongside with animals. They hold individual and groups sessions welcome to those that need their services.

Art Therapy by Linda

Address 12, Clifton Street, 12 Clifton Street, GREENMOUNT QLD 4359
Telephone 0481 716 140
Email arttherapybylinda@gmail.com

Art Therapy by Linda is a registered Art Therapist working with clients to build skills, confidence and self-esteem. Creative avenues toward better fine motor skills, ability to manage depression and anxiety, memory retention, social skills, fatigue and chronic pain reduction.

Aruma - Toowoomba

Address 2 Curtis Street, REDWOOD QLD 4350
Telephone 1300 538 746
Website aruma.com.au
Hours of operation All Hours



Aruma, a trusted partner to over 5000 adults and children with a disability, promises to put you first and support you to live your best life. Once House with No Steps and The Tipping Foundation – Aruma is the disability service provider who puts You. First.

Aspire Community Solutions

Telephone 1800 006 007
Website aspirecommunitysolutions.com
Email admin@aspirecommunitysolutions.com
Hours of operation All Hours



We are a Sunshine Coast locally owned and operated Support Coordination service. As carers for people with disability, we understand that everyone's journey is as unique as the support you require. We take a holistic approach, welcoming carers and other informal supports into the conversation.

Assistance Dogs Australia

Address Althaus Rd, WESTBROOK QLD 4350
Telephone 1800 688 364
Email info@assisteddogs.org.au

Assistance Dogs Australia provides freedom and independence to people with physical disabilities. We are a national charity that trains Labradors and Golden Retrievers to perform everyday tasks for people with disabilities.

Aussie Life Care Australia

Telephone 1800 252 435
Website aussielifecare.com.au
Email connect@aussielifecare.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Sat



ALC provides a wide range of disability services. The prime aim of our service is to make positive impact to the people who live with disability. With the help of ALC, the participants can achieve better quality of daily life by improving their social skills through community participation.

Australian Home Care

Email care@ahcs.org.au



Australian Home Care (AHCS), providing specialist complex disability services for 20 years. Our person-centered approach provides responsive, tailored service to individuals requiring, in-home care, community access, hospital discharge transitions, SIL packages & SDA accommodation. We take pride in ensuring our staff meet stringent qualification & experience levels in disability care services.

Australian Humanity In Action Network Organisation

Telephone 0458 624 261
Website ahano.org
Email info.ahano@gmail.com
Hours of operation All Hours

House Hold Tasks Community Nursing Travel and Transportation Community Participation & Social Activities Daily Personal Activities Lawn & Garden Maintenance Support Coordination Booked Hire Rideshare Transport Services

Australian Humanity in Action Network Organisation

Telephone 0458 624 261
Website ahano.org
Email info.ahano@gmail.com
Hours of operation 9:00 AM to 5:00 PM Mon-Fri

Disability Care Services Disability Transports Home Care Services House Hold Tasks Daily Personal Activities Lawn & Garden Maintenance Travel Transport Arrangements/ Booked Hire Services Community Participation

Blue Care - South West QLD Region

Address Services Lockyer to Cunnamulla Goondiwindi to Injune, 256 Stenner Street, MIDDLE RIDGE QLD 4350
Telephone (07) 4636 9890
Website bluecare.org.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



Blue Care is a leading not for profit provider of a range of community and residential aged care services. The client population serviced includes frail older persons, younger people with disabilities and others in need within the general community. Services provided include: * COMMUNITY NURSING (Blue Nursing): In home nursing and clinic facilities are available.

Blue Iris Support Services

Address 371 Taylor Street, WILSONTON QLD 4350
Telephone (07) 4602 0728
Website blue-iris.com.au
Email enquiries@blue-iris.com.au



Blue Iris is able to deliver a wide range of disability services to suit your needs.

Blue Kite Support

Address Suite 2.34, 123 Margaret Street, TOOWOOMBA CITY QLD 4350
Telephone 0409 288 272
Website bluekitesupportservices.com.au
Email hello@bluekitesupportservices.com



Family run and registered NDIS disability support providers in Toowoomba who provide support for participants seeking a person centred and holistic approach. We offer core supports as well as SIL and community access. Committed to advocating for the independence and rights of people with disabilities. Check out our website for more!

Boomaroo Plan Management

Telephone 0492 853 012
Website boomaroorplans.com.au
Email admin@boomaroorplans.com.au
Hours of operation 8:00 AM to 5:00 PM Mon-Fri



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 !

Breakaway Toowoomba

Address 3 Bell Street, TOOWOOMBA CITY QLD 4350
Telephone (07) 4639 5100
Website breakawaytmba.org
Email communications@breakawaytmba.org



We provide extensive support and resources designed to enrich the lives of participants through social interactions and involvement in community activities. Our service can be tailored to the needs of individuals and include domestic assistance, supported independent living, community participation, emergency support, respite and social groups.

Capital Guardians Plan Management

Telephone (03) 9008 9992
Website capitalguardians.com

Capital Guardians is a Plan Manager throughout Australia.

Care Squared

Telephone 1300 632 639
Website caresquared.com.au
Email info@caresquared.com.au

Allied Health Supports, Employment Supports and Group Therapies

Carefree Solutions

Telephone 0400 870 281
Email kylie@carefreesolutions.com.au



Carefree Solutions provides in home services both NDIS and home care package participants in the South Burnett Region. Nursing services: wound care, continence assessment , catheter insertion and care. Diabetes management. Palliative care, and comprehensive nursing assessments and care planning. Domestic, shopping and hygiene assistance with meal preparation

NDIS Partner

Address Level 2 632 Ruthven Street, TOOWOOMBA QLD 4350
Telephone (07) 4646 2800
Website carersqld.com.au
Email toowoombalac@carersqld.com.au



If you are aged 7 and above, one of our partners may deliver LAC services, which includes linking you to the NDIS and to mainstream and community supports in your area.

Choices and Rights PTY LTD

Telephone (07) 2805 3018
Website choicesandrights.com.au
Email ndis@choicesandrights.com
Hours of operation 8:30 AM to 5:00 PM Mon-Fri

Choices & Rights is a registered NDIS disability support service. We are extremely passionate about delivering exceptional care and support for our clients with various disabilities and we are proud of our client focused, professional culture. Our services include Individualised Living Options, Supported Individualised Living, Community Access, Support Coordination and Capacity Building.

In-home and community supports

Telephone (07) 3568 4770
Email admin@cleosplace.au



In-home and community supports

Commonwealth Carer Respite Centre - Darling Downs

Address 256 Stenner Street, CENTENARY HEIGHTS QLD 4350
Telephone 1800 059 059
Website bluecare.org.au
Email carelink.toowoomba@bluecare.org.au



The Commonwealth Carer Respite Centre is carer focused and provides carers with: * Information, advice and referral to services; * Respite booking service; * Creative and flexible respite options; * One off, short term or episodic respite (not ongoing); * Emotional support; * Financial assistance with respite costs where applicable; * Specific Projects e.g.

Community Nurses

Telephone 0480 365 673
Website communitynurse.com.au
Email admin@communitynurse.com.au

We provide trusted home nursing and personal care support services High Intensity Daily Personal Activities Household Task Assistance with Daily Life Task in a Group or Shared Living Assistance with Social and Community Participation, Travel and Transport Arrangements Community Nursing Care, Daily Personal Activities Development of Daily Living & Life Skills High Intensity Daily Personal

Specialist Support Coordination

Address Level 1, 158 Margaret Street, TOOWOOMBA CITY QLD 4350
Telephone 1300 621 499
Website communitysolutions.org.au
Email csteam@communitysolutions.org.au
Hours of operation 8:00 AM to 4:00 PM Mon-Fri



Our experienced practitioners are here to help participants reduce challenges within the support environment and connect with the right providers, so they can focus on reaching their goals.

Support Coordination

Address Level 1, 158 Margaret Street, TOOWOOMBA CITY QLD 4350
Telephone 1300 621 499
Website communitysolutions.org.au
Email csteam@communitysolutions.org.au
Hours of operation 8:00 AM to 4:00 PM Mon-Fri



Support Coordinators help you manage your NDIS plan to achieve your goals. Get the most out of your funding, find the right providers and build skills and independence to coordinate your own supports.

Complex Support Coordination

Telephone (08) 9467 7333
Website complexsupport.com.au
Email sam@complexsupport.com.au
Hours of operation 8:00 AM to 5:00 PM Every day



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

Confidence Club

Telephone 1800 861 199
Website confidenceclub.com.au
Hours of operation 9:00 AM to Midnight Mon-Fri



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.

Connect Direct Care And Coordination

Telephone 0493 655 415
Website connectdirectcare.com.au
Email Cameron@connectdirectcare.com.au
Hours of operation 7:00 AM to 7:00 PM Mon-Fri; 7:00 AM to 3:00 PM Sat; 7:00 AM to 1:00 PM Sun

Support Coordination Mental Health Recovery Coach Community Access Supports Daily activities Capacity Building supports Support to connect with the NDIS Transport Respite support Short a term Accommodation Case Management Support

Connect Direct Care And Coordination - Toowoomba

Telephone 0493 655 415
Email cameron@connectdirectcare.com.au



Support Coordination Mental Health recovery Coaching Community Access Support Services Daily Activity Support Services Capacity Building Support Services Respite Support Services Short term accommodation Support Services Community connection Support Services Transport

CPL's Toowoomba service

Address 21-25 Scott St, EAST TOOWOOMBA QLD 4350
Telephone 1800 275 753
Website cpl.org.au
Email info@cpl.org.au
Hours of operation 8:30 AM to 4:30 PM Mon-Fri



At CPL, we provide disability services and support to help people of all ages to maximise their potential. From going to school or finding a job through to enjoying their retirement years, CPL is there wherever life takes you.

Creative Living Supports

Telephone 0460 660 222
Email admin@creativelivingsupports.com.au
Hours of operation All Hours



Creative Living Supports participants with the below services: -SIL (Supported Independent Living) -ILO (Independent Living Options) -Support/Specialist Support Coordination -Recovery Coaching -Support Work (Physical and Mental Health)

Darling Downs Therapy Services

Telephone 0419 777 086
Website darlingdownstherapyservices.com.au
Email enquiry@therapist.net



Occupational Therapy and Positive Behaviour Support Services - NDIS registered provider

Disability Enquiry Hotline

Telephone 1800 068 424
Website telstra.com.au
Email disability@online.telstra.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri

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

Website disabilityhealthsupport.com.au
Email dorothy@disabilityhealthsupport.com.au
Hours of operation 9:00 AM to Midnight Mon-Fri

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

National Disability Health Support Australia

Telephone 0421 011 430
Website disabilityhealthsupport.com.au
Email dorothy@disabilityhealthsupport.com.au

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

Personal Care (Disability Service Provider)

Telephone 0426 803 524
Website dtccare.com.au
Email prakash@dtccare.com.au
Hours of operation All Hours



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.

Disability support services

Telephone 1800 455 679
Website enablecommunityservices.com.au
Email info@enablecommunityservices.com.au
Hours of operation All Hours



At Enable Community Services, we provide personalized NDIS support services tailored to meet the specific needs and goals of participants with disabilities. Our services addresses a wide range of physical, social, and mental disabilities. Compassion is at the heart of what we do. We support individuals with different abilities with the care and assistance they need to achieve a life of purpose.

Endeavour Foundation

Address 201-219 Ramsay Street, CENTENARY HEIGHTS QLD 4350
Telephone 1800 112 112
Website endeavour.com.au

Endeavour Foundation is an independent, for purpose organisation established in 1951 with a vision to support people with an intellectual disability to live their best life – starting with equal access to education and life-skills learning.

Endeavour Foundation - Roma Mobile Attendant Care

Telephone 1800 112 112
Website endeavour.com.au
Email hello@endeavour.com.au



Endeavour Foundation supports people with intellectual disability to live, learn, work and flourish according to their own interests and priorities.

Envision Disability Services

Address 173 Hume Street, TOOWOOMBA CITY QLD 4350
Telephone (07) 4632 6882
Website eds.net.au
Email info@eds.net.au



Envision Disability Services believes in making a difference to the lives of participants, we encourage our participants to reach their full potential. Services we offer -Independent living, skill and capacity building, SIL and in home supports, Plan management, Support Coordination, SLES and variety of group programs . 1800 000 337

Epilepsy Action Australia

Telephone 1300 374 537
Website epilepsy.org.au
Email epilepsy@epilepsy.org.au



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.

Ethical Caring Group - Laidley

Telephone (07) 4580 1290
Website ethicalcaringgroup.com.au
Email hello@ethicalcaringgroup.com.au



ECG is an NDIS registered provider. We provide Support Coordination and Recovery Coaching support under the NDIS. Our staff are highly experienced and we are committed to providing high level, person-centred supports that focus on your individual needs. We specialise in complex mental health, ASD, ABI, Intellectual and Physical disability. We look forward to hearing from you.

FITCare Support Services

Telephone 1300 348 227
Website fitcaresupportservices.com.au
Email info@fitcaresupportservices.com.au
Hours of operation 8:00 AM to 5:00 PM Mon-Sat



FITCare provides "healthy support workers" delivering "healthy support work" to participants in the NDIS. We are a Registered NDIS Provider providing supports with Daily Living and Tasks, Community and Social interaction, Mentoring and Life skills, Health and Wellbeing plus Transport and Travel assistance.

Focused on Care Pty Ltd

Address 4, 661 Ruthven Street, SOUTH TOOWOOMBA QLD 4350
Telephone (07) 4637 8179
Website focusedoncare.com.au
Email info@focusedoncare.com.au
Hours of operation All Hours

We deliver services in and around the Roma region under the National Disability Insurance Scheme (NDIS), National Injury Insurance Scheme Queensland (NIISQ) and Commonwealth Home Support Program (CHSP).

NDIS disability support Ipswich

Telephone 0432 171 457
Email admin@fwbs.net.au
Hours of operation 8:00 AM to 7:00 PM Mon-Sat



Focused Well-Being Services (FWBS) are an NDIS registered provider servicing greater Brisbane. We provide NDIS participants with support coordination and carefully selected support workers. Our vision is to provide disability support services that exceed industry standards, providing the best quality of life for every client.

Gentle Soul Mobile Foot Care

Telephone 0408 412 731
Website gentlesoulmobilefootcare.com.au
Email mobilefootcares@gmail.com



In-Home Foot Care services within the Toowoomba and surrounding areas. Gentle Soul Mobile Foot Care provides Routine Foot care services for Senior Aged and Disability. Nail cares Fingernail cares Callus debridement Pressure Care Dry skin / Cracked Heels Circulation stimulation Paraffin Wax Therapy Self Education techniques development

Greengrass Mowing and Lawn Care

Telephone 0474 421 061
Website greengrassstoowoomba.com.au
Email mow@greengrassstoowoomba.com.au

We are a registered NDIS provider and offer fortnightly lawn and garden maintenance packages that include mowing, edging, and general garden duties.

Grow Your Impact

Telephone 0432 315 939
Website meaningfulbehaviour.com
Email growyourimpact@outlook.com

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.

Guide Dogs Queensland - Toowoomba

Address 270 Margaret St, TOOWOOMBA QLD 4350
Telephone (07) 4571 4900
Website qld.guidedogs.com.au
Email toowoomba@guidedogsqld.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



Our goal is to ensure people who are blind or have low vision can continue living their lives to the fullest and enjoy the freedom we all deserve. We help Queenslanders get around their homes and communities independently and safely, as well as confidently perform daily activities that we can often take for granted.

Heart In Hand Support Services

Telephone 0421 331 381
Website heartinhand.com.au
Email may@heartinhand.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Sat



We are a multidisciplinary team consisting of professionals with many skill sets to support individuals. Our vision is to support each of our clients; to help facilitate and empower them to live as they see fit and to achieve their goals for a life they find fulfilling.

Heart2heart Disability Services

Address Shop 8b, 566 Ruthven Street, TOOWOOMBA CITY QLD 4350
Telephone (07) 4179 0111
Website heart2heart.com.au
Email info@h2hds.com.au



Want to enhance your daily living skills or connect with your community? We can help. Your goals are as individual as you are - our job is to help you reach them. If you'd like to learn how to take a bus or make a meal, maintain your garden or clean your home, we'll be right there with you. Maybe you're ready to find a new hobby, connect with friends, volunteer or work.

Help A Friend Club Toowoomba Inc - Newtown

Address 80A Anzac Avenue, NEWTOWN QLD 4350
Telephone (07) 4639 1304
Website hafc.org.au
Email office@hafc.net.au



Help A Friend Club Toowoomba Inc (HAFC) is a self-funded, not-for-profit registered charity which has been serving the community for over 41 years. Help a Friend Club Toowoomba is a registered NDIS provider providing services in home and community access for participants in the Toowoomba Regional Area.

HelpAlong Pty Ltd

Telephone (07) 2111 1486
Website helpalong.com.au
Email info@helpalong.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri

HelpAlong is a Registered NDIS Provider based in North of Brisbane. HelpAlong is currently aiming for covering the areas of the Greater Brisbane Region, Gold Coast, Ipswich, Sunshine Coast, and Toowoomba with a capable and experienced team for disability support.

HiCom Care - NDIS Plan Manager

Telephone 0480 305 919
Website hicomcare.com.au
Email Admin@hicomcare.com.au
Hours of operation 9:00 AM to Midnight Mon-Fri



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.

Holistic Home Care - Caring with Compassion

Telephone 1300 942 008
Website holistichomecare.com.au
Email info@holistichomecare.com.au
Hours of operation All Hours



Holistic Home Care is a registered NDIS provider which means you can use your NDIS funding to access your services and supports from us. We listen to you, allow you to have more choice and control and provide flexible care. Our main goal is to maintain independence and enhancement of well-being

HomeCare Australia

Telephone 1300 769 620
Website homecareaustralia.com.au
Email info@homecareaustralia.com.au



We are a family owned and operated company who are passionate about consumer directed care and meet the needs of our clients We have an excellent team of Direct Care workers, Domestic Cleaners and Lawn Maintenance employees that are ready to service your needs and goals in the Toowoomba Community.

Hopesway Support Services

Address Ryan Street, Ryan Street, GLENVALE QLD 4350
Telephone 0498 842 864
Website hopesway.com.au
Email info@hopesway.com.au

Our service delivery and support provision are tailored to meet the needs of our clients both in-home and participating within their local communities. Assist with Accommodation Daily Tasks / Shared Living / In-home Support Community Participation Development of Life Skills Group Centre Activities Assist with Travel / Transport Assist with Household Tasks

Hub Community Network Inc

Telephone (07) 4168 3255
Website hubdisabilitysupport.org.au
Email hub@burnett.net.au
Hours of operation 9:00 AM to 4:00 PM Mon-Fri

Hub Community Network's goal is to provide a responsive, flexible and effective service that enhances the quality of life for people with disabilities and their families.

I Hate Cooking

Telephone 0410 526 477
Website ih8cooking.com.au
Email info@ih8cooking.com.au

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

Impact Career Counselling and Personal Development

Address Drayton Road, HARRISTOWN QLD 4350
Telephone 0405 179 479
Website impactcareercounselling.com.au
Email alison@impactcareercounselling.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



NDIS Registered service provider of therapeutic support, improved daily living skills, and individual counselling. Personal development areas including interpersonal communication; overcoming social isolation; developing decision making skills; coping with life changes; self awareness and confidence building; support and mentoring for living independently.

NDIS Kickstart your plan

Telephone 1800 954 559
Website ndism.com.au
Email support@ndism.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



Working with ISM, we can help you Kickstart Your Plan and your NDIS journey so you get the most out of your funding.

Interactive Support Services

Address 26 Victory Street , 26 Victory Street, NEWTOWN QLD 4350
Email wendycheney@interactivesupportservices.com.au
Hours of operation 9:00 AM to 4:30 PM Mon-Fri



Independent Support Coordinators - NDIS Registered Provider

NDIS Plan Management

Telephone (07) 3056 0777
Website justbettercare.com
Email mailbn@justbettercare.com



Local & Collaborative Plan Management - choosing Just Better Care Brisbane North & CBD as your NDIS Plan Manager can save you hours of time and endless admin. We help manage your funding found in your NDIS plan and pay service providers who give you supports.

Karkan Limited

Telephone (07) 3299 1898
Website karkan.com.au
Email Customer.Service@karkan.com.au
Hours of operation 8:30 AM to 5:00 PM Mon-Fri



Karkan works in partnership with people and communities to enable identity, independence and connections. We provide supports 24/7 across Toowoomba, Ipswich, Logan, Redlands and their greater regions. Our office hours are Monday - Friday 8.30am - 5pm and have a dedicated outside of hours on call service for staff to ensure client needs are met.

Koalakare

Website koalakare.au
Email info@koalakare.au

koalaKare is an NDIS disability support worker provider agency, in the following groups, 0107 Assistance with daily personal activities 0108 Assistance with travel/transport arrangements 0117 Development of daily living and life skills 0120 Household Tasks 0125 Participation in community, social and civic activities

Kristalee's Counselling For You

Address 78 Hampton Street, 78 Hampton Street, HARRISTOWN QLD 4350
Telephone 0421 695 062
Email counselling4u@mail.com
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



Autism specialist support workers for in-home support and community access.

Support coordination , specialising in complex high needs.

Address 78 Hampton Street, 78 Hampton Street, HARRISTOWN QLD 4350
Telephone 0421 695 062
Email counselling4u@mail.com
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



Support coordination, specialising in complex high needs.

La Cura Support Coordination

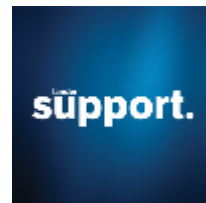
Telephone 0450 855 815
Website lacuraqlld.com.au
Email lacura.qld@outlook.com



La Cura Support Coordination offers their service for participants with NDIS funding. We also provide Free NDIS Advisory as part of their Community Solutions Program. They can assist with NDIS new applications, planning meetings, goal settings, and complaints.

Lander Support

Address 13 Greenbury Street, ROCKVILLE QLD 4350
Telephone 0400 241 701
Website landersupport.com
Email admin@landersupport.com



At Lander Support, our goal is to focus on you and the support you need. We provide customized, thoughtful service for our clients, and specialize in one-on-one individualised support, respite care, and social or community support.

Leap In! Australia (National Service)

Telephone 1300 057 878
Website leapin.com.au
Email crew@leapin.com.au



A Not-For-Profit financial intermediary service that provides both participants and disability supports providers with a wide range of additional benefits and support.

Liberty Health Services

Telephone 1300 959 670
Website libertyhealthservices.com.au
Email reachout@libertyhealthservices.com.au
Hours of operation 8:00 AM to 5:00 AM Mon-Fri; 8:00 AM to Midday Sat



Liberty Health Services focus on providing a comprehensive range of well-being and lifestyle services to disabled and aged clients to ensure they can live their lives as independently and freely as possible. We are committed to providing the best options to individuals and their families for their home and disability care needs.

Lifeline Darling Downs and South West Queensland Ltd

Address 33 Russell St, TOOWOOMBA QLD 4350
Telephone 1800 975 252
Website lifelinedarlingdowns.org.au
Email tcsadmin@tranquillitycareservices.org.au



Lifeline Darling Downs and South West Queensland Ltd offers personal counselling for individuals, couples and families. Appointments can be made by telephoning 1300-991-443 during normal business hours Monday to Friday. We also offer assistance to clients with a disability who have received a NDIS Package. If you need assistance with your NDIS package please telephone 1300-991-443 during BH.

Linq Support LTD and Amazing ProCare

Telephone 0400 277 257
Website amazingprocare.com.au
Email manager@linqsupport.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



Linq Support Limited and Amazing ProCare QLD, have extensive experience in the disability and aged care industry, are committed to providing exceptional care tailored to the unique needs of NDIS and Home Care Package participants and their families. They operate within the NDIS Practice Standards and Code of Conduct, ensuring every client is treated with respect and dignity.

Love 2 Live Disability Services

Telephone (07) 4163 6808
Website love2livedisability.com.au
Email info@love2livedisability.com.au
Hours of operation 8:00 AM to 4:00 PM Mon-Fri



Love 2 Live Disability Service offer a wide range of services for people living with disability. Services include: SIL, Community Access , Assistance with Transport, In home support , STA and Support Coordination. We have an amazing team of support workers that will help you achieve your goals and live your life to its fullest potential.

Magenta Community Services Toowoomba

Address 88 Russell Street, TOOWOOMBA CITY QLD 4350
Telephone (07) 4633 4967
Email info@mcsnsw.com.au

Magenta Community Services is a family run organization in NSW and QLD that provides individualized flexible services for people and their families who require paid support/intervention.

Manage It

Telephone (08) 9380 0271
Website manageit.com.au
Email info@manageit.com.au

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 - Toowomba

Address 4 McMorrow Street, KEARNEYS SPRING QLD 4350
Telephone (02) 8866 5344
Website mctcare.com.au
Email info@mctcare.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



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 disability. 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

Telephone 0405 905 610
Website meplusmore.com.au
Email hello@meplusmore.com.au

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.

Meals on Wheels Toowoomba

Address 101 Lindsay Street, EAST TOOWOOMBA QLD 4350
Telephone (07) 4632 8355
Website mowtoowoomba.com.au

Delivery of meals to the frail, aged and disabled, and to their carers.

Meliora Life - Joyner

Telephone 0421 391 971
Website melioralife.com.au
Email contact@melioralife.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



We provide Specialist Support Coordination, Support Coordination, Psychosocial Recovery Coaching, Daily Living Skills, Community Access, Transport, Personal Care

Meraki Care

Telephone (07) 3204 9595
Email admin@merakicare.com.au
Hours of operation All Hours



Servicing Greater Brisbane and the Sunshine Coast, MERAKi Care offers a range of services to self-managed and plan-managed participants of the NDIS. Our professional care team are dedicated to working with you to ensure that the services we provide meet all of your needs. It's the little pieces that make the big picture!

Multicap

Telephone 1300 135 886
Website multicap.org.au
Email customerservice@multicap.org.au



Multicap is a not-for-profit organisation supporting individuals of all ages living with disability. Operating for almost 60 years, Multicap is one of the most highly regarded disability service providers in Queensland and northern New South Wales offering individual and group day programs, supported employment, short-term accommodation (respite), social support and much more.

Multiple Sclerosis Support Group - Toowoomba

Telephone (07) 4632 3053
Website msqld.org.au
Email tjleane@bigpond.com

Friendly sociable group, any neurological conditions are welcome, providing the supports that we all need to live better with in our home and community.

My Mobile Plan Manager

Telephone 1800 519 716
Email mymobileplanmanager@gmail.com



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

My Plan Assist

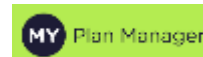
Telephone (07) 5641 2277
Website myplanassist.com.au
Email info@myplanassist.com.au



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

Telephone	1800 934 170
Website	myplanmanager.com.au
Email	enquiry@myplanmanager.com.au
Hours of operation	8:00 AM to 6:00 PM Mon-Fri



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.

My Plan, My Way

Address	Margaret Street, TOOWOOMBA CITY QLD 4350
Telephone	0491 647 529
Email	ndis@myplanmyway.com.au

NDIS Support Coordination - we can support you to implement your NDIS plan and achieve your goals.

My Supports

Telephone	0447 233 522
Website	mysupports.com.au
Email	roslyne.buckley@mysupports.com.au
Hours of operation	9:00 AM to 5:00 PM Mon-Fri



As a peer led and peer driven NDIS Registered Support Provider we provide a person-centred approach matching support workers to your particular support needs. We work in local Neighbourhood Teams which offer a mix of skills and experience, local knowledge, connections and resources that help you to be part of your community.

MyCareSpace

Telephone	1300 288 893
Website	mycarespace.com.au

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

MyIntegra Plan Management - QLD

Telephone	1800 696 347
Website	myintegra.com.au
Email	engagement@myintegra.com.au
Hours of operation	9:00 AM to 5:00 PM Mon-Fri



Let us guide you on your NDIS journey with plan management in Queensland (QLD) • 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

MyIntegra Support Coordination - QLD

Telephone 1300 937 187
Website myintegra.com.au
Email enquiries@myintegra.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



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

National Disability Insurance Scheme (NDIS)

Address 146 Herries Street, TOOWOOMBA QLD 4350
Telephone (07) 4592 4057
Website ndis.gov.au



The NDIS can provide all people with disability with information and connections to services in their communities such as doctors, sporting clubs, support groups, libraries and schools, as well as information about what support is provided by each state and territory government.

National Relay Disability Phone Service

Telephone 1800 555 660
Website accesshub.gov.au
Email helpdesk@relayservice.com.au

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 Support Services

Address 7 Foundry Street, TOOWOOMBA CITY QLD 4350
Telephone (07) 4639 7400
Website carbal.com.au
Email admin@carbal.com.au



Dedicated to providing high quality culturally appropriate care for Aboriginal and Torres Strait Islander people and their families.

NDSP Plan Managers - QLD

Telephone 1800 636 377
Website ndsp.com.au
Email info@ndsp.com.au



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

Disability Services

Address 145 Taylor Street, NEWTOWN QLD 4350
Telephone (07) 4616 3100
Website lwb.org.au
Email nextstepreferrals@lwb.org.au



Support for people living with a disability, chronic medical illness, mental health or other condition impacting daily life and community participation

Queensland Community Support Scheme

Address 145 Taylor Street, NEWTOWN QLD 4350
Telephone (07) 4616 3100
Website lwb.org.au
Email nextstepreferrals@lwb.org.au



The Queensland Community Support Scheme (QCSS) is a program that provides support, usually between 1-5 hours per week, for people living with a disability or condition that impacts their ability to live independently and access the community.

No Boundaries Care Services

Email marissa@noboundariescareservices.com.au

We offer a wide range of NDIS services and support in Southeast Queensland especially in Ipswich and surrounds. Our excellent work ethics, strict code of conduct, and years of experience in community services means choosing us guarantees you a local business that is passionate and committed to providing the best services and solutions to suit your needs.

Northcott Disability Services - Toowoomba City

Address 9 Bowen Street, TOOWOOMBA CITY QLD 4350
Telephone 1800 193 362
Website northcott.com.au
Email hello@montrose.org.au



Montrose Therapy & Respite Services provides therapy and support services to children and young adults with physical disabilities, neuro-muscular conditions, development delay and autism.

Oak Tree Alliance Support Coordination and Specialist Support Coordination

Telephone 0498 498 405
Website oaktreealliance.com.au
Email admin@oaktreealliance.com.au
Hours of operation 8:30 AM to 4:30 PM Mon-Fri



Oak Tree Alliance offers expert support coordination services, ensuring seamless access to NDIS support. Our specialists empower individuals with tailored plans, advocate for their needs, and enhance overall well-being. Trust us to navigate the complexities and optimize your NDIS journey.

OnSide

Telephone (07) 5329 6996
Website onside.com.au
Email hello@onside.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



OnSide Support Coordinators are independent NDIS experts, here to maximise your plan. We exist to provide you with the support you need to achieve your specific goals.

Pacify Plan Management

Telephone 1800 959 344
Website pacify.com.au
Email hello@pacify.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri

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

NDIS Plan Management

Telephone 1300 467 284
Website pathwaystocare.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



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!

Paul Myatt Community Centre

Address 11-15 Alexander Street, NORTH TOOWOOMBA QLD 4350
Telephone (07) 4512 6020
Website bigdogsupport.com.au
Email admin@bigdogsupport.com.au



BigDog Support Services started in Toowoomba in 2009 as a small family business providing disability support services. At home or in the community BigDog works with you to achieve your goals

Peak Plan Management

Telephone 1300 732 324
Website peakplanmanagement.com.au
Email info@peakplan.com.au



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.

Pet Cloud

Telephone 1300 667 785
Website petcloud.com.au
Email support@petcloud.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri

PetCloud provides Assistance with Domestic Duties to help keep homes of NDIS Pet Owners in order and hygienic. PetCloud helps with: • Poo Patrol & Kitty Litter change. • Home Visits to feed & water pets • Dog Walks • Dog Washing • Brushing, Clipping & Grooming • Doggy Day Care • Pet Sitting • House Sitting • Pet Taxis (to vet or grooming appointments).

Plan Partners

Website planpartners.com.au
Email rollie.pontigon@planpartners.com.au



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

Plan Partners - QLD

Telephone 1300 333 700
Website planpartners.com.au
Email info@planpartners.com.au



Plan Partners assist people navigate accessing NDIS, pre-planning for NDIS Meeting, community education, Plan Management and Support Coordination.

Point Care - Nambour

Telephone 1800 288 622
Website pointcare.com.au
Email info@pointcare.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



Queensland wide. We offer STA, MTA, SIL, Community Access. We are a team with vast experience working in the care industry. Our passion stems from early years of supporting children of challenging behaviours, youth with mental health issues and persons with disability. We are always there for you. You are our first priority. You are not a number, but a unique individual. Contact us to enquire

Provider Choice Plan Management

Telephone 1300 776 246
Website providerchoice.com.au
Email hello@providerchoice.com.au



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

PSR Plan Managers

Telephone 0401 523 943
Website psrplanmanagers.com.au
Email accounts@psrplanmanagers.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri

NDIS Plan Management We provide NDIS participants with a friendly & efficient bookkeeping service delivered by a tertiary qualified ICB registered Bookkeeper.

Quality Lifestyle Support Pty Ltd

Address 108 Mort Street, TOOWOOMBA QLD 4350
Telephone (07) 4659 5476
Website qualitylifestylesupport.com
Email admin@qualitylifestylesupport.com
Hours of operation 8:30 AM to 4:30 PM Mon-Fri



At Quality Lifestyle Support we value each individual's needs and so have implemented a list of services that will provide support, with a greater quality lifestyle.

Queensland Support Services and Solutions

Telephone (07) 5543 6757
Website qsss.com.au
Email admin@qsss.com.au



Promoting Independence and Quality of Life by Providing In-Home and Community based supports to people with physical disabilities throughout Qld QSSS provides its In-Home and Community Access supports to people who have a physical disability from ages 10 - 100 and registered with the National Disability Insurance Scheme (NDIS)

RAWR Support Services

Telephone (07) 4600 0611
Website rawrss.net.au
Email admin@rawrss.com.au
Hours of operation 8:00 AM to 4:00 PM Mon-Fri



RAWR Support Services are a Registered NDIS Provider based in Toowoomba and Warwick, also servicing surrounding areas including; Allora, Clifton, Dalby, Chinchilla, Miles, Roma, Stanthorpe, Wallangara, Tenterfield, Goondiwindi & Moree. We provide: Support Coordination, Support Services, Supported Independent Living, Home & Garden Maintenance, Interpreting, Auslan & Home Care Packages.

Recovery Plus Support

Telephone 1800 512 281
Website recoveryplussupport.com.au
Email referral@recoveryplussupport.com.au
Hours of operation 9:00 AM to Midnight Mon-Fri



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

Telephone 0418 128 749
Website reelkeen.com
Email robert@reelkeen.com

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

Respectability NDIS Toowoomba and Darling Downs

Telephone 0422 659 926
Website differentability.com.au
Email enquiry@differentability.com.au
Hours of operation 8:30 AM to 5:00 PM Mon-Fri

Many people and families choose us to support their loved ones because we have our own disability and understand their situation. Our team is highly experienced, honest, respectful, reliable, patient, caring, encouraging and positive. We do not wear uniforms which allows people to relax, not have their disability highlighted and their support provider advertised.

Rural Lifestyle Options Australia - Logan

Telephone 1300 032 175
Website rloa.org.au
Email enquiries@rloa.org.au



Rural Lifestyle Options Australia is committed to turning your dreams and aspirations into goals and accomplishments. We are an innovative organisation who are passionate about the flexibility, choice and control your NDIS plan offers.

Disability Services and Support Coordination

Telephone 0431 227 255
Email shaeylutzow@gmail.com
Hours of operation 8:00 AM to 9:00 PM Every day



Support Workers and Coordinators assist participants on NDIS with Household Tasks, Personal Care, Community Participation, Finding and Keeping a Job, Life Skills, Tenancy Assistance, Life Transitions, Transport and Travel Skills, Referrals to Therapy and Equipment Providers, Case Management, Budgeting and Plan Understanding, Psycho-social Recovery Coaching and Goal Reaching.

Shine Home Support

Telephone 0420 282 832
Website shinehomesupport.com.au
Email admin@shinehomesupport.com.au
Hours of operation 10:00 AM to 5:00 PM Mon-Tue,Thu; 10:00 AM to 1:00 PM Fri



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

Simply Better Care

Telephone (07) 3445 5733
Website simplybettercare.com.au
Email hello@simplybettercare.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



If you need personal care, a hand with household chores, support with community participation or outings, or help with coordination of services you require we are only a phone call away. We are committed to enabling you live your life the way you enjoy.

Sky Plan Management

Telephone 1300 103 787
Website skyplanmanagement.com.au
Email info@skyplanmanagement.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



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.

South Brisbane Disability Services

Telephone (07) 3109 7010
Website dcssds.qld.gov.au



The Department of Communities, Child Safety and Disability Services helps people with a disability and their families to access a range of supports and services they need as they move through the diff

Specialised Plan Management

Telephone (07) 3317 8344
Website specialisedplanmanagement.com.au
Email Intake@specialisedplanmanagement.com.au
Hours of operation 8:30 AM to Midnight Mon-Fri

Specialised Plan Management aim to take the financial burden of managing the payment and the necessary tracking of Plan Management Expenses against the NDIS budget. Simply put "It's like having a book keeper for your NDIS Plan". We not only have the financial accounting experience but can also draw upon over 20 years of experience within the Disability Sector.

Specialist Support Coordination Queensland

Telephone 0460 641 714
Email lyddia@grayssupportservices.com.au

Providing Specialist Support Coordination for participants with complex needs. Highly experienced in health, justice, challenging behaviors, service provision breakdown.

Spinal Life Australia

Telephone 1300 774 625
Website spinal.com.au
Email enquiries@spinal.com.au



Spinal Life Australia is a leading provider of advocacy, therapy and supports for people with spinal cord damage and related physical disabilities. In Toowoomba, these services include allied health, personal support and home care, as well as networks for members to share information and advocate for change in their community.

SPRED Toowoomba

Address 34 Hume Street, NORTH TOOWOOMBА QLD 4350
Telephone (07) 4632 8427
Website twb.catholic.edu.au
Email spred@twb.catholic.org.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri

The goal of SPRED is to provide education in faith and integration into the liturgical life of the Parish community. At the same time, the SPRED Ministry aims to build up the self-esteem of each person, so they can have trust and confidence in themselves, and other people. At the present time, ages range from 16 years to 65 years - mild to severe disabilities. This is a one-to-one program for ...

Sustainable Health And Education Solutions

Telephone 0491 047 391

The team at Sustainable Health & Education Solutions believe that all people have the right to access quality disability, health and education services, no matter their location or background. We specialise in supporting people from a Culturally and Linguistically Diverse background and those with limited access to services due to location or circumstance.

The Aquaponics Lady

Website theaquaponicslady.com

Email ask@theaquaponicslady.com

Empowering independence for those living with disabilities with an interest in gardening and fish, where you don't need to dig. This online, self paced program created by an NDIS participant with lived experience with autism, PTSD and anxiety for other participants to improve life skills and build capacity in your own safe space. Develop your skills at your own pace. Self & plan managed

The Aussie Hands Foundation Inc - Melbourne

Website aussiehands.org

Email info@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 Good Meal Co

Telephone 1800 155 255

Website goodmeal.com.au

Email agedcare@goodmeal.com.au

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

Telephone 0409 026 230

Website thehappygiraffe.com.au

Email claire@thehappygiraffe.com.au



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

The Kids Coach - National

Telephone 0478 437 368
Website thekidscoach.tv

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.

Busy Bees Support Coordination

Address 401 Hume Street, 401 Hume Street, KEARNEYS SPRING QLD 4350
Telephone 1800 934 155
Email admin@busybeessupport.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri

Welcome to Busy Bees Support Coordination. We can inspire more NDIS participants to build better futures and we are available in Toowoomba, Ipswich, Robina

Thinkwise Disability

Telephone 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.

This Is The Way Support Coordination

Telephone 1300 290 168
Email info@thisistheway.com.au
Hours of operation 9:00 AM to Midday & 1:00 PM to 5:00 PM Mon-Fri



This is the Way provides NDIS level 1 and level 2 support coordination and psychosocial recovery coaching to self and plan-managed clients with psychosocial disability, neurological disorders such as Autism and ADHD, and Australian Defence Force Veterans to make the most of your NDIS plan.

Thriving Families

Telephone 0402 727 472
Website thrivingfamilies.net.au
Email admin@thrivingfamilies.net.au

I am a Registered Nurse, Midwife, Children's health nurse and pediatric continence nurse. I offer parent support, specialising in baby and toddler sleep consultation, children's continence (NDIS) and toddler behaviour. I am trained in the facilitation of various parenting programs such as Circle of Security, Positive Parenting Program (Triple P) and Bringing Up Great Kids.

Total Support Services (QLD)

Telephone 1800 800 877
Website totalsupportservices.com.au
Email info@totalsupportservices.com.au
Hours of operation All Hours



At Total Support Services, we deliver personalised support services for over 700 people with disability nationwide. We recognise that everyone is unique, so your support should be too. We offer SUPPORT COORDINATION, IN-HOME SUPPORT, PLAN MANAGEMENT, RESPITE + MORE! Everything tailored to your wants and needs, with 24-hour response available to all clients, so you can always count on us.

Turner Care

Address 81 Campbell Street, OAKLEY QLD 4401
Telephone 0448 474 991
Website sites.google.com
Email Admin@turnercare.com.au
Hours of operation 9:00 AM to Midnight Mon-Fri

Turner Care is a family owned and operated Disability service provider, we can help assist you or your family member who are self-managed or on a plan managed NDIS plan. We offer a range of support services, including House Cleaning and Yard work/Maintenance.

Unique Quality Care

Telephone (07) 4972 3300
Email admin@uniquequalitycare.com



Unique Quality Care offers affordable, tailored support for people with disabilities

Unscripted Supports

Telephone (07) 3485 1500
Website unscriptedsupports.com.au
Email hello@unscriptedsupports.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri

At Unscripted Supports, we believe in putting people first. Our team consists of diverse and compassionate individuals with experience in disability, mental health, aged care, Allied Health, and management.

Wacol Disability Services

Telephone 13 74 68
Website dcssds.qld.gov.au



The Department of Communities, Child Safety and Disability Services helps people with a disability and their families to access a range of supports and services they need as they move through the diff

Wellways Toowoomba

Address 15-17 Kitchener Street, EAST TOOWOOMBA QLD 4350
Telephone (07) 3720 8155
Website wellways.org



Wellways is a registered NDIS provider and our services span mental health, disability and community care. We work with individuals, families and the community to help them imagine and achieve better lives. We advocate for change to make sure people can access the best possible care and information when they need it.

XXY Syndrome Association of Australia Inc.

Telephone 0427 064 157
Website xyyaustralia.org
Email xyyaustralia@gmail.com

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

Standard and High Intensity Level Support Worker Services - In Home

Telephone 1300 525 656
Website youfirstservices.com.au
Email info@youfirstservices.com.au



Standard & High Intensity Level Support Worker Services - In Home

LevelUp Independent Living

Telephone (07) 5293 9020
Website levelupil.com.au
Email enquiries@levelup.ybl.org.au
Hours of operation 8:30 AM to 5:00 PM Mon-Fri



LevelUp offers personalised, supported housing and community participation solutions for adults living with a disability. LevelUp offers Supported Independent Living, Community Participation, Individualised Living Options, Accessible Holidays and NDIS Assistance. LevelUp is part of Your Best Life Disability and Health Services Ltd. a not-for-profit and registered NDIS provider.

Mindcare Mental Health Services

Telephone 1300 632 647
Website mindcaremhs.com.au
Email enquiries.maroochyshore@catts.ybl.org.au
Hours of operation 8:30 AM to 5:00 PM Mon-Fri



Mindcare Mental Health Services psychologists provide services to NDIS participants and others with mental health conditions. Our services include psychology, Positive Behaviour Support Plans, assessments, referrals, and Stepped Care Referral with psychology at no cost to you. Mindcare offers telehealth services Australia-wide and in-home therapy for .

Your Plan Manager

Telephone 1800 968 775
Website yourplanmanager.com.au
Email plan@ypm.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



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.

YWCA Queensland - Toowoomba

Address 112 Mary St, EAST TOOWOOMBA QLD 4350
Telephone (07) 3230 3410
Website ywca.org.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



Y Ability is a trusted, caring, reliable provider delivering quality client-centred support services since 2009. We are passionate about choosing staff who are professional, client-focussed and committed to helping you 'find your possible'.

Special Education Programs

Alliance Française De Toowoomba

Address Suite 1, Level 1, 217 Margaret Street, TOOWOOMBA CITY QLD 4350
Telephone 0438 143 970
Website frenchtoowoomba.com
Email aftoowoomba@gmail.com



We provide services in the Toowoomba Regional Council region.

Centenary Heights Special Education Unit

Address 60 Ramsay Street, CENTENARY HEIGHTS QLD 4350
Telephone (07) 4636 7500
Email info@centheighs.eq.edu.au

We provide services in the Toowoomba Regional Council region.

Child Empower

Telephone 0431 254 987
Email admin@childempower.com.au

Developmental Educator Supports for families and children with disabilities to support social skills, academic progress, transitions, advocacy and progress towards individual goals.

Group activities

Telephone (07) 3568 4770
Email admin@cleosplace.au
Hours of operation 8:00 AM to 4:00 PM Mon-Thu; 8:00 AM to 3:00 PM Fri



Group activities for Teens and Adults, including Cooking, Art, Plant to Plate, Life skills, Yoga, Meditation, Social Day, etc in Brisbane, Logan, Gold Coast, Morteon Bay, Ipswich and Bay side areas

Clifford Park Special School

Address Rob St, NEWTOWN QLD 4350
Telephone (07) 4614 5333
Website cliffordparkspecs.eq.edu.au
Email the.principal@clifparkspecs.eq.edu.au

We provide services in the Toowoomba Regional Council region.

Denise Kable Campus Positive Learning Centre

Address 58 Ramsay St, CENTENARY HEIGHTS QLD 4350

Telephone (07) 4631 7111

The Positive Learning Centre (PLC) is an alternative context that aims to provide students who have found themselves disengaged from the mainstream setting with a safe, supportive and inclusive environment, where high quality curriculum and pedagogy supports each student to reach their full potential.

Education

Adult Education

Australian Training Institute

Telephone (07) 3269 5005
Website atiaustralia.edu.au
Email admin@atiaustralia.edu.au
Hours of operation 8:30 AM to 5:00 PM Mon-Sat

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.

Career Employment Australia Skills for Education and Employment (SEE) program - Toowoomba



Address 8, 382 Ruthven Street, TOOWOOMBA CITY QLD 4350
Telephone (07) 3457 1200
Website cealtd.org.au
Email info@ceagroup.com.au

The Skills for Education and Employment (SEE) program provides eligible job seekers free accredited language, literacy and numeracy training with focus on developing and improving your skills to obtain employment and access further education.

David Fredericks Computer Training For Senior Citizens®



Address Unit 1, 18 Lendrum Street, NEWTOWN QLD 4350
Telephone (07) 4633 2313
Website davidfredericks.com.au
Email dave@davidfredericks.com.au
Hours of operation 8:00 AM to 5:00 PM Mon-Fri; 8:00 AM to 1:00 PM Sat

Toowoomba's Leading Digital Literacy Specialist for Seniors and Retirees

Mental Health First Aid Training



Address 114-116 Nelson Street, MIDDLE RIDGE QLD 4350
Telephone 0488 171 500
Website stepbystep.training
Email futuretraining4u@gmail.com
Hours of operation 8:30 AM to 5:00 PM Mon-Fri

Mental Health First Aid - Training - Support - Fully Accredited & Professional Courses - Available to suit Individuals, Groups, Organisations, Companies, Government Departments, Military & Civil Emergency Agencies, Business Management & Employees, Volunteers.

Kath Dickson Institute

Address 2 Lawrence Street, TOOWOOMBA QLD 4350
Telephone (07) 4633 8400
Website kdfc.com.au
Email info@kdfc.com.au

Established in 1996, the Kath Dickson Institute is a registered training organisation (RTO 5394) specialising in nationally recognised early childhood qualifications throughout Queensland.

Lifelong Learning Council Queensland

Telephone (07) 3844 8400
Email secretary@llcq.org

Lifelong Learning Council Queensland supports and promotes Adult Community Education across Queensland and offers professional development for ACE providers, adult educators, tutors, mentors, coordinators, etc.

Parentshop

Telephone (02) 6680 8910
Website parentshop.com.au
Email info@parentshop.com.au
Hours of operation 9:00 AM to Midnight Mon-Fri

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.

Queensland International College of Beauty - Toowoomba

Address 8 Victoria Street, TOOWOOMBA QLD 4350
Telephone 1800 742 328
Website nicheeducation.edu.au
Email info@qicb.com.au

STUDENT BEAUTY CLINIC

Suicide Programs Calm Conversations Can Save Lives

Telephone (07) 3077 6536
Website suicideprograms.com.au
Email admin@suicideprograms.com.au



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 Open Learning

Telephone 13 12 48
Website tafeqld.edu.au

TAFE Queensland's distance and online programs bring you quality short courses that address your immediate needs, whether it be for career progression or, lifestyle enhancement.

TAFE Queensland Toowoomba Campus

Address 100 Bridge Street, EAST TOOWOOMBA QLD 4350
Telephone (07) 3244 5488
Website tafeqld.edu.au
Email tells@tafe.qld.edu.au



TAFE Queensland Toowoomba offers the Adult Migrant English Program (AMEP) designed to assist newly arrived migrants, refugees, humanitarian entrants and unemployed Australians from English speaking and diverse cultural and linguistic backgrounds.

Toastmasters - Southern Cross Club

Address Toowoomba City Library - 3rd Floor, Cnr of Herries St & Victoria St,
TOOWOOMBA CITY QLD 4350
Telephone (07) 4639 0735
Website toastmasters.org
Email ptmarangelli@primusonline.com.au

Members meet in a mutually supportive and positive learning environment to develop public speaking, communication and leadership skills which, in turn, foster self-confidence and personal growth. Membership is open to all persons over 18 years of age. Guests are always welcome to visit and observe what we do at our meetings without any obligation to join.

U.3.a Dalby

Telephone (07) 4662 2733
Website u3aonline.org.au
Email u3adalby1@bigpond.com

U3A Online is the world-first virtual University of the Third Age delivering online learning via the Internet.

University Of Southern Queensland

Address West Street, DARLING HEIGHTS QLD 4350
Telephone (07) 4631 2100
Website unisq.edu.au
Email usq.support@usq.edu.au



University of Southern Queensland provide Adult Education within the Toowoomba Regional Council region.

University of the Third Age - Toowoomba

Address Philharmonic Performance Complex, 7 Matthews Street,
HARRISTOWN QLD 4350

Telephone (07) 4687 7659

Website u3atoowoomba.au

Email u3atoowoomba@bigpond.com

To provide programmes of learning activities, including recreational, academic, social and cultural pursuits which offer stimulation and development to people who are in the "third age" of their lives. To offer an organisation wherein co-operative investigation of a topic or area of mutual interest is a major focus of activities and where experience and expertise are freely shared.

USQ Volleyball Club - Toowoomba

Address West Street, DARLING HEIGHTS QLD 4350

Telephone 1800 803 781

Email usqcollege@usq.edu.au

Hours of operation 8:00 AM to 4:00 PM Mon-Fri

UniSQ College provides pathway programs to domestic and international students.

General Education Programs

A Team Tuition - HEAD OFFICE

Telephone (07) 5226 0351

Website ateamtuition.com



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.

A Team Tuition - Ipswich

Telephone (07) 3518 3411

Website ateamtuition.com



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.

A Team Tuition - Toowoomba

Address Unit 1., 625 Ruthven Street, TOOWOOMBA CITY QLD 4350

Telephone (07) 4595 1753

Website ateamtuition.com



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.

Tutoring Darling Downs Queensland



Address Unit 1., 625 Ruthven Street, TOOWOOMBA CITY QLD 4350
Telephone (07) 4595 1753
Website ateamtuition.com

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.

Alliance Française De Toowoomba



Address Suite 1, Level 1, 217 Margaret Street, TOOWOOMBA CITY QLD 4350
Telephone 0438 143 970
Website frenchtoowoomba.com
Email aftoowoomba@gmail.com

- Learn French through weekly language classes - Special language classes for people planning to travel to France or other French speaking countries - French conversation group on the first Saturday of each month (except January and July) - Cultural events throughout the year - Member access to the most comprehensive French library in the Darling Downs region

Amaroo Environmental Education Centre

Address 90 Kleinton School Road, KLEINTON QLD 4352
Telephone (07) 4596 4333
Website amarooeec.eq.edu.au
Email admin@amarooeec.eq.edu.au

We design, promote and deliver highly effective environmental and Indigenous education programs for schools (P-12) and for the community, including building the capability of schools with professional development for teachers.

Australian Cervical Cancer Foundation

Telephone 1300 727 630
Website accf.org.au
Email info@accf.org.au



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 Institute of Management

Address 75 McDougall Street, TOOWOOMBA QLD 4350
Telephone 1300 882 895
Website aim.com.au
Email enquiry@aim.com.au



We provide services in the Toowoomba Regional Council region.

Australian School Of Entrepreneurship

Telephone 1300 336 095
Website ase.edu.au
Email group@ase.edu.au
Hours of operation 9:00 AM to Midnight Mon-Fri

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.

Australian Well Control Centre - AWCC

Address 55 Neil Street, TOOWOOMBA CITY QLD 4350
Telephone (07) 4638 0532
Website wellcontrolcentre.com.au
Email admin@wellcontrolcentre.com.au



Australian Well Control Centre delivers training services for people wanting to enter the Mining, Energy, and Gas industry. We are also a provider of Industry Safety Induction (ISI) courses in QLD.

Balance Minder

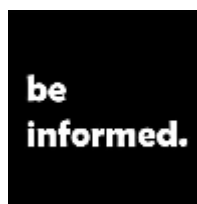
Telephone 0428 181 824
Email leanne@balanceminder.com.au



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.

Email 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.

Carbal Cultural Awareness Training (CAT)

Address 125 Russell Street, TOOWOOMBA QLD 4350
Telephone 1300 379 558
Website carbal.com.au
Email admin@carbal.com.au



Carbal Cultural Awareness Training (CAT) is a five session, comprehensive course that provides health professionals with the practical tools to deliver culturally competent services.

Civic Assist

Address 2/158 Margaret Street, TOOWOOMBA CITY QLD 4350
Telephone (07) 4631 5822
Website civicassist.org.au
Email info@civicassist.org.au

Civic Assist is a not-for-profit organisation that partners with local community to offer unique, targeted programs and initiatives that complement existing services. We exist to see people empowered to live life well and enjoy a better tomorrow.

Education Queensland Early Childhood Development Program

Telephone (07) 3634 0539
Website education.qld.gov.au
Email eap@qed.qld.gov.au



ECDPs aim to support children's early learning and help develop valuable skills children need to be successful learners now and as they transition to school. For more information about accessing an ECDP, contact your local Department of Education regional office or your local ECDP.

Emmaus Correspondence School

Address 316 MacKenzie Street, RANGEVILLE QLD 4350
Telephone (07) 4635 7227
Website emmausqld.org
Email office@ecsaust.com.au



ECS Ministries is part of the world-wide Emmaus Correspondence School that is evangelical, non-denominational in outreach, which provides correspondence Bible study courses published for the purpose of encouraging and enlightening people of all ages.

FORTRESS LEARNING

Telephone 1300 141 994
Website fortresslearning.edu.au
Email info@fortresslearning.com.au



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

Highlands Kindy and Early Learning

Address 495-505 Hume Street, KEARNEYS SPRING QLD 4350
Telephone (07) 4617 6555
Website highlandschristiancollege.com
Email kathio@coct.qld.edu.au

Our purpose-built building lets children have a safe, nurturing environment where learning is exciting, positive and encouraging. Our caring, Christian and fully qualified Early Childhood Teachers and Educators are intentional about the skills and knowledge that your child needs to gain, develop and become active participants in their learning, and explore their world safely with others.

Inclusion Access

Address 1, 625 Ruthven Street, TOOWOOMBA CITY QLD 4350
Telephone 0409 583 425
Website inclusionaccess.com.au
Email contact@inclusionaccess.com.au

Inclusion Access offers Access Consultancy, Advocacy and Inclusive Practice education for venue owners, service providers, those wanting to improve accessibility. Check our website for further details.

KindyLinQ - Fairview Heights State School

Address 75 McDougall Street, WILSONTON QLD 4350
Telephone (07) 4659 2888
Website fairviewheightsss.eq.edu.au
Email admin@fairviewheightsss.eq.edu.au
Hours of operation 9:00 AM to Midday Wed-Thu



Early years development program assisting families to facilitate learning and development for their child prior to attending kindergarten, as well as connecting families to community organisations to assist family well-being.

Kumbari Ngurpai Lag Higher Education Centre

Address West Street, TOOWOOMBA QLD 4350
Telephone (07) 4631 1991

We provide services in the Toowoomba Regional Council region.

Little Miracles Community Kindergarten

Address 1-3 Goodwood Street, TOOWOOMBA QLD 4350
Telephone (07) 4633 7922
Website littlemiracleskindy.org.au
Email little.miracles@bigpond.com

We provide Quality, Educational Kindergarten Programs for children aged from 3-5 years old. We believe in the importance of early learning in preparing your children for school. We aim to provide a learning environment which will enable your child to develop the knowledge and skills necessary for a successful transition to school.

Pathways to Resilience Trust

Telephone (07) 3169 2400
Website pathwaystoresilience.org
Email info@pathwaystoresilience.org



Social and Emotional Learning Education

PITSTOP - The Glennie School OSHC

Address 246A-248 Herries Street, NEWTOWN QLD 4350
Telephone (07) 4688 8888
Website glennie.qld.edu.au
Email pitstop@glennie.qld.edu.au

We provide services in the Toowoomba Regional Council region.

Queensland Fire And Rescue Service

Telephone (07) 3635 1949
Website qfes.qld.gov.au
Email QFSEnquiries@qfes.qld.gov.au



The Fight Fire Fascination (FFF) program is an initiative of Queensland Fire and Emergency Services designed to support parents and guardians with their efforts to educate their children about fire.

RCS

Telephone (07) 4939 5255
Website rcsaustralia.com.au
Email info@rcsaustralia.com.au
Hours of operation 8:30 AM to 5:00 PM & 12:30 PM to 1:00 PM Mon-Fri



Provides funded and fee-based agricultural training programs, community information and advisory services specialising in farm, business and people management for the agricultural industry.

Stroke Foundation: StrokeSafe Volunteer Speaker Program

Telephone (03) 9670 1000
Website strokefoundation.org.au
Email strokesafe@strokefoundation.com.au



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

Telephone 0408 332 765
Website dualdiagnosistraining.com.au
Email george@dualdiagnosistraining.com.au
Hours of operation All Hours



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

Tenancy Skills Institute

Telephone (07) 3413 6997
Website tenancyskills.com.au
Email info@tenancyskills.com.au



The Tenancy Skills Institute aims to create "Tenants of Choice" by equipping communities with the skills and knowledge needed to create solid foundations for successful tenancies. The Tenancy Skills Institute, delivers a competency-based training program which up-skills people who are wanting to rent successfully in the private market. It is available across the entire state of Queensland.

The Smith Family-Toowoomba

Address E, 492 Ruthven Street, TOOWOOMBA CITY QLD 4350
Telephone 1800 280 223
Website thesmithfamily.com.au
Email toowoomba@thesmithfamily.com.au
Hours of operation 8:00 AM to 4:00 PM Mon-Fri



The Smith Family Learning for Life Program is a student support program set up to assist financially disadvantaged young Australians to make the most of their education. It provides scholarships to students from low-income families who are struggling to pay for essential school items such as school fees, uniforms, text books, camps and excursions.

Toowoomba Photographic Society Inc.

Website toowoomba.myphotoclub.com.au
Email tpspresident@hotmail.com.au

We offer 1.Facility to socialise around the enjoyment of photography. 2.Practical training in the use of equipment and photo manipulation software. This is done formally and informally. 3.Interaction with various speakers, lecturers, and demonstrations offering information to help photographers develop their skills. 4.Competitions conducted regularly for feedback by judges on members' work. 5.

Anger Management and Conflict Resolution Program

Telephone 0408 332 765
Website anger.org.au
Email transformationministries@gmail.com
Hours of operation All Hours



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

University of the Third Age - Toowoomba

Address Philharmonic Performance Complex, 7 Matthews Street,
HARRISTOWN QLD 4350
Telephone (07) 4687 7659
Website u3atoowoomba.au
Email u3atoowoomba@bigpond.com

U3A is a self help education movement which caters for persons in the 'third age' and for those who have retired, promoting the concept of studying simply for the joy of learning. It is not a formal University, and does not offer formal qualifications nor set academic qualifications as a prerequisite for entry.

Vera Lacaze Memorial Community Kindergarten

Address 168A West Street, SOUTH TOOWOOMBA QLD 4350
Telephone (07) 4635 2421
Website veralacaze.com.au
Email contact@veralacaze.com.au
Hours of operation 8:30 AM to Midnight Mon-Tue,Thu-Fri; 8:40 AM to Midnight Wed



Early Childhood Education - Welcoming children between 3-5 years of age. For more than 55 years, we have been encouraging curiosity & discovery through play-based learning. Our Junior Kindergarten and Kindergarten programs have been thoughtfully constructed to help young children develop the attributes of a life-long and self-motivated learner.

Walya Productions

Telephone 0401 203 654
Website walya.com.au
Hours of operation All Hours

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.

Wilsonton Ag Centre

Address 275 North Street, WILSONTON TOOWOOMBA QLD 4350
Telephone (07) 4634 4972
Website wilsontonshs.eq.edu.au

The Wilsonton Ag Centre is a unique Agricultural facility, catering for the practical elements of the four State High schools that deliver Agriculture as subjects in Toowoomba.

Literacy & Numeracy Programs

Accelerated Learning Tutoring Centre

Telephone (08) 9471 9036
Website acceleratedlearning.com.au
Email info@perthtutor.com.au
Hours of operation 11:00 AM to Midnight Mon-Fri; 1:00 PM to Midnight Sat



> 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

Telephone 1300 655 506
Website readingwritinghotline.edu.au
Email enquiries@readingwritinghotline.edu.au



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.

Parents & Citizens Associations

Amaroo Environmental Education Centre PandC Association

Address 90 Kleinton School Road, KLEINTON QLD 4352
Telephone (07) 4696 7140
Email pandc@amarooeec.eq.edu.au

Amaroo EEC P&C Association supports the work of the Environmental Education Centre.

Bowenville State School PandC

Address Irvingdale Street, BOWENVILLE QLD 4404
Telephone (07) 4663 7127
Website bowenvilless.eq.edu.au
Email principal@bowenvilless.eq.edu.au



We provide services in the Toowoomba Regional Council region.

Brookstead State School PandC Association

Address 30 Ware St, BROOKSTEAD QLD 4364
Telephone (07) 4693 9200
Website brooksteadss.eq.edu.au

The Parents and Citizens' (P&C) Association meets on a regular basis and the meeting dates are advertised in the school newsletter which is distributed fortnightly.

Cooyar State School PandC

Address Gracey St, COOYAR QLD 4402
Telephone (07) 4692 6129
Email pandc@cooyarss.eq.edu.au

We provide services in the Toowoomba Regional Council region.

Darling Downs School Sport Board

Address 10 Taylor Street, TOOWOOMBA QLD 4350
Telephone (07) 4617 8393
Website ddschoolsport.eq.edu.au
Email admin@ddschoolsport.eq.edu.au

We provide services in the Toowoomba Regional Council region.

Glenvale State School PandC Association

Address 224 Glenvale Road, GLENVALE QLD 4350
Telephone (07) 4659 2111
Website glenvaless.eq.edu.au
Email pandc@glenvaless.eq.edu.au

Supporting Glenvale State School families and students. Provide Tuckshop, Uniform Shop and Outside School Hours Care services.

Goombungee State School PandC

Telephone 0490 027 188
Email principal@goombungeess.eq.edu.au



We provide services in the Toowoomba Regional Council region.

Gowrie State School PandC Association

Address Old Homebush Road, GOWRIE JUNCTION QLD 4350
Telephone (07) 4698 6888
Email admin@gowriess.eq.edu.au

We provide services in the Toowoomba Regional Council region.

Kingsthorpe State School PandC

Address 50 Goombungee Road, KINGSTHORPE QLD 4400
Telephone (07) 4699 2333
Email admin@kingsthorpess.eq.edu.au

We provide services in the Toowoomba Regional Council region.

Kulpi State School PandC Association

Address 9 Beckman Street, KULPI QLD 4352
Telephone (07) 4692 8239
Website kulpss.eq.edu.au
Email kulpsspandc@gmail.com

We provide services in the Toowoomba Regional Council region.

Meringandan State School PandC

Address School Road, MERINGANDAN WEST QLD 4352
Telephone (07) 4696 9666
Website meringandanss.eq.edu.au
Email admin@meringandanss.eq.edu.au



We provide services in the Toowoomba Regional Council region.

Mt. Tyson State School PandC Association

Telephone (07) 4693 7287
Email the.principal@mttysonss.eq.edu.au

We provide services in the Toowoomba Regional Council region.

Nobby State School P and C Association

Address 7 Davenport Street, NOBBY QLD 4360
Telephone (07) 4696 3122
Email lawrence517@bigpond.com

Parent and citizen body representing the children of the school.

Oakey State High School PandC Association

Address 1 Campbell Street, OAKEY QLD 4401
Telephone (07) 4691 4100
Website oakeyshs.eq.edu.au
Email admin@oakeyshs.eq.edu.au

Parents and Citizens Association

Pittsworth State High School PandC Association

Telephone (07) 4619 8111
Website pittsworthshs.eq.edu.au
Email psspandc@live.com.au

We provide services in the Toowoomba Regional Council region.

Pittsworth State School P and C Association

Address 40 Hume Street, PITTSWORTH QLD 4356
Telephone (07) 4619 8333
Website pittsworthss.eq.edu.au
Email info@pittsworthss.eq.edu.au

Supporting the Pittsworth State School through fundraising and event organisation. School culture The School Wide Positive Behaviour Support program promotes an enthusiastic culture within the school, rewarding and recognising students that contribute positively to the school environment while respecting the school rules of being safe, respectable and responsible.

Quinalow State School P and C Association

Address 5263 Pechey MacLagan Road, MACLAGAN QLD 4352
Telephone (07) 4692 9333
Email principal@quinalowss.eq.edu.au

We provide services in the Toowoomba Regional Council region.

Southbrook Central State School PandC Association

Address 1 School Road, SOUTHBROOK QLD 4363
Website southbrookcentralss.eq.edu.au
Email the.principal@southcentss.eq.edu.au

We provide services in the Toowoomba Regional Council region.

St Stephens School PandF Association

Address 22 Murray St, PITTSWORTH QLD 4356
Telephone (07) 4693 1627
Website pittsworth.catholic.edu.au
Email pittsworth@twb.catholic.edu.au

We provide services in the Toowoomba Regional Council region.

Yarraman State School P and C

Address 17 John Street, YARRAMAN QLD 4614
Telephone (07) 4173 7333
Website yarramanss.eq.edu.au
Email admin@yarramanss.eq.edu.au

We provide services in the Toowoomba Regional Council region.

Private (Primary and High Schools)

Concordia Lutheran College Junior College - Hume Street Campus

Address Hume Street Campus, Hume Street, PITTSWORTH QLD 4356
Telephone (07) 4635 5544
Website concordia.qld.edu.au

The focus on every child in our care is to ensure a balanced individual who is ready for the next stage in their school career. At Concordia Lutheran College's Junior College, we strive to provide a happy, healthy and safe place for your child during the important early years.

Concordia Lutheran College Junior College - Warwick Street Campus

Address 67 Warwick Street, HARRISTOWN QLD 4350
Telephone (07) 4635 4733
Website concordia.qld.edu.au

The focus on every child in our care is to ensure a balanced individual who is ready for the next stage in their school career. At Concordia Lutheran College's Junior College, we strive to provide a happy, healthy and safe place for your child during the important early years.

Concordia Lutheran College Middle College

Address 154 Stephen Street, HARRISTOWN QLD 4350
Telephone (07) 4688 2700
Website concordia.qld.edu.au

Students join Concordia's Middle College from Year 7 to Year 9. These three years provide a critical link between Junior College to the Senior College. While much of our approach remains the same – enviable resources, dedicated teaching staff, a commitment to lifelong learning – there are some subtle changes that will help prepare students for future academic challenges.

Concordia Lutheran College Senior College

Address 154 Stephen Street, HARRISTOWN QLD 4350
Telephone (07) 4688 2700
Website concordia.qld.edu.au

Our Senior College, comprised of Years 10 to 12, is the final stepping stone of education at Concordia.

Darling Downs Christian School

Address 451 McDougall Street, TOOWOOMBA QLD 4350
Telephone (07) 4659 1111
Website ddac.qld.edu.au
Email admin@ddcs.qld.edu.au

A Non-State School for Prep to Grade 12. Information provided by the Queensland Government Open Data Initiative.

Downlands College

Address 53 Kate Street, HARLAXTON QLD 4350
Telephone (07) 4690 9500
Website downlands.qld.edu.au
Email enquiries@downlands.qld.edu.au

Catholic Independent co-education for day and boarding school for Years 7 - 12.

Fairholme College

Address Wirra Wirra St, MT LOFTY QLD 4350
Telephone (07) 4688 4688
Website fairholme.qld.edu.au
Email info@fairholme.qld.edu.au

We provide services in the Toowoomba Regional Council region.

Faith Christian School Of Distance Education of Distance Education

Telephone (07) 3059 1881
Website faith.qld.edu.au
Email admin@faithcsde.com



Faith Christian School of Distance Education provides quality individualised programs, online lessons, camps, workshops, learning support and resources to over 1500 DE students across QLD.

Glenvale Christian School (Toowoomba)

Address 623-661 Boundary Street, GLENVALE QLD 4350
Telephone (07) 4634 0113
Website gcs.qld.edu.au
Email admin@gcs.qld.edu.au

A Non-State School for Prep to Grade 7. Information provided by the Queensland Government Open Data Initiative.

Highlands Christian College

Address 505 Hume St, TOOWOOMBA QLD 4350
Telephone (07) 4617 6555
Website highlandschristiancollege.com
Email enquiries@highlands.qld.edu.au

Our vision is to form students with integrity, resilience and compassion. We aim to develop young people who are well equipped for the world in which they live. In a complex and ever-changing world, it is essential that students are well prepared for the journey beyond their years at school.

Holy Name Primary School (Toowoomba)

Address 188 Bridge Street, TOOWOOMBA QLD 4350
Telephone (07) 4632 4694
Website hntwb.catholic.edu.au
Email holyname@twb.catholic.edu.au

A Non-State School for Prep to Grade 7. Information provided by the Queensland Government Open Data Initiative.

Maridahdi Early Childhood Community School

Address 3-7 Bowtell Street, TOOWOOMBA QLD 4350
Telephone (07) 4635 1413
Website maridahdi.qld.edu.au
Email admin@maridahdi.qld.edu.au

A Non-State School for Prep to Grade 7. Information provided by the Queensland Government Open Data Initiative.

Mary MacKillop Catholic School

Address 75 Highfields Road, HIGHFIELDS QLD 4352
Telephone (07) 4698 7777
Website mmcc.catholic.edu.au
Email highfields@twb.catholic.edu.au

A Non-State School for Prep to Grade 12. Information provided by the Queensland Government Open Data Initiative.

Mater Dei Primary School - Toowoomba

Address 53 Curzon Street, TOOWOOMBA QLD 4350
Telephone (07) 4637 6100
Email materdei@twb.catholic.edu.au

A Non-State School for Prep to Grade 7. Information provided by the Queensland Government Open Data Initiative.

Our Lady of Lourdes Primary School (Toowoomba)

Address 2 Ascot Street, TOOWOOMBA QLD 4350
Telephone (07) 4634 1922
Website ololtwb.catholic.edu.au
Email lourdes@twb.catholic.edu.au

A Non-State School for Prep to Grade 7. Information provided by the Queensland Government Open Data Initiative.

Sacred Heart Primary School (Toowoomba)

Address 263 Tor Street, WILSONTON QLD 4350
Telephone (07) 4634 3436
Website sacredhearttwb.catholic.edu.au

A Non-State School for Prep to Grade 7. Information provided by the Queensland Government Open Data Initiative.

St Anthony's School

Address 9 Memory Street, HARRISTOWN QLD 4350
Telephone (07) 4635 6200
Website sastwb.catholic.edu.au
Email stanthonys@stanthonys.twb.catholic.edu.au

St Anthony's Catholic Primary School Toowoomba is a co-educational Catholic Primary School offering Prep to Year 7 education within a small, caring and family orientated community. The school serves the south-western corner of Toowoomba City and is easily accessible from the suburbs of Harristown, Glenvale, Westridge, Drayton, Darling Heights, Hodgsonvale and Westbrook.

St Francis De Sales School (Clifton)

Address Meara Place, CLIFTON QLD 4361
Telephone (07) 4697 3366
Website clifton.catholic.edu.au

A Non-State School for Prep to Grade 7. Information provided by the Queensland Government Open Data Initiative.

St Joseph's College (Toowoomba)

Address 54 James Street, TOOWOOMBA QLD 4350
Telephone (07) 4631 8500
Website sjc.qld.edu.au
Email office@sjc.qld.edu.au

A Non-State School for Grade 8 to Grade 12. Information provided by the Queensland Government Open Data Initiative.

St Joseph's School (Millmerran)

Address 25 Walpole Street, MILLMERRAN QLD 4357
Telephone (07) 4695 3600
Website twb.catholic.edu.au
Email millmerran@twb.catholic.edu.au

A Non-State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

St Mary's College Toowoomba

Address 129 West St, NEWTOWN QLD 4305
Telephone (07) 4631 7333
Website stmaryscollege.com
Email reception@stmaryscollege.com

St Mary's College is a Catholic community for the education of boys from Years 5-12. The College was established in 1899 as a Christian Brothers' school to educate boys.

St Monica's School (Oakey)

Address 75 Lorrimer Street, OAKEY QLD 4401
Telephone (07) 4691 1067
Website oakey.catholic.edu.au
Email oakey@twb.catholic.edu.au

A Non-State School for Prep to Grade 7. Information provided by the Queensland Government Open Data Initiative.

St Saviour's College Toowoomba

Address 190 Perth Street, SOUTH TOOWOOMBA QLD 4350
Telephone (07) 4637 1600
Website ssctwb.catholic.edu.au

St Saviour's College is a Catholic day and residential school for young women in Years 8 to 12. Located centrally within Toowoomba City. St Saviour's College offers students a comprehensive curriculum with a commitment to caring and quality relationships.

St Saviour's Primary School (Toowoomba)

Address 14 Lawrence Street, TOOWOOMBA QLD 4350
Telephone (07) 4637 1555
Email ssps@twb.catholic.edu.au

A Non-State School for Prep to Grade 7. Information provided by the Queensland Government Open Data Initiative.

St Stephen's School - Pittsworth

Address Murray Street, PITTSWORTH QLD 4356
Telephone (07) 4693 1627
Website twb.catholic.edu.au
Email pittsworth@twb.catholic.edu.au

A Non-State School for Prep to Grade 7. Information provided by the Queensland Government Open Data Initiative.

St Thomas More's Primary School (Toowoomba)

Address 152 South Street, TOOWOOMBA QLD 4350
Telephone (07) 4635 8381
Website stmtwb.catholic.edu.au

A Non-State School for Prep to Grade 7. Information provided by the Queensland Government Open Data Initiative.

St Ursula's College - Toowoomba

Address 38 Taylor Street, TOOWOOMBA QLD 4350
Telephone (07) 4632 7611
Website st-ursula.qld.edu.au
Email admin@st-ursula.qld.edu.au

St Ursula's College, Toowoomba - An innovative & dynamic Catholic day and boarding school for girls in Years 7-12.

The Glennie School

Address 246 Herries Street, NEWTOWN QLD 4350
Telephone (07) 4688 8888
Website glennie.qld.edu.au
Email enquiries@glennie.qld.edu.au

The Glennie School - Private School

The Toowoomba Preparatory School

Address 2 Campbell St, EAST TOOWOOMBA QLD 4350
Telephone (07) 4639 8111
Website taschool.qld.edu.au
Email reception@tacaps.com

Toowoomba Anglican School is proudly co-educational, just as the world is, and unashamedly intimate in size where students are not only known for who they are but for what they aspire to be.

Toowoomba Christian College

Address 10852 New England Highway, HIGHFIELDS QLD 4352
Telephone (07) 4630 8444
Website tccollege.qld.edu.au

Toowoomba Christian College a P-12 school located on 35 acres on the northern outskirts of Toowoomba, near the township of Highfields. Toowoomba Christian College offers the only high school in the Highfields area. The school is built around a single stream model with over 550 students in years Prep to 12. The school is a ministry of Toowoomba City Church.

Toowoomba Grammar School

Address 24 Margaret Street, EAST TOOWOOMBA QLD 4350
Telephone (07) 4687 2500
Website twgs.qld.edu.au
Email tgs@twgs.qld.edu.au

A Non-State School for Prep to Grade 12. Information provided by the Queensland Government Open Data Initiative.

Youth and Community Learning Centre

Address 63 Ruthven Street, TOOWOOMBA QLD 4350
Telephone (07) 4638 9807
Website twb.catholic.edu.au
Email yclc@twb.catholic.edu.au

A Non-State School for Grade 8 to Grade 12. Information provided by the Queensland Government Open Data Initiative.

Special Education Programs

AEIOU Foundation For Children With Autism (Toowoomba)

Address 7 Friend St, HARRISTOWN QLD 4350
Telephone (07) 4636 3600
Website aeiou.org.au
Email toowoomba@aeiou.org.au
Hours of operation 7:00 AM to 5:00 PM Mon-Fri



AEIOU Foundation for Children With Autism delivers specialised early intervention for children with autism aged 2 – 6 years. Our evidence-based program develops essential life skills, independence and confidence, giving children the best chance to reach their full potential. We are a Registered NDIS Provider.

ALANNAH and MADELINE FOUNDATION

Telephone 1300 720 747
Website alannahandmadeline.org.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



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

Darling Heights Special Education Program

Address Wuth Street, TOOWOOMBA CITY QLD 4350
Telephone (07) 4636 8333
Website darlingheightsss.eq.edu.au
Email principal@darlingheightsss.eq.edu.au

Darling Heights Special Education Program provides educational support to students with disabilities enrolled at Darling Heights State School.

Denise Kable Campus

Address 58 Ramsay St, CENTENARY HEIGHTS QLD 4350
Telephone (07) 4631 7111
Hours of operation 9:00 AM to 5:00 PM Mon-Fri

The Denise Kable Special Education Unit provides students of all ages with a real living environment away from the home school location, where students may acquire and use skills needed in adult life. The centre offers a range of programs including personal management, household management, community activities, home activities, functional activities and job skills.

Fairview Heights State School Special Education Program

Address 75 McDougall Street, TOOWOOMBA CITY QLD 4350
Telephone (07) 4659 2888
Website fairviewheightsss.eq.edu.au
Email principal@fairviewheightsss.eq.edu.au

Our programs for students with a disability are tailored to individual student needs. We have some students in small classes for learning and some students who are supported in year level classes. Some students have a combination of being in a large class and being in a small class.

Gabbinbar State School Special Education Program

Address 189 Stenner Street, MIDDLE RIDGE QLD 4350
Telephone (07) 4631 5277
Website gabbinbarss.eq.edu.au
Email admin@gabbinbarss.eq.edu.au

Our school has a proud history of supporting students with a range of needs and abilities to ensure their future success.

Glenvale State School Special Education Program

Address 224 Glenvale Road, GLENVALE QLD 4350
Telephone (07) 4659 2111
Website glenvaless.eq.edu.au
Email admin@glenvaless.eq.edu.au

Glenvale State School offers a special education program.

Harristown State School Special Education Program

Address 332 South Street, TOOWOOMBA QLD 4350
Telephone (07) 4687 5333
Website harristownss.eq.edu.au
Email admin@harristownss.eq.edu.au

Harristown State School responds to the diverse needs of all learners by implementing a whole school approach to intervention. Harristown State School's Student Support Team identifies the appropriate tier of support through analysis of student data and ongoing monitoring of student progress.

Middle Ridge State School Special Education Program

Address 203 Spring Street, MIDDLE RIDGE QLD 4350
Telephone (07) 4687 4222
Website middleridgess.eq.edu.au
Email admin@middleridgess.eq.edu.au



At Middle Ridge State School, the Special Education Unit (SEU) is referred to as the 'Canopy.' The Canopy staff and specialists manage and support students diagnosed as having a health condition such as Hearing Impairment (HI), Intellectual Development (ID), Physical Impairment (PI), Visual Impairment (VI), Speech Language Impairment (SLI) Autism (ASD).

Modern Languages Teachers Association Queensland Inc - Darling Downs Branch

Address 38 Sardon Street, CENTENARY HEIGHTS QLD 4350
Telephone (07) 4631 1806
Website mltaq.asn.au

Teachers and student teachers of languages in Primary, Secondary and Tertiary sectors promoting languages and cultures in our region.

Pittsworth State High School Special Education Program

Address Factory Street, PITTSWORTH QLD 4356
Telephone (07) 4619 8111
Website pittsworthshs.eq.edu.au
Email info@pittsworthshs.eq.edu.au



Pittsworth State High School Special Education Program

Rangeville State School Special Education Program

Address 32A High Street, TOOWOOMBA QLD 4350
Telephone (07) 4617 7333
Website rangevilless.eq.edu.au
Email principal@rangevilless.eq.edu.au

Our school is proud to support and engage students in numerous support programs, all of which are designed to enhance student success and well-being.

Robogals Toowoomba

Address West Street, DARLING HEIGHTS QLD 4350
Email u1016950@umail.usq.edu.au

Robogals Toowoomba encourages schoolgirls to pursue a career in the engineering and IT industries, through conducting workshops throughout the region.

SPELD Qld

Telephone (07) 3391 7900
Website speld.org.au
Email speld@speld.org.au
Hours of operation 9:00 AM to 2:30 PM Mon-Fri



The services that Speld Qld Inc provide include an educational advisory and referral service, a library borrowing service, a tutor and assessment service, an assistive technology service, information workshops and seminars for parents, teachers and other professionals and a conference every two years. We promote actively throughout the community an awareness of the impact of specific learning ...

SPRED Toowoomba

Address 34 Hume Street, NORTH TOOWOOMBA QLD 4350
Telephone (07) 4632 8427
Website twb.catholic.edu.au
Email spred@twb.catholic.org.au

We provide services in the Toowoomba Regional Council region.

Toowoomba East State School Special Education Program

Address Cnr Arthur and Mary Streets, TOOWOOMBA CITY QLD 4350
Telephone (07) 4637 5222
Website toowoombaeastss.eq.edu.au
Email principal@toowoombaeastss.eq.edu.au

The support teacher works with school teams to assist classroom teachers to develop and effectively implement responses to students with diverse learning needs with a focus on literacy and numeracy for each main group (extension and enrichment for those operating above their cohort level and intervention support for those experiencing learning difficulties within their cohort level).

Toowoomba State High School Special Education Program

Address Stuart Street, TOOWOOMBA QLD 4350
Telephone (07) 4637 1371
Website toowoombashs.eq.edu.au
Email principal@toowoombashs.eq.edu.au

Toowoomba State High School Special Education Program

Toowoomba West Special School

Address 26 Gladstone St, NEWTOWN QLD 4350
Telephone (07) 4638 6333
Website toowoombawestspecs.eq.edu.au
Email principal@toowoombawestspecs.eq.edu.au

Toowoomba West Special School aims to provide a supportive learning environment where individual students achieve educational outcomes to assist them in their transition to their secondary education and, ultimately, their post school life.

Wilsonton State School Special Education Program

Address 429 Bridge Street, TOOWOOMBA QLD 4350
Telephone (07) 4637 1222
Website wilsontonss.eq.edu.au
Email principal@wilsontonss.eq.edu.au

Wilsonton State School strives to maintain a learning environment that supports the needs of identified students through links with various support staff.

State (Primary and High Schools)

Back Plains State School

Address Back Plains State School 874 Clifton-Pittsworth Highway, BACK PLAINS QLD 4361
Telephone (07) 4695 8571
Website backplainsss.eq.edu.au
Email principal@backplainss.eq.edu.au

The staff are committed to the education of all students and have wide range of experience in a variety of contexts to make the students experiences, challenging and rewarding.

Biddeston State School

Address 2425 Cecil Plains Road, BIDDESTON QLD 4401
Telephone (07) 4691 6145
Website biddestonss.eq.edu.au
Email principal@biddestonss.eq.edu.au

At Biddeston State School we support and encourage all students to be the best they can be. Staff, students, parents and community members make up a committed team who work together to help all students achieve their best results. Our school and class curriculum supports each learner as an individual and as a valued member of a learning community.

Bowenville State School

Address Bowenville State School, Irvingdale Street, BOWENVILLE QLD 4404
Telephone (07) 4663 7127
Website bowenvilless.eq.edu.au
Email principal@bowenvilless.eq.edu.au



Bowenville State School, Prep to Year 6 Education.

Bunker's Hill State School

Address 315 Bunkers Hill School Road, WESTBROOK QLD 4350
Telephone (07) 4630 6290
Website bunkhillss.eq.edu.au
Email the.principal@bunkhillss.eq.edu.au

Bunker's Hill State School has been serving the community of Westbrook and surrounds since 1899. We are a primary school within easy reach of Toowoomba and its services, but maintain a country school atmosphere. Bunker's Hill is a co-ed school for students from Prep Year through to Year 7.

Cambooya State School

Address Cambooya State School Harrow Street, CAMBOOYA QLD 4358
Telephone (07) 4612 2333
Website cambooyass.eq.edu.au
Email principal@cambooyass.eq.edu.au

For a small rural school we provide a huge range of activities and experiences for our students yet manage to keep the family feel of a small school.

Cecil Plains State School

Address Taylor Street, CECIL PLAINS QLD 4407
Telephone (07) 4660 9333
Website cecilplainsss.eq.edu.au
Email principal@cecilplainsss.eq.edu.au

The school provides educational programs from Preparatory to Year 9, catering for around 70 students from town and rural backgrounds. After Year 9, most students continue with formal senior education at a school of their choice.

Clifton State High School

Address 32 East Street, CLIFTON QLD 4361
Telephone (07) 4697 4777
Website cliftonshs.eq.edu.au
Email principal@cliftonshs.eq.edu.au

Working collaboratively to ensure that every day, in every classroom, every student is learning and achieving. Staff and students working and learning collaboratively to prepare students for the future.

Clifton State School

Address Tooth Street, CLIFTON QLD 4361
Telephone (07) 4697 4888
Website cliftonss.eq.edu.au
Email principal@cliftonss.eq.edu.au

We are committed to achieving the best for our students in academic, sporting, and cultural fields. We strive purposely to improve on the quality of education that we deliver through strategies that encourage continuous improvement in every student.

Crow's Nest State School

Address 1 Littleton Street, CROW'S NEST QLD 4355
Telephone (07) 4698 3111
Website crowsnestss.eq.edu.au
Email principal@crowsnestss.eq.edu.au

At Crow's Nest our shared vision is Excellence in Education for everyone, every day.

Darling Heights State School

Address Wuth Street, TOOWOOMBA CITY QLD 4350
Telephone (07) 4636 8333
Website darlingheightsss.eq.edu.au
Email principal@darlingheightsss.eq.edu.au

Darling Heights State School offers programs covering the National Curriculum, in all classes each offering core literacy and numeracy blocks and programs to encourage higher achieving students, extension literacy groups, enrichment programs, extension modules and extra-curricular offerings. The structure of the school features three broad sub-schools: junior, intermediate and senior schools.

Drayton State School

Address 55 Brisbane Street, DRAYTON QLD 4350
Telephone (07) 4637 7444
Website draytonss.eq.edu.au
Email principal@draytonss.eq.edu.au

Our school has grown to an enrolment of approximately 300 students from Prep to Year 6.

Emu Creek State School

Address 14534 New England Highway, GREENMOUNT EAST QLD 4359
Telephone (07) 4697 1171
Website emucreekss.eq.edu.au
Email principal@emucreekss.eq.edu.au

The school motto: 'Learn, Try, Enjoy' embodies the spirit of the school. The students and staff have a strong desire to improve in all aspects of their social and academic lives.

Fairview Heights State School

Address 75 McDougall Street, TOOWOOMBA CITY QLD 4350
Telephone (07) 4659 2888
Website fairviewheightsss.eq.edu.au
Email principal@fairviewheightsss.eq.edu.au

At Fairview Heights our vision is for the present and the future while being linked to our past through the symbol of the Jacaranda tree. This symbol represents growth as individuals, as a school community and as an integral part of the wider community.

Gabbinbar State School

Address 189 Stenner Street, MIDDLE RIDGE QLD 4350
Telephone (07) 4631 5277
Website gabbinbarss.eq.edu.au
Email admin@gabbinbarss.eq.edu.au

Gabbinbar State School offers a broad academic program with a strong emphasis on English, mathematics and science.

Geham State School

Address 9625 New England Highway, GEHAM QLD 4352
Telephone (07) 4612 6333
Website gehamss.eq.edu.au
Email principal@gehamss.eq.edu.au

Geham State School community is committed to nurturing every child through our values of care, commitment and safety.

Glenvale State School

Address 224 Glenvale Road, GLENVALE QLD 4350
Telephone (07) 4659 2111
Website glenvaless.eq.edu.au
Email admin@glenvaless.eq.edu.au

Glenvale State School takes great pride in our past and are committed to providing the best educational opportunities we can for our students in the years to come.

Greenmount State School

Address Haldon Street, GREENMOUNT QLD 4359
Telephone (07) 4697 1159
Website greenmountss.eq.edu.au
Email principal@greenmountss.eq.edu.au

Greenmount State School is dedicated to empowering students to reach their fullest potential in a safe, nurturing and family orientated atmosphere. We focus on each student as an individual and emphasise the development of skills necessary for life long learning.

Haden State School

Address 1520 Haden Crows Nest Road, HADEN QLD 4353
Telephone (07) 4698 8164
Website hadenss.eq.edu.au
Email principal@hadenss.eq.edu.au

Haden State School is committed to providing a safe, respectful and disciplined learning environment for students and staff, where students have opportunities to engage in quality learning experiences and acquire values supportive of their lifelong wellbeing.

Harlaxton State School

Address 110 Ruthven Street, TOOWOOMBA QLD 4350
Telephone (07) 4639 9111
Website harlaxtonss.eq.edu.au
Email principal@harlaxtonss.eq.edu.au

Harlaxton State School is proud of a heritage of delivering high quality education for more than 100 years. The character and charm of our past is intermingled with our current focus on upgraded building designs and improved technology in all areas of the school.

Harristown State High School

Address 341-367 South Street, TOOWOOMBA QLD 4350
Telephone (07) 4636 8700
Website harristownshs.eq.edu.au
Email principal@harristownshs.eq.edu.au
Hours of operation 8:00 AM to 4:00 PM Mon-Fri

One key to developing our students' love of learning is Harristown State High School's Dimensions of Learning Framework. Developed from current educational research, this school wide program encourages students and staff to develop and share a common language and understanding of the learning process.

Harristown State School

Address 332 South Street, TOOWOOMBA QLD 4350
Telephone (07) 4687 5333
Website harristownss.eq.edu.au
Email admin@harristownss.eq.edu.au

Harristown State School offers students a supportive and future oriented learning environment sustained by quality teachers, experienced staff and modern, well-resourced facilities.

Highfields State School

Address 10459 New England Highway, HIGHFIELDS QLD 4352
Telephone (07) 4699 6222
Website highfieldsss.eq.edu.au
Email principal@highfieldsss.eq.edu.au

At Highfields we strive for excellence.

Jondaryan State School

Address Scott Road, JONDARYAN QLD 4403
Telephone (07) 4692 2139
Website jondaryanss.eq.edu.au
Email principal@jondaryanss.eq.edu.au

Jondaryan State school is well resourced with students having access to the latest technologies and educational opportunities. Students from Jondaryan State School participate in a range of education and extracurricular activities.

Middle Ridge State School

Address 203 Spring Street, MIDDLE RIDGE QLD 4350
Telephone (07) 4687 4222
Website middleridgess.eq.edu.au
Email admin@middleridgess.eq.edu.au



Our experienced and highly committed staff is dedicated to ensuring that all students are afforded a rich and diverse range of learning opportunities and are well supported in achieving to their best within a safe, well ordered and disciplined learning environment.

Millmerran State School

Address 19 Simmons Street, MILLMERRAN QLD 4357
Telephone (07) 4695 3333
Website millmerranss.eq.edu.au
Email admin@millmerranss.eq.edu.au



We are a proud, inclusive learning community delivering quality education. Our supportive school provides a range of opportunities for a diverse range of learners and we aim to build a strong sense of community.

Mount Tyson State School

Address Main Street, MOUNT TYSON QLD 4356
Telephone (07) 4693 7287
Website mttysonss.eq.edu.au
Email principal@mttysonss.eq.edu.au

At Mount Tyson State School, we endeavour to prepare students to be highly numerate and literate, active problem solvers and with technology skills to be successful citizens in an ever changing global society.

Oakey State High School

Address 1 Campbell Street, OAKEY QLD 4401
Telephone (07) 4691 4100
Website oakeyshs.eq.edu.au
Email the.principal@oakeyshs.eq.edu.au

High school education catering for students in Years 7 to 12

Oakey State School

Address 27 Campbell Street, OAKEY QLD 4401
Telephone (07) 4692 0333
Website oakeyss.eq.edu.au
Email principal@oakeyss.eq.edu.au

Oakey State School caters for students from Prep to Year Seven. It serves a community centred in and around Oakey, located 30km west of Toowoomba. Oakey State School enjoys a growing school population and a strong academic and sporting background.

Pilton State School

Address 24 Pilton Valley Road, PILTON QLD 4361
Telephone (07) 4696 4521
Website piltonss.eq.edu.au
Email principal@piltonss.eq.edu.au

As well as the two classrooms, the school has a separate library, a STEAM Shed (Science, Technology, Engineering, Arts, Mathematics), a covered and floodlit multi-purpose court and two playgrounds. All buildings are air-conditioned and classrooms are well resourced.

Pittsworth State High School

Address Factory Street, PITTSWORTH QLD 4356
Telephone (07) 4619 8111
Website pittsworthshs.eq.edu.au
Email info@pittsworthshs.eq.edu.au



A vibrant and progressive learning community, our vision is Shaping Futures; the futures of young people are the future of our society.

Pittsworth State School

Address 42 Hume Street, PITTSWORTH QLD 4356
Telephone (07) 4619 8333
Website pittsworthss.eq.edu.au
Email admin@pittsworthss.eq.edu.au
Hours of operation 10:00 AM to Midnight Mon-Fri; 9:00 AM to Midnight Sat

State primary school education students in the Pittsworth district.

Quinalow Prep-10 State School

Address 7 Progress Street, QUINALOW QLD 4403
Telephone (07) 4692 9333
Website quinalowss.eq.edu.au
Email principal@quinalowss.eq.edu.au

The school services a small active rural community with a population of approximately 300.

Ramsay State School

Address 173 Ramsay School Road, RAMSAY CAMBOOYA QLD 4358
Telephone (07) 4630 9140
Website ramsayss.eq.edu.au
Email principal@ramsayss.eq.edu.au

At Ramsay State School we are firmly committed to the multi-age approach of teaching which involves children of different ages working together in a supportive classroom environment.

Rangeville State School

Address 32A High Street, TOOWOOMBA QLD 4350
Telephone (07) 4617 7333
Website rangevilless.eq.edu.au
Email principal@rangevilless.eq.edu.au

We seek to prepare students for a future characterised by complexity and change. The aim for our students is to be 'Learning, Achieving and Growing Every Day'; constantly challenged and inspired. We strive for the development of the whole person in every child to be a well balanced citizen with an inquiring mind and a healthy body.

Rockville State School

Address 3 Holberton Street, ROCKVILLE QLD 4350
Telephone (07) 4659 2333
Website rockvilless.eq.edu.au
Email principal@rockvilless.eq.edu.au

We provide services in the Toowoomba Regional Council region.

Toowoomba East State School

Address Cnr Arthur and Mary Streets, TOOWOOMBA CITY QLD 4350
Telephone (07) 4637 5222
Website toowoombaeastss.eq.edu.au
Email principal@toowoombaeastss.eq.edu.au

Toowoomba East State School focuses on working together to encourage student success. In this section you will find information about our school. A warm welcome to those visiting our website for the first time as new parents to our school, international visitors or welcome back to existing students and parents.

Toowoomba North State School

Address Taylor Street, TOOWOOMBA QLD 4350
Telephone (07) 4617 8333
Website toowoombanorthss.eq.edu.au
Email principal@toowoombanorthss.eq.edu.au

Toowoomba North State School is located on the edge of the city, adjacent to the historic Mort Estate. We provide a supportive learning environment that caters for the intellectual, emotional, spiritual and physical needs of each student. At Toowoomba North State School, our vision of being 'Strong and smart - Big in heart' drives the many programs that operate within the school.

Toowoomba State High School

Address Stuart Street, TOOWOOMBA QLD 4350
Telephone (07) 4637 1371
Website toowoombashs.eq.edu.au
Email principal@toowoombashs.eq.edu.au

Students have access to diverse possibilities and opportunities. Programs in academia, sport, music, the arts, language and community engagement are provided for students to pursue. The learning environment and educational programs, combined with high expectations and personalised support, underpins our philosophy to learning.

Vale View State School

Address 873 Drayton Connection Road, VALE VIEW QLD 4352
Telephone (07) 4696 2158
Website valeviewss.eq.edu.au
Email principal@valeviewss.eq.edu.au

Vale View staff are committed to meeting the needs of all students through strong curriculum and pedagogical practices and focused analysis of student progress, all within the context of a supportive small school environment.

Wellcamp State School

Address 609 Drayton-Wellcamp Road, WELLCAMP QLD 4350
Telephone (07) 4698 6333
Website wellcampss.eq.edu.au
Email principal@wellcampss.eq.edu.au

Our school has a small school country atmosphere where children can grow and learn in a caring and supportive environment. We are able to provide excellent resources including small classes with individual attention, fully air conditioned buildings and Smart Boards with computer pods in every classroom.

Wilsonton State High School

Address 275 North Street, TOOWOOMBA QLD 4350
Telephone (07) 4639 0444
Website wilsontonshs.eq.edu.au
Email principal@wilsontonshs.eq.edu.au

Our school prides itself on providing the very best academic, vocational, cultural and sporting opportunities for our students. Wilsonton State High School offers a quality education to students in years 7 through to 12.

Wilsonton State School

Address 429 Bridge Street, TOOWOOMBA QLD 4350
Telephone (07) 4637 1222
Website wilsontonss.eq.edu.au
Email principal@wilsontonss.eq.edu.au

Wilsonton State School engages our students in wide-ranging academic pursuits, creative endeavours and social networks that cater for the whole child and allows them to aspire to achieve their own personal goals and potential.

Wyreema State School

Address 12 High Street, WYREEMA QLD 4352
Telephone (07) 4596 0333
Website wyreemass.eq.edu.au
Email principal@wyreemass.eq.edu.au

We provide services in the Toowoomba Regional Council region.

Employment & Training

Disability Employment & Training Services

APM Disability Employment Services

Address	Ground Floor Russell House, 1-3 Russell Street, TOOWOOMBA CITY QLD 4350
Telephone	1800 276 276
Website	apm.net.au
Email	toowoomba.es@apm.net.au
Hours of operation	9:00 AM to 5:00 PM Mon-Fri



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

Max Employment Disability Services - Toowoomba

Address	Suite 2B, Level 2, 145 Herries Street, TOOWOOMBA CITY QLD 4350
Telephone	1800 603 503
Website	maxsolutions.com.au
Hours of operation	8:30 AM to 5:00 PM Mon-Fri



Connecting those with disability, injury or health condition with the support they need to find the work they want.

Mylestones Employment - Toowoomba

Address	Level 2, Central Plaza, 532 Ruthven St, EAST TOOWOOMBA QLD 4350
Telephone	(07) 4592 8800
Website	mylestones.org.au
Email	mylestonesemployment@cpl.org.au
Hours of operation	8:30 AM to 4:30 PM Mon-Fri



At Mylestones, we're passionate about finding employment for people with disabilities and barriers so they can chase the best in life. We've been working with communities for over 25 years, in more than 50 locations across Queensland and Northern New South Wales.

Pet Cloud

Telephone	1300 667 785
Website	petcloud.com.au
Email	support@petcloud.com.au

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

Employment Information & Assistance

BUSY At Work - Toowoomba Apprenticeship Services

Address 99-101 Russell Street, TOOWOOMBA QLD 4350
Telephone (07) 4616 8900
Website busyatwork.com.au
Email busy@busyatwork.com.au



BUSY At Work is a not for profit organisation providing apprenticeship, employment and community programs. With 35 years of experience we have established various programs across Australia and increased our footprint throughout regional and metropolitan locations in Queensland and Victoria.

Help Employment and Training - Crows Nest

Address C/- Community & RSL Hall, 28-30 William Street, CROWS NEST
QLD 4355
Telephone 1800 877 545
Website help.org.au
Email customerservice@helpenterprises.com.au



Looking for work? The team at HELP Crows Nest are here to HELP!

Help Employment and Training - Oakey

Address Oakey Service Centre, 64 Campbell Street, OAKEY QLD 4401
Telephone 1800 877 545
Website help.org.au
Email customerservice@helpenterprises.com.au



Looking for work? The team at HELP Oakey are here to HELP!

Help Employment and Training - Toowoomba

Address 5 Bell Street, TOOWOOMBA CITY QLD 4350
Telephone 1800 877 545
Website help.org.au
Email customerservice@helpenterprises.com.au
Hours of operation 8:30 AM to 5:00 PM Mon-Fri



Looking for work? The team at HELP Toowoomba are here to HELP!

Jenny Gleeson Coaching and Consulting

Telephone 0433 884 847
Website jennygleeson.com.au
Email jenny@jennygleeson.com.au

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.

newapprenticeships.com (Division of Skill Centred Queensland)

Address Fair Street, ROCKVILLE QLD 4350
Telephone 1800 210 210
Email apprenticeshipsinfo@qld.gov.au

We provide services in the Toowoomba Regional Council region.

General Employment & Training Services

A1 Group Training

Address 4 McCartin Court, 4 McCartin Court, TORRINGTON QLD 4350
Telephone (07) 4630 4916
Website a1gt.com.au
Email admin@a1gt.com.au



Quality Training For Industry Needs

Approach Services

Telephone (08) 6171 3833
Website approach-services.com
Email info@approach-services.com



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.

Aurora Training Institute - Toowoomba

Address 49 Annand Street, TOOWOOMBA CITY QLD 4350
Telephone 1300 936 864
Website aurora.edu.au
Email admin@aurora.edu.au
Hours of operation 8:00 AM to 5:00 PM Mon-Fri



We are a leading Australian nationally recognised Registered Training Organisation. With classroom, workplace and even online learning platforms if there's a life you want, we can help you make it happen! We offer qualifications in Aged Care & Disability, Community Services, Individual Support, Business, Business Administration, Hospitality & Tourism, Commercial Cookery and more!

Australian Child Care Career Options (ACCCO) - National Head Office

Telephone 1300 139 406
Website accco.com.au
Email info@accco.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



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.

Australian Red Cross Employment Services - Nanango

Telephone (07) 4162 1030
Website redcross.org.au
Email contactus@redcross.org.au



AALL Who's Eligible: All Job Seekers

CHR Employment Services

Address 400 Ruthven St, TOOWOOMBA QLD 4350
Telephone (07) 4659 8811

We provide General Employment and Training services in the Toowoomba Regional Council region. Please contact us for more information.

ParentsNext

Address Level 1, 158 Margaret Street, TOOWOOMBA CITY QLD 4350
Telephone 1300 621 499
Website communitysolutions.org.au
Email csteam@communitysolutions.org.au
Hours of operation 8:00 AM to 4:00 PM Mon-Fri



Education and employment program to help parents back to work. Specific support for parents of children under six years old to plan and reach future goals.

DGT Employment And Training - Toowoomba

Address 56 Duhig Street, HARRISTOWN QLD 4350
Telephone 1300 010 185
Website dgt.org.au
Email dgt@dgt.org.au
Hours of operation 8:00 AM to 5:00 PM Mon-Fri



DGT Employment and Training is a Nationally Accredited Registered Training Organisation (RTO) delivering tailored, custom-designed training at our state-of-the-art training facility in Toowoomba, in the workplace and across Queensland.

Electrician Jobs

Telephone (02) 8005 8225

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

Fair Work Infoline

Telephone 13 13 94
Website fairwork.gov.au

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 Toowoomba - Australia Wide First Aid

Address 532-544 Ruthven Street, TOOWOOMBA CITY QLD 4350
Telephone (07) 3437 7500
Website australiawidefirstaid.com.au
Email info@australiawidefirstaid.com.au
Hours of operation 9:00 AM to 5:30 PM Every day



Australia Wide First Aid provides nationally accredited First Aid courses at training locations around the country. Established 1996.

Flaglines International Inc (formerly known as Equator Community Development Services)

Address Unit 1, 625 Ruthven Street, TOOWOOMBA CITY QLD 4350
Email manager.flaglines@gmail.com

Promoting economic participation of jobseekers with barriers to employment, education and training. Combating social isolation especially for migrants, sponsored visa holders and their families, international students and disadvantaged individuals. Supporting those who require assistance in looking for a new career or job opportunities.

Joi Creating Opportunity

Telephone 13 56 44
Website joi.org
Hours of operation 9:00 AM to 5:00 PM Mon-Thu; 9:00 AM to 4:00 PM Fri



We are a not-for-profit organisation. We create opportunities through self-sustaining social enterprises which deliver long-term change.

Learning Network Queensland

Address 28 Jellicoe Street, MOUNT LOFTY QLD 4350
Telephone (07) 4632 2188
Website tafeqld.edu.au

Learning Network Queensland offers over 200 courses across a wide range of interest areas including computing, book keeping, small business, professional development, Aboriginal and Torres Strait Islander training, languages and more. Mobile delivery is not new to Learning Network Queensland as we successfully deliver vocational programs to rural and remote locations in Queensland.

MAXimus Solutions

Address 400 Ruthven St, TOOWOOMBA QLD 4350
Telephone (07) 4638 6700
Website maxsolutions.com.au

Australian Traineeships (often referred to as apprenticeships or traineeships) offer opportunities for anyone of working age to train, study and earn an income in a wide range of occupations and trades. MAXimusSolutions Australia delivers training for trainees across a range of qualifications and study areas.

Neami National - THRIVE

Telephone (07) 3493 6780
Website neaminational.org.au
Email livingandlearning@neaminational.org.au



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;

First Aid Training

Address Seventh Day Adventist Community Centre, 669 Greenwattle Street,
GLENVALE QLD 4350
Telephone 0466 712 655
Website newfocusfirstaid.com.au
Email rod@newfocusfirstaid.com.au
Hours of operation 8:00 AM to 4:00 PM Mon-Fri



We are your locally based first aid training provider delivering to exceptional standards. Our core values define our passion for everything first aid and deliver a practical hands on educational experience to build your confidence. We are fun, engaging and a very cost effective first aid training company. Our standards are high, our prices are low and our professionalism speaks for itself.

Queensland Association of School Tuckshops

Telephone (07) 3324 1511
Website qast.org.au
Email chris@qast.org.au

Queensland Association of School Tuckshops provides Food Safety Supervisor Certificates, tailored to School Canteen Convenors.

Sally's place Learning Center

Telephone 0404 569 380
Website sallysplace.net.au
Email sally@sallysplace.net.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



We help people with barriers move forward in their lives at their own pace. We are able to offer training services in a wide range of areas and run classes in hospitality and foundation skills . We are very unique in the way we train and very hands on. No one gets left behind but you have got to want to move forward and be prepared to succeed.

TAFE Open Learning

Telephone 13 12 48
Website tafeqld.edu.au

TAFE Queensland's distance and online programs bring you quality short courses that address your immediate needs, whether it be for career progression or lifestyle enhancement.

TAFE Queensland Toowoomba

Address TAFE Queensland Toowoomba, 100 Bridge Street, EAST
TOOWOOMBA QLD 4350
Telephone 1300 308 233
Website tafeqld.edu.au
Email Marketing.SouthWest@tafeqld.edu.au
Hours of operation 8:30 AM to Midnight Mon-Tue,Thu-Fri; 9:00 AM to Midnight Wed

We're Queensland's largest, most experienced training provider. We deliver practical, industry-relevant training across a range of industries from entry-level certificates to bachelor degrees, at more than 50 locations across Queensland.

U3a Network Queensland

Address 15 Jutsum Street, TOOWOOMBA QLD 4350
Telephone (07) 4613 6559
Email rhondaj17@bigpond.com

U3A provides learning programs including academic, cultural, physical and social. These programs offer stimulation and development to people in their 3rd age.

UnitingCare - Toowoomba Finchley Street

Address 3 Finchley Street, TOOWOOMBA QLD 4350
Telephone (07) 4688 3900
Website unitingcareqld.com.au
Email corinne.m@uccommunity.org.au



UnitingCare Community Employment Service (Formerly known as Ipswich and Toowoomba Employment Service)
- Toowoomba

UnitingCare - Toowoomba Finchley Street

Address 3 Finchley Street, TOOWOOMBA QLD 4350
Telephone (07) 4688 3900
Website unitingcareqld.com.au
Email corinne.m@uccommunity.org.au



AALL Who's Eligible: All Job Seekers

UnitingCare Employment Services - Oakey

Address 73 Campbell Street, OAKEY QLD 4401
Telephone (07) 4688 3900
Website unitingcareqld.com.au
Email corinne.m@uccommunity.org.au



AALL Who's Eligible: All Job Seekers

UnitingCare Employment Services - Pittsworth

Address 42 Hume Street Pittsworth Technology Centre, PITTSWORTH QLD 4356
Telephone (07) 4688 3900
Website unitingcareqld.com.au
Email corinne.m@uccommunity.org.au



AALL Who's Eligible: All Job Seekers

Youth Employment & Training Services

Downs Industry Schools Co-op (DISCO)

Address Suite 3, Level 1, 453 Ruthven Street, TOOWOOMBA CITY QLD 4350
Telephone (07) 4638 3088
Website disco.org.au
Email info@disco.org.au



Downs Industry Schools Co-op (DISCO) works with youth aged 13-24 to help them remain engaged in school, work, or further study. DISCO has office's in Toowoomba, Dalby and Roma and services the Darling Downs, South West and Maranoa Regions.

Multicultural Australia - Toowoomba City

Address 15 Snell Street, TOOWOOMBA CITY QLD 4350
Telephone (07) 4632 1466
Website multiculturalaustralia.org.au
Email welcome@multiculturalaustralia.org.au



At Multicultural Australia, we are always striving to improve employment outcomes for people from refugee and migrant backgrounds.

New Hope Community Services

Address 12-20 Peace Street, HARLAXTON QLD 4350

Website newhope.org.au

Email applications@newhope.org.au

New Hope Community Service's Ready for Work Training is a free program designed to help young people successfully enter the workforce; whether that's for your very first time, or to improve your employment opportunities!

Health Services

Aboriginal Health Services

715 Health Checks

Address 110 Campbell Street, OAKEY QLD 4401
Telephone (07) 4691 3372
Website goondir.org.au



Our Vision at Goondir Health Service is Better Health, Better Living, Longer Life. Please let us assist your health needs with, culturally safe and appropriate Primary Health Care with a focus on outcomes for our clients and to educate and promote healthy choices.

Aboriginal and Torres Strait Islander Health

Address 2A Fitzpatrick Street, OAKEY QLD 4401
Telephone (07) 4691 4888
Website darlingdowns.health.qld.gov.au



Aboriginal and Torres Strait Islander Liaison Officers and Health Workers advocate on behalf of and provide support to Aboriginal and Torres Strait Islander clients, their families and carers throughout their healthcare journey including liaising with clinical staff to ensure culturally appropriate communication and services are provided.

Adult Health Services

Blush Cancer Care Inc - Toowoomba City

Telephone 0413 020 755
Website blushcancercare.com.au
Email blushcancercare@gmail.com



Blush Cancer Care Inc is a not-for-profit organisation that educates, supports and raises money for those undergoing breast cancer treatment - pre, post and during their breast cancer journey.

Allied Health

Active Nutrition

Telephone 0407 373 002
Website activenutrition.net.au
Email viviennesalu@ozemail.com.au
Hours of operation 9:00 AM to 7:00 PM Mon-Sat

'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

Telephone 0493 210 327
Website avicenna-hw.com
Email health@avicenna-hw.com



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

Telephone 0455 398 354
Website axispsychology.org
Email info@axispsychology.org



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

Bailey Nelson Toowoomba

Address Shop 30, Grand Central Shopping Centre Corner of Margaret and
Dent Street, TOOWOOMBA QLD 4350
Telephone (07) 4637 9563
Website baileynelson.com.au
Email toowoomba@baileynelson.com.au

Bailey Nelson

We have optometrists available to test eyes across all our boutiques. We bulk bill, so the cost of most exams is covered by Medicare for eligible card holders. Please note that Medicare do not cover the optional ultra-wide digital imaging (OPTOS) or contact lens examinations. If you would like more information about costings, or you do not hold a Medicare card, please contact your local boutique

Better Movement Clinic

Address Suite 5, 661 Ruthven Street, SOUTH TOOWOOMBA QLD 4350
Telephone (07) 4632 6074
Website bettermovement.com.au
Email admin@bettermovementclinic.com.au

Exercise Physiology clinic supplying exercise & lifestyle programs & advice for those with chronic disease & chronic injury Toowoomba and Dalby

Better Movement Clinic

Telephone (07) 4662 2855
Website bettermovement.com.au
Email admin@bettermovementclinic.com.au

Exercise Physiology clinic supplying exercise programs & lifestyle programs & advice to those with chronic diseases & chronic injuries

bloom hearing specialists Toowoomba

Address 18 James Street, RANGEVILLE QLD 4350
Telephone (07) 4659 9688
Website bloomhearing.com.au
Hours of operation 8:30 AM to 4:30 PM Mon-Fri



At bloom™ Hearing Specialists, we offer comprehensive hearing assessment and rehabilitation, tinnitus assessment and management, work cover assessment, and provide expert advice and fitting for the best hearing technology available on the market.

Blue Care

Address Toowoomba Therapy Centre, 256 Stenner Street, TOOWOOMBA
QLD 4350
Telephone 1300 673 163
Website bluecare.org.au
Email communitycare@bluecare.org.au



As Queensland's leading in-home, retirement living and aged care provider we can deliver tailored support for your loved one. With expert advice and over 60 years' experience, we'll make things simpler, so you and your family can continue to live life your way

BUPA Optical - Toowoomba

Address Shop 2096, Grand Central Shopping Centre, Dent Street,
TOOWOOMBA CITY QLD 4350
Telephone (07) 4574 5715
Website bupaoptical.bupa.com.au
Email optical.toowoomba@bupa.com.au

Bupa Optical aims to deliver the best in eye care and eyewear for both Bupa members and non-members. With our growing network of stores across a large part of Australia, we are well-positioned to service your optical needs. You don't need to be a Bupa member to visit one of our stores, we welcome members of all Australian health funds, as well as customers who have no health fund cover.

Occupational Therapy - Lifestyle Therapies and Training Solutions

Address 125 Russell Street, TOOWOOMBA QLD 4350
Telephone 1300 994 854
Website ltts.com.au
Email admin@carbal.com.au



Provides Occupational Therapy, and Speech Pathology across various regions of Queensland.(Provided by Lifestyle Therapies & Training Solutions)

Chrysalis Wellbeing

Telephone 0430 322 711
Website chrysaliswellbeing.com.au
Email chrissy.ortner@zohomail.com.au
Hours of operation 9:00 AM to Midnight Mon-Fri

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

Telephone (07) 3703 1812
Website clearconvo.com
Email support@clearconvo.com
Hours of operation 9:00 AM to 5:00 PM Mon-Fri

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

Telephone (02) 9328 3444
Website communicatespeech.com.au
Email info@communicatespeech.com.au



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

Telephone 1800 950 288
Website connect2care.com.au
Email info@connect2care.com.au



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

Telephone 1800 330 066
Website health.gov.au

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

Telephone 0476 758 096
Website crystalclearpsychologysolutions.com
Email reception.ccpsychsolutions@gmail.com
Hours of operation 8:00 AM to 5:00 PM Mon-Fri



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.

Currawong Music Therapy

Telephone 0408 013 091
Website currawongmt.com
Email hello@currawongmt.com

A Toowoomba based Music Therapy service, covering the Darling, Southern, and Western Downs. Clientele include adults and children, targeting a range of needs from mental health and disability, to aged care and rehabilitation.

Darling Downs Radiology

Address 70 Neil Street, TOOWOOMBA QLD 4350
Website scr.com.au
Email DarlingDowns@scr.com.au

For over 50 strong years health care professionals and the surrounding communities have relied on South Coast Radiology to provide state of the art medical imaging services and the highest level of patient care.

Darling Downs Skin Cancer Centre

Address 68 Neil Street, TOOWOOMBA CITY QLD 4350
Telephone (07) 4638 9299
Website skincancercentres.com.au
Email darlingdowns@skincancercentres.com.au



Provides Health Services - Allied Health in the Toowoomba area

Dr Sharon Wilkinson

Address Health on Herries, 20 Herries Street, EAST TOOWOOMBA QLD 4350
Telephone (07) 4637 9931
Website drsharonwilkinson.com.au
Email enquiries@drsharonwilkinson.com.au

Dr Sharon Wilkinson offers a knowledgeable and professional hand to help you discover, improve, and maintain your mental health and overall wellbeing.

Edopt Pty Ltd ATF The Gareth and Christine Edwards Family Trust

Address 113 Russell Street, TOOWOOMBA QLD 4350
Telephone (07) 4646 4944
Email gareth@garethedwardsoptometrist.com.au

Provides Optometry across various regions of Queensland.

Essential Health Services - Nanango

Telephone 0437 770 595
Website essentialhealthservices.com.au
Email admin@essentialhealthservices.com.au



Essential Health Services offers a variety of Allied Health Services within the South Burnett region.

Diabetes

Address 110 Campbell Street, OAKEY QLD 4401
Telephone (07) 4691 3372
Website goondir.org.au



The Diabetes Program aims to improve the health of Aboriginal and Torres Strait Islander people with diabetes (and their families) through education and training based on the improvement and management of diet, physical activities, and weight management.

Hearing Health

Address 110 Campbell Street, OAKEY QLD 4401
Telephone (07) 4691 3372
Website goondir.org.au



Hearing health screenings are carried out at our Goondir clinics and selected schools in the region.

GREY MATTERS PSYCHOTHERAPY AND ASSESSMENT SERVICES - Kearneys Spring

Telephone 0428 350 557
Website greymatterspsychotherapy.com.au
Email mary.antoney@greymatterspsychotherapy.com.au

Bulk Billing, Mental Health Care and Chronic Disease Management Care Plans or Private Patients -Specializing in - Adult, Seniors and Older Persons Psychologist and Assessments

My Health for Life

Telephone 13 74 75
Website myhealthforlife.com.au
Email info@myhealthforlife.com.au
Hours of operation 9:00 AM to 7:00 PM Mon-Fri; 9:00 AM to 2:00 PM Sat

My health for life is a free Queensland Government-funded program delivered by the Healthier Queensland Alliance designed to help Queenslanders stay well and lessen their risk of developing conditions such as type 2 diabetes, heart disease and stroke.

Mobile Physiotherapy

Email m.hoffman4551@gmail.com

Mobile NDIS Physiotherapy services delivered in-home, out in the community and various other locations in collaboration with the participant. Providing goal motivated interventions with participants around the Sunshine Coast and surrounding regions. Experienced with all ages, various conditions and level of disability and cultural backgrounds.

Hope Therapy And Consulting

Telephone (07) 4667 3960
Website hopetherapyconsulting.com.au
Email admin@hopetherapyconsulting.com.au
Hours of operation 9:00 AM to 4:00 PM Wed-Fri



Hope Therapy and Consulting offers Occupational Therapy and Hand Therapy Services to clients in the Southern Downs and surrounds. We provide assessments and reports required by funding entities such as NDIS and Aged Care, as well as work with you to achieve your goals.

HRM Partners Pty Ltd AFT The McCleary Family Trust T/A AH Diabetes

Address 11 Moffatt Street, NORTH TOOWOOMBA QLD 4350
Telephone (07) 4646 2530
Email admin@ahdiabetes.com.au

Provides Diabetes Education across various regions of Queensland.

Julie Pratt - IBS and FODMAP Dietitian

Telephone 0420 994 870
Website natural-balance-nutrition-dietitian.business.site
Email julie@naturalbalancenutrition.com.au

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

Laubman and Pank - Clifford Gardens

Address Shop 34, Clifford Gardens Shopping Centre James Street,
TOOWOOMBA QLD 4350
Telephone (07) 4633 0401
Website laubmanandpank.com.au

We bulk-bill for eligible Medicare card holders and welcome all Australian health funds

Lavender Sleep and Wellness

Telephone 0435 784 209
Website lavendersleepandwellness.com
Email hello@lavendersleepandwellness.com
Hours of operation 9:30 AM to 1:00 PM & 8:00 PM to 10:00 PM Mon-Thu



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.

Lighthouse Psychology Services

Address Harris House Office 5, 1 Clifford Street, TOOWOOMBA CITY QLD
4350
Telephone 0423 380 037
Website lighthousepsychologyservices.com.au
Email admin@lighthousepsychologyservices.com.au

"Rachel Donnelly is a Clinical Psychologist and director of Lighthouse Psychology Services. She provides therapy and counselling for mental health and wellbeing. Rachel recently relocated to Harris House, the beautiful heritage listed house at 1 Clifford Street, Toowoomba. New referrals are welcome.

Nutrition Counselling

Telephone 0478 599 770
Website nutritionwithmari.com
Email hello@nutritionwithmari.com

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

ME/CFS/FM Support Association Qld Inc

Address St Vincent's Hospital, 22-36 Scott Street, TOOWOOMBA CITY QLD
4350
Telephone (07) 4632 8173
Email mefmtba@bigpond.com

Please contact for more information.

Met Phys - Crows Nest

Address 28-30 William Street, CROWS NEST QLD 4355
Telephone 0438 014 747
Website metphys.com
Email admin@metphys.com



Exercise physiology and exercise therapy to assist with rehabilitation and recovery of various conditions.

MET Phys Highfields

Address Shop 2&3, 10517 New England Highway, HIGHFIELDS QLD 4352
Telephone 0438 014 747
Website metphys.com
Email admin@metphys.com



We use exercise as a form of therapy to assist in the rehabilitation and recovery of a number of conditions.

More Than Able

Telephone (07) 5228 0469
Website morethanable.com.au
Email info@morethanable.com.au
Hours of operation 8:00 AM to 5:00 PM Mon-Fri



More Than Able is a growing allied health service on the beautiful Sunshine Coast offering paediatric therapy.

MPowered Psychology Pty Ltd

Address 191 Herries Street , 191 Herries Street, TOOWOOMBA CITY QLD
4350
Telephone (07) 4632 1972
Email m.bertello@hotmail.com

South West Mental Health Services / Roma District Children support program

My FootDr - Toowoomba

Telephone (07) 4633 2533
Website myfootdr.com.au
Email toowoomba@myfootdr.com.au
Hours of operation 9:00 AM to 5:30 PM Mon-Fri; 9:00 AM to 4:00 PM Sat



Our Toowoomba podiatry clinic and shoe store is your one-stop destination for foot care in Toowoomba. Find your perfect fit from our range of footwear or visit our podiatrists for custom foot orthotics or laser treatment.

National 360 - Brisbane

Telephone 1300 340 440
Website national360.com.au
Email qld@national360.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



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

National 360 - Sunshine Coast

Telephone 1300 340 440
Website national360.com.au
Email qld@national360.com.au



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

Nexus Cap - PSYCHOLOGY

Telephone (07) 3342 7790
Website nexuscap.com.au
Email admin@nexuscap.com.au



WELCOME TO NEXUS PSYCH - Here at Nexus Cap, we are here to support your mental well being in the comfort of your own home.

NWRH - Rocky Creek

Address Stafford Road, ROCKY CREEK QLD 4357
Telephone 1800 799 244
Website nwrh.com.au
Email info@nwrh.com.au



Primary Health Care Allied Health

On The Line Australia

Telephone (03) 8371 2800
Website lifeline.org.au
Email enquiries@ontheline.org.au



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.

Optimise Health - Toowoomba

Address 14 Ipwsich Street, TOOWOOMBA QLD 4350
Telephone (07) 4638 3022
Website optimisehealth.com.au
Email info@heelpaintoowoomba.com.au



Our team specialises in exercise prescription to help manage chronic disease, chronic pain, injury rehabilitation, falls prevention, athletic development and strength and conditioning.

Optimise Health - Toowoomba

Address 14 Ipwsich Street, TOOWOOMBA QLD 4350
Telephone (07) 4638 3022
Website optimisehealth.com.au
Email info@heelpaintoowoomba.com.au
Hours of operation 9:00 AM to 6:00 PM Mon,Wed; 7:00 AM to 5:00 PM Tue; 8:00 AM to 5:00 PM Thu; 7:00 AM to 4:00 PM Fri



Provides Health Services - Allied Health in the Toowoomba area Physiotherapy, Podiatry, Pilates and Massage Therapy.

Pacific Health and Wellbeing - Toowoomba

Address 1 Clifford Street, TOOWOOMBA CITY QLD 4350
Telephone (07) 3267 3287
Website pacifichw.com.au
Email admin@pacifichw.com.au



Our Toowoomba team of clinicians provide mobile appointments which can be taken at your home, school or a community space. Offering occupational therapy and physiotherapy, our incredible team will work with you to ensure you are able to achieve your health goals.

Phoenix Hypnotherapy

Telephone 0438 411 551
Website phoenixhypnotherapy.com.au
Email lynne@phoenixhypnotherapy.com.au
Hours of operation 9:00 AM to 8:00 PM Tue; 9:00 AM to 5:00 PM Wed; 9:30 AM to 8:00 PM Thu; 9:30 AM to 4:00 PM Fri; 9:00 AM to 1:00 PM Sat



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.

Queensland Spinal Cord Injuries Service - Spinal Outreach Team (SPOT)

Telephone (07) 3176 9507
Website health.qld.gov.au



The Spinal Outreach Team (SPOT) provides allied health and nursing consultancy and early intervention service for people with spinal cord injuries, their families and other health professionals.

Sole Focus Podiatry

Address 1 Neil Street, TOOWOOMBA CITY QLD 4350
Telephone (07) 4529 7430
Website solefocuspodiatry.com.au
Email admin@solefocuspodiatry.com.au

Sole Focus Podiatry is dedicated to achieving the best possible outcomes for all our patients. We use the most up-to-date assessment methods and the latest technology and equipment to accurately diagnose and develop the most effective treatment and management plan for each individual patient.

Sutton, Christian Alexander

Telephone 0408 768 105
Website conquer.net.au
Email conquerest2015@outlook.com
Hours of operation 7:00 AM to 5:00 PM Mon-Fri



We offer Occupational Therapy, Exercise Physiology, Dietetics & Continence Nurse. We also have Therapy Assistants, 3 x 24/7 Fully Accessible and functional gymnasiums across the South Burnett. All Team can travel to North Burnett, Brisbane and Sunshine Coast Regions.

Talkers and Eaters Speech Pathology

Telephone 0499 807 220
Website tesp.au
Email eleanor@tesp.au
Hours of operation 8:00 AM to 5:00 PM Mon-Fri

Talkers and Eaters Speech Pathology (TESP) is dedicated to providing quality speech pathology services to rural Australian adults and children who have difficulty communicating and/or swallowing.

The Allied Health Team

Telephone 0455 055 721
Website thealliedhealthteam.com.au
Email admin@ahteam.com.au
Hours of operation 7:00 AM to 5:00 PM Mon-Fri



Multidisciplinary allied health service provider for all ages and abilities. The Allied Health Team is a dedicated team of allied health professionals at four different locations on the Sunshine Coast; the Sports Hub in Bokarina, Vitality Village in Birtinya, at Noosa Fit 24/7, and Gympie. We lead in exercise physiology, occupational therapy, physiotherapy, and dietetics.

The Allied Health Team - Bokarina

Telephone 0455 055 721
Website thealliedhealthteam.com.au
Email admin@ahteam.com.au
Hours of operation 7:00 AM to 5:00 PM Mon-Fri



Multidisciplinary service provider for all ages and abilities. The Allied Health Team is a dedicated, multidisciplinary team of allied health professionals at four different locations on the Sunshine Coast; the Sports Hub in Bokarina, Vitality Village in Birtinya, at Noosa Fit 24/7 in Noosa Civic, and Gympie. We lead in exercise physiology, occupational therapy, physiotherapy, and dietetics.

Living With Dementia and Driving Study

Telephone (07) 3365 6392
Website uq.edu.au
Email donna.rooney@uq.edu.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



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

Telephone 1300 004 414
Website therapypro.com.au
Email info@therapypro.com.au

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.

Toowoomba Consulting Rooms

Address Level 2, 532 Ruthven Street, TOOWOOMBA CITY QLD 4350
Telephone 0411 594 421
Website irispsychology.com.au
Email admin@irispsychology.com.au

Iris Psychology provides mental health services to people in the Toowoomba region and those seeking on-line service delivery anywhere in the world.

Toowoomba Medical and Dental Centre

Telephone (07) 4642 2000
Website toowoombamedicalanddental.com.au



Need physio in Toowoomba? You can see one of the experienced Physiotherapists for help at the Toowoomba Medical & Dental Centre. There are also more Allied Health Practitioners across the team.

Toowoomba Osteopathic Centre

Address 114 Russell Street, TOOWOOMBA CITY QLD 4350
Telephone (07) 4637 9853
Website toowoombaosteopathiccentre.com
Hours of operation 7:00 AM to Midnight Mon-Fri



With 30 years' experience having qualified in 1985 in the U.K, at the British School of Osteopathy, Trevor Howard had his first osteopathic treatment as a 12-year-old. Many subsequent visits for various sporting injuries ignited his interest in a career helping people overcome their injuries.

Vision Exercise Physiology

Address 55/57 Kitchener Street, SOUTH TOOWOOMBA QLD 4350
Telephone (07) 4638 3777
Website visionexercisephysiology.com.au
Email reception@visionhealth.com.au



Our team specialises in exercise prescription to help manage chronic disease, chronic pain, injury rehabilitation, falls prevention, athletic development and strength and conditioning.

Physiotherapy

Telephone (07) 4662 6640
Website vitalhealthqld.com.au
Email dalbyreception@vitalhealthqld.com.au



Physiotherapists provide experienced, multi-faceted approach to chronic disease and/or pain management, women's health, rehabilitation and injury prevention.

Psychology

Telephone (07) 4662 6640
Website vitalhealthqld.com.au
Email dalbyreception@vitalhealthqld.com.au



Psychologists are trained to work with individuals of different ages with behavioural, emotional and/or psychological distress which disrupts their everyday functioning and well-being. They aim to reduce distress and to enhance and promote psychological well-being, minimise exclusion and inequalities, and provide support for on-going mental illness.

Speech Pathology

Telephone (07) 4662 6640
Website vitalhealthqld.com.au
Email dalbyreception@vitalhealthqld.com.au



Speech Pathologists assist adults and children who have difficulty communicating and/or swallowing due to stroke, brain injuries, intellectual disability, cerebral palsy, dementia and hearing loss, as well as other problems that affect speech and language.

Well Life Services

Address 327A Margaret Street, TOOWOOMBA CITY QLD 4350
Telephone (07) 4595 1750
Website welllifeservices.com.au
Email therapies@welllifeservices.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



Allied Health, Mental Health Services, Counselling, Art Therapy, Expressive Therapies, Occupational Therapy, Play therapy, Social Worker and Psychology.

Wellness Nutrition Solutions

Telephone (07) 3117 9244
Website wellnessnutritionsolutions.com.au
Email dorelle@wellnessnutritionsolutions.com.au
Hours of operation 1:00 PM to Midnight Mon; 9:00 AM to Midnight Tue-Sat



We provide dietetic and nutrition services for adults via Telehealth or in-person appointments. Our focus areas include digestive health (IBS, food intolerances, FODMAP diets, constipation, reflux), weight concerns (both under and over), eating behaviours and emotional eating, type 2 diabetes, and heart health and the Mediterranean diet.

Wiltshire Health (will be trading as Construct Health)

Address 200 South Street, TOOWOOMBA QLD 4350
Telephone (07) 4613 5018
Website construct-health.com.au
Email whc.reception@toowoombaphysio.com

At Construct Health we pride ourselves on bringing big-city quality physiotherapy, occupational health care and rehabilitation services to our patients and corporate clients irrespective of where they may be.

Child Youth & Family Health

New Directions Maternal and Child Health Services

Address 125 Russell Street, TOOWOOMBA QLD 4350
Telephone 1300 379 558
Website carbal.com.au
Email admin@carbal.com.au



The Maternal and Child Health unit provides a multi-disciplinary health service for Aboriginal and Torres Strait Islander women, children, mothers, and babies.

Leukodystrophy Resource and Research organisation

Telephone (07) 4627 1092
Website leukodystrophyresourceresearch.org
Email bobwyborn@bigpond.com



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

Antenatal Care

Address 50 Commens Street, MILLMERRAN QLD 4357
Telephone (07) 4695 3111
Website darlingdowns.health.qld.gov.au



Antenatal care is the care you receive during pregnancy.

Child Health

Address 2A Fitzpatrick Street, OAKEY QLD 4401
Telephone (07) 4691 4888
Website darlingdowns.health.qld.gov.au



Provides information and education to parents and carers for children from birth to 18 years of age.

School Based Youth Health

Address 2A Fitzpatrick Street, OAKEY QLD 4401
Telephone (07) 4691 4888
Website darlingdowns.health.qld.gov.au



School Based Youth Health Nurse offer individual health consultations to provide assessment, support, health information and referrals for young people. School Based Youth Health Nurses also work with the school community on issues that may affect the health and wellbeing of individual young people and the broader school community.

Community Health & Medical

Asbestos Related Diseases

Telephone 1800 776 412
Website adss.org.au
Email inquiries@adss.org.au



We provide telephone support to people with an asbestos related disease, their families and carers. We also aim to prevent exposure to asbestos containing materials.

Hope Horizons Cancer Wellness Centre

Address 1/146 Drayton Road Harristown, PO Box 2099, TOOWOOMBA QLD 4350
Telephone (07) 4636 6108
Website hopehorizons.com.au
Email hopehorizonsinc@gmail.com
Hours of operation 9:00 AM to Midnight Mon-Fri

Cancer wellness centre providing allied health services for anyone with a cancer diagnosis with no out of pocket expense

Peer Navigation

Telephone (07) 3013 5555
Website qpp.org.au
Email info@qpp.org.au



The HIV Peer Navigation Program supports people diagnosed with HIV to navigate the complex environment of HIV treatment & care.

Queensland Positive People - Mackay

Telephone (07) 3013 5555
Website qpp.org.au
Email info@qpp.org.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



Case Management services for people living with HIV

Toowoomba Clinic

Address 661 Ruthven Street, SOUTH TOOWOOMBA QLD 4350
Telephone (07) 4632 8166
Website true.org.au
Email twbadmin@true.org.au



True is the state's leading provider of reproductive and sexual health services, specialising in contraception and gynaecological care. We are proud to provide clients with broad range of expert reproductive and sexual health services, including long-acting reversible contraception (LARC).

Dental & Oral Health

Dentist Jobs Australia

Address 96 Neil St, TOOWOOMBA QLD 4350
Telephone (07) 4632 5622
Website nationaldentalcare.com.au
Email reception.toowoomba@nationaldentalcare.com.au

Our qualified team of dentists offers a comprehensive range of up to date dental treatments and services. Each Dentist is experienced in a wide range of dental options and, when necessary, will confer with their colleagues to ensure that the best treatment is made available to you by our practice. Free parking is available.

Maven Dental Tor Street

Address 351 Tor Street, TOOWOOMBA QLD 4350
Telephone (07) 4634 1788
Website mavendental.com.au

Provides Health Services - Dental & Oral Health in the Toowoomba area

The Avenue Dental

Address 131 Anzac Ave, TOOWOOMBA QLD 4350
Telephone (07) 4634 1133

Health Services - Dental & Oral Health

Drug & Alcohol Services

Alcohol And Drug Foundation - Queensland

Telephone (07) 3565 3700
Website adf.org.au
Email adf@adf.org.au

Our Purpose: To prevent and minimise the harm caused by alcohol and other drugs in Australia.

Alcoholics Anonymous

Telephone 1300 222 222
Website aa.org.au
Email stopdrinkingaa@gmail.com

Aims: Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from ...

Lived Experience education and support

Telephone (07) 5665 6063
Website australianantiicecampaign.org.au
Email admin@australianantiicecampaign.org.au

Prevention Education Advocacy Intervention Peer support Relapse prevention Group therapy

Drug ARM Toowoomba

Address Shop 14, RedEdge Shopping Centre, 192 James Street, SOUTH
TOOWOOMBA QLD 4350
Telephone (07) 3620 8880
Website drugarm.com.au
Email intake@drugarm.com.au



Creating Options is a twelve week treatment program for people who want help to address issues related to their alcohol or other drug use. Book an appointment by calling the Central Intake Service on (07) 3620 8880.

Drug ARM Toowoomba - Breakthrough for Families Program

Address Shop 14, RedEdge Shopping Centre, 192 James Street, SOUTH
TOOWOOMBA QLD 4350

Telephone (07) 3620 8880

Website drugarm.com.au

Email intake@drugarm.com.au



Breakthrough for Families Qld is an information, Referral and support program for family members, significant others and loved ones of people who are experiencing problematic alcohol or other drug issues. This free service is available to residents of the Darling Downs region.

Breakthrough for Families Qld

Telephone (07) 3620 8880

Website drugarm.com.au

Email intake@drugarm.com.au



Breakthrough for Families Qld provides an ongoing series of free public information sessions and individual support for family members of people who are using alcohol or other drugs. The sessions provide families with accurate information, equip them with the skills and knowledge to navigate the treatment system and address barriers to seeking help.

Creating Options

Telephone (07) 3620 8880

Website drugarm.com.au

Email intake@drugarm.com.au



Creating Options is an up to twelve week treatment program for people who want help to address issues related to their alcohol or other drug use. Book an appointment by calling the Central Intake Service on (07) 3620 8880.

Family Drug Support

Telephone 1300 368 186

Website fds.org.au

Email general@fds.ngo.org.au

Hours of operation All Hours



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.

Lives Lived Well Head Office

Telephone 1300 727 957
Website liveslivedwell.org.au
Email info@liveslivedwell.org.au



Lives Lived Well provides support for people in Queensland, New South Wales and South Australia who are being impacted by alcohol or drugs or problems with mental health. We aim to take a holistic, compassionate and harm minimisation approach to help people live their lives well. Our community supports are free to access, and we also provide low-cost live-in services.

Lives Lived Well - Toowoomba

Address 63 Neil Street, TOOWOOMBA CITY QLD 4350
Telephone 1300 727 957
Website liveslivedwell.org.au
Email info@liveslivedwell.org.au



Lives Lived Well run a range of community and residential programs across Queensland, helping thousands of people each year deal with alcohol and drug problems and move forward in life.

Narcotics Anonymous

Telephone 1300 652 820
Website na.org.au
Email shop@fso.com.au

Servicing the Western Downs Region.

SMART Recovery

Telephone (02) 9373 5100
Website smartrecoveryaustralia.com.au
Email smartrecovery@srau.org.au

Smart Recovery For all addictive behaviours

Sunrise Way Rehab

Address 9 Tourist Rd, 9 Tourist Road, EAST TOOWOOMBA QLD 4350
Telephone (07) 4638 9091
Website sunriseway.com.au
Email info@sunriseway.com.au
Hours of operation 9:00 AM to Midnight Mon-Fri



Sunrise Way is a 20 bed residential addictions residential rehabilitation service. We facilitate a holistic, abstinent, evidence based 6 month program for men and women over 18 that includes a 12 month continuing care program after graduation. We also host a weekly Family Support Group for loved ones of those living with addiction and facilitate SMART Recovery each week at the Library.

Teen Challenge - New Life Centre - QLD

Telephone (07) 3422 1500
Website teenchallengeqld.org.au
Email tcqld@teenchallenge.org.au
Hours of operation 9:00 AM to 4:00 PM Mon-Fri



Teen Challenge provides a residential rehabilitation program for men and women who struggle with drug and/or alcohol addiction and other life controlling issues.

Drug and Alcohol Rehabilitation

Telephone (07) 3422 1500
Website teenchallengeqld.org.au
Email tcqld@teenchallenge.org.au



We provide rehabilitation services to men and women to help them overcome drug, alcohol and other life controlling addictions. Our New Life Men's Centre can take those between the ages of 18 and 45, and the New Life Women's Centre is for those between the ages of 18 and 40.

Emergency Departments

Emergency Department

Address 50 Commens Street, MILLMERRAN QLD 4357
Telephone (07) 4695 3111
Website darlingdowns.health.qld.gov.au



An emergency department (ED) is part of a hospital that provides 24-hour emergency care to patients who need urgent medical attention. Most public hospitals in Australia have an emergency department. Only people with severe injury or illness should go to the ED.

Emergency Department

Address 2A Fitzpatrick Street, OAKEY QLD 4401
Telephone (07) 4691 4888
Website darlingdowns.health.qld.gov.au



An emergency department (ED) is part of a hospital that provides 24-hour emergency care to patients who need urgent medical attention. Most public hospitals in Australia have an emergency department. Only people with severe injury or illness should go to the ED.

General Health Services

13 HEALTH

Telephone 13 43 25 84
Website qld.gov.au



It's not an emergency but it could be serious. 24 hour health line. Qualified staff will give you advice on who to talk to and how quickly to do it.

Asthma Australia - Brisbane

Telephone (07) 3252 7677
Website asthma.org.au



Most of the time we take our breathing for granted. Inhale, exhale, inhale, exhale. But for people with asthma, the simple act of breathing can be a difficult and terrifying experience. At Asthma Australia we help people to breathe so they can live freely.

Australian Breastfeeding Association Toowoomba Group

Address 3 Stumm Street, KEARNEYS SPRING QLD 4350
Telephone (07) 3324 0577
Email qldoffice@breastfeeding.asn.au

We provide services in the Toowoomba Regional Council region.

Australian Primary Health Care Nurses Association (APNA)

Telephone (03) 9322 9500
Website apna.asn.au
Email admin@apna.asn.au
Hours of operation 9:00 AM to Midnight Mon-Fri



APNA champions the role of primary health care nurses; to advance professional recognition, ensure workforce sustainability, nurture leadership in health, and optimise the role of nurses in patient centered care.

Australian Red Cross - Toowoomba Donor Centre

Address 661 Ruthven Street, SOUTH TOOWOOMBA QLD 4350
Telephone 13 14 95
Website lifeblood.com.au



Blood Donations

Belong Church and Community Centre Toowoomba

Address 1-5 Fitzgibbon Street, TOOWOOMBA QLD 4350
Telephone 0403 539 833

Supports health and well-being in the local community.

Better Breathing Support Group

Email enquiries@lungnet.com.au

We provide services in the Toowoomba Regional Council region.

Cancer Council 13 11 20 - Statewide

Telephone 13 11 20
Website cancerqld.org.au
Email helpline@cancerqld.org.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



The Cancer Helpline is the specialised telephone information and support service of the Cancer Council Queensland

Cancer Council Queensland - Toowoomba

Address 2 Scott Street, EAST TOOWOOMBA QLD 4350
Telephone (07) 4690 5800
Website cancerqld.org.au
Email toowoomba@cancerqld.org.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



The Cancer Council Queensland (formerly the Qld Cancer Fund) provides support and information education for clients and family who have a diagnosis of cancer. The service includes client care, equipment, information booklets and videos. The service also does Fundraising Activities. Education regarding prevention and early detection of cancer is available to all in the community.

Commonwealth Carer Respite Centre - Darling Downs

Address 256 Stenner Street, CENTENARY HEIGHTS QLD 4350
Telephone 1800 059 059
Website bluecare.org.au
Email carelink.toowoomba@bluecare.org.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



The Commonwealth Carer Respite Centre is carer focused and provides carers with: * Information, referral to services and respite; * Respite booking services; * Creative and flexible respite options; * One off, short term or emergency respite (not ongoing); * Emotional support; and * Financial assistance with respite costs where applicable. A carer is a family member or friend providing home ...

Creative Health Studio Qld

Address 226 Campbell Street, NEWTOWN QLD 4350
Telephone (07) 4698 7242

We provide services in the Toowoomba Regional Council region.

Creative Health Studio Qld

Telephone (07) 4634 0036

We provide services in the Toowoomba Regional Council region.

Dr Price Meeting Room

Address 6 Little Street, TOOWOOMBA QLD 4350
Telephone 13 18 72
Website tr.qld.gov.au
Email info@toowoombaRC.qld.gov.au

We provide services in the Toowoomba Regional Council region.

Epilepsy QLD

Telephone (07) 3435 5000
Website epilepsyqueensland.com.au
Email epilepsy@epilepsyqueensland.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri

Epilepsy Qld provides a wide range of information and support services to help people with epilepsy and their families. Community education services, staff training and advocacy services are also offered. Epilepsy Queensland has a specialist children's program and a family support program.

Goolburri Aboriginal Health Advancement - Injune

Address 20 Scott Street, EAST TOOWOOMBA QLD 4350
Telephone (07) 4632 0338
Website goolburri.org.au



Healing and Wellbeing Program

Diabetes Education - Multiple Providers

Address 110 Campbell Street, OAKEY QLD 4401
Telephone 07 3105 8300
Website checkup.org.au



Provides Optometry, and Diabetes Education across various regions of Queensland. (Multiple Providers)

Healthdirect Helpline

Telephone 1800 022 222
Website healthdirect.gov.au
Email info@nhccn.com.au



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

Telephone 0417 544 349
Website herbsforhealth.goherbalife.com
Email info@herbsforhealth.com.au



Community Weight Loss Challenge

HiBar Nutrition and Fitness

Telephone 0428 202 832
Website hibar.com.au
Hours of operation 7:00 AM to 7:00 PM Mon-Fri

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.

LifeFlight Rescue - South West Base

Telephone (07) 4633 7299
Website lifeflight.org.au
Email info@lifeflight.org.au

We provide services in the Toowoomba Regional Council region.

Lung Foundation

Telephone 1800 654 301
Website lungfoundation.com.au
Email kelcieh@lungfoundation.com.au



Patient resources can be downloaded or ordered on the website, along with information on Pulmonary rehabilitation and support group locations.

Mable Direct store

Telephone 1300 736 573
Website orders.pmcdirect.com.au
Email info@mable.com.au



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

Millmerran Primary Clinic

Address 45 Campbell Street, MILLMERRAN QLD 4357
Telephone 07 4646 4944
Website garethedwardsoptometrist.com.au
Hours of operation 8:30 AM to 4:30 PM Mon-Fri

Provides Optometry across various regions of Queensland.(Provided by The Gareth & Christine Edwards Family Trust)

National Disability Services - Queensland

Telephone (07) 3357 4188
Website nds.org.au
Email ndsqli@nds.org.au



We provide services in the Toowoomba Regional Council region.

Pittsworth Blue Care

Address 10 Margetts Street, PITTSWORTH QLD 4356
Telephone (07) 4693 1595
Website bluecare.org.au



We provide services in the Toowoomba Regional Council region.

Pittsworth Branch Leukaemia Foundation

Address Evans Street, PITTSWORTH QLD 4356
Telephone (07) 4693 2510
Website leukaemia.org.au
Email lyndall.madden@bigpond.com

Foundation that raises funds for assistance to local patients and research

Poisons Information Centre

Telephone 13 11 26
Website childrens.health.qld.gov.au
Email poisons.info@health.qld.gov.au



The Queensland Poisons Information Centre offers 24 hours advice to public and health Professionals of Queensland on poisonings (or suspected poisonings), bites and stings.

Precedence Health Care

Telephone (03) 9023 0800
Website precedencehealthcare.com
Email support@precedencehealthcare.com
Hours of operation 8:30 AM to Midnight Mon-Fri

Precedence Health Care is a Digital Health Solutions for Integrated Care - A better, healthier life for everyone.

Queensland Injectors Health Network (QuiHN)

Telephone (07) 3620 8111
Website quihn.org
Email quihn@quihn.org



Queensland Injectors Health Network (QuiHN) service supports and promotes the health and well being of people who currently use illicit drugs, have used illicit drugs in the past, and members of the community touched or affected by illicit drug use. QuiHN provides a friendly, non judgmental environment

RHealth Ltd - Toowoomba (Head Office)

Telephone (07) 4638 1377
Website rhealth.com.au
Email admin@rhealth.com.au



RHealth's purpose is to Support the Health and Wellbeing of Communities. As a registered Health Promotion organisation, we work across data management, service delivery and project management. We have a passion for regional, rural and remote communities in Australia.

Scad Research

Telephone 0413 486 833
Website scadresearch.com.au
Email info@scadresearch.com.au
Hours of operation 9:00 AM to Midnight Mon-Fri

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.

Wagtail Services

Address Suite 2/2 Rob Street, NEWTOWN QLD 4350
Telephone (07) 4580 1430
Website wagtailservices.com.au
Email office@wagtailservices.com.au

An NDIS registered company providing personalised supports for people living with a disability in the Toowoomba region.

Westridge Medical

Address Shop 15, Westridge Shopping Centre, 300 West Street, KEARNEYS
SPRING QLD 4350
Telephone (07) 4636 6884
Website westridgemedical.com.au
Email admin@westridgemedical.com.au

We offer the best health care in Toowoomba for the whole family. Our staff believe in making a difference to the quality of life with the best health.

General Practice/Doctor

13SICK National Home Doctor Service

Telephone 13 74 25
Website 13sick.com.au

Health Services - General Practice/Doctor

After Hours Clinic

Telephone (07) 3073 3933
Website afterhoursclinic.au
Email clinic@hhds.com.au
Hours of operation 6:00 PM to Midnight Mon-Fri; 1:00 PM to Midnight Sat; 10:00 AM to Midnight Sun



The After Hours Clinic specialises in urgent after hours medical care. We are not an emergency service. Our service offers urgent after hours medical assistance for non-life-threatening illness and injuries. Established in 2022, the After Hours Clinic aims to ease the pressure off Emergency Departments. This is a walk in after hours clinic. After Hours Clinic is open seven days a week.

Bakers Family Medical Centre

Address 96 Taylor Street, TOOWOOMBA QLD 4350
Telephone (07) 4633 5800
Website bakersfamilymedical.com.au
Email reception1@bfmc.net.au

General Practice - 5 Doctors

Bridge Medical Practice

Address 369-371 Bridge Street, TOOWOOMBA QLD 4350
Telephone (07) 4634 1306

General Practice

Cambooya Family Medical

Address 32 Eton Street, CAMBOOYA QLD 4358
Telephone (07) 4529 7447
Email info@westbrookmedical.com.au

Our family doctors are experienced in treating patients of all ages. We welcome patients from all backgrounds. If you require an interpreter this can be easily arranged for you or your family.

Crows Nest Medical Centre

Address Community Place, Curnow Street, CROWS NEST QLD 4355
Telephone (07) 4698 1176

General Practice CNMC Healthcare provides quality medical care to patients of all ages in Crows Nest. Book online or call us at Crows Nest Medical Centre on (07) 4698 1176.

Downs Rural Medical - Kingsthorpe

Address Downs Rural Medical - Kingsthorpe, 20 North Street,
KINGSTHORPE QLD 4400

Telephone (07) 4630 0059

Downs Rural Medical is a country style general practice that prides itself on whole-of-life, patient-centred care to the rural and regional communities of Oakey, Kingsthorpe and Toowoomba.

Dr Peter John Sklavos

Address 132 Russell Street, TOOWOOMBA QLD 4350

Telephone (07) 4638 4900

General Practice

East Toowoomba Clinic

Address 70 Margaret Street, TOOWOOMBA QLD 4350

Telephone (07) 4632 3025

General Practice

Goombungee Family Practice

Address 93 Mocatta Street, GOOMBUNGEE QLD 4354

Telephone (07) 4696 5333

General Practice

Physician - Endocrinology - Stabilise Trust

Address 110 Campbell Street, OAKEY QLD 4401

Telephone 0424 969 987

Website merrynthomae.net



Provides Physician - Endocrinology across various regions of Queensland.(Provided by Stabilise Trust)

GPs on Curzon

Address Suite 7, Ground Floor, Medici Medical Centre, Corner of Curzon and Scott Street, EAST TOOWOOMBA QLD 4350

Telephone (07) 4633 9000

Website gpsoncurzon.com.au

Email info@curzonmedical.com.au

Hours of operation 8:00 AM to 5:00 PM Mon-Sat



GPs on Curzon is a privately owned Boutique General Practice. We provide individualised medical services to all age groups.

Grand Central Medical Centre

Address 20 Hill Street, TOOWOOMBA QLD 4350

Telephone (07) 4637 1000

General Practice

Iona Medical

Address 129 Russell Street, TOOWOOMBA CITY QLD 4350

Telephone (07) 4632 2331

Website ionamedicalcentre.com.au

Hours of operation 8:00 AM to Midnight Mon-Fri; 8:30 AM to Midnight Sat



Over 15 years experience in providing the highest standard of patient care. Offering services in family medicine, men's health, women's health, childhood vaccinations, Indigenous health and chronic illness management and education. Located in the CBD of Toowoomba City, with private parking facilities and wheelchair access. Mixed billing available.

Kingsthorpe Medical

Address 12 Gowrie street, KINGSTHORPE QLD 4400

Telephone (07) 4580 0700

Health Services - General Practice/Doctor

Leichhardt House Medical Centre

Address 3 Leichhardt Street, TOOWOOMBA QLD 4350

Telephone (07) 4635 3788

Health Services - General Practice/Doctor

Lindsay Street Medical Centre

Address 62 Lindsay Street, EAST TOOWOOMBA QLD 4350
Telephone (07) 4632 9688

Provides Health Services - General Practice/Doctor in the East Toowoomba area

Middle Ridge Family Practice

Address Shop 7, 156-158 Spring Street, MIDDLE RIDGE QLD 4350
Telephone (07) 4635 1688
Website midridge.com.au
Hours of operation 8:00 AM to 5:00 PM Mon,Wed-Fri; 8:00 AM to 7:00 PM Tue; 8:00 AM to 11:30 AM Sat



Middle Ridge Family Practice Is an accredited General Practice offering a broad range of general health services including preventative health and chronic disease management. We promote excellence in health by providing comprehensive and complete health care for patients in our community.

Myall Medical Practice

Telephone (07) 4662 2433
Website myallmed.com.au
Email myallmedical@myallmed.com.au



Myall Medical Practice strives to provide the highest quality general practice services to the Dalby community. We do this by our commitment to teaching and training the future medical workforce in our rural community, continuing the professional development of our existing health professionals.

Northpoint Medical Centre

Address Suite22, 125 Ruthven St, TOOWOOMBA QLD 4350
Telephone (07) 4613 0203

General Practice

Ochre Health - Oakey

Address 5 Cherry Street, OAKEY QLD 4401
Telephone (07) 4691 1750
Website ochrehealth.com.au



Ochre Medical Centre Oakey is a country style general practice that prides itself on great customer service and whole-of-life, patient-centred care.

Ochre Medical Centre Wyalla

Address Shop 20, 238 Taylor Street, TOOWOOMBA CITY QLD 4350
Telephone (07) 4633 8700
Website ochrehealth.com.au



Ochre Medical Centre Wyalla is a country style general practice that prides itself on great customer service and whole-of-life, patient-centred care.

Pittsworth Medical Centre

Address 43 Yandilla Street, PITTSWORTH QLD 4356
Telephone (07) 4693 1900

General Practice

QUT Medical Centre

Telephone (07) 3138 2321

General Practice

Telehealth Dr

Telephone 1300 998 808
Website telehealthdr.com.au
Email admin@telehealthdr.com.au
Hours of operation 7:00 AM to Midnight Mon-Fri; 9:00 AM to Midnight Sat-Sun



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 ...

The Range Medical Centre Pty Ltd

Address Suite 1 High Street Shopping Centre, 52 High street,
TOOWOOMBA QLD 4350
Telephone (07) 4613 4500

General Practice

Toowoomba Medical and Dental Centre

Telephone (07) 4642 2000
Website toowoombamedicalanddental.com.au



Doctors practising at the Toowoomba Medical & Dental Centre have many years of experience in Family & General Medicine. They offer personal care to you & your family. Many of the GPs offer Bulk Billing and online bookings. We look forward to welcoming you soon.

Westbrook Medical Clinic

Address 4/85 Main Street, WESTBROOK QLD 4350
Telephone (07) 4630 6444

General Practice

Westridge Medical

Address Shop 15, Westridge Shopping Centre, 300 West Street, KEARNEYS
SPRING QLD 4350
Telephone (07) 4636 6884
Website westridgemedical.com.au
Email admin@westridgemedical.com.au

Health Services - General Practice/Doctor

WtMed

Address 40 Erin Street, TOOWOOMBA QLD 4350
Telephone (07) 4633 1366

Provides Health Services - General Practice/Doctor in the Toowoomba area

Health Rehabilitation Services

STEPS Program

Telephone (07) 3176 9506
Website health.qld.gov.au
Email abios@health.qld.gov.au



The Skills To Enable People and Communities (STEPS) Program is a Queensland-wide information and skills program for adults aged 18-65 years with Acquired Brain Injury (ABI), including stroke, and their families and friends.

Activ8 Health Club

Telephone (02) 8544 0487
Website activ8.club
Email trent@activ8.club
Hours of operation All Hours



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

Altius Group - Beenleigh

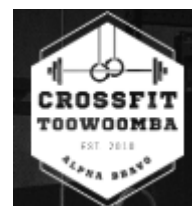
Telephone 1800 258 487
Website altius-group.com.au
Email referrals@altius-group.com.au
Hours of operation 8:30 AM to 5:00 PM Mon-Fri



Altius Group offers innovative occupational rehabilitation (Occ Rehab) services and disability services (NDIS). Our workplace rehabilitation solutions address various factors impacting an individual's recovery – including medical, psychological, physical, social and financial.

Crossfit Toowoomba

Address 1, 182 North Street, NORTH TOOWOOMBA QLD 4350
Telephone 0417 875 952
Website crossfittoowoomba.com
Email kentstrout@hotmail.com



Provides the following services: Ex Phys Pers Training

Performance Physio and Rehab

Telephone (07) 5444 0394
Website rehabphysio.com.au
Email info@rehabphysio.com.au
Hours of operation 7:30 AM to Midnight Mon-Fri

Physiotherapy services including sports, necks and backs, persistent pain, lymphodema and vocal dysfunction. Rehab in pools and gyms Online services available - exercise advice, assessments and PSYCHOLOGY inclusive clinic

Queensland Spinal Cord Injuries Service - Transitional Rehabilitation Program

Telephone (07) 3176 9508
Website health.qld.gov.au



The Transitional Rehabilitation Program (TRP) assists individuals in the transition from hospital to home through interdisciplinary goal-directed rehabilitation programs.

Health Screening Services

BreastScreen - Toowoomba

Address 661 Ruthven Street, TOOWOOMBA QLD 4350
Telephone 13 20 50
Website breastscreen.qld.gov.au
Email bsq_toowoomba@health.qld.gov.au



BreastScreen Queensland Toowoomba Service is a FREE Breast Cancer Screening Service located at 661 Ruthven St, Toowoomba. All women aged 40 years and over are encouraged to attend the service.

Diversa Health - Richmond

Telephone 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)

Telephone 1800 627 701
Website health.gov.au



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.

QML Pathology - Toowoomba Wilsonton Shopping Centre

Address Wilsonton Shopping Centre, Shop 7, 407 Bridge Street,
TOOWOOMBA QLD 4350
Telephone 0435 234 916
Website qml.com.au

QML Pathology is one of Australia's leading comprehensive clinical laboratory and pathology services. Based in Queensland for more than 90 years, we operate one of the largest, purpose built laboratories in the southern hemisphere, dedicated to meeting the needs of Queensland doctors and their patients.

Queensland X-Ray



Address 127 Russell Street, TOOWOOMBA CITY QLD 4350
Telephone (07) 4690 3300
Website qldxray.com.au
Hours of operation 8:00 AM to Midnight Mon-Fri

We have more than 40 practices across Brisbane, Ipswich, the Gold Coast, Toowoomba and the Darling Downs, Mackay, Townsville and Cairns. We have the most experienced team of radiologists and nuclear imaging specialists in Queensland. Our radiologists lead a caring team of professionals from the technical, nursing, and admin support fields who are all focused on providing the best service and care.

Toowoomba Diagnostic Imaging

Address 881 Ruthven Street, KEARNEYS SPRING QLD 4350
Telephone (07) 4529 2222
Website toowoombadi.com.au
Email info@toowoombadi.com.au

The Toowoomba Diagnostic Imaging service offers: X-Ray, Ultrasound, Multi Slice CT, OPG, Bone Density and Echo Cardiography. Toowoomba Diagnostic Imaging has ample parking, is easy to find (on Ruthven St, opposite K-Mart) and we accept all referrals and offer same day services. Bulk Billing is Available.

Hearing Services

Audika Australia - Toowoomba



Address Suite 9-10, 566 Ruthven Street, TOOWOOMBA CITY QLD 4350
Telephone (07) 4659 5790
Website audika.com.au
Email toowoomba@audika.com.au

We believe in personalised hearing care, because we know that every individual is unique. So when it comes to your hearing aids, there's no "one-size fits all" solution and it is our goal to make sure you always have the very best in hearing care.

Auslan services

Telephone 1300 287 526
Website auslanservices.com

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.

Bay Audio Hearing Experts - Grand Central

Address Grand Central Shopping Centre, Cnr Margaret Street and Dent St,
TOOWOOMBA CITY QLD 4350

Telephone (07) 4602 0231

Website bayaudio.com.au

Email grandcentral@bayaudio.com.au

We believe that the ability to hear well is vital to enjoying all that life has to offer. We offer a wide range of hearing solutions to ensure you get the most out of life.

Hearing Health

Address 125 Russell Street, TOOWOOMBA QLD 4350

Telephone 1300 379 558

Website carbal.com.au

Email admin@carbal.com.au



Good hearing makes life a lot better for learning and understanding, but sometimes children may have trouble hearing. Having a child's hearing checked early is best to identify any problems and have them addressed as soon as possible.

Connect Hearing - QLD - Toowoomba

Address Toowoomba Plaza, Shop 15, 878 Ruthven Street, KEARNEYS
SPRING QLD 4350

Telephone (07) 4930 0085

Website connecthearing.com.au

Email toowoomba@connecthearing.com.au



Connect Hearing is a national network of healthcare hearing centres across Australia backed by an experienced telehealth team. Our mission is to make it easier for you to proactively manage your hearing health, delivering customised care, technological superiority, clinical excellence and trust.

Hearing Australia - Highfields

Address 2-4 Plaza Circle, HIGHFIELDS QLD 4352

Telephone (07) 4694 1000

Website hearing.com.au

Email info@hearing.com.au



With over 600 locations across Australia, we'll work with you to deliver on our promise to offer world-leading hearing solutions anyone can access– to make a difference to you, your family as well as the communities we serve.

Hearing Australia - Toowoomba



Address Cnr Neil & Herries Streets, TOOWOOMBA QLD 4352
Telephone (07) 4694 1000
Website hearing.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri

Hearing Australia is a provider of hearing care and provides services under the Commonwealth Government Hearing Services program. If eligible for the program, fully subsidised services provided include: * Hearing Assessment; * Hearing rehabilitation and habilitation (including selection and fitting of hearing aids and devices); * Counselling for hearing loss; * Tinnitus Counselling; and * ...

Hello Hearing



Address 12 Rens Street, TOOWOOMBA CITY QLD 4350
Telephone (07) 4638 1515
Website hellohearing.com.au
Email hello@hellohearing.com.au

We are different! Hello Hearing is your local authority on hearing solutions, including implants. We are the only independent and 100% local family-owned hearing clinic in Toowoomba and the Darling Downs, being fully government-accredited and one of the very few approved Medicare providers.

ihear - Toowoomba

Address 329 Margaret Street, TOOWOOMBA QLD 4350
Telephone (07) 4638 1277
Email info@ihear.com.au

ihear Toowoomba is an integral part of the ihear family, and have been serving the local Queensland communities with superior hearing care for the past 28 years. If you live in rural Queensland and are looking for a trusted hearing care provider, our hearing aid specialists have the expertise to help you on your way to better hearing.

Neurosensory - Brisbane



Telephone 1300 965 513
Website nsu.com.au
Email brisbane@nsu.com.au
Hours of operation 8:30 AM to 5:00 PM Mon-Fri

Neurosensory provides complete hearing health care which you can trust.

Neurosensory - Toowoomba (Medici)

Address Medici Medical Centre - Level 1/Suite 107, 15 Scott Street, EAST
TOOWOOMBA QLD 4350

Telephone 1300 965 513

Website nsu.com.au

Email toowoomba@nsu.com.au

Hours of operation 8:30 AM to 5:00 PM Mon-Fri



Neurosensory provides complete hearing care which you can trust.

Neurosensory - Toowoomba (St. Andrew's)

Address St Andrews Private Hospital, Suite 32, Building 4 280 North Street,
TOOWOOMBA CITY QLD 4350

Telephone (07) 4688 8505

Website nsu.com.au

Email toowoombasta@nsu.com.au

Hours of operation 8:30 PM to 5:00 PM Mon-Fri



Neurosensory provides complete hearing care which you can trust.

Savvy Audiology

Address 9 View Street, SOUTH TOOWOOMBA QLD 4350

Telephone 0409 280 803

Website savvyaudiology.com

Email gina@savvyaudiology.com

Hours of operation 9:00 AM to 2:30 PM Mon-Fri



We offer adult and paediatric diagnostic and rehabilitative audiology services and are actively involved in promoting hearing health through education and our self published journal Savvy Insight. Gina is a specialist audiologist who has worked with clients with complex needs including vision impairment, physical disability and dementia.

Home Care & Safety Services

Suncare Community Services

Telephone 1800 786 227

Website suncare.org.au

Email info@suncare.org.au

Hours of operation 8:30 AM to 4:30 PM Mon-Fri



Suncare prides itself on working compassionately and genuinely listening to the needs of individuals, carers and family members. Our aim is to identify their own strengths, goals and aspirations, and to address their needs in timely and creative ways.

Hospitals

Baillie Henderson Hospital

Address AMHU, Pechey Street, SOUTH TOOWOOMBA QLD 4350
Telephone 0439 740 783
Website darlingdowns.health.qld.gov.au
Email TRAICDDHHS@health.qld.gov.au



Darling Downs Health is progressing the business case for a new Toowoomba Hospital to bring world-class, innovative health care to Toowoomba and the Darling Downs region.

Medical Imaging

Address 50 Commens Street, MILLMERRAN QLD 4357
Telephone (07) 4695 3111
Website darlingdowns.health.qld.gov.au



Medical imaging, also known as radiology, is the field of medicine in which medical professionals recreate various images of parts of the body for diagnostic or treatment purposes. Medical imaging procedures include non-invasive tests that allow doctors to diagnose injuries and diseases without being intrusive.

Millmerran Hospital

Address 50 Commens Street, MILLMERRAN QLD 4357
Telephone (07) 4695 3111
Website darlingdowns.health.qld.gov.au



Queensland Public Hospital. Please contact hospital staff for more information on the services available at this location. In any emergency situation involving sudden illness or injury, it is essential that an ambulance is called immediately. Call Triple Zero (000) immediately to contact emergency services. This information is provided by the Queensland Government Open Data Initiative.

Outpatient

Address 50 Commens Street, MILLMERRAN QLD 4357
Telephone (07) 4695 3111
Website darlingdowns.health.qld.gov.au



When you still need support, but you have not been admitted for treatment at the hospital, you are known as an outpatient. A specialist outpatient are services that are provided from a range of specialist medical and surgical services depending on the size of the hospital and community.

Medical Imaging

Address 2A Fitzpatrick Street, OAKEY QLD 4401
Telephone (07) 4691 4888
Website darlingdowns.health.qld.gov.au



Medical imaging, also known as radiology, is the field of medicine in which medical professionals recreate various images of parts of the body for diagnostic or treatment purposes. Medical imaging procedures include non-invasive tests that allow doctors to diagnose injuries and diseases without being intrusive.

Oakey Hospital

Address 2A Fitzpatrick Street, OAKEY QLD 4401
Telephone (07) 4691 4888
Website darlingdowns.health.qld.gov.au



Queensland Public Hospital. Please contact hospital staff for more information on the services available at this location. In any emergency situation involving sudden illness or injury, it is essential that an ambulance is called immediately. Call Triple Zero (000) immediately to contact emergency services. This information is provided by the Queensland Government Open Data Initiative.

Outpatient

Address 2A Fitzpatrick Street, OAKEY QLD 4401
Telephone (07) 4691 4888
Website darlingdowns.health.qld.gov.au



When you still need support, but you have not been admitted for treatment at the hospital, you are known as an outpatient. A specialist outpatient are services that are provided from a range of specialist medical and surgical services depending on the size of the hospital and community.

Mental Health Services

1300 MH CALL

Telephone 1300 642 255
Website metrosouth.health.qld.gov.au
Hours of operation All Hours



1300 MH CALL (1300 642 255) is a confidential mental health telephone triage service that provides the first point of contact to public mental health services to Queenslanders.

All Family Nursing Care

Telephone (07) 3708 1048
Website afnc.com.au
Email admin@afnc.com.au



All Family Nursing Care (AFNC) is a nurse practitioner led provider specialising in mental health and community nursing services. Our passion is to improve individuals' health and well being including the CALD population. We would love the opportunity to work with other organisations and provide the best treatment outcomes for anyone in need.

Anna Rees Counselling Services

Address Ko Kollektive, Suite 156, 58-62 Water Street South, TOOWOOMBA
CITY QLD 4350
Telephone 0422 762 006
Email annarees@outlook.com.au
Hours of operation 9:00 AM to 2:00 PM Mon,Thu

Providing individual, relationship and family counselling, EAP counselling, pre-marriage education (FOCCUS) and professional supervision services. To book a session, please call, text or email, and I will get in touch as soon as possible.

Arafmi Queensland - Rangeville

Address 27 Blue Hills Dr, RANGEVILLE QLD 4350
Telephone (07) 3254 1881
Website arafmi.com.au
Email info@arafmiqld.org



Arafmi Mental Health Carers - if you are caring for a friend or family member with mental health concerns Arafmi may be able to help with: support groups, training, relief from the caring role, counselling and carer activities.

Awakened Counselling

Telephone 0491 687 257
Website awakenedcounselling.com.au
Email Belinda@awakenedcounselling.com.au
Hours of operation 8:00 AM to 8:00 PM Mon-Fri; 9:00 AM to 3:00 PM Sat



Counselling done differently! Appointments available via Telehealth (phone and online) and in office at Caloundra West. Specialising in LGBTQI+, Life Transitions and Relationship Counselling.

Mental Health

Address AMHU, Pechey Street, SOUTH TOOWOOMBA QLD 4350
Telephone 0439 740 783
Website darlingdowns.health.qld.gov.au
Email TRAICDDHHS@health.qld.gov.au



Mental Health service delivers specialised assessment, clinical treatment, and rehabilitation services to reduce symptoms of mental illness and facilitate recovery across all age groups.

TRAIC Program

Address AMHU, Pechey Street, SOUTH TOOWOOMBA QLD 4350
Telephone 0439 740 783
Website darlingdowns.health.qld.gov.au
Email TRAICDDHHS@health.qld.gov.au
Hours of operation 8:00 AM to 4:30 PM Mon-Fri



Tackling Regional Adversity through Integrated Care Program (TRAIC Program) - Mental Health/Suicide Prevention Program, covering all of the DDHHS catchment area. Main Office: AMHU Toowoomba Hospital, Pechy Street, TOOWOOMBA 4350.

Bamboo Projects

Telephone 0423 346 605
Website bambooprojects.org
Email bambooprojects@outlook.com

Bamboo Projects is a registered charity which uses outdoor therapies to help people with mental illness, suicidal ideation and physical disabilities and anyone who is socially, emotionally and relationally isolated.

Beyond Blue Helpline and Online Chat

Telephone 1300 224 636
Website beyondblue.org.au



Beyond Blue Webchat provides one-on-one mental health support for people in Australia who are concerned about anxiety, depression or suicide.

Disaster Recovery Program

Address Hogg Street, TOOWOOMBA CITY QLD 4350
Telephone (07) 4699 8345
Website darlingdowns.health.qld.gov.au
Email DDHHS@health.qld.gov.au
Hours of operation 8:00 AM to 4:30 PM Mon-Fri



Providing support to individuals, children and families to assist with their mental health recovery following the 2019 Queensland bushfires.

BluePages Depression Information

Website bluepages.anu.edu.au
Email ehub@ehubhealth.com
Hours of operation All Hours



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

Website ehubhealth.com
Email ehub@ehubhealth.com
Hours of operation All Hours



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

Website ecouch.anu.edu.au
Email ehub@ehubhealth.com
Hours of operation All Hours



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

Website moodgym.com.au
Email ehub@ehubhealth.com
Hours of operation All Hours



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

Galcom

Telephone 1300 187 448
Website sentientpsych.com
Email support@sentient.global

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.

Goodsky - Private Mental Health Programme

Telephone 1800 940 962
Website goodsky.com.au
Email info@goodsky.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri

Goodsky provides cutting-edge recovery programs to firstly confirm the known causes of your depression anxiety and physical symptoms and then treat with the assistance of a professional integrated lifestyle medicine team, a qualified and experienced trauma psychotherapy team and case management professionals and specialists.

Social and Emotional Wellbeing

Address 110 Campbell Street, OAKEY QLD 4401
Telephone (07) 4691 3372
Website goondir.org.au



Goondir has Counsellors who are able to address a full range of emotional and social problems endured by survivors of the Stolen Generation and their families.

Clinical Psychology

Telephone 0428 350 557
Website greymatterspsychotherapy.com.au
Email mary.antoney@greymatterspsychotherapy.com.au

Psychologist- Clinical Registrar.

headspace Toowoomba

Address 1 Snell Street, TOOWOOMBA CITY QLD 4350
Telephone (07) 4639 9000
Website headspace.org.au
Email headspace.toowoomba@youturn.org.au
Hours of operation 9:00 AM to 5:00 PM Mon-Tue,Fri; 9:00 AM to 7:00 PM Wed-Thu



headspace Toowoomba offers early intervention services for people aged from 12 to 25. Our services include mental, physical & sexual health, drug & alcohol support, vocational & educational assistance.

Healthspot Ot

Telephone 0481 301 965
Website linktr.ee
Email admin@healthspotot.com.au



HealthspOT Occupational Therapy is an online integrative occupational therapy service focussing on mental health and well-being.

Hively Health

Telephone 1300 114 769
Website hively.com.au
Email alliedhealth@hively.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



We provide private psychology and NDIS services. Our psychologists are compassionate and empathic clinicians, dedicated to fostering a warm and secure therapeutic environment. We work from a strengths-based approach, drawing upon a range of evidence-based interventions, tailoring therapy to individual needs.

Integrative Clinical Psychology

Telephone (07) 5370 8858
Website icpsych.com.au
Email admin@icpsych.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



Integrative Clinical Psychology is a psychology clinic located in the picturesque Sunshine Coast area of Australia. Our primary objective is to provide an extensive selection of mental health services that address the complete well-being of our clients.

Isa Psychology

Telephone (07) 3129 0196
Website isapsychology.com.au
Email caitlin@cgpsych.com



Psychology services - assessment/intervention, counselling, self exploration. Rebates available, make an enquiry, visit website isapsychology.com.au to find out more, or to book an appointment online. All ages welcome.

Life Transitions Coaching Counselling And Therapy Services

Email stormtograce@gmail.com

Confidential Personal Counselling and Family Therapy provided by a fully qualified Therapist in a safe, relaxed, welcoming environment. Services available by appointment locally on site, online and mobile. Call 0438 708 550.

Lives Lived Well - Toowoomba

Address 63 Neil Street, TOOWOOMBA CITY QLD 4350
Telephone 1300 727 957
Website liveslivedwell.org.au
Email info@liveslivedwell.org.au



NewAccess is an early intervention program designed to provide easily accessible, free and quality services for people with mild to moderate depression and/or anxiety

Mental Health First Aide Interntional

Telephone (03) 9079 0200
Website mhfa.com.au
Email mhfainternational@mhfa.com.au



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

Telephone 1300 583 925
Website mentoringmen.org.au
Hours of operation 9:00 AM to Midnight Mon-Fri

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.

Mind, Science and My Health - Toowoomba

Address 11 Westland Street, ROCKVILLE QLD 4350
Telephone (07) 4638 8464
Website msmh.com.au
Email admin@msmh.com.au



MSMH is a private mental health clinic with over 20 years of experience in evidence-based mental health services. We offer a transdiagnostic approach to treatment and focus on a stepped-care model aligned with the Australian National Mental Health Reform agenda.

Momentum Mental Health

Address 112 Russell St, TOOWOOMBA QLD 4350
Telephone (07) 4632 4688
Website momentummentalhealth.com.au
Email admin@momentummentalhealth.com.au
Hours of operation 9:00 AM to 4:30 PM Mon-Thu; 9:00 AM to 4:00 PM Fri



Momentum Mental Health (formerly Toowoomba Clubhouse) is a community mental health and wellbeing organisation that provides one-to-one and group coaching support to people who want to work on their mental health and wellbeing.

My Own Support

Telephone 0481 055 076
Website myownsupport.com.au
Email steven@myownsupport.com.au
Hours of operation 8:00 AM to 5:00 PM Mon-Fri

NDIS Support Coordination Outcomes of the service include Maximise the value for money they receive from their supports Genuinely exercise their choice and control Implement their plan Have increased capacity to manage/direct their own supports Have greater opportunities to explore and connect with community and alternative support options

Neami Nationals

Telephone (07) 4034 0300
Website neaminational.org.au
Email support@nqphn.com.au



Neami is a values-based, not-for-profit organisation providing mental health, homelessness and suicide prevention services.

Peaceful Mind Counselling

Telephone 0426 191 010
Website pmcounselling.com.au
Email admin@pmcounselling.com.au



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

Telephone 0438 411 551
Website phoenixhypnotherapy.com.au
Email lynne@phoenixhypnotherapy.com.au



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

Telephone (07) 3096 0450
Website positivefamilies.com.au
Email info@positivefamilies.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



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

Telephone (07) 3812 9001
Website psychcareservices.com.au
Email pm@psychcareservices.com.au
Hours of operation 10:00 AM to 4:00 PM Tue-Fri



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

Telephone 1300 144 357
Website psychhelp.com.au



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

Telephone (02) 8772 9559
Website psychorium.com
Email info@psychorium.com

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.

Queensland Health Victim Support Service

Telephone 1800 208 005
Website health.qld.gov.au
Email victim.support@health.qld.gov.au
Hours of operation 8:30 AM to 4:30 PM Mon-Fri



Queensland Health Victim Support Service provides information, support and counselling for victims of serious offences committed by a person with a mental illness.

Regen Psychology - Toowoomba

Address 63A Taylor Street, TOOWOOMBA CITY QLD 4350
Telephone (07) 4646 2528
Website regenpsychology.com.au
Email admin@regenpsychology.com.au

By using evidence based and up to date interventions ReGen Psychology attempts to promote the overall benefits of ReBuilding, ReStoring and ReNewing the individual's potential ability despite the situation to bring about ReGeneration of the whole person.

Reimagine

Telephone (02) 9555 8388
Website reimagine.today
Email reimagine@mhcc.org.au

Supporting people living with mental health conditions to navigate the NDIS

RHealth Ltd - Toowoomba (Head Office)

Telephone (07) 4638 1377
Website rhealth.com.au
Email admin@rhealth.com.au



Head to Health is a free and confidential mental health navigation support service funded by the Australian Government. Support is available over the phone via free call on 1800 595 212, for advice and connection to the local mental health supports that are best for consumers. Visit <https://www.headtohealth.gov.au/> for digital mental health services.

Richmond Fellowship Queensland - Toowoomba

Address 18 Hanna Court, KEARNEYS SPRING QLD 4350
Telephone (07) 4634 0983
Website rfq.com.au
Email twba@rfq.com.au
Hours of operation 8:30 AM to 4:30 PM Mon-Fri



RFQ provides professional recovery-oriented psychosocial services throughout Queensland, and nationally via telehealth services. For more information about services available near you, contact your local RFQ office.

Rohan Watson Counselling and Coaching

Address Suite 1, 136 Russell Street, TOOWOOMBA CITY QLD 4350
Telephone 0400 854 553
Website rohanwatson.com.au
Email info@rohanwatson.com.au
Hours of operation 8:00 AM to Midnight Mon-Fri; 9:00 AM to Midnight Sat



Counselling service for individuals, couples and families servicing Toowoomba Qld and Darwin NT.

Royal Flying Doctor Service Of Australia Queensland Section - Stonehenge

Telephone 1300 010 174
Website flyingdoctor.org.au
Email outback@rfdsql.com.au



Our Outback Mental Health Services provide early intervention mental health services across Outback Queensland. Offering free face to face and telephone counselling; and tailored presentations and workshops. For further information about RFDS Outback Mental Health Services in your area, click on the Contact Us link on the right.

Rural Aid Ltd

Telephone 1300 327 624
Website ruralaid.org.au
Email contact@ruralaid.org.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri

Rural Aid is Australia's most trusted rural charity. We stand with our farmers when they need us most. Rural Aid provides critical support to farmers affected by natural disaster through financial, wellbeing and fodder assistance. Rural Aid's community programs help create more sustainable communities by building stronger futures for all Australian farmers.

Skills4LifePsychology

Telephone 0477 187 768
Website skills4lifepsychology.com.au
Email admin@skills4lifepsychology.com.au
Hours of operation 10:00 AM to 5:00 PM Mon-Fri



Timely (no-waiting list) psychological support for anxiety, depression, grief, loss, pain management, panic attacks, self-esteem, anger management, insomnia, couples counselling, and workplace issues. Our life transition therapies are grounded in empathy, trust, and cultural sensitivity. Check our website for available dates and times or contact us.

Supported Care

Telephone (07) 3189 4877
Website supported.care
Email care@supported.care
Hours of operation 9:00 AM to Midnight Mon-Fri



A specialist community care and support provider for those living with mental health issues and ABIs (acquired brain injury)

Talked

Telephone 0466 439 787
Website talked.com.au
Email info@talked.com.au

Talked provides affordable and Medicare-rebated, NDIS-rebated or private health rebated mental health services.

The ADHD Psychology Clinic

Telephone 1300 517 614
Website adhdpsychiatryclinic.com.au
Email admin@adhdpsychiatryclinic.com.au

Our psychologists provide Adult ADHD diagnostic assessments. Telehealth consultations Australia wide.

The Psychology Talk

Website thepsychologytalk.com.au
Email admin@thepsychologytalk.com.au
Hours of operation 9:30 AM to Midnight Mon-Fri

The Psychology Talk offers a modern, personalised, and kind approach to treating your mental health.

Toxic Thinking - Mental Wellness Apps

Telephone 0417 906 000
Website toxicthinking.info

Mental Health Awareness and Prevention. How to build resilience. How to recognise the indicators. What action is appropriate. Who to involve.. Free community resource developed by boultons Multimedia

Unwind Psychology

Telephone 0493 083 161
Website unwindpsychology.com.au
Email unwindpsychology@gmail.com



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.

EMERALD: proactive mental wellbeing program

Telephone (07) 5430 1234
Website usc.edu.au
Email psychologyclinic@usc.edu.au
Hours of operation All Hours



EMERALD is an evidence-based program for people experiencing early signs that their mental wellbeing needs proactive attention. This could be due to the impacts of COVID-19 or other life changes that have left you feeling 'not quite yourself'. Through personalised coaching and learning modules, our expert practitioners will help you regain your wellbeing early, before longer-term problems develop.

Vivid Mental Health - Mackay

Telephone (07) 4863 1461
Website vividmentalhealth.com.au
Email sylvia@vividmentalhealth.com.au



Vivid Mental Health offers a range of psychological therapy, in-person from our Mackay based Private Practice and Teletherapy (Phone and Video-chat) all across Australia. For the Mackay region we are able to offer certain programs on locations such as corporate organisations, schools and universities.

Well Connected

Address 15-17 Kitchener Street, EAST TOOWOOMBA QLD 4350
Telephone (07) 3720 8155
Website wellways.org



Well Connected is a psychosocial support program for people who experience mental health issues or mental health concerns. The program is to help those who need support, who are not eligible for National Disability Insurance Scheme (NDIS) funding or are waiting for their NDIS plan.

Working4Recovery

Telephone 0420 355 374
Website working4recovery.com
Email info@working4recovery.com
Hours of operation 9:00 AM to 5:00 PM Mon-Tue



working4recovery facilitates recovery focused counselling and psychotherapy for people over the age of 12. working4recovery will match the right kind or mix of therapy to your needs. We have particular expertise in trauma informed care including EMDR and assisting professionals with vicarious or work associated trauma. Free services may be available under a stepped care referral.

Thrive FNQ

Telephone (07) 4031 0877
Website worklink.org.au
Email admin@worklink.org.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



We believe that recovery is possible for everyone and that people have the right to choose what is best for them. We walk alongside the person to help them thrive with their NDIS supports

Young Veterans

Telephone 0401 793 560
Website youngveterans.com.au
Email admin@youngveterans.com.au

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.

Multi-cultural & Refugee Health

QPASTT - Toowoomba

Address 15 Snell Street, TOOWOOMBA CITY QLD 4350
Telephone (07) 4573 4391
Website qpastt.org.au
Email admin@qpastt.org.au



QPASTT provides a range of services to people from refugee backgrounds, including asylum seekers, who have survived torture or refugee-related trauma to help them to recover from their experiences.

Palliative Care

Palliative Care

Address 50 Commens Street, MILLMERRAN QLD 4357
Telephone (07) 4695 3111
Website darlingdowns.health.qld.gov.au



Palliative care aims to give the best possible quality of life to someone living with a life-limiting or terminal illness. It helps people live their life as fully and as comfortably as possible. It is not the same as end-of-life care, which is care given during the last few weeks of life. Palliative care can be helpful at any stage of an illness. Some people receive palliative care for years.

Palliative Care

Address Rifle Range Road, MOUNT LOFTY QLD 4350
Telephone (07) 4616 4900
Website darlingdowns.health.qld.gov.au



Palliative care aims to give the best possible quality of life to someone living with a life-limiting or terminal illness. It helps people live their life as fully and as comfortably as possible. It is not the same as end-of-life care, which is care given during the last few weeks of life. Palliative care can be helpful at any stage of an illness. Some people receive palliative care for years.

Ambulance Wish Queensland

Telephone (07) 3842 3242
Website ambulancewishqld.org.au
Email hello@palliativecareqld.org.au



Ambulance Wish Queensland's mission is to give people living with a terminal illness the resources, specialist transport and clinical care they need to fulfil their final wishes.

Palliative Care Queensland

Telephone (07) 3842 3242
Website palliativecareqld.org.au
Email hello@palliativecareqld.org.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



Palliative Care QLD (PCQ) is a charity peak body working to improve the quality of palliative care throughout the state, with a focus on awareness, equity and access. Palliative Care QLD provides and/or promotes: * Education and support for members; * Community awareness and a point of contact for palliative patients, their families, ...

Toowoomba Hospice Association Incorporated

Address 57B Oquinn Street, HARRISTOWN QLD 4350
Telephone (07) 4659 8500
Website toowoombahospice.org.au
Email director@toowoombahospice.org.au
Hours of operation All Hours



Provides invaluable free palliative care service for the terminally ill on the darling Downs and Lockyer Valley for all ages.

Pharmacies

Friendlies Mobility and Independent Living

Address 8 Mylne Street, TOOWOOMBA CITY QLD 4350
Telephone (07) 4637 1888
Website tfds.com.au
Email info@tfds.com.au
Hours of operation 8:00 AM to Midnight Mon-Fri; 8:30 AM to Midnight Sat

The Friendlies Pharmacy is run under the name of Toowoomba Central Discount Drug Store flag since 5th of May 2016.

Pharmacy

Address 50 Commens Street, MILLMERRAN QLD 4357
Telephone (07) 4695 3111
Website darlingdowns.health.qld.gov.au



A pharmacist can offer quite a wide range of health services for free or at a low cost, to save you the hassle of a trip to the doctor for things that pharmacists are perfectly well trained to do.

Moreton And Coote Pharmacy

Address 66 Margaret Street, TOOWOOMBА QLD 4350
Telephone (07) 4632 1370
Website moretoncootepharmacy.com
Email moretoncoote@gmail.com

We are a small family pharmacy, that has been part of the ever-changing landscape that is East Toowoomba. Our mission at Moreton and Coote is to provide the best possible service in terms of your health and your wellbeing.

Terry White Chemist

Address Grand Central Shopping Centre, 1103A/1 Dent Street,
TOOWOOMBА QLD 4350
Telephone (07) 4646 4150
Website terrywhitechemmart.com.au
Email grandcentral@terrywhitechemmart.com.au

TerryWhite Chemmart is one of Australia's leading retail pharmacy networks delivering frontline healthcare. With more than 450 community pharmacies across Australia, we are committed to delivering real chemistry to every community across Australia

Toowoomba Day and Night Pharmacy

Address 677-683 Ruthven Street, SOUTH TOOWOOMBА QLD 4350
Telephone (07) 4632 3971
Email toowoomba7day.pharmacy@nunet.com.au
Hours of operation 8:00 AM to 10:00 PM Every day



Day & Night pharmacy providing community health solutions from 8:00am to 10:00pm EVERY DAY (including all Public Holidays).

Pregnancy, Maternity & Newborn Health

Evolve Women's Health

Address Suite 25, Level 1, 22-36 Scott Street, TOOWOOMBА CITY QLD 4350
Telephone (07) 4688 5533
Website evolvewomenshealth.com.au
Email info@evolvewomenshealth.com.au



Gynaecology and Obstetrics for women of all ages and stages. We specialise in menstrual disorders, pap smear abnormalities, contraception, early pregnancy concerns, PCOS, sexual and intimacy concerns, incontinence issues, prolapse and menopause. In obstetrics, our foremost goal is ensuring the health and safety of both mother and baby.

Mamma's Milk

Address 133 Spring Street, MIDDLE RIDGE QLD 4350
Website mammasmilk.com.au
Email simonemayze@mammasmilk.com.au
Hours of operation 7:30 AM to Midnight Every day

I am a lactation consultant in Toowoomba. I offer a nurturing and compassionate space for discussing your feeding and baby settling issues. I understand that every mother and baby is different and therefore I approach each visit as a unique opportunity to help mums reach their feeding potential.

Red Gate Bowen and Breast Feeding Clinic



Address 3468 Esk Hampton Road, RAVENSBOURNE QLD 4352
Telephone 0418 183 050
Email sue@redgateclinic.com.au

Red Gate offers two separate services -Bowen therapy for wellbeing and pain relief for all ages and specializing in Pre conception, Pregnancy and Baby Bowen . Lactation Consultation with Sue Barford IBCLC pre birth and post birth specializing in tongue tie assessment. 2 clinic locations in Highfields & Ravensbourne . Secure online breastfeeding consultation available within Australia

Psychiatric Services

Barry Sheehan

Telephone 0417 752 768
Email barry@barrysheehan.com.au

Provides Psychology - Adult and Psychology across various regions of Queensland.

Call to Mind



Telephone (03) 9099 0453
Website calltomind.com.au
Email info@calltomind.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri; 9:00 AM to Midday Sat

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.

Psychology - Lifestyle Therapies and Training Solutions

Address 125 Russell Street, TOOWOOMBA QLD 4350
Telephone 1300 994 854
Website ltts.com.au
Email admin@carbal.com.au



Provides Psychology across various regions of Queensland.(Provided by Lifestyle Therapies & Training Solutions)

Psychology - Barry Sheehan Psychology

Address 110 Campbell Street, OAKEY QLD 4401
Telephone 07 4632 4049
Website barrysheehan.com.au



Provides Psychology across various regions of Queensland.(Provided by Barry Sheehan Psychology)

Sexual Support Services & Counselling

1800RESPECT

Telephone 1800 737 732
Website 1800respect.org.au



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.

Breaking Free Healing Centre

Telephone 0403 142 326
Email dianne.spencer@outlook.com.au



Breaking Free Healing Centre Inc. is dedicated to offering affordable and effective hope, healing and specialised recovery to all those suffering from the effects of Emotional, Verbal, Physical, Sexual Abuse and Family Dysfunction.

Brisbane Rape and Incest Survivors Support Centre

Telephone (07) 3391 0004
Website brissc.org.au
Email admin@brissc.org.au
Hours of operation 9:00 AM to 5:00 PM Mon-Thu



BRISSC provides free support and counselling services to women (over the age of 15 years) who have experienced sexual violence at any time in their lives.

DV Connect Sexual Assault Helpline

Telephone 1800 010 120
Website dvconnect.org
Email mail@dvconnect.org
Hours of operation 7:30 AM to 11:30 PM Every day



The State-wide Sexual Assault Line offers telephone support and counselling to anyone – women, men and young people – who has been sexually assaulted or abused and for anyone who is concerned or suspects someone they care about might have been assaulted or abused.

Sexual and Reproductive Health

Address 110 Campbell Street, OAKEY QLD 4401
Telephone (07) 4691 3372
Website goondir.org.au



The Sexual and Reproductive Health Program aims to provide education, awareness, health promotion, prevention and intervention strategies to clients and the community regarding sexual and reproductive health.

Youth Sexual Violence and Abuse Program

Address 104 South Street, CENTENARY HEIGHTS QLD 4350
Telephone (07) 4617 7600
Website mercycommunity.org.au
Email culturaldiversityhub@mercycommunity.org.au



Early Intervention Counselling for young people who exhibit sexually reactive behaviours

Specialist Outpatient Clinics

Deafblind Information Australia

Website deafblindinformation.org.au
Email info@deafblindinformation.org.au

Deafblind Information Australia is a consortium of Senses Australia, Able Australia and Deafblind Australia.

Specialists

Advanced Vascular Toowoomba

Address Curzon Street, EAST TOOWOOMBA QLD 4350
Telephone 1300 482 728

Health Services - Specialists

Calm Nights Sleep Consultancy

Telephone 0456 682 531
Website calmnights.com.au
Email hayley@calmnights.com.au



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.

Darling Downs Skin Cancer Centre

Address 68 Neil Street, TOOWOOMBA CITY QLD 4350
Telephone (07) 4638 9299
Website skincancercentres.com.au
Email darlingdowns@skincancercentres.com.au
Hours of operation 8:00 AM to 5:00 PM Mon-Fri



We at Darling Downs Skin Cancer Centre strive every day to provide excellent service to our patients. We offer expert advice, full-body skin examinations, spot checks, treatment of all skin cancers and, most importantly, utmost peace of mind. Thanks to our dedicated operating theatres and professional support team, patients face short waiting times to receive vital treatment.

Docto

Telephone 1300 336 286
Website docto.com.au
Email team@docto.com.au
Hours of operation All Hours

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

Email ndisnursecontinencespecialist@gmail.com

Continence Assessments for NDIS - Telehealth only (Australia Wide) Online referral and service agreement
<https://form.jotform.com/222121943144850>

Garden City Eye Clinic

Address 79 Herries Street, EAST TOOWOOMBA QLD 4350
Telephone (07) 4646 2420
Website gardencityeyeclinic.com.au
Email reception@gardencityeyeclinic.com.au

We offer premium specialist eye care to our patients and their referrers. Dr Michael Statham specialises in cataract surgery and the treatment of macular disorders and is fellowship-trained in these areas.

Heart of Australia

Telephone (07) 3162 5310
Website heartofaustralia.com
Email reception@heartofaustralia.com



Providing specialist healthcare services for Australians living in rural and remote communities nationwide.

Ideas Van Mobile Van Clinic - Toowoomba

Telephone (07) 3249 3080

The IDEAS Van is a mobile eye health clinic that screens, treats and helps prevent blindness due to diabetes.

Optimise Health - Toowoomba

Address 14 Ipwsich Street, TOOWOOMBA QLD 4350
Telephone (07) 4638 3022
Website optimisehealth.com.au
Email info@heelpaintoowoomba.com.au
Hours of operation 9:00 AM to 6:00 PM Mon,Wed; 7:00 AM to 5:00 PM Tue; 8:00 AM to 5:00 PM Thu; 7:00 AM to 4:00 PM Fri



At Toowoomba Heel Pain Clinic, we want you to 'put your feet up' at the end of your day because you've accomplished everything – not because of pain! Seeking treatment for your heel pain can help you enjoy life more and stay active for more of the day. So if you're looking for some extra support to stay happy on your feet, we're the team to help.

Queensland Health Spectacle Supply Scheme

Telephone 13 74 68
Website health.qld.gov.au



The Spectacle Supply Scheme (SSS) provides eligible Queensland residents with a pair of basic prescription spectacles, once every two years.

Riga Medical Enterprise Pty Ltd

Telephone (07) 4602 0118
Email office@rigamedical.com.au

Provides Physician - General across various regions of Queensland.

Toowoomba Obstetrics and Gynaecology

Address Unit 8, 7-11 Scott Street, EAST TOOWOOMBA QLD 4350
Telephone (07) 4592 8350
Website toag.com.au
Email reception@toag.com.au
Hours of operation 9:00 AM to Midnight Mon-Fri

Obstetrics & Gynaecology General obstetrics, high risk pregnancy, general gynaecology, , pelvic surgery, infertility and IVF.

Wound Specialist Services

Telephone (07) 3289 3102
Website woundservice.com.au
Email info@woundservice.com.au
Hours of operation 9:00 AM to 4:00 PM Mon-Fri



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

Arafmi Queensland - Rangeville

Address 27 Blue Hills Dr, RANGEVILLE QLD 4350
Telephone (07) 3254 1881
Website arafmi.com.au
Email info@arafmiqlld.org



Arafmi Mental Health carer support through provision of respite, carer activities, counselling, education, training and peer support groups

Commonwealth Carer Respite Centre - Darling Downs

Address 256 Stenner Street, CENTENARY HEIGHTS QLD 4350
Telephone 1800 059 059
Website bluecare.org.au
Email carelink.toowoomba@bluecare.org.au



The Commonwealth Carer Respite Centre is carer focused and provides carers with: * Information, referral to services and respite; * Respite booking services; * Creative and flexible respite options; * One off, short term or emergency respite (not ongoing); * Emotional support; and * Financial assistance with respite costs where applicable.

Breakthrough for Families Qld

Telephone (07) 3620 8850
Website drugarm.com.au
Email intake@drugarm.com.au



Breakthrough for Families Qld is an information, referral and support program for family members, significant others and loved ones of people who are experiencing alcohol or other drug issues. Book an appointment by calling the Central Intake Service on (07) 3620 8880.

Carer Gateway

Address 15-17 Kitchener Street, EAST TOOWOOMBA QLD 4350
Telephone (07) 3720 8155
Website wellways.org



The Wellways Carers services are free to access for anyone caring for a family member or friend who is living with a disability, a long-term medical condition, mental illness, alcohol or drug dependency or someone who is frail due to age.

Wellways Toowoomba

Address 15-17 Kitchener Street, EAST TOOWOOMBA QLD 4350
Telephone (07) 3720 8155
Website wellways.org



We provide free services for Carers such as Counselling, In Person Peer Support Program, Financial Support to provide temporary Respite Care/ Disability support and equipment for the improvement of the Carers mental health. Carers can register for our services by phoning 1800 422 737.

XLH Australia Incorporated

Email 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

Telephone 1300 452 679
Email help@at-aust.org



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.

Beyond Blue Ltd

Telephone 1300 224 636
Website beyondblue.org.au



We all have good days and bad days. Then there are those days when something isn't quite right, you've got something on your mind, or things just seem too much.

Epilepsy Support Group Toowoomba

Address 248 Long Street, SOUTH TOOWOOMBA QLD 4350
Telephone (07) 3435 5000

We provide services in the Toowoomba Regional Council region.

Financial & Gambling Management & Budgeting

Fair Entitlements Guarantee (FEG)

Telephone 1300 135 040
Website ag.gov.au



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).

Gambling Help - National Phone Service

Telephone 1800 858 858
Website gamblinghelponline.org.au

Sometimes thinking about a gambling issue is hard. Making a decision on what to do next can be as difficult as knowing when to walk away. Our counsellors know about gambling. 'Talk' to someone online

Rural Financial Counselling Service - Southern Queensland - Toowoomba City

Address Ground Floor, 2/120 Campbell Street, TOOWOOMBA CITY QLD 4350
Telephone 0447 764 483
Website rfcssq.org.au
Email lewes.golden@rfcssq.org.au



The Rural Financial Counselling Service provides free and impartial rural financial counselling to primary producers, fishers and small rural businesses

Saver Plus

Telephone 1300 610 355
Website bsl.org.au
Email saverplus@bsl.org.au



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.

Seeds Of Hope No Interest Loan Scheme (NILS)

Telephone 0490 332 108
Website seedsofhope.com.au
Email nils@seedsofhope.com.au
Hours of operation 9:30 AM to Midday & 1:00 PM to 2:30 PM Mon-Tue,Thu



We provide fee and interest free loans up to \$1500 to people on Centrelink - depending on benefit recieved for the purchase of furniture, white goods, electrical appliances, education expenses, medical and dental expenses, car repairs, tyres and registrations.

The Salvation Army - MoneyCare Service - Toowoomba

Address 119 West Street, TOOWOOMBА QLD 4350
Telephone (07) 4632 7206
Website salvationarmy.org.au
Email toowoomba.corps@salvationarmy.org.au



MoneyCare is a holistic service providing free, face-to-face support to community members with financial difficulties, providing budgeting help and liaison with creditors (if required), by a trained professional. This program aims to increase financial awareness and assist you to manage your own financial situation in the future.

UnitingCare - Toowoomba City

Address 130 Mort Street, TOOWOOMBА QLD 4350
Telephone 0438 997 901
Website unitingcareqld.com.au
Email troy.kay@uccommunity.org.au



Financial Counselling

General Support Services & Counselling

Abundant Journey Australia

Telephone 0429 538 930
Email amandajensen240470@gmail.com
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



General Counselling Services - Creative Therapies - Holistic Human Development - Chair Yoga - Mindfulness - Womens Circle Facilitator - Inamojo for Children (learning about feelings through story, movement and art) - Autism Awareness These services can be one on one or groups as well as home visits or at my home office.

Amputees Queensland

Telephone (07) 3290 4293
Website amputeesqld.org.au
Email admin@afsg.org.au
Hours of operation 9:00 AM to 5:00 PM Every day



Amputees and Families Support Group offers individual and family peer support, hospital visitation, advocacy, social activities, information and referral. Medical aids to new amputees are also provided.

Anchoring Your Life Counselling

Telephone 0490 061 761
Website anchoringyourlife.com
Email debra@anchoringyourlife.com
Hours of operation 9:00 AM to Midnight Mon-Fri

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.

Barry Sheehan Psychology

Address 4 Ida Street, SOUTH TOOWOOMBA QLD 4350
Telephone 0417 752 768
Website barrysheehan.com.au
Email barry@barrysheehan.com.au

Barry has over 20 years' experience as a psychologist, manager, CEO and supervisor. Barry has worked extensively with individuals, couples, families, agencies, communities as well as with managers and of NGOS and NFPs in many parts of regional rural Queensland.

CatholicCare - Darling Downs

Address 502 Ruthven Street, TOOWOOMBA QLD 4350
Telephone 1300 477 433
Website catholiccare.services
Email hello@catholiccare.services



We provide Family and Relationship Counselling and Family Mediation both online and face to face with prior booking.

City Women Toowoomba

Address 10 Neil Street, TOOWOOMBA CITY QLD 4350
Telephone (07) 4638 2399
Website citywomen.com.au
Email admin@citywomen.com.au



City Women supports the working together of organisations and individual women from all walks of life by promoting the already existing women's & girl's programs.

Commonwealth Respite and Carelink Centre - Darling Downs / South West Qld

Address Russell St, TOOWOOMBA QLD
Telephone 1800 059 059
Website bluecare.org.au
Email carelink.toowoomba@bluecare.org.au

We provide services in the Toowoomba Regional Council region.

Counselling and Coaching with Astuteology

Telephone 0426 952 757
Website astuteology.com



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

Telephone 0458 431 919
Website counsellingservicesherveybay.com.au
Email patriciaf20101@outlook.com



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.

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



Telephone (03) 6185 0292
Website dcss.org.au
Email Info@dcssaustralia.org
Hours of operation 10:00 AM to 6:00 PM Mon-Fri; 11:00 AM to 4:00 PM Sat-Sun

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

Downs Industry Schools Co-Op Inc. (DISCO)

Address 129 James Street, TOOWOOMBA QLD 4350
Website disco.org.au
Email info@disco.org.au

The Downs Industry Schools Co-Op ('DISCO') is a specialist not-for-profit youth-services agency. Founded in 1997, the organisation is focussed on providing a range of support services, programs, counselling and career guidance to regional young people aged 15-24 to assist their transition from school into further education, training or employment.

Downs Industry Schools Co-Op Inc. (DISCO)

Address 1 Snell Street, TOOWOOMBA QLD 4350
Website disco.org.au
Email info@disco.org.au

The Downs Industry Schools Co-Op ('DISCO') is a specialist not-for-profit youth-services agency. Founded in 1997, the organisation is focussed on providing a range of support services, programs, counselling and career guidance to regional young people aged 15-24 to assist their transition from school into further education, training or employment.

Dr Julie-May Brown

Telephone 0421 778 204
Website jmbpsychology.com.au
Email jmbpsychology@hushmail.com
Hours of operation 8:30 AM to 4:00 PM Tue-Fri

Dr Julie-May Brown is an EMDRAA Accredited Clinical Psychologist - specializing in ONLINE treatment for trauma and mental health issues.

East Creek Community Centre

Address 43 Kitchener St, EAST TOOWOOMBA QLD 4350
Telephone (07) 4639 2755
Website new.eastcreek.com.au
Email info@eastcreek.com.au
Hours of operation 9:00 AM to 4:00 PM Mon-Fri



East Creek Community Centre is a catalyst for community development. Our dedicated paid and volunteer staff provide services, support, advice, advocacy and professional development. We work with community groups and individuals throughout Toowoomba.

Eating Disorders Assoc

Telephone (07) 3844 6055
Website eatingdisordersqueensland.org.au
Email admin@edq.org.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



Providing information, individual and group programs, and referrals to individuals with eating disorders, their carers and health professionals.

Engage Psychology

Telephone 1300 271 409
Website engagepsychology.com.au
Email admin@engagepsychology.com.au



Engage Psychology provides high quality psychological services. Our psychologists have a broad range of experience with both children and adults. We offer in-office and some mobile appointments, and we are an NDIS registered provider. Contact us today to discuss your needs.

Couples and Marriage Counselling

Address KoKollective Building, 58-62 Water Street, SOUTH TOOWOOMBA QLD 4350
Telephone (07) 4580 1213
Website expandcounselling.com.au
Email hello@expandcounselling.com.au
Hours of operation 9:00 AM to 5:00 PM Tue-Fri



We specialize in helping couples and individuals navigate the complexities of marriage and committed relationships. Working with individuals, couples and families to overcome what life might throw at them by helping them to adapt, grow and thrive

Family Relationship Advice Line

Telephone 1800 050 321
Website familyrelationships.gov.au



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.

Gambling Community Benefit Fund

Telephone 1800 633 619

We provide services in the Toowoomba Regional Council region.

Harlaxton Neighbourhood Centre Inc

Address 17D Coonan Street, HARLAXTON QLD 4350
Telephone (07) 4639 2868
Email harlaxtonnc@bigpond.com
Hours of operation 9:00 AM to 4:00 PM Mon-Fri



The Harlaxton Neighbourhood Centre offers a community lunch, fruit and vegetable service, craft groups, chronic pain education and support group, information and referral and a community development worker.

Healing Beyond Discovery

Website healingbeyonddiscovery.org
Email info@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

Telephone 0459 946 832
Email admin@holisticlifestylepractice.com.au



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).

Hurrandi Counselling

Telephone (07) 3040 0611
Website sites.google.com
Email hurrandicounselling@gmail.com
Hours of operation 9:00 AM to 1:00 PM Mon-Sat



Our goal is to help people overcoming life's obstacles by offering them professional, courteous, and approachable mental health support. Regardless of origin or situation, we are committed to creating a compassionate and safe environment where anybody can start their journey towards self-discovery, healing, and personal development. Open Mon-Sat

Jo Stevenson Relationship Counselling Toowoomba

Address Old Post Office Building, 138 Margaret Street, EAST TOOWOOMBA
QLD 4350
Telephone 0438 760 995
Website jostevenson.com.au
Email hello@nourishedforlife.com.au



Relationship Counselling for couples and individuals, available in person and online.

Lifeline Darling Downs - St George office

Telephone 1300 991 443
Website lifelinedarlingdowns.org.au
Email derek@lifelinedarlingdowns.org.au



We provide services in the Toowoomba Regional Council region.

Gambling Help - Counselling, Community Education and Financial Counselling

Address 33 Russell St, TOOWOOMBA QLD 4350
Telephone 1800 975 252
Website lifelinedarlingdowns.org.au
Email tcsadmin@tranquillitycareservices.org.au



Free, confidential counselling for anyone affected by problem gambling. Covering the whole South West of Queensland. Appointments during office hours Monday to Friday. No referral needed. Free training, information and education. Also 24/7 support is available by telephoning 1800858858.

Lifeline Darling Downs and South West Queensland Ltd

Address 33 Russell St, TOOWOOMBA QLD 4350
Telephone 1800 975 252
Website lifelinedarlingdowns.org.au
Email tcsadmin@tranquillitycareservices.org.au



We are a community based non-government organisation that provides a range of free services that respond to the needs of families who live in the Darling Downs and South West Queensland area.

Make It Happen Hypnotherapy

Telephone 0475 159 415
Website mihh.com.au
Email sandy@make-it-happen-hypnotherapy.com
Hours of operation 8:00 AM to 6:00 PM Tue-Fri,Sun



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.

MensLine Australia

Telephone 1300 789 978
Website mensline.org.au
Hours of operation All Hours



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/>

Mercy Community

Address 104 South Street, CENTENARY HEIGHTS QLD 4350
Telephone (07) 4617 7600
Website mercycommunity.org.au
Email culturaldiversityhub@mercycommunity.org.au



Mercy Community is a not-for-profit organisation providing services in the areas of child protection, foster & kinship care, multicultural community support, family mental health, community and residential based aged care and disability support service

MPowered Psychology Pty Ltd

Address 191 Herries Street , 191 Herries Street, TOOWOOMBA CITY QLD
4350
Telephone (07) 4632 1972
Email m.bertello@hotmail.com
Hours of operation 8:00 AM to Midnight Mon-Fri

MPowered Psychology's principal psychologist Marisa Bertello has been working for some years with the WQPHN to provide outreach services to children within the Roma region. Based in Toowoomba, services are provided through Telehealth. Based in Toowoomba, face to face services can be provided if necessary.

Multicultural Australia - Toowoomba City

Address 15 Snell Street, TOOWOOMBA CITY QLD 4350
Telephone (07) 4632 1466
Website multiculturalaustralia.org.au
Email welcome@multiculturalaustralia.org.au

Advice & Information, Advocacy, Care & Support, Community Work, Direct Services, Events/ Workshops Conducted for public, Partnership , Referral, Training Service Support: Interpreter Service for African refugee Target Group: Children, Families/ Couples, Non English Speaking, Men & Women, Multicultural, Unemployed, Seniors, Singles, Youth

Next Step Plus - Toowoomba

Address 145 Taylor Street, NEWTOWN QLD 4350
Telephone (07) 4616 3100
Website lwb.org.au
Email nextstepreferrals@lwb.org.au

Our Veterans' Home Care program, funded by the Department of Veteran Affairs, is available for eligible veterans or widows or widowers. The service provides a range of personal care, domestic assistance, safety-related home and garden maintenance, respite and social assistance support.

Nicole Ivens Holistic Counselling

Telephone 0400 280 475
Website nicoleivens.com
Email info@nicoleivens.com
Hours of operation 10:00 AM to 7:00 PM Thu-Fri; 9:00 AM to 1:00 PM Sat



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

Telephone 1300 908 170
Website northernfrontiers.com.au
Email reception@northernforntiers.com.au
Hours of operation 7:30 AM to 5:00 PM Mon-Fri



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

Website notmycloset.com
Email karen@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

Telephone 0418 936 120
Website novapsychology.com.au
Email hello@novapsychology.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



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

Telephone 1800 011 046
Website openarms.gov.au
Email OpenArms.SouthQLD@dva.gov.au



Veterans and families phone counselling and support line.

Overeaters Anonymous

Address 6 Little Street, TOOWOOMBA CITY QLD 4350
Telephone 0498 117 033
Website oaql.org
Email oaqlsecretary@gmail.com

2.00-3.00pm TOOWOOMBA Dr Price's Rooms

Parents Without Partners - Toowoomba

Telephone (07) 3275 3290
Website pwpqld.weebly.com
Email office@pwpqld.org.au

PWP is a non-profit organisation devoted to the welfare & interests of sole parents & their children. We also welcome mature aged parents who are looking for the opportunity to socialise with others.

Pittsworth Senior Citizens

Address 83 Yandilla Street, PITTSWORTH QLD 4356
Telephone (07) 4693 1420
Email moyamitchell@bigpond.com
Hours of operation 9:00 AM to 5:00 PM Fri

Pittsworth Senior Citizens Club activities include cards, bowls, social board games and pool. Craft displays on occasions. Bingo is held once a month. Wheelchair access to Hall.

Pregnancy Counselling and Education Services Inc.

Telephone 1800 777 690
Website pcl.org.au
Email info@pcl.org.au



All pregnancy options, pregnancy loss & post abortion issues. Professional, non-directive counselling.

Protea Place Women's Support Centre

Address 131 Russell Street, TOOWOOMBA CITY QLD 4350
Website proteaplace.org.au
Email contact@protea.org.au

Protea Place provides practical and professional support for women in need. We offer showers, laundry, meals, clothing, toiletries, friendship and support with referrals to housing, health & DFV support services. We DO NOT PROVIDE ACCOMMODATION.

Queensland Gamblers Anonymous - Toowoomba Regional Service Office

Telephone (07) 3356 0117
Website gaaustralia.org.au
Email garsoqi@live.com.au

We provide services in the Toowoomba Regional Council region. Formerly Gamblers Anonymous Inc

Quitline - Statewide

Telephone 13 78 48
Website quithq.initiatives.qld.gov.au
Email 13quit@health.qld.gov.au



Provides assistance to smokers interested in changing their smoking behaviour. Trained Quitline advisors are available to provide individually tailored support, encouragement and resources to smokers. Focus is on why people smoke.

Relationships Australia - Toowoomba

Telephone 1300 364 277
Website raq.org.au



Relationships Australia is a community based organisation that has no religious affiliation. Services may vary from centre to centre.

Relationships Australia - Victims Counselling and Support Service

Telephone 1300 364 277
Website raq.org.au



At Relationships Australia (Qld) we believe healthy relationships are essential for the wellbeing of children, families and communities.

Rural Health Connect

Telephone 0427 692 377
Website ruralhealthconnect.com.au
Email megan@ruralhealthconnect.com.au

A telehealth platform to access bulk billed psychology sessions. No waitlists. Referral from GP and Mental Health Care Plan needed. Committed to supporting rural and remote Australians in their own home. Book an appointment on our website or ask your GP to refer.

Sallyanne Keevers - TalkWise Counselling and Psychotherapy

Telephone 0401 045 995
Website talkwise.com.au
Email sal@talkwise.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Thu



Professional Counselling provided by a registered member of the Australian Counselling Association. Professional Supervision provided by a registered member of the Australian Counselling Association College of Supervisors.

Salt Counselling

Telephone 0411 940 665
Website saltcounselling.com
Email counsellingatsalt@gmail.com
Hours of operation 9:00 AM to 6:00 PM Mon-Tue,Thu

Compassionate and professional counselling for Individuals aged 13years to adult. Issues covered include: stress, anxiety, grief and loss, parents and families of children with special needs, trauma, depression workplace stresses, relationship issues. Call or email for a free 15 minute discovery chat today. Kathryn is an accredited mental health Social Worker with over 20 years experience.

Start from Within

Telephone (02) 8971 7392
Website startfromwithin.com.au
Email admin@startfromwithin.com.au
Hours of operation 8:00 AM to 6:00 PM Mon-Fri; 9:00 AM to 4:00 PM Sat

Counselling and Grief Peer Support Groups

Student Success and Wellbeing

Address 487-535 West Street, TOOWOOMBA QLD 4350
Telephone (07) 4631 2372
Website unisq.edu.au
Email student.success@usq.edu.au



UniSQ's counselling team are qualified and experienced professionals available to help you increase your sense of wellbeing.

Suicide Prevention Pathways Inc.

Telephone 1800 008 255
Website suicidepreventionpathways.org.au
Email info@talksuicide.org.au
Hours of operation 9:00 AM to 4:30 AM Mon-Fri



The TALK SUICIDE Support Service offers FREE australia wide telephone support and face to face support in the Brisbane region to those at risk of suicide and their family and friends.

talklink

Telephone (03) 7064 9528
Website talklink.com.au
Email hey@talklink.com.au



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

Telephone 1800 334 673
Website butterfly.org.au
Email support@thebutterflyfoundation.org.au

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.

TheConfidante Counselling

Telephone (07) 5445 2928
Website theconfidantecounselling.com
Email jo@theconfidantecounselling.com
Hours of operation 9:00 AM to 5:00 PM Mon,Wed-Fri; 9:00 AM to 8:00 PM Tue



Joanne Wilson is an experienced, qualified and genuine Psychotherapist. Spend time in unconstrained reflection with a non judgemental and highly regarded practitioner with aspiring standards for outcomes with all clients.

Toowoomba Legacy

Address 4 Mylne Street Suite 8, TOOWOOMBA QLD 4350
Telephone (07) 4632 2352
Website legacy.com.au
Email toowoomba.legacy@bigpond.com.au

Legacy is an independent, voluntary organisation dedicated to the welfare of the widows and children of veterans of war and peacekeeping operations, and of members of the Australian Defence Force who lose their lives in hazardous service or in training for war. Services include advocacy, welfare support, and, where required, financial support.

Toowoomba Psychology And Counselling

Telephone 0412 742 927
Website jamesisingcounselling.com.au
Email james.ising@gmail.com
Hours of operation 9:00 AM to 9:00 PM Every day



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

Telephone 0418 961 475
Website transformativeplace.com.au
Email counsellortpcs@gmail.com
Hours of operation 9:00 AM to 8:00 PM Mon-Fri



Online counselling service for Australians 18 years and over

UnitingCare Country Callback

Telephone (07) 3253 4000
Website unitingcareqld.com.au



Country Callback is a 24/7 telephone support service for drought affected and isolated communities within rural Queensland. The service offers targeted emotional support to rural Queenslanders and the ability to call you back for additional support and check-ins.

Volunteers In Policing - Toowoomba

Address 52 Neil Street, TOOWOOMBA QLD 4350
Telephone (07) 4631 6372
Website police.qld.gov.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



The Volunteers In Policing Program (VIP) involves local community members, (as volunteers), supporting police officers in carrying out their duties. The primary role of a VIP is one of support for the community, witnesses and victims of crime. The duties of VIP's are an integral part of the delivery of policing services and could involve the following responsibilities: * Victim support - ...

Walking Life's Path Counselling Service

Telephone 0411 513 430
Website liferestored.me
Email walkinglifesp@liferestored.me



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+)

AltSpace Therapies

Telephone 0402 305 300
Website altspacetherapies.com.au
Email natalia@altspacetherapies.com.au



AltSpace Therapies is a queer owned and operated, inclusive trauma-informed counselling, coaching, and somatic therapy practice dedicated to serving the diverse needs of the queer, gender non-conforming, and CNM communities. Our practice is founded on the principles of respect, acceptance, inclusion, and understanding, providing a safe and affirming space for individuals and relationships.

Darling Downs and Western Qld Mens Group

Address Margaret Street, TOOWOOMBA QLD 4350
Telephone 0417 759 134
Email info@darlingdivas.com.au



A place to come and discuss issues like relationships, health and being comfortable with who you are, living through diversity, and the knowledge that there is someone to listen and provide support.

Diverse Voices

Telephone 1800 184 527
Website diversevoices.org.au
Email yvonne@diversevoices.org.au



Diverse Voices is a Queensland based non-profit organisation with a focus on the well being of the diverse voices that make up our community. Our focus is on the operation of a LGBTIQ+ peer to peer telephone, web chat and referral service.

Inclusive Counselling Collective

Telephone 0424 317 094
Website inclusivecounsellingcollective.com.au
Email contact@inclusivecounsellingcollective.com.au



We're committed to supporting queer and neurodivergent folk on their journey towards improved social and emotional wellbeing. We're passionate about providing safe, supportive, and affirming services where we work together on the things that are important to you.

LGBTI Legal Service Inc

Telephone (07) 3124 7160
Website lgbtilegalservice.org.au
Email mail@lgbtilegalservice.org
Hours of operation 9:00 AM to 5:00 PM Mon-Tue,Thu-Fri; 9:00 AM to 7:00 PM Wed



We offer free and confidential legal advice to Queensland residents who identify as members of the diverse LGBTIQ+ community. Bookings essential. Please call our Client Services team to reserve an appointment with our solicitors. Open weekdays from 9.00 am - 5.00 pm, plus evening advice sessions on Wednesdays until 7.00 pm.

Lifeline Darling Downs and South West Queensland Ltd

Address 33 Russell St, TOOWOOMBA QLD 4350
Telephone 1800 975 252
Website lifelinedarlingdowns.org.au
Email tcsadmin@tranquillitycareservices.org.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



At Safe Connections Toowoomba, we work with LGBTQIA+ or Brotherboy or Sistergirl people who are experiencing/or have experienced domestic and family Violence.

QLife

Telephone 1800 184 527
Website qlife.org.au
Email ask@qlife.org.au
Hours of operation 3:00 PM to Midnight Every day



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

Telephone 0481 360 427
Website transwellbeing.com
Email info@transwellbeing.com



An online group program for parents of transgender and gender diverse people. Compassionate and evidence-based information and support.

Loss & Grief Support Services & Counselling

CALMS Counselling Services

Telephone 0433 138 669
Website calmscounselling.weebly.com
Email calmsbehaviour@gmail.com

Grief therapy brief and long term available in home if required.

Eva's Place Pregnancy and Early Parenting Support Inc. - Toowoomba

Address 1st Floor 5 Bell St, TOOWOOMBA QLD 4350
Telephone 1300 560 665
Website evasplace.com.au
Email info@evasplace.org.au



Including post abortion and miscarriage. Have you noticed feelings of anger, rage, guilt, depression, hurt, shame or sorrow that just won't go away? It might be soon after or many years later. We're here for you in your pregnancy loss.

Ladybird Care Foundation

Telephone 1800 954 224
Website ladybirdcare.org.au
Email mentoring@ladybirdcare.org.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



Ladybird Care Foundation exists to ensure that every bereaved parent who wants and needs care from a Peer Mentor, with lived experience, receives it. We believe that no bereaved parent should have to walk this journey alone.

Melinajbw Counselling Coaching Consulting

Address Unit 8b, 566 Ruthven Street, TOOWOOMBA CITY QLD 4350
Telephone 0407 590 376
Website melinajbw.com.au
Email admin@melinajbw.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



Providing a safe and supportive space for individuals and families seeking professional guidance and support. I understand that life can present many challenges, and navigating them alone is not always easy. Client-centered and strength-based approach strategies that are tailored to specific needs.

Maternity Support Services & Counselling

Eva's Place Pregnancy support

Address 1st Floor 5 Bell St, TOOWOOMBA QLD 4350
Telephone 1300 560 665
Website evasplace.com.au
Email info@evasplace.org.au



Eva's Place provides support, counselling, reproductive loss counselling, mentoring and baby good to girls and women with unexpected or unsupported pregnancies.

National Perinatal Anxiety and Depression Helpline

Telephone 1300 726 306
Website panda.org.au
Email info@panda.org.au



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

Telephone 1300 737 732
Website pregnancyhelpaustralia.org.au
Email admin@pregnancycounselling.com.au
Hours of operation 8:00 AM to 10:00 PM Every day

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.

Sexual Support Services & Counselling

Domestic Violence Action Centre

Telephone (07) 4642 1354
Website dvac.org.au
Email intaketwba@dvac.org.au



We provide specialist domestic, family, and sexual violence services located in greater Ipswich, Toowoomba, Darling and Southern Downs Regions. We also provide education and training and integrated service responses.

Suicide & Self Harm Information

ConNetica Consulting

Telephone (07) 5491 5456
Website connetica.com.au



ConNetica is recognised and awarded in Australia and internationally for our thought leadership in mental health and suicide prevention, comprehensive approach to service mapping, collaboration and integration, stakeholder engagement, suicide prevention training programs, advocacy and research.

LivingWorks Education Australia

Telephone 1300 738 382
Website livingworks.com.au
Email info@livingworks.com.au



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.

Marcus Mission

Telephone 0419 750 607
Website wmq.org.au
Email contactus@wmq.org.au



Suicide is the leading cause of death for Australian men aged 18-44 years. Marcus Mission aims to reduce the risk of suicide for young men in this age group.

Legal Assistance & Information Services

General Legal Assistance & Information

Aboriginal and Torres Strait Islander Legal Service Queensland - Toowoomba

Address 8B Union St, TOOWOOMBA QLD 4350
Telephone (07) 4659 7822
Website atsils.org.au
Email info@atsils.org.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



The Aboriginal and Torres Strait Islander Legal Service of Toowoomba provides free legal advice, support and representation for Aboriginal people.

Anti Discrimination Commission QLD - Brisbane

Telephone 1300 130 670
Website qhrc.qld.gov.au
Email info@qhrc.qld.gov.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



The Queensland Human Rights Commission works to promote equal opportunity and protect people from unreasonable limitations on their human rights, unlawful discrimination, vilification and sexual harassment. The QHRC manages complaints and assists parties to resolve through conciliation. The Commission also conducts training to raise awareness about human rights and rights and responsibilities.

Australian Decorative and Fine Arts Society (ADFAS)

Address 46A Mackenzie Street, MOUNT LOFTY QLD 4350
Website artsnational.au
Email toowoomba@adfasc.org.au

We are a not-for-profit organisation run by volunteers, providing superbly illustrated, informative and entertaining lecture presentations on many diverse topics relating to the arts. In many communities, the local ADFAS society has become the focus of cultural activities, connecting people with the arts, and with each other.

Commission Centre - Toowoomba

Address 154 Hume Street 1st Floor, TOOWOOMBA QLD 4350
Telephone 1300 651 188
Website legalaid.qld.gov.au
Email mailbox@legalaid.qld.gov.au
Hours of operation 8:30 AM to 4:30 PM Mon-Fri



Call us or visit our website to get free legal information about your legal problems.

Department of Corrective Services - Probation and Parole Office - Toowoomba

Address Level 1, 173 Hume Street, TOOWOOMBA CITY QLD 4350
Telephone (07) 4591 4100
Website qld.gov.au



Higher risk offenders will be given the opportunity to attend the new Making Choices program. This intensive 100 hour program provides offenders with the opportunity to develop and practise more effective self management, communication and interpersonal skills. This program is also suitable for those offenders who display a propensity toward violent behaviour.

Justice of the Peace Branch

Telephone 1300 301 147
Website justice.qld.gov.au
Email jp@justice.qld.gov.au

Justices of the Peace (JPs) volunteer their services for the community and often witness documents like statutory declarations, affidavits and land title documents.

Lake Perseverance Centre

Address 854 Perseverance Dam Road, CROWS NEST QLD 4355
Telephone (07) 4697 8900
Website qld.gov.au

Offers accommodation and conference facilities and specialised in short and long term developmental work with young people and adults using adventure activities. This service is appointment based. Please contact this service for more information on the assistance they can provide you.

Legal Aid Queensland - Toowoomba

Address 1st Floor 154 Hume St, TOOWOOMBA QLD 4350
Telephone (07) 4155 7200
Website legalaid.qld.gov.au
Email mailbox@legalaid.qld.gov.au



Legal Aid Queensland works with our partners to provide access to justice for disadvantaged Queenslanders by providing legal information, advice and representation.

Mental Health Court registry

Telephone (07) 3082 0554
Website courts.qld.gov.au
Email registrarmhc@health.qld.gov.au

The Mental Health Court decides the state of mind of people charged with criminal offences. The court hears matters in Brisbane and also conducts hearings via videoconferencing.

Public Trustee - Toowoomba

Address 447 Ruthven Street, TOOWOOMBA QLD 4350
Telephone 1300 360 044
Website pt.qld.gov.au
Email pt_toowoomba@pt.qld.gov.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



The Public Trustee of Queensland is the largest trustee organisation in Queensland, and provides Disability and Aged Support Services, Free Will Making, Enduring Powers of Attorney, Trust Administration and Deceased Estates Administration services to Queenslanders. For more information regarding the Public Trustee's services, please call the toll free number 1300 360 044.

QE11 Courts of Law Complex

Telephone (07) 3082 0554
Website courts.qld.gov.au
Email registrarmhc@health.qld.gov.au

The Mental Health Court decides the state of mind of people charged with criminal offences. The court hears matters in Brisbane and also conducts hearings via videoconferencing.

Queensland Public Interest Law Clearing House - Brisbane

Telephone (07) 3846 6317
Website lawright.org.au
Email admin@lawright.org.au
Hours of operation 10:00 AM to 4:00 PM Mon-Fri



LawRight is an independent not-for-profit community legal centre. LawRight improves the lives of vulnerable people by increasing access to justice through various services including the: Pro Bono Connect, Court and Tribunal Services, Duty Lawyer Services, Outreach Legal Clinics and Health Justice Partnerships.

Regional Intake Service South West Region

Address 1 Kitchener Street, TOOWOOMBA QLD 4350
Telephone 1300 683 390
Website dsdsatsip.qld.gov.au
Email info@csyw.qld.gov.au



If you have a reason to suspect a child in Queensland is experiencing harm, or is at risk of experiencing harm, you need to contact a Child Safety Services' Regional Intake Service. Trained child protection workers talk to you about your concerns for the child. They will record information you provide and gather other information that may be helpful in assessing the situation.

Sunshine Coast/North Coast Youth Justice Centre

Telephone (07) 5470 9460

Website qld.gov.au

Supervision of young people (up to 17 years of age) under court orders. This service is appointment based. Please contact this service for more information on the assistance they can provide you.

Queensland Statewide Tenant Advice and Referral Service (QSTARS)

Address 223 Hume Street, SOUTH TOOWOOMBA QLD 4350

Telephone (07) 4616 9700

Website tascnational.org.auEmail reception@tascnational.org.au

Free independent advice and referral service for all Queensland renters.

Rural Women's Outreach Legal Service

Address 223 Hume Street, SOUTH TOOWOOMBA QLD 4350

Telephone (07) 4616 9700

Website tascnational.org.auEmail reception@tascnational.org.au

The Rural Womens Outreach Legal Service (RWOLS) provides free legal advice, referrals and information to women in rural and remote areas of South West Queensland.

Toowoomba Community Capacity and Service Quality

Address Level 6, 10 Russell Street, TOOWOOMBA QLD 4350

Telephone (07) 4699 4222

Website dsdsatsip.qld.gov.au

Our department aims to enable vulnerable Queenslanders to improve their lives by investing, providing and partnering in effective and innovative services. In doing so, we will help realise the Queensland Government's commitment to be Australia's best public service. To achieve better outcomes for the community, we will provide and fund support and services to people most in need.

Toowoomba Youth Justice Centre

Address 49 Neil Street, TOOWOOMBA QLD 4350

Telephone (07) 4614 9200

Website qld.gov.au

Supervision of young people (up to 17 years of age) under court orders. This service is appointment based. Please contact this service for more information on the assistance they can provide you.

Women's Legal Service - Rural, Regional and Remote Legal Advice

Telephone (07) 3392 0644
Website wlsq.org.au
Email admin@wlsq.org.au



Rural, Regional & Remote Legal Advice Line 1800 457 117 Tuesday: 9.30am - 1.30pm Women's Legal Service is a specialist community legal centre providing free legal and social work services to Queensland women. We assist women in the areas of family law, child support, domestic violence and child protection, as well as providing community legal education.

Local Advocacy Services

Queensland Council of Civil Liberties

Telephone 0409 574 318
Website qccl.org.au
Email forum.qccl@gmail.com

The Queensland Council for Civil Liberties (QCCL) is a voluntary organisation concerned with the protection of individual rights and civil liberties. It was founded in 1966 in order to protect and promote the human rights and freedoms of Queensland citizens.

Regional Disability Advocacy

Telephone (07) 4616 9700

We provide services in the Toowoomba Regional Council region.

Disability Advocacy

Address 223 Hume Street, SOUTH TOOWOOMBA QLD 4350
Telephone (07) 4616 9700
Website qsjc.com.au
Email reception@tascnational.org.au



Individual advocacy that promotes, protects and defends the rights and interests of people with a disability

TASC National Social Justice Services

Address 223 Hume Street, SOUTH TOOWOOMBA QLD 4350
Telephone (07) 4616 9700
Website qsjc.com.au
Email reception@tascnational.org.au



Legal and Social Work services to increase the safety of older Queenslanders experiencing, or at risk of, elder abuse, mistreatment or financial exploitation

Mediation & Ombudsman Support

Australian Financial Complaints Authority

Telephone 1800 931 678
Website afca.org.au
Email info@afca.org.au

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.

Crime And Corruption Commission

Telephone 1800 061 611
Website ccc.qld.gov.au
Email mailbox@ccc.qld.gov.au

Open Mon-Fri 8am-5pm with after hours emergency service. Look after complaints against police, councils, public service etc. Operate to combat major crime, raise public sector integrity and protect witnesses.

Family Dispute Resolution

Telephone 1300 559 459
Website familymediationdirect.com.au
Email admin@familymediationdirect.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



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

Telephone 1300 559 459
Website familymediationdirect.com.au
Email admin@familymediationdirect.com.au



We assist parent going through separation to reach agreements about their children and property.

Mediation

Telephone 1300 559 459
Website familymediationdirect.com.au
Email admin@familymediationdirect.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



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.

Recreation & Leisure

Indoor Recreation and Leisure

Creativity Central

Address Shop 2, 10522 New England Highway, HIGHFIELDS QLD 4352
Telephone 0404 472 337
Website missmjslearningsupport.com
Email creativitycentral.highfields@gmail.com
Hours of operation 3:00 PM to 6:00 PM Mon; 10:00 AM to 6:00 PM Tue-Thu,Sat-Sun;
10:00 AM to 9:00 PM Fri



POP - IN CREATIVE SPACE FOR WORKSHOPS AND SOCIAL GATHERINGS Build a community of creative entrepreneurs who work together to provide a range of workshops, exhibitions, markets, supports and interest groups that promote and inspire creativity and connection within our community. OUR VALUES:- Curiosity - Respect - Empowerment - Accountability - Teamwork - Equality

Self Help

General Self Help Services

Al-Anon/Alateen Family Groups



Address 123 Neil St, TOOWOOMBA QLD 4350
Telephone 1300 252 666
Website al-anon.org.au
Email createcohesion@bigpond.com

Al-Anon Alateen Family groups are a fellowship of relatives and friends of problem drinkers. Members share their experience, strength and hope and help each other to solve common problems.

Alcoholics Anonymous

Telephone 1300 222 222
Website aa.org.au
Email aatoowoombadistrict@gmail.com

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help other to recover from alcoholism. The only requirement for AA membership is a desire to stop drinking.

LEARNABILITY ONLINE WORKSHOPS HUB

Telephone 0447 115 928
Website appliedtechniques.net
Email at.question@bigpond.com
Hours of operation 9:00 AM to 5:00 PM Every day



LEARNABILITY ONLINE WORKSHOPS HUB. Interactive workshops to discover information, grow your knowledge and find the solutions to your questions. Free and affordable workshops for individuals, parents / carers, educators and community services.

Motor Neurone Disease Association of Queensland Inc.

Telephone (07) 3372 9004
Website mndaq.org.au
Email info@mndaq.org.au



Motor Neurone Disease Queensland has self-help social support groups in several parts of the state. These are run directly by Association members and volunteers and aim to provide social support for people living with motor neurone disease and their families. Activities and groups vary in their interests and frequency of meetings.

National Continence Helpline

Telephone 1800 330 066
Website continence.org.au



The National Continence Helpline is a free telephone advisory service.

PRETERM INFANTS' PARENTS' ASSOCIATION INC (PIPA)

Telephone 1300 773 672
Website pipa.org.au
Email contactus@pipa.org.au



Our goal is to raise awareness of premature birth and to provide understanding, support, information, encouragement and friendship to parents of premature infants.

Preterm Infants Parents Association Inc. (P I P A)

Telephone 1300 773 672
Website pipa.org.au
Email contactus@pipa.org.au



Practical and emotional support to families of infants born premature. Raise awareness of premature birth and provide support, information, encouragement and friendship to parents of preterm infants.

QENDO Inc

Telephone (07) 3321 4408
Website qendo.org.au
Email info@qendo.org.au



QENDO is the peak body for people affected by endometriosis and other pelvic health related conditions. Our work assists in advising and advocating for improved services and quality of life for our members. We support anyone affected by endometriosis, adenomyosis, PCOS, infertility or pelvic pain, by offering them the tools, services and programs to understand and take control of their health.

Heart-Based Living

Telephone 0409 676 857
Website realtimeheart-based.com



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.

Refinding You - Tania Leanne Earle

Telephone 0408 419 437
Email refindingyou@tanialeanne.com.au

ReFinding You Professional organising - helping people ReGain order in their homes. Creating structure and space while we declutter. Organising living spaces and/or decluttering. Deceased estates. NDIS clients. Veterans. Private

Sahaja Yoga Queensland

Telephone 0438 781 413
Website sahajayogaql.com
Email peter.hewitson1@gmail.com

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

Stroke Survivors and Carers of Toowoomba

Address Grace Court, DARLING HEIGHTS QLD 4350
Telephone (07) 4635 0092

We are a group of stroke survivors and carers who meet every month at the unara rooms at the base hospital and we raise funds to buy equipment for the rehabilitation unit and twba adult rehab unit. We organise outings and places to go for morning teas and lunches.

The NAKED Soul

Telephone 1300 625 331
Website thenaked soul.com.au
Email admin@thenaked soul.com.au



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.

Toowoomba Acoustic Neuroma Support Group

Address 27 Yalumba Crescent, WILSONTON HEIGHTS QLD 4350
Telephone (07) 4634 7025
Website qana.asn.au

We provide services in the Toowoomba Regional Council region.

Life coaching

Telephone 0402 333 950
Website yourlistener.wixsite.com
Email your.listener.coaching@gmail.com



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.

Transport Services

Community Transport

Continuous Care Pty Ltd

Telephone 0432 420 160
Email continuouscare101@gmail.com
Hours of operation 9:00 AM to 5:00 PM Mon-Fri

Provides the following services: Assist-Travel/Transport, Community Nursing Care, Home Modification, Household Tasks, Interpret/Translate, Therapeutic Supports, Vehicle Modifications community perceptions assistance with daily life activities

Patient Transport Service

Telephone 13 74 68
Website ambulance.qld.gov.au

The QAS operates as a statewide service within Queensland Health, and is accountable for the delivery of pre-hospital ambulance response services, emergency and non-emergency pre-hospital patient care and transport services, inter-facility ambulance transport, casualty room services, and planning and coordination of multi-casualty incidents and disasters. In an emergency always call 000

Volunteering

General Volunteering Services

Volunteer Vacancies

Telephone	1300 610 610
Website	anglicaresq.org.au
Email	enquiries@anglicaresq.org.au



Are you ready to share your skills, talents and knowledge alongside our team of dedicated staff across Southern Queensland? Our volunteers come from all walks of life – tertiary students, retirees, job seekers and professionals. They are aged between 16 and 85 years and make the decision to volunteer for a number of different reasons.

Churches of Christ in Qld Volunteer Services

Telephone	1300 760 622
Website	cofc.com.au
Email	volunteers@cofcqld.com.au



Churches of Christ in Qld Care Services engages volunteers within their Care Services across South East Qld.

East Creek Community Centre

Address	43 Kitchener St, EAST TOOWOOMBA QLD 4350
Telephone	(07) 4639 2755
Website	new.eastcreek.com.au
Email	info@eastcreek.com.au
Hours of operation	9:00 AM to 4:00 PM Mon-Fri



Literacy classes no longer running, have English conversation classes instead for people with English as a second language.

St John Qld - Volunteer Services

Telephone	1300 785 646
Website	stjohnqld.com.au
Email	volunteer@stjohnqld.com.au



By volunteering for St John Ambulance Queensland you are actively taking part in enhancing the lives of Queenslanders and their families. Join our diverse team to gain real life experiences while having fun and making friends.

St Vincent de Paul Society Queensland - Toowoomba

Address 6 Julia Street, TOOWOOMBA CITY QLD 4350
Telephone 1800 846 643
Website qld.vinnies.org.au
Email toowoomba.office@svdpqld.org.au



The Society is recognised as a service offering “a hand up” to people in need. We do this by respecting their dignity, sharing our hope, and encouraging them to take control of their own destiny.

Volunteer mentor to a child in foster care - Brisbane

Telephone (07) 3256 8802
Website thepyjamafoundation.com
Email admin@thepyjamafoundation.com
Hours of operation 9:00 AM to 5:00 PM Mon-Thu; 8:00 AM to 4:00 PM Fri



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.

Volunteer mentor to a child in foster care - Toowoomba

Telephone (07) 3256 8802
Website thepyjamafoundation.com
Email admin@thepyjamafoundation.com
Hours of operation 9:00 AM to 5:00 PM Mon-Thu; 8:00 AM to 4:00 PM Fri



The Pyjama Foundation aims to give children in care the opportunity to change the direction of their lives with learning, life skills, and confidence. They recruit volunteers, known as, Pyjama Angels, to spend one hour per week with a child in care to instill a love of learning and provide a consistent relationship for the child.

The Trustee For Freddy Bear Foundation

Telephone 1300 737 090
Website freddymatch.org
Email hello@freddymatch.org



At FreddyMatch, we drive social change through technology, using our unique algorithm to match people with great opportunities, increasing volunteer participation rates and building stronger communities.

Volunteer Management

Address 4 Little Street, TOOWOOMBA CITY QLD 4350
Telephone (07) 4688 6588
Website tr.qld.gov.au
Email info@tr.qld.gov.au



Volunteer Management

Youth Leaders program

Address 4 Little Street, TOOWOOMBA CITY QLD 4350
Telephone 13 18 72
Website tr.qld.gov.au
Email info@tr.qld.gov.au



The Youth Leaders Program is a volunteer platform for young people aged 14 to 24 to become involved with Toowoomba Regional Council. The program allows young people from across our Region to learn about their local communities groups, events, activities and youth services.

Volunteering Queensland Inc

Telephone (07) 3002 7600
Website volunteeringqld.org.au
Email reception@volunteeringqld.org.au



Volunteering Queensland (VQ) is the state's peak body for volunteering. It represents the interests of volunteers, and community organisations who utilise the services of volunteers.

Youth With A Mission Toowoomba

Address 118 Prince Henry Drive, TOOWOOMBA EAST QLD 4350
Telephone (07) 4632 8810
Website ywam.org
Email admissions@ywamtoowoomba.com



YWAM Toowoomba runs Discipleship Training Schools that train young Christians how to serve local communities through meeting practical, spiritual & physical needs. Run the Toowoomba Busking Festival yearly and local gigs regularly called Campfires Sessions.

Welfare Assistance & Services

General Welfare & Support Services

Dr EAF McDonald Residential Aged Care

Address Beale Street, OAKLEY QLD 4401
Telephone (07) 4691 4888

Fundraise to provide a few of life's little luxuries for the residents of the Dr EAF McDonald Nursing Home at Oakley

Hope for Our Children

Address 10A Neil Street, TOOWOOMBA CITY QLD 4350
Telephone (07) 4638 5768
Website hopeforourchildren.com.au
Email admin@hopeforourchildren.com.au



Giving hope to our children and young people by improving their social and emotional wellbeing through program tools and support. Backpacks of Love, Therapy dogs & Foster Carer Support Group

Lifeline Darling Downs - St George office

Telephone 1300 991 443
Website lifelinedarlingdowns.org.au
Email derek@lifelinedarlingdowns.org.au



Lifeline Darling Downs & South West Queensland Limited (Lifeline Darling Downs) is a community based organisation providing an array of counselling and community services, to an area roughly the size of Victoria.

Lifeline Darling Downs and South West Queensland Ltd

Address 33 Russell St, TOOWOOMBA QLD 4350
Telephone 1800 975 252
Website lifelinedarlingdowns.org.au
Email tcsadmin@tranquillitycareservices.org.au



Tranquillity Care Services ensure that participants living with disabilities are respected, supported with their individual NDIS plans and life goals.

ME/CFS/FM Support Association Qld Inc

Address St Vincent's Hospital, 22-36 Scott Street, TOOWOOMBA CITY QLD
4350
Telephone (07) 4632 8173
Email mefmtba@bigpond.com

We send out free information kits to sufferers of Myalgic Encephalomyalitis (ME) Chronic Fatigue Syndrome (CFS) and Fibromyalgia (FM). Our office is open 10 - 3 Tuesday to Thursday. Meeting day is the first Wednesday of each month except January.

Rosies Youth Mission

Telephone (07) 3396 4267
Website rosies.org.au
Email info@rosies.org.au
Hours of operation 9:00 AM to Midnight Mon-Fri



Rosies is a community of people sharing the Oblate spirit of daring. Inspired by the Gospel, Rosies reaches out to those most abandoned, to be present with them, offering them experience of community and belonging.

Saver Plus

Telephone 1300 610 355
Website bsl.org.au
Email saverplus@bsl.org.au



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.

St John Qld Telephone Services

Telephone 1300 785 646
Website stjohngld.com.au
Email enquiries@stjohngld.com.au



Our Community Calls service (previously known as Silver Cord) is a Queensland wide telephone reassurance service aimed at improving social connections. If you or a loved one are feeling lonely or isolated, or would just appreciate an extra check-in or chat during the week, our telephone services can help.

St Vincent de Paul - Pittsworth

Address Saint Stephen's Catholic Church, Hume Street, PITTSWORTH QLD
4356
Telephone 1800 846 643
Website qld.vinnies.org.au
Email charity.tba@svdpqld.org.au



We provide services in the Toowoomba Regional Council region.

The Australian Federation Of Totally And Permanently Incapacitated Ex Servicemen And Women



Telephone (07) 4632 3724
Website qldtpi.org.au
Email tpitoowoomba@bigpond.com

The association has supported veterans and their families with advice that has enabled them to improve their standard of living. It continues to lobby political groups to ensure any new legislation does not erode any benefits gained. Main activities relate to Welfare, companionship and support for ex-service men and women who have been totally and permanently incapacitated as a result of service.

National Perinatal Support Program

Telephone 1300 140 212
Website thebabesproject.com.au
Email info@thebabesproject.com

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.

Doorways Toowoomba

Address 119 West Street, TOOWOOMBА QLD 4350
Telephone (07) 3001 6288
Website salvationarmy.org.au
Email toowoomba.corps@salvationarmy.org.au



Do you need urgent help? If you find yourself in a sudden crisis, call us. We'll listen and support you with immediate basic needs.

Toowoomba Stroke Support Group

Address 6-10 Pechey Street, SOUTH TOOWOOMBA QLD 4350
Telephone (07) 4635 5853

The Stroke Support Group provides activities to assist clients to regain memory and comprehension skills which may have been impaired from stroke, through the use of various recreational pursuits such as word puzzles and card games.

Yellowbridge QLD - 46 Hill St

Address 46 Hill St, TOOWOOMBA QLD 4350
Telephone (07) 4639 3271
Website yellowbridgeqld.com.au
Email connect@yellowbridgeqld.com.au
Hours of operation 8:30 AM to 5:00 PM Mon-Thu; 8:30 AM to Midday Fri



YellowBridge QLD is a not-for-profit registered charity responsible for managing and delivering a range of home and community care services, community housing programs and disability support services.

Meals on Wheels

Pittsworth Meals on Wheels Association

Telephone (07) 4693 2046
Email pittsworthlearningcentre@gmail.com

We provide services in the Toowoomba Regional Council region.

Second Hand Shops

Kingsthorpe and District Progress Association Op Shop

Address 21 Kingsthorpe Haden Road, KINGSTHORPE QLD 4400
Telephone 0417 613 121
Email kingsthorpeprogress@gmail.com

Kingsthorpe Op Shop, community organisation run by local volunteers. No electrical goods or large furniture sold. Open Tuesday's, Wednesday's and Thursdays between 10am - 4pm.

Lifeline - Perth Street Shop

Address 187 Perth St, SOUTH TOOWOOMBA QLD 4350
Telephone (07) 4688 3707
Website lifelinedarlingdowns.org.au



Second hand clothing, small furniture, linen, bric a brac, books

Lifeline - The Range Boutique

Address 11 James St, RANGEVILLE QLD 4350
Telephone (07) 4688 3708
Website lifelinedarlingdowns.org.au



Pre-loved designer clothing and accessories

Lifeline Emporium - Including Vintage Wardrobe and Bookshop

Address 302 Ruthven St, TOOWOOMBA QLD 4350
Telephone 1300 991 443
Website lifelinedarlingdowns.org.au
Email lifeline@lifelinedarlingdowns.org.au



Quality second hand clothing and bookstore. Including Vintage Wardrobe.

St Vincent de Paul - Pittsworth

Address Saint Stephen's Catholic Church, Hume Street, PITTSWORTH QLD 4356
Telephone 1800 846 643
Website qld.vinnies.org.au
Email charity.tba@svdpqld.org.au



Vinnies Shops and Other St Vincent de Paul Society Services Vinnies Shops Vinnies is your number one destination for affordable and pre-loved items. You can find great clothing, furniture, books, music and bric-a-brac at bargain prices. At Vinnies, everything you buy or donate inspires change in your local community.

Youth Services

General Youth Services

5th Toowoomba Girls Brigade

Address 2 Mallon Street, RANGEVILLE QLD 4350
Telephone (02) 9631 3553
Email qldtoowoomba@girlsbrigadeaustralia.org.au

We provide services in the Toowoomba Regional Council region.

Brave Foundation

Telephone 0448 088 380
Website bravefoundation.org.au
Email info@bravefoundation.org.au



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.

Crows Nest Community Youth Services

Address 15 Thallon Street, CROWS NEST QLD 4355
Email cncyouthservices@gmail.com



We are committed to providing a safe place for youth (aged between 12 - 17 years of age) to gather, enjoy one another's company, share a meal and access fun activities. We currently run fortnightly Friday Night Youth Group, 6 - 8pm. Together we plan, organise and work on bringing events and projects to the community that families and the youth can participate in.

Darling Downs Blue Light Association

Address 6A Mabel Street, HARLAXTON QLD 4350
Telephone (07) 3909 9541
Email blue.light2@pcyc.org.au

We provide services in the Toowoomba Regional Council region.

Downlands College

Address 53 Kate Street, HARLAXTON QLD 4350
Telephone (07) 4690 9500
Website downlands.qld.edu.au
Email enquiries@downlands.qld.edu.au

Independent, Catholic, co-educational day and boarding school for Years 7 to 12

Downs Industry Schools Co-op (DISCO)

Address Suite 3, Level 1, 453 Ruthven Street, TOOWOOMBA CITY QLD 4350
Telephone (07) 4638 3088
Website disco.org.au
Email info@disco.org.au



Downs Industry Schools Co-op (DISCO) works with youth aged 14-24 to help them remain engaged in school, work, or further study. DISCO has office's in Toowoomba, Gatton and Dalby. If you would like further information about DISCO or to enquire about whether we can assist you or someone you know, please call our main office on 07 4638 3088.

Eva's Place Pregnancy and Early Parenting Support Inc. - Toowoomba

Address 1st Floor 5 Bell St, TOOWOOMBA QLD 4350
Telephone 1300 560 665
Website evasplace.com.au
Email info@evasplace.org.au



Eva's Place is a pregnancy and early parenting support centre. Practical, emotional and material support is given through a variety of services.

Girl Guides - Goombungee

Address 92 Mocatta Street, GOOMBUNGEE QLD 4354
Telephone (07) 3357 1266
Website guidesqld.org
Email goombungeedm@guidesqld.org



Guiding in Queensland was established in 1919 and today, Girl Guides Queensland is the largest youth organisation for girls and young women in Queensland with over 4000 youth members, 900 Leaders and adult Members, and more than 1000 active volunteers.

Girl Guides - Oakey

Address 5 Creek Street, OAKEY QLD 4401
Telephone (07) 3357 1266
Website guidesqld.org
Email oakeydm@guidesqld.org



Guiding in Queensland was established in 1919 and today, Girl Guides Queensland is the largest youth organisation for girls and young women in Queensland with over 4000 youth members, 900 Leaders and adult Members, and more than 1000 active volunteers.

Girls Getaway

Address 6 Dodson Crescent, MOUNT KYNOCH QLD 4350
Telephone (07) 4638 5768
Website citywomen.com.au
Email admin@citywomen.com.au

Girls Getaway is a weekend away engaging young women between the ages of 12 to 15 years to be exposed to an affirmative environment that acts as a vehicle for building positive attitudes for life. Getaways happen 4 times a year. A weekend where young women can experience fun, friendship and acceptance through a well-supervised program including games and life group discussions.

LifeSupport Youth Group

Address Bottle Tree Hall, Hume Street, PITTSWORTH QLD 4356
Telephone 0418 615 773
Website harvestnewlifechurch.org
Email dolleybc@gmail.com
Hours of operation 6:30 PM to 9:00 PM Fri



Date: Every Friday during school term Time: 6:30 pm - 9:00 pm Location: Bottle Tree Hall, Pittsworth Primary
Attendees: All High Schoolers, Term 4 Year 6

Little Dreamers Australia

Telephone 1800 717 515
Website littledreamers.org.au
Email info@littledreamers.org.au
Hours of operation 8:00 AM to Midnight Mon-Fri



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.

Mercy Community

Address 104 South Street, TOOWOOMBA QLD 4350
Telephone (07) 4617 7600
Website mercycommunity.org.au
Email toowoomba.admin@mercycommunity.org.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



Our Mercy Community South West Queensland centre in Toowoomba.

Next Step Plus - Toowoomba

Address 145 Taylor Street, NEWTOWN QLD 4350
Telephone (07) 4616 3100
Website lwb.org.au
Email nextstepreferrals@lwb.org.au



Next Step Plus is a support system for young people aged 15-25 in Queensland. With Next Step Plus, you can get in touch with people who will try and help you sort out the things you're having trouble with, no matter how big or small. Specialist Foster Care Target Group: Children and Families/ Couples

PCYC Toowoomba

Address 219A James St, TOOWOOMBA QLD 4350
Telephone (07) 4592 4500
Website pcyc.org.au
Email toowoomba@pcyc.org.au



The Queensland Police-Citizens Youth Welfare Association has made a valuable and positive contribution to the future of countless young people since it first began activities in 1948. Through the hard work of Police Officers, staff and thousands of caring volunteers and members of the community a tradition has developed that is unique to Australia.

Safer Communities Program

Address 219A James St, TOOWOOMBA QLD 4350
Telephone (07) 4592 4500
Website pcyc.org.au
Email toowoomba@pcyc.org.au



SCC program is a crime prevention initiative responding to local policing needs. It focuses on crime prevention, youth development and community engagement programs, diversionary activities and social engagement events for groups of young people.

Pittsworth Cadets

Address 522 Wiemers Road, BROXBURN QLD 4356
Telephone 0417 713 084
Email 19ACU@cadetnet.gov.au

We provide services in the Toowoomba Regional Council region.

Pittsworth Uniting Church Youth Group (PUCY)

Address Briggs Street, PITTSWORTH QLD 4356
Telephone (07) 4693 1084
Email wproudlock@bigpond.com

We provide services in the Toowoomba Regional Council region.

Pittsworth Youth Group Network

Telephone (07) 4619 8111

We provide services in the Toowoomba Regional Council region.

Queer Community Toowoomba

Address 1, 632 Ruthven Street, TOOWOOMBA CITY QLD 4350
Email queeryouthtoowoomba@gmail.com

Queer Community Toowoomba is a LGBTQA+ led collective that runs a queer Youth group as well as ongoing community development projects and events aimed to create a stronger and thriving LGBT community within Toowoomba and it's surroundings

Rockville Scout Group

Address 245 Tor Street, ROCKVILLE QLD 4350
Email gl@rockville.scoutsqld.com.au
Hours of operation 5:15 PM to Midnight Tue; 6:30 PM to Midnight Wed

Non-profit organisation · Youth organisation Scouting caters for boys and girls aged 5 to 25 years "The purpose of the Scout Movement is to contribute to the education of young people in achieving their full physical, intellectual, emotional, social and spiritual potentials as individuals, as responsible citizens and as members of their local, national and international communities

Scouts Queensland - Darling Downs Region

Address 2 Victory Street, NEWTOWN QLD 4350
Telephone (07) 4633 3374
Website darlingdownsscouts.org.au
Email ddrscouts@darlingdownsscouts.org.au



Provision of Scout activities for young people aged 6 to 26 years of age

Scouts Queensland - Millmerran

Address LOT 1 Campbell Street, MILLMERRAN QLD 4357
Telephone (07) 4695 4100
Website scoutsqld.com.au
Email qldhq@scoutsqld.com.au



Fun, challenging, adventurous activities for girls and boys 7 years and older. Great for leadership and initiative.

Scouts Queensland - Pittsworth

Address Quarry St, PITTSWORTH QLD 4356
Telephone (07) 4633 3374
Website scouts.com.au
Email graeme.carnahan@gmail.com



We provide services in the Toowoomba Regional Council region.

Youth Connect

Telephone 13 18 72
Email youthconnect@tr.qld.gov.au

The YouthConnect program works with young people in our region and delivers classes, programs and events. Where possible, programs are provided free of charge and include a wide range of activities, including art, music and sport and recreation.

Youturn - Toowoomba City

Address 201 Hume Street, TOOWOOMBA CITY QLD 4350
Telephone (07) 4632 2802
Website youturn.org.au
Email reception.toowoomba@youturn.org.au
Hours of operation 8:30 AM to 3:30 PM Mon-Fri



Youturn is a not-for-profit organisation that started in 1989 to help address youth homelessness. We have grown substantially since then and now work across the areas of Child Safety, Homelessness, Mental Health, and Suicide Prevention. Our mission is to support young and vulnerable people in their times of need, to live a healthy and meaningful lives.

Youth Accommodation Services

Therapeutic Community Placement

Telephone 1300 001 907
Website stride.com.au
Email hello@stride.com.au



Therapeutic residential support and accommodation for young people in out of home care.

Youth Crisis & Emergency Services

Reconnect - Toowoomba

Address 64 Annand Street, TOOWOOMBA CITY QLD 4350
Telephone 0472 848 939
Website missionaustralia.com.au



Reconnect aims to prevent homelessness by providing accommodation, counselling, mediation and support, with a strong emphasis on family reconciliation and community engagement.

Youth Information & Counselling

CREW4YOUTH Toowoomba

Address 25 Taylor Street, TOOWOOMBA CITY QLD 4350
Telephone (07) 3810 9490
Website each.com.au



CREW4YOUTH is a care coordination service designed to support children and young people up to the age of 25 with or at risk of developing severe mental health conditions.

eheadspace

Telephone 1800 650 890
Website headspace.org.au
Hours of operation 9:00 AM to 1:00 AM Mon-Fri

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.

Love Me Love You Australia

Telephone 0406 681 761
Website neveralone.org.au
Email info@lovemeloveyou.org.au
Hours of operation 8:00 AM to 8:00 PM Mon-Sat

Through our educational programs we strive to empower and build resilience in young adults so that they may overcome the stigma surrounding mental health and other life hardships. By fostering a positive change through awareness, education and acceptance we can begin to remove the stigma associated with mental health, drugs, alcohol, eating disorders and life hardships.

Next Step Plus - Toowoomba

Address 145 Taylor Street, NEWTOWN QLD 4350
Telephone (07) 4616 3100
Website lwb.org.au
Email nextstepreferrals@lwb.org.au



Next Step Plus is a support system for young people aged 15-25 in Queensland. With Next Step Plus, you can get in touch with people who will try and help you sort out the things you're having trouble with, no matter how big or small. How involved we get is totally up to you. So don't be shy – reach out to your nearest provider and we'll see what we can work out together.

Youth Support and Online Contact Service

Address 4 Little Street, TOOWOOMBA CITY QLD 4350
Telephone 13 18 72
Website tr.qld.gov.au
Email info@tr.qld.gov.au



We provide an online service for young people to contact a member of the Youth Support team when requiring practical and emotional support. All young persons are welcome to contact us via the online form below, and start a conversation about a life problem, ask for advice or support or just simply talk with someone that cares.

Youth In Motion

Website youthinmotion.org.au
Email caitlin.tanaka@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

Telephone	1800 805 635
Website	youthinsearch.org.au
Email	admin@youthinsearch.org.au
Hours of operation	8:30 AM to 5:00 PM Mon-Fri

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.
