

PATH 2 HOME

MONARO, BOMBALA & JINDABYNE



This guide is a resource to help those looking for immediate support with a crisis, housing, food, clothing and other support in the Monaro, Bombala & Jindabyne regions.

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Symbols



Emergency



Financial Assistance/
Vouchers



Bed



Household Goods/
Kitchenware/
Bric-a-brac



Food



Shower



Information



Toilet



Helpline/Hotline/
Call Only



Legal Aid



Health



Female



Counselling/Advocacy



Male



Assistance/Support



Children/Youth




Clothing



Pets



Crisis/Emergency

Police

<u>Cooma</u> -	87-91 Massie Street, Cooma 2630	6452 0099	
<u>Jindabyne</u> -	14 Thredbo Terrace, Jindabyne 2627	6456 2244	
<u>Bombala</u> -	64 Forbes Street, Bombala 2632	6458 3444	

IN EMERGENCIES CALL '000'

Hospital







<u>Cooma</u> -	Bent Street, Cooma 2630	6455 3222		
<u>Bombala</u> -	Wellington Street, Bombala 2632	6458 5777		

IN EMERGENCIES CALL '000'



Ambulance

<u>Cooma</u> -	76 Bombala Street, Cooma 2630	131 233		
<u>Bombala</u> -	Wellington Street, Bombala 2632	131 233		





National Hotlines/Helplines (24hrs)

Homeless Helpline	1800 065 892		
Life Line	13 11 14		
Domestic Violence Hotline	1800 656 463		
Kids/Youth Helpline	1800 55 1800		
Men's Helpline	1300 789 978		
Suicide Prevention Line	9223 3333		
Parent Line	1300 130 052		
Victims Support Line	1800 633 063		
Cooma Sexual Assault Service	6455 3202 0439 459 723		

Homeless Persons Information Centre





9am - 10pm (7 days) closed each day between 1pm & 2pm	1800 234 566		
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Emergency Beds



<u>Monaro Crisis Accommodation</u>	6452 6174		
Short term crisis accommodation for people at risk or currently experiencing homelessness. 16yrs and over and accompanying children. Support, referral & advocacy.			
			

Beds



Emergency Beds

<u>Monaro Crisis Accommodation</u>	6452 6174		
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Youth Emergency Accommodation Line

Support of young people aged 12-25yrs who are homeless or at risk of being homeless. Updated Mon, Wed & Fri by 9:30am	1800 424 830		
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After Hours Temporary Accommodation Line

The service is available for single people, couples, and families with children.	1800 152 152		
Monday to Friday 4.30 pm – 10.00 pm and Weekends and Public Holidays 10.00 am – 10.00 pm			

Accommodation & Welfare Support

<u>Mission Australia Community Connections</u>	6452 6323		
Support for individuals & families 16yrs and older. Provides support in gaining and sustaining a tenancy, financial assistance, advocacy, advice, information & referral.	0409 937 500		

Workways -


<u>Cooma</u> - 61 Massie Street, Cooma. Mon - Fri, 9am - 5pm	6452 6566		
<u>Jindabyne</u> - Shop 18b Old Town Centre. Mon - Fri, 9am - 1pm	6456 1016		
<u>Bombala</u> - 138 Maybe Street. Wed, 10am - 3pm	6458 3955		
Financial assistance for crisis accommodation & referral.			


Southern Cross Community Housing


<u>Cooma</u> - 57-59 Massie Street	6452 1298	
<u>Nowra</u> - 69 Kinghorne Street	4421 5145	
<u>Ulladulla</u> - 118-120 Princes Highway	4455 4543	
<u>Batemans Bay</u> - Shop 12, 12-18 Orient Street	4472 7681	

Food

Low Cost Meals



Assemblies of God Church- 5 Yulin Avenue, Cooma 6452 5229 
 "Chit Chat Chew" 3 course meal. Gold Coin Donation.
 2nd & 4th Wednesday of every month.

Cooma Ex Servicemen's Club-106 Vale Street, Cooma 6452 1144 
 Lunch meals \$10. 12 - 2:30pm

Jindabyne Bowling Club - Bay Street, Jindabyne 6456 2133 
 Lunch Meals \$9 - \$13. 12 - 2pm



Bombala RSL Club - 156 Maybe Street, Bombala 6458 3017 
 Lunch Meals \$10. Monday - Friday only 12 - 2pm

Food Parcels/ Vouchers



St Vincent De Paul - 27-29 Vale Street, Cooma 6234 7420  
 Crisis Food Assistance. Welfare officer Monday, Wednesday &
 Friday 2 - 4pm. Help with electricity bills & with petrol for
 medical appointments in Canberra. Food Vouchers. Family
 store, clothing and kitchen ware available **NO FURNITURE**



Bombala - 6458 4339 


Jindabyne - Jindabyne Neighbourhood Centre Tue 11am - 1pm 6456 2454
 Crisis food assistance, Food vouchers, assistance with
 electricity bills, clothing & other support.

Salvation Army - 2-8 Mittagang Road, Cooma 6452 1798  
 Crisis Food Assistance. Referrals.

Meals on Wheels


Cooma Monaro Shire Council - 6455 4040  
 227 Sharp Street, Cooma
 Frozen Meals, Gourmet meals, neighbor aid/social support,
 shopping service. Average cost of meal \$5.50

Snowy River Home Living Support Scheme - 6451 1053  
 Shop 1, Highdale Shopping Centre, Berridale 2628
 Breakfast packs, Frozen meals, Hot meals, in home meal prep,
 neighbor aid/social support, social outings.

Bombala Council Community Services - 6458 4620 
 163 Maybe Street, Bombala
 Breakfast packs, Centre based meals, cooking classes, frozen
 meals.



Support Services



Helplines



Crime Stoppers	1800 333 000	
DOC's Helpline	132 111	
NSW Rape Crisis Line	1800 424 017	
Child & Adolescent Mental Health Service	1800 677 114	
Family Drug Support	1300 368 186	
Salvation Army Care Line	1300 36 36 22	
Beyond Blue	1300 22 4636	
Legal Aid NSW	1300 888 529	
24hr Mental Health	1800 011 511	



Family



Monaro Family Support Service Inc. - 6452 3450  

Cooma - 154 Sharp Street  
 Relationship & family counselling, referral, information,
 supported play group, multicultural group & assistance with
 resettlement. Mon - Fri 9am - 5pm

Bombala - 163 Maybe Street 6458 4888  
 Relationship & family counselling, referral, information,
 supported play group, multicultural group & assistance with
 resettlement. Tue & Fri 9am - 5pm, Wed 9am - 3pm

Jindabyne - Outreach Centre, Bent Street 6457 2555  
 Relationship & family counselling, referral, information,
 migrant services & resettlement. As per appointment

Barnardos 0408 295 869  
 Support service for families & youth. Advice & referral.
 Planning, support & counselling. Mon - Fri 9am - 1pm
 'Brighter Futures' program, an early intervention program for
 families with children 0-8. Parenting programs, home visiting &
 case management. Mon - Fri 9am - 5pm



Snowy Mountains Neighbourhood Centre 6457 1044  
 A drop-in centre, referral, support, food vouchers, internet &
 free Wi-Fi, legal & community information & library services.


Family Relationship Advice Line 1800 050 321 


Drug & Alcohol Information Service 1800 422 599

NSW Dept. of Community Services (DOC's) - Cooma 6455 0200

Youth



YMCA Youth Hub - 17-24 Sharp Street, Cooma 6452 5534 
Basic Food, referral & advocacy, showers, laundry & baby change area, disabled facilities, support service for youth.
Tuesday - Friday 9am - 5pm 

Catholic Care Youth Connections 6452 3247 
37a Bombala Street, Cooma
Helping youth at risk of leaving school early and making a successful transition to further study or work. Aged 11-19, must be an Australian citizen or Humanitarian Visa holder.


Snowy River Shire Council -2 Myack Street, Berridale 6451 1195 
Link to services & information. Youth development programs.



Youth Workers 6455 1934 
Youth Worker 0437 135 092 




Youth Health Worker (regional) 6451 1506 
Snowy River & Bombala shires. 0405 273 925 



Youth Health Worker 0418 264 098 
Cooma-Monaro, Snowy River & Bombala Shires. 

Women



Shoalcoast Community Legal Centre Inc. 4422 9529 
Legal advice, assistance, information & referral. Women only. 1800 229 529
Tuesdays & Thursday 10am - 12pm


Women's Legal Contact Line 1800 801 501 
Provides free confidential legal information and referrals for women in NSW with a focus on family law, domestic violence, sexual assault and discrimination. Monday 9:30am - 12:30pm, Tuesday 1:30pm - 4:30pm, Thursday 9:30am - 12:30pm 8745 6988 

Women's Domestic Violence Legal Advice Line 1800 810 784 
provides free confidential legal information, advice and referrals for women in NSW with a focus on domestic violence and AVO's. 8745 6999 
Monday 1:30pm - 4:30pm, Tuesday 9:30am - 12:30pm, Thursday 1:30pm - 4:30pm, Friday 9:30am - 12:30pm 

Rape & Domestic Violence Services Australia 1800 424 017 
Crisis Counselling for men and women is available through the Rape and Domestic Violence Services Australia. 





Men




Mens Line Australia 1300 789 978 
MensLine Australia is a telephone and online support, information and referral service. Helping men to deal with relationship problems in a practical and effective way. 




Rape & Domestic Violence Services Australia 1800 424 017 
Crisis Counselling for men and women & sexual assault services. 

Domestic Violence Hotline 1800 656 463 




Mental Health

Personal Helpers & Mentors (PHAMS) Schizophrenia Fellowship NSW - 61 Amos Street, Cooma 6452 4690 
Strength based support for people with mental illness. Assistance with services for housing, health services, domestic violence, legal issues & court support, financial & education. 



Mental Health Information Service 1300 794 991 
Promotes mental health issues to the community. Information and details on services & support groups within NSW. 





Carer Assist - Suites 2 & 3 Sharp Street, Cooma 6452 4075 
Support, Advocacy, Information and education for Carers of people with a mental illness. 


Health

Cooma Community Health - Victoria Street 6455 3201 
Cooma Sexual Assault Service - Counselling service for people who have been sexually assaulted. Access to medical services, information & support. 6455 3202 
0439 459 723 

Jindabyne Community Health - 17 Bent Street 6457 2074 


Bombala Community Health - Wellington Street 6458 3166 


Northcott - 139 Uriarra Road, Queanbeyan 2620 6152 5000 
Support for older parent carers over 60yrs looking after a child with a disability or mental illness. Carer assist funding. 


Other

Centrelink Libraries 1800 050 004
Cooma -61 Vale St. Mon-Fri 9:30am-5pm, Sat 9:30am-1pm 6455 1730
Bombala - 81 Maybe St. Wed 11:30am-4:30pm, Thur 1pm-5pm 6458 3196
Fri 8:30am-1pm

Other



Showers

<u>Cooma Snowy Mountain Tourist Park</u> 286 Sharp Street, Cooma	6452 1828	
Showers & Laundry Available. Showers \$5, Laundry as stated on washing machine/Dryer		
<u>Discovery Holiday Park (AKA Snowline)</u> 6532 Kosciuszko Road, Jindabyne	6456 2099	
Showers & Laundry Available. Showers \$5, Laundry as stated on washing machine/Dryer		
<u>Jindabyne Indoor Pool</u> Nuggets Crossing Shopping Centre	6456 1051	
\$5 for Shower only. Summer, Tuesday - Sunday 11am-6:30pm Christmas/School Holidays - 7 days. 11am - 6:30 pm		
<u>Cooma Swimming Pool</u> Corner of Smith & Massie Streets.	6452 1766	
\$2 Shower only. Mon - Fri 6am-6pm, Wed 6am-5:30pm, Sat & Sun 10am-6pm Public Holidays 10am-6pm		
Public Toilets		
Centennial Park, Sharp Street, Cooma	6:30am - 8pm	
Lions Park 1, Mittagang Road, Cooma	9am - 8pm	
Rhythm Snow Sports - BP, 8 Sharp Street, Cooma	24 hours	
BP Snowstop, 4 Sharp Street, Cooma	Daylight hrs	
Rotary Oval, Murray Street, Cooma	9am - 8pm	
Nijong Oval, Barrack Street, Cooma	24 hours	
Town Centre, Kosciuszko Road, Jindabyne	6:30am - 9pm	
Kalkite Street, Jindabyne	6:30am - 9pm	
Nuggets Crossing Shopping Centre, Kosciuszko Road, Jindabyne		
<i>Sep-Feb, 7am - 8pm. Mar - Aug, 6am - 9pm.</i>		
BP Jindabyne, 8 Kosciuszko Road, Jindabyne	24 hours	
Lions Park, High Street, Bombala	24 hours	
Monaro Highway, Bombala	24hours	
Swimming Pool, Therry Street, Bombala	24 hour	
Crouch Motors BP, 171 Maybe Street Bombala		

Clothing, Household Goods

<u>St Vincent De Paul - 27-29 Vale Street, Cooma</u>	6234 7420	     
Crisis Food Assistance. Rostered welfare officer Monday, Wednesday & Friday 2 - 4pm. Assistance with electricity bills, proof of bill needed. Help with petrol for medical appointments in Canberra, proof of appointment required. Food Vouchers. Family store, clothing, kitchen ware & bric-a-brac available NO FURNITURE		
<u>St Vincent De Paul</u> Bombala -	6458 4339	 
<u>Jindabyne - Jindabyne Neighbourhood Centre</u> Tue 11am - 1pm	6456 2454	 
Crisis food assistance, Food vouchers, assistance with electricity bills, clothing & other support		
<u>Salvation Army, Cooma Family Store</u> 221 Sharp Street, Cooma	6452 6260	 
Clothing, household goods, bric-a-brac & electronics.		
<u>Anglicare - Maybe Street, Bombala</u>	6458 4607	 
Clothing, books. Other assistance & support. Open Wednesday, Thursday & Friday.		

Pets

<u>RSPCA: Living Ruff</u>	Referral from a support worker is needed.	
If you find yourself homeless and you have a pet that you are unable to care for temporarily, please contact a community organisation. The RSPCA operate a 'Living Ruff' program which is by referral only from a community organisation and is set up to look after pets when their owners find themselves in temporary or crisis accommodation and are actively seeking permanent housing.		
<u>RSPCA: Safe Beds for Pets</u>	9770 7555	
The Safe Beds for Pets Program allows families to leave domestic violence situations without fearing for the safety of their pets. It offers temporary housing for pets of people who are seeking refuge from domestic violence.		

This Guide has been produced by



Southern Cross Community Housing Ltd

For enquiries or to add/change information please contact SCCH:

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Southern Cross Community Housing Ltd

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At the time of printing all information in the 'Path 2 Home' guide was correct