

**TERM 2
2021
NEWSLETTER**
ISS. 5



PARRAMATTA HOLROYD FAMILY SUPPORT INC.

*Strengthening families to become safe,
nurturing and connected to their communities.*

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Parramatta Holroyd
Family Support Inc

☎ 02 9636 8437
✉ admin@phfs.org.au
🌐 www.phfs.org.au
📘 Parramatta Holroyd Family Support Inc.



PHFS acknowledges the Darug people as the original custodians of the land on which we work, and we pay our respects to Elder's past, present, and emerging. We honour their history and ongoing connection to these lands and waterways, recognising that Australia's First Nations people have been teaching and practising their cultural wisdom regarding parenting and kinship for thousands of years in this place.

SERVICE UPDATE

After a challenging start due to the ongoing impact of the COVID19 pandemic, PHFS is now buzzing. We continue to value our partnerships with local schools and services. and are truly thankful for the support and generosity of the organization we get to share the work with.

WHAT'S NEW!

New Board Member. We are delighted to welcome Emma Wharton to the Board of Management at PHFS. Emma is currently the manager of Mobile Minds and brings with her a wealth of knowledge, skills and experience. We are looking forward to working with Emma in the months ahead.

Play and Learn Pendle Hill. We are very pleased to announce we are starting a new supported Play and Learn group at our service in Pendle Hill on Thursday mornings. The team are excited to have additional opportunities to connect with families as they enjoy our new onsite facilities.

Bringing Up Great Kids (Parenting after Violence) Parenting Group. This term we are looking forward to delivering a new parenting group in partnership with the Australian Childhood Foundation and Oasis Christian Community Centre. It is great to be able to work with other services to support families in our community.

Rebranding. We on the journey to rebranding and finding a name that is more inclusive of the different services we deliver. Thank you to those who have contributed suggestions. We hope to launch our new name this term. Keep an eye on our Facebook page and website.

PHFS is continually looking for ways to improve the service and support our community. If you have any ideas or suggestions, please feel free to email linda@phfs.org.au or drop a note in our letter box.



DOMESTIC VIOLENCE AWARENESS MONTH

May is domestic violence awareness month - an annual campaign created to raise community awareness of the social and personal impacts of family and domestic violence. Domestic or family violence can impact ANYONE, and that's why everyone has a role to play in preventing domestic violence.

HOW CAN WE, AS A COMMUNITY, HELP TO PREVENT DOMESTIC VIOLENCE?

- Educate and spread awareness
- Challenge the violence
- Hold perpetrators accountable
- Promote gender equality
- Teach our children about positive and respectful relationships.

If you are experiencing domestic violence and seeking information on support services call the DV Line (24/7) on 1800 656 463.

STAYING HOME LEAVING VIOLENCE

Sadly, violence does not always end when the relationship ends. If you or someone you know is feeling unsafe after leaving a relationship where there has been violence, we may be able to help.

Staying Home Leaving Violence is a free case management service for women and children living in in the Parramatta or Cumberland LGA, and is designed to support women to increase their safety.

If you are feeling unsafe after ending a violent relationship, call our office on 9636 8437.

GROUPS

Young Parents Group

Young Parents Group provides an opportunity for parents (of any gender) aged between 16 and 25 years to **discuss parenting issues, share their experiences and meet other young parents**. A different topic is covered each week, with plenty of crafts and activities to keep things engaging.

If you are interested in attending Young Parents Group (or would like more information), please call our office and speak with Zoe or Janis.



Bringing Up Great Kids (after DV)

Bringing Up Great Kids: Parenting After Family Violence is a **nurturing, empowering and kind program** for women who have experienced family violence, and who are parents or carers of children. The program provides a friendly and safe environment for parents to learn from each other and begin a journey of understanding and healing themselves and their children, from the impacts of family violence.

Please call our office and speak to Wendy if you would like more information.

Turning the Page (DV group)

Turning the Page is a support and information group created to **empower women who have experienced domestic or family violence**. Different topics are covered each week, including discussions on identifying domestic violence, safety planning and building healthy relationships. This group has been developed, and is facilitated by the Staying Home Leaving Violence team.

Please call our office and speak to Jodi or Robyn if you would like more information.



Wild Hearts (children's group)

Wild Hearts is a new group to PHFS, and is about **empowering girls aged 10-13 years old**. The group will run across two days in the school holidays, and includes topics like; self-worth, managing your feelings and healthy relationships.

Please speak to Janis or Suzanne if you would like to enquire about this group.

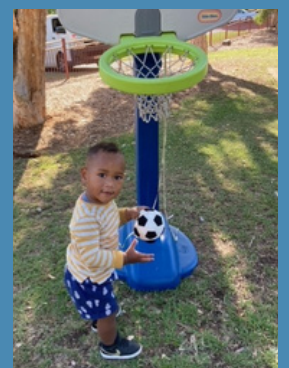
PLAYGROUPS (PLAY AND LEARN)

Through the school terms, the Outreach Team facilitate Playgroups at local schools, in parks and starting this term (2), at our office in Pendle Hill.

The room is purposely set up for children aged 0-5, enabling them to interact with their parents whilst playing and learning. Colourful craft and artworks decorate the walls of the room, which captivate the children's attention. The team provides a supportive and safe space for parents and their children.

Our families enjoy a range of activities, from building blocks, puzzles, to the reading corner, story and song time. Puzzles are always popular in Playgroup as they entertain the children for quite some time, and assist babies and toddlers in the development of finger muscle control, hand eye coordination, problem solving skills and identifying shapes & numbers.

If you would like to enquire about one of our playgroups, please call our office and speak to Suzanne, Debbie or Tracey.



TERM 2 SCHEDULE

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SUN	MON	TUE	WED	THU	FRI	SAT
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SUN	MON	TUE	WED	THU	FRI	SAT
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6	7	8	9	10	11	12
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20	21	22	23	24	25	26
27	28	29	30			

GROUPS

Young Parents Group

Time: Tue, 10am-12pm

Location: 37 Collins St, Pendle Hill NSW 2145

Spaces Available

Bringing up Great Kids (After DV)

Time: Thu, 10am-12pm

Location: TBA

Limited Spaces

Wild Hearts (girls)

Time: 13th & 14th April, 10am-2pm

Location: 37 Collins St, Pendle Hill 2145

Taking expressions of interest

Turning the Page (DV Group)

Time: TBA

Location: TBA

Taking expressions of interest

PLAYGROUPS

Pendle Hill Play & Learn Playgroup

Time: Wed, 9am-11am

Location: Pendle Hill Public School

Guildford Playgroup

Time: Tue, 9am-11am

Location: Guildford Public School

Play & Learn - onsite

Time: Thu, 9:30am - 11:30am

Location: 37 Collins St, Pendle Hill 2145



MOTHER'S DAY

By Lara Shahbazian (former PHFS group member)

Former group member Lara Shahbazian shares her experience of motherhood.



Sometimes you choose to be a mum and sometimes it chooses you. We plan so much in our lives and pregnancy, planned or unplanned, is something very exciting and nerve-racking with a whole cluster of emotions in one.

I, Lara Shahbazian, am a 26-year-old mum of two beautiful girls. My five-year-old whom I think of as my best friend and Miss Three, as my baby. Both are the biggest blessings life has offered me.

In the past 5 years I have grown each day and learned new ways to parent. From first gurgles, teeth, words and steps each day I've learnt something new about my child and something new about myself. You go through all the challenging sleepless and uncomfortable nights which end up being totally worth it. You come out seeing how strong you are and how much our bodies can take - mentally and physically.

Watching my daughters I think to myself wow I used to do all these things and my mum watched me do all these things and now here I am watching the same - history repeats itself.

Women all over the world generation after generation mothering and nurturing raising children to grow and repeat the cycle and wow how amazing have all our past mothers been to have raised all the amazing women around the world today. Look how far we have come.

Being a mum now I do my best each and every day in hopes I can raise my girls to be the best humans they can be. In turn when seeing my efforts in result of the way they are in situations in the outside world gives me so much satisfaction and happiness knowing I must be doing something right.

We always make friends in life; however, I feel the ones you make with your children are worth the most effort in hopes they will be our "forever friends". Building a relationship with two little people I grew inside my body and knowing they love me back with their whole entire heart is most definitely the best part about being a mum for me.

Till now I always choose to cuddle my girls over doing the dishes and have 5 more minutes of story time and be late to bed just because I know they won't want these things forever. One day they will grow up and need their mummy in other ways. So, for now I'll enjoy each moment and the world can wait when it's just them and I.

“

A WISE MAN TOLD ME:

BEING A MOTHER IS THE HIGHEST PAID JOB IN THE WORLD AS THE PAYMENT IS GIVEN IN PURE LOVE.

- MY DAD

”

KEL'S KORNER

Now that Autumn is here, let's warm up those little tummies with some healthy (but yummy), easy to make

CHICKEN AND VEGETABLE SOUP!

INGREDIENTS

500G chicken thigh fillets
water
1 carrot
3 potatoes
1 stalk celery
4 mushrooms
1 onion
parsley (optional)
salt, pepper

METHOD

1. Chop up the vegetables
2. Brown the chicken in a large saucepan
3. Add water to the saucepan (until 2/3 full), and bring to boil
4. Add onion, parsley and celery
5. Allow to simmer until vegetables are soft
6. Add salt and pepper to taste, garnish with parsley if desired



MEN'S HEALTH WEEK

By Zoe (SHLV Worker)

JUN 14 - 20

The health status of men in most countries (including Australia), is generally poorer when compared to women. Men are more likely to die at every life stage compared to women; they have more accidents (including injury and death); the suicide rate is higher than that of women and men are more likely to suffer from lifestyle-related health conditions when compared to women (at the same age).

It is not uncommon for men to be perceived as not taking their health seriously, nor for health services to be less prepared to interact with men effectively. This may contribute to men being less likely to access health services when they need them.

In Australia, Men's Health Week provides **a platform for challenging and debating the key issues in men's health** and hope to raise the profile of men, their health outcomes and the health needs of all men around Australia. The committee does this by celebrating the strengths of men, the contributions they make and the important role they play in society.

For more information and events during Men's Health Week, visit www.menshealthweek.org.au

THINGS YOU CAN DO DURING MEN'S HEALTH WEEK

15-21 JUNE

SHARE

a positive message about men in your life on your social media and tag #Men'shealthweek



HOST

an online event (e.g. virtual coffee meet)







GET IN TOUCH

with your 3 best mates to avoid social isolation

ASK FOR HELP!

If you need help, check out these resources:

-  headtohealth.gov.au/supporting-yourself/support-for-men
-  MensLine Australia (online counselling and forum for men) 1300 78 99 78
-  Dads In Distress (peer support for separated dads) 1300 853 437
-  SANE Australia (people living with a mental illness) 1800 187 263 or chat online at sane.org



menshealthweek.org.au

WESTERN SYDNEY
UNIVERSITY

In partnership with



Watercolour of Mer (Murray) Island in the Torres Strait, by Eddie Mabo

Marked on the 3 June every year, Mabo Day is a significant date on the Australian calendar. That's because, on this day in 1992, Mer Island (Torres Strait) man, Eddie Koiki Mabo, successfully sought to overturn the legal doctrine that Australia was terra nullius or 'land belonging to no one' at the time of European Settlement.

Beginning in 1982, Eddie Koiki Mabo and 4 other Indigenous Meriam people began legal proceedings in the Queensland Supreme Court for ownership of their traditional lands which they had continuously inhabited and settled before European Settlement. The court case titled 'Mabo v Queensland' was heard over a ten-year period and eventually progressed to the High Court of Australia. On the 3rd of June 1992, the High Court ruled in favour of Mabo. Sadly however, Mabo passed away 5 months before this monumental outcome.

Eddie Koiki Mabo's case resulted in significant changes to Australian law, including the establishment of *Native Title* and removing the myth of terra nullius. *Native Title* recognises that Indigenous Australians have prior claim to land taken by the British Crown on settlement and that previous laws violated international human rights and denied the historical reality of Indigenous inhabitants.

Recognising Mabo Day is important for all Australian's as it solidifies that Australia always was, always will be Aboriginal land.

CARING FOR OUR ENVIRONMENT

By Emma (PHFS Family Worker)



Have you ever wondered what Earth Day is and how it came about? Earth day is an annual event that happens on **22nd April** to recognise the importance of doing our bit to keep our world be a beautiful place. It was first celebrated in 1970 in the USA and now includes events in 193 different countries with over a billion people getting involved.

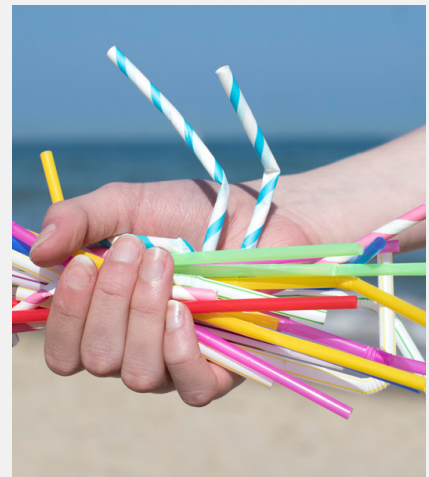
But how can you get involved and teach your children at the same time? Recycling and using less packaging is just one of the many ways of doing your bit. **Check out these 5 simple tips to get you started.**



REPLACE PLASTIC WATER BOTTLES WITH REUSABLE ONES.



DITCH THE PLASTIC AND USE REUSABLE GROCERY BAGS.



SAY NO TO PLASTIC STRAWS! OPT FOR PAPER OR METAL ONES.



DON'T FORGET TO RECYCLE YOUR SOFT PLASTIC TOO. CHECK OUT REDCYCLE FOR MORE INFO



DID YOU KNOW...

The majority of discarded plastic ends up in the oceans. 8 millions tonnes in fact!

Sadly, 693 marine species are harmed by plastic pollution



TAKE THE EARTH DAY QUIZ TO LEARN HOW MUCH YOU KNOW ABOUT THE EARTH (SEE BELOW)

REMEMBER: IN ORDER TO HELP OUR ENVIRONMENT AND LOOK AFTER IT FOR FUTURE GENERATIONS, WE MUST SET AN EXAMPLE FOR OUR CHILDREN AND DO THESE THINGS EVERY DAY.

Check out www.earthday.org/earth-day-2021 or visit www.earthday.org/oceans-and-plastic-pollution-quiz to take the quiz

RAMADAN

By Wendy (PHFS Family Worker)

Ramadan will take place this year from **12 April until 12 May**. It is an important time for people of Muslim faith - a month during which they fast (that is, avoid eating and drinking) each day from sunrise until sunset.

We know that this is a special time for many families that we work with - so Wendy chatted with some of our clients, to find out what Ramadan means to them. Here is what they had to say:



WHAT IS RAMADAN?

S: It is fasting - it's compulsory in our religion, for 30 days, according to the moon. The moon shows when to start the month, and when to end - and then Eid will be celebrated at the end.

A: It's to teach the people, to give them patience to wait until the sunset - and at that time they all gather around, they eat, they pray.

M: It's our religion - it's very important to fast because it makes you feel like when some people are hungry. And you have to help too in Ramadan - if you can feed someone everyday, that is very good. I put some money on the side every day and I send it to the poor people. Every day we cook, and we cook for other people who need help.

WHY IS RAMADAN IMPORTANT TO YOU?

S: It is written in the holy Qur'an. It is compulsory, like prayer. You must be fasting in Ramadan - you can't skip unless you are ill, travelling or pregnant. You have to, you must fast.

M: In this month, my book [the Qur'an] came down from Allah to Prophet Mohammad and he wrote it - that is why every year in this month we are fasting. That is why we celebrate.

WHAT IS YOUR FAVOURITE THING ABOUT RAMADAN?

S: Everything! In the middle of the night we have some food and prayer time - all together, family time. You start the fast and break the fast all together and have some food. That is the best time! There's lots of prayer and lots of blessings and gatherings.

A: I don't know - it makes me tired!

M: Every year in Ramadan I have my book [the Qur'an] inside my house. I open it every night in Ramadan. I have to read, I have to pray, I have to make myself closer to my god. I read all the book [the Qur'an] from beginning to end in the month. That is the main thing beautiful to me - I feel in this month I am with my god.

DO YOU HAVE A FAMILY TRADITION OR SPECIAL CHILDHOOD MEMORY FROM RAMADAN?

S: My first fast - a big celebration. When you start your fasting [for the first time, when you come of age], it is a special day: family, friends and the whole family give you presents and money - so many gifts! I am planning to make the fast this year for my youngest son [for the first time]. I will invite my family and close family friends - we will together break the fast and pray.

A: When we were young, my mother used to cook all the meals, and we would invite family, we'd all sit at one table and at 5:30pm we would start eating - dates and everything.

M: The day Ramadan finishes everyone comes, we buy new clothes for the kids and give presents and money to go and play. We spend all the day celebrating.

WHAT IS YOUR FAVOURITE FOOD TO EAT AT RAMADAN?

S: So many! There are different types of foods, but always fruit chaat - like a fruit salad, cut fruit with chaat masala, spices and sugar. And samosa - that type of snacks. All snacks - I love that!

M: Everything! When you fast all day you eat anything at night! The first two days is a bit hard. After 2 or 3 days it feels normal.

THANKS SO MUCH TO S, A AND M FOR SHARING WITH US!

MINDFUL MOMENTS

By Natasha (PHFS Counsellor)

ISSUE No. 5

When we feel overwhelmed by anxiety, stress, tiredness or anger it's hard to imagine we're in control of the situation. We react without thinking about what we would choose to do in that situation if we had more time or space.

It is possible to create that time and space, giving yourself a choice on what to do, how to do it and when to do it. By practicing the following technique during calmer moments, you are more likely to reach for it when you need it most.



Sit comfortably or lie down. Make sure you won't be interrupted for 5-10 minutes. Take three breaths, making the out breath slightly longer than the in breath. Focus on the feeling of the air moving into your nose, down into your lungs and out again. Place your hands on your chest or ribs and feel them expand when you breathe in.

Look around at the room you're in. Choose 5 things you can see. Really look at each object, noticing the shape, colour and texture. You are not making any judgements about the object. If you start thinking about how dusty something is, or how you need a new hairbrush, gently come back into noticing.

Next, focus on what you can hear. Try and identify the sounds. Can you hear birdsong? Traffic? Voices on the street? Just notice without making any judgements about whether they are good or bad. Keep breathing.

Move your awareness to what you can feel. If you are sitting, notice the chair or cushion resting against your back and under your legs. If you are lying down, notice how the blanket or sheet or doona feels against your skin. Run your hands over it, noting the feeling. Keep breathing.

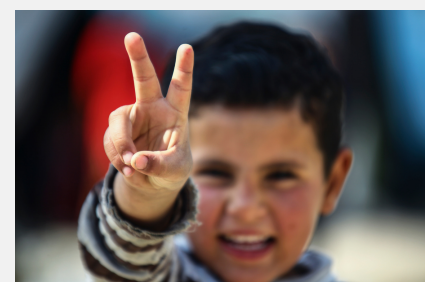
Take a couple of breaths to finish the exercise. Notice how you feel now compared to at the beginning. Is there any difference? What did you discover while you were focusing on different things? By using this technique as often as possible, it brings you back into your body and gives you time away from the thoughts and feelings that can feel too much. From this calmer and more focused state, you might be more able to figure out what you need to do.



REFUGEE WEEK 20 -26 Jun

UNITY - THE WAY FORWARD

Visit www.refugeeweek.org.au for more information



Refugee Week is Australia's peak annual activity to inform the public about refugees and **celebrate positive contributions made by refugees to Australian society**. Refugee Week provides a platform where positive images of refugees can be promoted in order to create a culture of welcome throughout the country. The ultimate aim of the celebration is to create better understanding between different communities and to encourage successful integration enabling refugees to live in safety and to continue making a valuable contribution to Australia.

The aims of Refugee Week are:

- to educate the Australian public
- to help people understand the challenges faced by refugees
- to celebrate the contribution refugees make
- to focus on how the community can provide a safe and welcoming environment for refugees;
- for community groups and individuals to do something positive
- for service providers to reflect on whether they are providing the best possible services to refugees.

SEEN | LISTENED TO | VALUED

The powerful potential of Unity. The special brew of ideas from all over the world that created our great way of life can continue evolving if we work together. Let's not stop now, let's move forward unified.

ABOUT OUR SERVICE

Parramatta Holroyd Family Support Inc. (PHFS) is a community based support service for women and families in the Parramatta - Holroyd local government areas.

We provide a range of support to vulnerable people through our Family Support and Staying Home Leaving Violence programs, group work and outreach:

FAMILY SUPPORT

The Family Support program (formerly known as the Early Intervention and Placement Prevention (EIPP) program) provides case management **support to vulnerable families.** The program addresses parenting concerns and assists families to create a safe and nourishing home environment for their children.

Support includes:

- Case planning
- Home visits
- Advocacy
- Information and referrals
- Group work



Eligibility: Families seeking support must live in the Parramatta - Holroyd LGA, and have children under 12 years in their care.

DOMESTIC / FAMILY VIOLENCE SUPPORT

The Staying Home Leaving Violence (SHLV) program is an intensive, needs-based support service **assisting women and children who have left relationships where there has been violence.**

Support includes:

- Case management (incl. case planning) or case coordination
- Risk assessments and safety planning
- Home safety audits and security upgrades
- Court support
- Advocacy and support securing housing
- Information and referrals
- Group work



Eligibility: SHLV supports women over the age of 18 living in the Parramatta-Cumberland area, who have ended a relationship where there has been domestic or family violence, and who continue to have genuine fears for their safety due to the severity of violence and/or post-separation abuse.

OUTREACH - PLAYGROUPS

The outreach team run supported playgroups for families and young children directly through local schools. These groups can help families and carers to; bond with their child, increase understanding of child development and connect with other families.

We can also help children and their families prepare for school through our Transition to School groups.



OUR JOURNEY SO FAR...

- 1976

Wednesday Mother's Group established.

- 1980

Changed name to Parramatta Family Support.

- 1984

Relocated to Napier St, Guildford.

- 1987

Parramatta Family Support became incorporated.

- 1988

Changed name to Parramatta Holroyd Family Support Inc.

- 1989-90

Family Support Worker introduced and service relocated to 37 Collins St, Pendle Hill.

- 2009

Established outreach program for families in the Guildford area, incl. playgroups, parenting and children groups.

- 2012

Staying Home Leaving Violence program established and commenced.

- 2013

PHFS purchased the property at 37 Collins St, Pendle Hill.

- 2015

PHFS office renovations for growing staff.

- 2020

PHFS office renovations are almost complete and staff are slowly making their way back to the office!

- 2021

PHFS rebranding!



If you would like more information or to make a referral, please call 9636 8437.

RESOURCES & LINKS

CRISIS & EMERGENCY SUPPORTS

Police, Fire or Ambulance	<i>Emergencies only</i>	000 112 (mobile devices) & 106 (text-based calls)
Police Assistance Line		131 444
NSW Police - Local Area Commands	<i>Non-emergencies & general inquiries</i>	02 9633 0799 (Parramatta) 02 9897 4199 (Cumberland) 02 9897 4899 (Merrylands)

NON-EMERGENCY CRISIS SUPPORTS

Beyond Blue	<i>Crisis coounselling</i>	1300 224 636
Domestic Violence Line	<i>Crisis counselling and referral service for women experiencing DFV / sexual assault.</i>	1800 656 463
1800 RESPECT		1800 737 732
NSW Rape Crisis Hotline	<i>Phone/online sexual assault counselling for men & women.</i>	1800 424 017
Mental Health Access Line	<i>Crisis mental health support.</i>	1800 011 511
Lifeline	<i>Online, phone & face to face crisis support.</i>	12 11 14
Suicide Call back Service	<i>Phone, online & video chat crisis support.</i>	1300 659 467
Alcohol & Drug Information	<i>Information, referrals, counselling and support.</i>	1800 250 015
Family Drug Support	<i>Information & support for families of people struggling with substance abuse.</i>	1300 368 186
Child Protection Helpline	<i>Service for reporting abuse or neglect of children.</i>	13 21 11
Kids Helpline	<i>Phone & online counselling for people 5-25yrs.</i>	1800 551 800
Link 2 Home	<i>Information & referral service for people experiencing homelessness.</i>	1800 152 152

Translating and Interpreting Services (TIS)	<i>Interpreting services</i>	131 450
National Relay Service	<i>Voice call assistance for the hearing impaired.</i>	1800 555 660

Domestic Violence Services

Cumberland Women's Health	<i>Case management Counselling & group work</i>	9689 3044	www.cwhc.org.au
Domestic Violence Service Management	<i>Emergency accommodation After-hours support Financial support Case management</i>	9621 0888	www.dvnswm.org.au
Staying Home Leaving Violence (Parramatta)	<i>Case management Safety & security assistance Housing support and advocacy</i>	9636 8437	www.phfs.org.au
Women's Domestic Violence Court Advocacy Support	<i>Information, referral & advocacy Safety planning Court support</i>	1800 938 227	www.wdvcasnw.org.au
Shakti	<i>Support for culturally diverse women</i>	0404 174 285	https://shakti-international.org

General Family Support & Material Aid

Cumberland Multicultural Community Services	<i>Financial counselling Family support Youth services</i>	9637 7600	www.cmcs.org.au
Holroyd Community Aid & Info Service	<i>Vouchers (food, medical, electricity, gas) Financial counselling</i>	9637 7391	
Parramatta Mission	<i>Food parcels Case engagement Financial counselling Centrelink & legal assistance Men's group Mental health services</i>	9891 2277	www.parramattamission.org.au
Pathways Community	<i>Food parcels Information & referrals</i>	9636 7400	
Hope Connect: Telopea Family Support	<i>Family support Counselling Parenting groups Financial assistance</i>	9638 7955	www.telopeafamilysupport.org.au
Karabi	<i>Family & social support Parenting & children's groups</i>	9631 6575	www.karabi.org.au
Brighter Futures - Wesley Mission - Cumberland	<i>Intensive family support Parenting groups</i>	9804 5200	www.wesleymission.org.au

Legal Services

Law Access / Legal Aid NSW	<i>Over the phone legal information, advice and referrals</i>	1300 888 529	www.legalaid.nsw.gov.au
Toongabbie Legal Centre	<i>Free legal advice, information & referrals Community legal seminars</i>	1300 373 353	www.tlc.asn.au
Western Sydney Community Legal Centre	<i>Free confidential legal advice</i>	8833 0911	www.wsclc.org.au
Women's Legal Service	<i>Free confidential legal information, advice and referrals for women in NSW</i>	8745 6988	www.wlsnsw.org.au