



Local Service Directory- Coffs Harbour

Resources for Young people and families in
the Coffs Harbour area

- October 2023

ACCOMMODATION

Link2Home

Link2home is the state-wide homelessness information and referral telephone service. It is available 24 hours a day, 7 days a week, every day of the year.

Phone: 1800 152 152

Hours: 9am - 10pm

www.facs.nsw.gov.au/housing/help/ways/are-you-homeless

Momentum Youth Housing

Assists young people, aged 17 to 25 years, to find and keep stable and safe accommodation, build skills for independent living, and improve health and wellbeing.

Suites 2 & 3, 222 Harbour Drive Coffs Harbour

Ph: 02 5632 4021

<https://bluesky.org.au/services/momentum/>

Wesley Youth Mission (Youth Refuge)

Provides crisis accommodation and support for young people 14 to 17 years old who are homeless, are at risk of homelessness or who are without somewhere safe to stay. The refuge operates 24 hours a day, seven days per week and provides five beds for 14 to 17-year-old adolescents.

3 Howard Street, Coffs Harbour

Phone: (02) 56 465 755

<https://www.wesleymission.org.au/about-us/what-we-do/helping-people-most-in-need/teenagers-and-young-adults/wesley-youth-accommodation/>

Warrina Women and Children Refuge

Provides supported crisis accommodation and transition support with or without accommodation, and intensive responses for women and children with complex needs experiencing family violence.

Phone: 02 66 500 302

<https://warrina.org.au/>

Pete's Place

Provides outreach Specialist Housing Support (SHS) for people who are homeless or at risk of homelessness.

The Community Village

22 Earl Street, Coffs Harbour

Phone: 0438 931 201

<https://www.vinnies.org.au/nsw/find-help/homelessness-and-housing-services>

New Horizons

Whether you're seeking support to live independently at home, you're after short-term housing, or you need specialist disability, mental health or in-home care, we can assist with your housing needs.

47 Moonee St, Coffs Harbour

Phone: 02 5632 4800 or 1800 188 890

<https://www.newhorizons.org.au/#services>

Reconnect

Prevents homelessness by intervening early with families and young people to stabilise and improve their housing situation and improve their level of engagement with their local community.

11 Bonville Street Urunga NSW 2455

Phone: (02) 66 555 151

www.reconnectonline.com.au/support.htm

Family Connect and Support – Social Futures

Social Futures has a range of services to support people who are experiencing homelessness, at risk of homelessness, or in unstable housing. Social Futures does not provide temporary or crisis accommodation. Please call Link2Home.

Unit 6, 72 Grafton Street, Coffs Harbour,

Phone: 1800 048 310

firstresponse@socialfutures.org.au

<https://socialfutures.org.au/service-category/homelessness-and-housing/>

Community Housing

Provide services to people seeking housing assistance on the mid north coast, including access to temporary accommodation and a range of private rental assistance. IF YOU ARE HOMELESS OR AT RISK OF HOMELESSNESS, PLEASE CALL LINK2HOME

1/19 Park Ave, Coffs Harbour

Phone: 1800 422 322.

<https://chl.org.au/about/where-we-work/new-south-wales/>

Coffs Harbour Neighbourhood Centre

Coffs Harbour Neighbourhood Centre (CHNC) provides assistance and support to connect community members to services. CHNC is not an accommodation service and does not guarantee the quality of or recommend any of the properties listed.

The Community Village, 22 Earl Street, Coffs Harbour

Phone: 02 6648 3694

<https://chnc.com.au/low-cost-rental-list/>

Mission Australia

Mission Australia Housing provides affordable housing to individuals or families on low to moderate incomes who are having difficulty securing housing in the private rental market.

Suite 1, 39 Gordon Street, Coffs Harbour

Phone: 1800 269 672

<https://www.missionaustralia.com.au/servicedirectory/214-housing/mission-australia-housing-mid-north-coast-nsw>

Local Aboriginal Land Council (Social housing)

Provides accommodation for lease for Indigenous individuals and families.

Wongala Estate, Arthur Street, Coffs Harbour

Phone: 02 6652 8740

<https://coffsharbourlalc.com.au/>

HEALTH SERVICES

Northcott Early Childhood NDIS support Service

The NDIS early childhood approach allows families and carers of children under nine who have a developmental concerns, developmental delay or disability to access timely, targeted and individualised early childhood support for their child.

1/169-171 Rose Ave,
Coffs Harbour NSW 2450
1800 776 247

ecei@northcott.com.au

<https://northcott.com.au/earlychildhood/>

Monday to Friday 9am to 5pm

Blue Sky NDIS Coordination

Blue Sky Community Services is delivering NDIS Local Area Coordination (LAC) services across the Mid North Coast region in partnership with the National Disability Insurance Agency (NDIA). It works with individuals and families from 6 years to 64 years.

Shop 21, 20 Gordon Street Coffs Harbour NSW 2450
02) 5632 4029

LAC@bluesky.org.au

<https://bluesky.org.au/local-area-coordination/>

Monday to Friday 9am - 4pm.

IPTAAS Transport Services

1800 362 253

IPTAAS is the Isolated Patients Travel & Accommodation Assistance Scheme to help with financial assistance towards travel and accommodation costs when a patient needs to travel lengthy distances for specialist medical treatment that is not available locally.

Aboriginal Medical Centre

Galambila – Aboriginal Medical Service
9 Boambee St, Coffs Harbour NSW 2450
(02) 6652 0800

<https://galambila.org.au/>

NSW Health Community Health

Coffs Harbour Health Campus – entrance C
345 Pacific Hwy Coffs Harbour NSW 2450
02 6656 7820

Drug & Alcohol Services

1300 662 263

Alcoholics Anonymous

1300 222 222. - Various groups throughout the area

Quitline

13 7848

Aboriginal Quitline 13 7848

www.icanquit.com.au

360 Outreach - Mission Australia

360 Outreach is across the Coffs Harbour, Bellingen, and Nambucca LGAs. 360 Outreach targets young people aged 13-18 who have, or at risk of developing, mental health issues and/or alcohol & other drug (AOD) dependence. 360 Outreach is funded by North Coast Primary Health Network and aims to strengthen and complement existing clinical and community-based support services.

1, 26 First Avenue, Sawtell NSW 2452

(02) 6589 5076

MENTAL HEALTH SERVICES

Mental Health Access Line

Free 24/7 statewide phone service which links people with NSW Health mental health services.

Services:

- offer mental health advice
- complete a brief assessment
- make recommendations for appropriate care, including referral to NSW Health mental health services.
- Pathway for CAMHS (complex, severe).

Phone: 1800 011 511

Hours: Mon- Sun 24/7

<https://mnclhd.health.nsw.gov.au/mental-health/>

Interrelate (Family Connect)

Offers a free service that provides assistance for families, children, and young people where a child or young person's mental health and well-being are at risk.

24 Park Avenue, Coffs Harbour

Phone: 1300 473 528

Hours: Mon/Wed/Fri: 9am - 5pm. Tue/Thurs: 9am - 6.30pm

[www.interrelate.org.au/programs/family-mental-health-support-service-\(connect\)](http://www.interrelate.org.au/programs/family-mental-health-support-service-(connect))

Connect to Wellbeing

Free access to local psychology support services. No GP referral required.

Children, Adolescents and Adults.

Referral pathway via GP, Nurse, School Counsellor, Allied Health, Wellbeing Support.

Phone: 1300160339

<https://nc.connecttowellbeing.org.au/mental-health-support>

Headspace

Help young people aged between 12 and 25 who may be going through a tough time on the Coffs Coast. Can provide information and support relating to general mental health, physical health, work & study, substance use, parental support.

5-53 Little Street, Coffs Harbour.

Phone: 02 6652 1878

Hours: Mon - Friday 9am - 5pm.

<https://headspace.org.au/>

I.am

Suicide Prevention Service. Free service available to young people under 25 who have experience with thoughts/actions self-harm or suicide. Can provide in-school and external school supports.

47 Moonee Street, Coffs Harbour

Phone: 1300 426 4373

<https://www.newhorizons.org.au/i-am-support-lives-here/#About>

StandBy

Support After Suicide. The StandBy program is focused on supporting anyone who has been bereaved or impacted by suicide at any stage in their life, including:

- Individuals
- Families
- Friends
- Witnesses
- First Responders
- Service Providers

Phone: 1300 727 247

<https://standbysupport.com.au/>

This Way Up

Online, self-directed mental health support. Free when course 'prescribed' by health clinician or practitioner. Evidence based online programs that help treat anxiety and related mental health conditions. Clinically-proven Cognitive Behavioural Therapy (CBT).

Phone: 02 8382 1400

<https://thiswayup.org.au/>

Child, Adolescent & Family Counselling Service – NSW Health

Child, Adolescent and Family Counselling Service is a free service for families with children 12 years of or younger.

Coffs Harbour Health Campus Entrance B

Phone: 02 66567200

<https://mnclhd.health.nsw.gov.au/child-youth-and-family-services/child-adolescent-and-family-counselling-service/>

Kids Helpline

Kids Helpline is Australia's only free (even from a mobile), confidential 24/7 online and phone counselling service for young people aged 5 to 25.

Phone: 1800 55 1800

<https://kidshelpline.com.au/>

Reachout

A safe place to chat anonymously, get support, and feel better. Website:

<https://au.reachout.com/>

Lifeline

13 11 14

<https://www.lifeline.org.au/>

Beyond Blue

1300 224 636

<https://www.beyondblue.org.au/get-support>

Mensline

MensLine Australia is a free telephone and online counselling service offering support for Australian men anywhere, anytime.

Phone: 1300 78 99 78

<https://mensline.org.au/>

Gidget House

Provides free psychological counselling for new parents, including teen parents, who are experiencing anxiety, depression or emotional distress.

Tresillian Family Care Centre, 27 Park Avenue, Coffs Harbour NSW 2450

Phone: 02 94601550

Email: contact@gidgethouse.org.au

<https://www.gidgetfoundation.org.au/>

Mission Australia

Mission Australia's - Psychosocial support services on the North Coast support people with severe and persistent mental illness on their recovery journey. Working within a recovery framework, the service supports people to achieve their recovery goals by providing non-clinical services so that people are able to maintain their housing, manage their finances and daily living activities, engage in work or training, and maintain their physical and social wellbeing.

9 Duke Street Coffs Harbour NSW 2450

1800 265 694

NC-PSP-Intake@missionaustralia.com.au

Mission Australia's - The Family and Carer Mental Health Program supports families and carers of people with a mental illness through a comprehensive range of supports and services. The service works with families and carers as well as carers mental health support groups and networks, and other related local agencies and service providers in the NSW North Coast.

Suite 1, 26 First Ave Sawtell NSW 2452

0429507575

duttons@missionaustralia.com.au

GENDER DIVERSITY

QLife: Peer-to-Peer Support

provides anonymous, LGBTIQ+ peer support and referral for people in Australia wanting to talk about a range of issues including sexuality, identity, gender, bodies, feelings or relationships.

<https://www.lgbtiqhealth.org.au/qlife>

TransHub- information and resource platform for all trans and gender diverse people in NSW, and health providers. Includes information on gender affirmation and Gender Affirming Doctor List

<https://www.transhub.org.au/>

Twenty10 - provide a broad range of free, accessible mental health and psychosocial support programs, as well as creative and digital programs, events, safe spaces, and delivering specialist capacity building training all over NSW to continue building a world where LGBTIQ+ people of NSW are secure, connected and celebrated.

<https://twenty10.org.au/>

Be Young and Proud - Groundworks Coffs Harbour

BYP is for ages 13–18 and is from 4pm to 6pm on the 1st Tuesday of every month (excluding public holidays).

BYP+ is for ages 18–24 and is from 4pm to 6 pm on the 3rd Tuesday of every month (excluding public holidays).

Facebook page - request to join the private BYP Facebook group

yfs@.org.au

02 5632 4020

SEXUAL HEALTH

Play Safe

Website containing lots of resources on health sex, STIs, STI testing/clinics and free condoms

<https://playsafe.health.nsw.gov.au/>

Sticky stuff provides youth workers with tools, valuable tips and activities to support young people around their sexual health.

For the latest resources and fact sheets go to

<https://www.yfoundations.org.au/health>

Ask Nurse Nettie- qualified sexual health nurse based in Sydney, ready to answer any questions related to sex or sexual health.

<https://playsafe.health.nsw.gov.au/nurse-nettie/>

Sexual health Clinic - Clinic 33

Coffs Harbour Health Campus

Coffs Harbour NSW 2450

02 6656 7865

Coffs Harbour Women's health Clinic

45-53 Little St, Coffs Harbour NSW 2450

Phone Number-02 6652 8111

Monday – Thursday: 9.00 am to 5.00 pm

Coffs Harbour Sexual Assault Counselling

Coffs Harbour Health Campus

Coffs Harbour NSW 2450

Phone: 02 6656 7200 (business hours) or 02 6656 7000 (after hours).

DOMESTIC & FAMILY VIOLENCE SERVICES

1800RESPECT Domestic Family Violence Counselling Service

1800RESPECT is available for free, 24 hours a day, 7 days a week to support people impacted by domestic, family or sexual violence. 1800 737 732

<https://www.1800respect.org.au/>

Warrina Domestic & Family Violence Service

Services include:

- Crisis support
- Women and children's refuge
- Staying Home, Leaving Violence
- Court support and advocacy
- Men's behavioural change support
- Women and children's advocate

Phone: 02 6652 4000

Hours: 8:30am - 5pm (after hours service available)

<https://warrina.org.au/about/>

Family Connect and Support – Social Futures

Free Family Support Service helping with the following:

- parenting challenges
 - financial stress
 - substance use
 - family breakdown
 - housing issues
 - mental health
 - domestic and family violence
- Locations:

Unit 6, 72 Grafton Street, Coffs Harbour,

Phone: 1800 327 679

<https://socialfutures.org.au/service/fcs/>

Family Connect and Support - Pathfinders

Free Family Support Service offering assistance with the following:

- parenting challenges
- financial stress
- substance use
- family breakdown
- housing issues
- mental health
- domestic and family violence

26 Gordon Street, Coffs Harbour,

Phone: 1800 327 679

<https://pathfinders.ngo/projects/family/family-connect-and-support/>

Interrelate

Interrelate provides counselling, mediation, and support services that can help keep families communicating and help keep them safe.

24 Park Avenue, Coffs Harbour

Phone: 1300 473 528

<https://www.interrelate.org.au/programs-services/families>

Domestic Violence Crisis Service - Department of Community and Justice

How to get help and support, emergency housing, understanding domestic and sexual violence, sexual consent and the law, legal help, how to stay safe.

28 Gordon Street, Coffs Harbour

Phone: 02 6659 1555

or 1800 656 463

<https://dcj.nsw.gov.au/children-and-families/family-domestic-and-sexual-violence.html>

Victims Services

The Victims Support Scheme provides counselling, financial assistance and a recognition payment to victims of an act of violence or act of modern slavery.

Phone: 1800 633 063

Aboriginal contact line Phone: 1800 019 123

<https://victimsservices.justice.nsw.gov.au/victims-services/how-can-we-help-you/victims-support-scheme.html>

Aboriginal Family Violence Prevention Worker

The Aboriginal Family Wellbeing and Violence Prevention Coordinator works in partnership with Aboriginal people and our communities to work towards safer communities and Aboriginal people living healthy lives, free of family violence. The focus is on prevention, early intervention and community development for Aboriginal family wellbeing, culture, and healing. Location: Coffs Harbour

Phone: 02) 65892579

Referrals via phone/email to the Aboriginal Family Violence Prevention worker.

<https://mnclhd.health.nsw.gov.au/child-youth-and-family-services/aboriginal-family-wellbeing-and-violence-prevention/>

SUPPORT SERVICES

Askizzy is a website that connects people to local services, in need of housing, a meal, money help, support with violence at home, mental health and much more.

<https://askizzy.org.au/>

Services Australia - Medicare cards, Centrelink, financial hardship payments, domestic violence payments,
21-25 Duke St, Coffs Harbour NSW 2450

Centrelink Phone: 13 24 68

Medicare Phone: 132011

8:30am - 4:30pm

<https://www.servicesaustralia.gov.au>

Mid North Coast Financial Counselling Service, Coffs Harbour

Services: provides free non-judgmental confidential independent advice and advocacy for individuals, couples and small businesses experiencing financial difficulties. The service can help with everyday money management, obtaining financial entitlements and arrears on payments such as credit cards, buy now pay later products and home mortgages.

Coffs Harbour Community Village, 22 Earl Street, Coffs Harbour NSW 2450

Phone: 1300 662 540

Monday to Thursdays 830am - 4pm

Email: Francine@kncfcs.com.au

<https://www.facebook.com/financialcounselling/>

Wesley Mission

Services: provide free, independent, and confidential counselling to assist people experiencing financial difficulty. Our counsellors work with clients to help them manage and break the cycle of debt and take control of their finances.

Phone: 1300 827 638

<https://www.wesleymission.org.au/find-a-service/>

St Vincent de Paul

Services: **St Vincent de Paul Society** provide food, clothing, everyday essentials, assistance with bills, an ear to listen, and more. At the same time, our services provide crisis support, no interest loans, assistance with domestic and family violence, residential homelessness services, disability services, drug and alcohol services, and a range of other programs.

6 Scarba Street, Coffs Harbour NSW 2450

0266500172 please phone between Mon, Wed, Fri 8:15AM - 9:00AM to book an appointment.

Nationwide Phone: 13 18 12

Monday to Friday 830am to 430pm

anna.scott@vinnies.org.au

<https://www.vinnies.org.au/nsw/find-help>

Salvos Assessment Line - (Emergency Relief Assessment)

Services: Provides telephone assessment for people who are in crisis and who need emergency relief in the form of clothing, food parcels, food vouchers, vouchers or financial aid. **A Salvation Army** case worker is onsite for ongoing support. All our services are open to all people and provided without discrimination. There is no wrong door when seeking assistance from the Salvation Army. If we are not able to provide you with the right support, we will endeavour to put you in contact with people who can.

40 Mastracolas Road, Coffs Harbour NSW 2450

1300371288 or (02) 6690 1700

Phone :1300 371 288 or Money care - 1800 722 363

Hours: 9am - 5pm.

CHSalvo@salvationarmy.org.au

<https://www.salvationarmy.org.au/coffsharbour/>

<http://www.salvationarmy.org.au/need-help/financial-assistance>

Lifeline North Coast (NSW)

Services: Provides information and support for individuals, families and groups of consumers who are experiencing debt problems or are in financial distress. Advice on debt management, negotiating with creditors and budgeting is provided. Information on bankruptcy, credit laws and government assistance is available.

Unit 2, 115 West High Street, Coffs Harbour NSW 2450

Phone: 02) 66514093

Monday to Friday 9am to 5pm

reception.northcoast@lifeline.org.au

<https://www.lifeline.org.au/>

Groundworks Youth And Family Hub – Bluesky

Services: provides a range of individual and group support options including Information, advice and referral services Family capacity-building activities and programs Advocacy and support Parenting programs Social and community participation activities. This service assists individuals and families who are in financial crisis by helping manage the immediate situation in a way that allows the client to maintain dignity whilst improving the individual's financial capability.

Suite 2 & 3, 222 Harbour Drive, Coffs Harbour NSW 2450

Phone: 02) 56324021

Monday to Friday 830am to 4pm

financialwellbeing@bluesky.org.au

yfs@bluesky.org.au

<https://bluesky.org.au/services/groundworks/>

<https://bluesky.org.au/services/youth-and-family-service/>

Coffs Harbour Legacy Welfare Fund

Services: Addressing the welfare needs of widows and children of veterans. We provided financial and emotional support to bereaved dependants by offering personal contact, peer support groups, welfare and financial assistance where necessary, and advocacy to claim government entitlements. Main activities relate to social services. Benefits Veterans or their families.

55 Victoria St, Coffs Harbour NSW 2450

Phone: 1300 534 229 or 0423 830 079

<https://coffslegacy.com.au/>

Credit & Debit Hotline

1800 007 007

Commonwealth Respite & Carelink Centre

1800 059 059

Support services for carers

Social Futures Family Connect and Support Service offering free assistance with the following: parenting challenges youth support groups Employment and Education support financial stress substance use family breakdown housing issues mental health domestic and family violence.

Unit 6, 72 Grafton Street, Coffs Harbour,
1800 327 679

<https://socialfutures.org.au/service/fcs/>

Pathfinders

Family Connect and Support Service offering free assistance with the following: parenting challenges youth support groups Employment and Education support financial stress substance use family breakdown housing issues mental health domestic and family violence.

26 Gordon Street, Coffs Harbour, NSW 2450
1800 327 679

mncfcs@pathfinders.ngo

<https://pathfinders.ngo/projects/family/family-connect-and-support/>

Uniting

Uniting provides a range of services to families expecting a child or with a child under 9yrs of age. Services and support include case management, relationship breakdown, parental mental health issues, parental intellectual disability, structured home visiting, access to quality children's services, supported playgroups and parenting programs.

27-29 Duke Street, Coffs Harbour NSW, 2450
1800 864 846

ask@uniting.org

<https://www.uniting.org/services/family-services/facility/uniting-burnside-family-support-coffs-harbour>

Mission Australia

The Mission Australia Family and Carer Mental Health Program supports families and carers of people with a mental illness through a comprehensive range of supports and services. The service works with families and carers as well as carers mental health support groups and networks, and other related local agencies and service providers in the NSW North Coast.

Suite 1 26 First Ave Sawtell NSW 2452
0429507575

duttons@missionaustralia.com.au

<https://www.missionaustralia.com.au/services?view=service&id=128catid%3D193>

Interrelate

Interrelate provides counselling, mediation, and support services that can help keep families communicating and help keep them safe. We can work with individuals (both adults and children), families (together or separated, with acceptance of family diversity), youth, and additional services such as employee support and workplace mediation.

24 Park Avenue, Coffs Harbour NSW 2450

1300 473 528 coffsharbour@interrelate.org.au

<https://www.interrelate.org.au/programs-services/families>

Bridging the gap

Bridging the Gap Community Services supports men, women, youth, and children. We offer: Free counselling and psychologist appointments. Self-help programs such as drugs and alcohol, parenting, budgeting and anger management. Court support and access to solicitors. Access to our kitchen, lounge, garden, Internet, laundry and bathroom. Emergency accommodation, swags and supplies for the homeless.

183 Rose Avenue, Coffs Harbour NSW 2450

Phone: 56062167

admin@bridgingthegapcoffs.com.au

<https://www.btgcsi.com.au/>

Coffs Harbour Neighbourhood Centre

Coffs Harbour Neighbourhood centre programs connect and support people. They build knowledge, confidence, skills and broaden access to a range of supports and services. They give people the information and resources they need to make decisions and take actions that are best for them. Coffs Harbour Neighbourhood Centre is the place to go when you don't know where to go.

Community Village, 22 Earl Street Coffs Harbour NSW 2450

Phone: 0266483694 info@chnc.com.au

<https://chnc.com.au/services/>

Lifehouse Care

LifeHouse Care can assist you and your family in the following ways. If you need other forms of support, we will do our best to refer you to other local services. Personal crisis intervention Clothing and furniture Food assistance Electricity vouchers Pharmacy expenses Advocacy and referral services

12 Earl St, Coffs Harbour NSW

02 66523116

<https://www.lifehousecare.org.au/>

New Horizons

At **New Horizons**, we match independence with individual needs. Because you know that life is richest when connected to community, quality care and a sense of self. So, whether it's a game of cards with mates, a safe space to paint or place to plant herbs – we are here to support those needs. Because you deserve a lifestyle of your choosing.

47 Moonee St, Coffs Harbour NSW 2450

02 5632 4800 or 1800 188 890

<https://www.newhorizons.org.au>

Parent Line

1300 130 052

For access to counsellors who provide professional and confidential support and advice to parents for their children

Child Support Agency

131 272

EMPLOYMENT SUPPORT AND TRAINING

Mid Coast Connect

Youth in transition from school to work or not currently attending school. They support kids to access their driver's license and find work and training pathways. They also provide case management.

Monday -Friday 830am-430pm

Coffs Harbour Education Campus, Office 5.01 Innovation Centre

04224502421 Information@midcoastconnect.com.au

midcoastconnect.com.au

Aboriginal Employment Strategy

102/24 Gordon St, Coffs Harbour NSW 2450

02 56250100

<https://aes.org.au/>

Asuria Disability Employment service

Central Arcade, Shop 5, 28-32 Harbour Drive, Coffs Harbour NSW 2450

Phone: 1800 773 338

Monday - Friday: 9am to 5pm

<https://www.asuria.com.au/coffs-harbour-des>

Australian Business Limited, Apprenticeship Centre

1300 652 236

Chess Connect Coffs Harbour – ‘Smart Skilled and Hired’

46 Park Avenue, Coffs Harbour NSW 2450

1800 899 017

Monday to Friday 830am – 5pm

www.chessconnect.org.au

Connect – Future Tracks

Coffs Harbour Education Campus

Office 2.02, Innovation Hub Coffs Coast, Doug Knight Drive, Coffs Harbour

1300183352

Monday to Friday 830am – 5pm

<https://connectnr.com/>

Coffs Harbour Community College

The Vault, Level 1, Suite 201, 92/98 Harbour Dr, Coffs Harbour NSW 2450

02 6652 5378

<https://www.coffscollege.nsw.edu.au>

Dreampath Recruitment

Level 1/9 Park Avenue Coffs Harbour
1800 477 683

enquiries@dreampath.com.au

www.dreampath.com.au

ETC

80 Grafton Street, Coffs Harbour NSW 2450, Australia

Monday to Friday 830am – 5pm.

1800 007 400 (Must ring for an appointment)

coffsharbour@etcltd.com.au

<https://etcltd.com.au/>

HVTC

Suite E, Level 1, 144-148 West High Street, Coffs Harbour NSW 2450
0266524566

Monday to Friday 830am – 5pm

northcoast@hvtc.com.au

<https://www.hvtc.com.au/>

Key Employment

61 West High Street, Coffs Harbour, NSW 2450

Ph: (02) 6691 9999 or 1300 539 5627

Monday to Friday 8am – 5pm

promo@keyemployment.com.au

www.keyemployment.com.au/

Mission Australia – Transition to work program

9 Duke St Coffs Harbour NSW 2450

0408919671

<https://www.missionaustralia.com.au/servicedirectory/188-employment-education-training/transition-to-work-coffs-harbour>

Nortec

2/6 Elbow Street, Coffs Harbour NSW 2450

1800 667 832

Monday to Friday 830am – 5pm

[Email: nortec@nortec.org.au](mailto:nortec@nortec.org.au)

<https://www.nortec.org.au/>

Novaskill

Suites 1-2, 26 Park Avenue Coffs Harbour NSW 2450

1300885680

Monday to Friday 8am – 5pm

coffscoast@novaskill.com.au

<http://www.novaskill.com.au/>

OCTEC Employment Services

14 Vernon Street, Coffs Harbour NSW 2450

02) 66001783

Monday to Friday 9am – 5pm

coffsharbour@octec.org.au

mail@octec.org.au

<https://octec.org.au/>

School leavers Employment support – NORTHCOTT

School Leaver Employment Supports helps students with disabilities, who are eligible for the National Disability Insurance Scheme (NDIS), to prepare for work.

Suite 1, 169-171 Rose Avenue, Coffs Harbour NSW 2450

1800 910 704

NorthcottEmail@northcott.com.au

<https://northcott.com.au/vocational-skills-training-and-employment/>

TAFE

131 601

Glenreagh Street, Coffs Harbour 2450

Coffs Harbour Education Campus - Block B, 363 Hogbin Dr, Coffs Harbour
NSW 2450

<https://www.tafensw.edu.au/locations/north-coast/coffs-harbour>

Tursa Employment and Training

144/148 W High St, Coffs Harbour NSW 2450

(02) 6651 4450

Monday – Friday 9am – 5pm

www.tursa.com.au

United Disability Care – Transition to work program

4 Gerard Drive, Coffs Harbour NSW 2450

0266518122

Monday to Friday 830am – 5pm

<http://www.uniteddisability.com.au/>

Verto

Suite E, Level 1, 144-148 West High Street, Coffs Harbour NSW 2450

Phone: 1300 483 786

Monday to Friday 9am to 5pm

www.verto.org.au/

Youngsters

Youngster.co is a social enterprise that aims to create jobs for young people by providing technology assistance to seniors. It is focused on bridging the gap between generations and promoting intergenerational connections through its services.

Coffs Harbour Education Campus, Doug Knight Dr, Coffs Harbour,
1300774711

Youth on track

Social Futures –

Unit 6, 72 Grafton Street, Coffs Harbour, NSW 2450

Coffs Harbour

0427317595

youthontrack@justice.nsw.gov.au

socialfutures.org.au/service/youth-on-track/

FOOD SUPPORTS

Pete's Place - A free community lunch is provided as emergency relief every weekday. Food vouchers also available.

Monday to Friday 8:30 AM–1:30 PM

The Community Village, 22 Earl Street, Coffs Harbour NSW 2450

Phone: 0438 931 201

anna.scott@vinnies.org.au

<https://www.vinnies.org.au/nsw/find-help/homelessness-and-housing-services>

The Soup Place - Provides material aid in the form of a free breakfast for people who are homeless or at risk of homelessness. Takeaway lunch and dinner meals are also available. Material aid is available in the form of food hampers for members of the community who are experiencing financial hardship.

Monday to Friday 12:30PM - 1:30PM – free meals provided.

Emergency Relief Food Parcels 10:00AM - 1:00PM

Uniting Church Corner Gordon St & Vernon St, Coffs Harbour

Phone: 0266527044

<http://www.unitingchurchcoffsharbour.com/>

Baptist Church Coffs Harbour,

Saturday 11:30AM - 1:00PM- Free BBQ lunch provided.

Rotary Park, Coffs Harbour,

<https://www.coffsbaptist.org.au/activities>

Community Union Defence League

Sunday 1:00PM - 3:30PM - Free culturally diverse lunch provided.

Rotary Park Coffs Harbour,

<https://www.cudl.org.au/>

<https://www.facebook.com/coffscudl>

Bridging the Gap Community Services

Supports men, women, youth, and children of the Coffs Coast who are doing it tough. Free breakfast and lunch three days a week. Access to our kitchen, lounge, garden, Internet, laundry, and bathroom. Emergency Meals, food vouchers and food hampers for families experiencing financial vulnerabilities.

Tues, Wed, Thurs 9:00AM-3:00PM

183 Rose Avenue, Coffs Harbour NSW 2450

Phone: 56062167

<https://www.btgcsi.com.au/>

St Vincent De Paul

Assistance with food, phone and utility vouchers, medications and referrals to ongoing support agencies.

6 Scarba Street, Coffs Harbour NSW 2450

Phone: 0266500172 please phone between Mon, Wed, Fri 8:15AM - 9:00AM to book an appointment.

<https://www.vinnies.org.au/nsw/find-help>

Mobile Material Aid Food Pantry – Anglicare

Material aid is available for individuals and families experiencing disadvantage or social isolation. Aid varies from time to time and includes food parcels of non-perishable items, bread, fresh fruit, and vegetables.

Thursday 10:30 AM–12:00 PM

Christ Church, 48 Coramba Street Glenreagh NSW 2450

Phone: 0266434844

<https://anglicarenorthcoast.org.au/services/#food-pantry>

Lifehouse Pantry

Provides material aid in the form of low-cost groceries for people who have a Pensioner Concession Card or Health Care Card or who are experiencing financial stress.

169 Orlando Street, Coffs Harbour

Phone: 0266580055

Tues & Thurs -10:00AM-12:00PM

4 Minorca Place

Toormina NSW 2452

Phone: 0266581899

Thursday 10:00AM - 12:00PM

info@lifehousecare.org.au

<https://www.lifehousecare.org.au/pantry>

Friends of the Family Volunteer Organisation

Volunteers deliver emergency relief in the form of food parcels to individuals and families in financial distress.

Tuesday to Friday - 9:00AM - 4:30PM

Phone: 0448 768 165

fofinc@gmail.com

Coffs Harbour Neighbourhood Centre

Emergency relief is available for individuals and families experiencing disadvantage. Aid includes pantry items, fresh vegetables, fruit, bread & frozen meals.

Monday to Friday -9:00AM - 4:00PM

Community Village, 22 Earl Street Coffs Harbour NSW 2450

Phone: 0266483694

<https://chnc.com.au/services/>

Loaves & Fishes - Abundant Life Church

The Loaves and fishes Food store provides food and household items to people who are on a pension, low income, in need or crisis. Every Sunday Loaves and Fishes provides hot meals to people who are facing social disadvantage and need a good feed.

Tuesday and Thursday 10:00AM - 12:00PM

Unit 3/47 Lawson Crescent Coffs Harbour

Phone: 0413 182 053

<https://loavesandfishes.net.au/>

Salvation Army Emergency Relief

Provides welfare assistance for families and individuals in need of emergency relief. Material aid may include vouchers and food parcels.

Tuesday to Friday 9:30 AM–12:30 PM

40 Mastracolas Road, Coffs Harbour NSW 2450

Phone: 1300371288 or (02) 6690 1700

<https://www.salvationarmy.org.au/coffsharbour/>

Groundworks Youth and Family Hub

The service may assist with short-term aid to meet financial obligations (usually provision of a voucher for essential groceries), budgeting and access to other financial tools linking to other appropriate services and supports.

Monday to Friday 8:30AM - 4:00PM

Suite 2 & 3, 222 Harbour Drive, Coffs Harbour NSW 2450

Phone: 0256324021

Groundworks@bluesky.org.au

<https://bluesky.org.au/services/groundworks/>

Meals on Wheels Coffs Coast - Chat and Chill Cafe

A hot ready-to-eat or frozen subsidised midday meal and a fresh breakfast are delivered at low cost to those who would otherwise be nutritionally at risk, including the frail aged and people with disabilities.

Monday to Friday 9:30AM - 2:00PM

Coffs Harbour Community Village, 22 Earl Street Coffs Harbour NSW 2450

Phone: 0266483600

<https://mealsonwheelscoffscoast.org.au/what-we-do/>