



Break the Cycle aims to Empower sustainable life choices & communities, through education and support



32 Edgar St,
Macquarie
Fields, NSW 2564
Call us on:
(02) 9829 8898

Monday to Thursdays 9am - 4pm

Email: [Info@btc.org.au](mailto:info@btc.org.au)

Web: www.btc.org.au

COMMUNITY CARE...

We connect community members with our services, referring on as required to other relevant agencies.

Contact our office to make an appointment for...

COMMUNITY CHAPLAINCY

Our Chaplain is available for clients, including those who have served time in prison, to chat about challenges in life and the 'bigger picture'. Check out www.wayout.website

- ⇒ Mondays (off site) @ St Luke's Liverpool by appointment.
- ⇒ Tuesdays & Thursdays by appointment.



LIFESKILLS COURSES

Enquire with our office for more info.



Sorted! for men

Sorted! is a course that educates men towards changing the way they see themselves and how they relate to others.

- ⇒ When: Tuesdays 11am-1:30pm on-site (Macquarie Fields)
- ⇒ Mondays 945am-1230pm off site (St Luke's Liverpool.)

Empower for women

Empower is a course that educates women towards changing the way they see themselves and how they relate to others.

When: Contact the office and leave your details ready for Our next available course

SELF-SUPPORT FELLOWSHIP for Women

Be empowered to deal with challenging circumstances. Don't be alone anymore. Come chat over morning tea. Thursdays from 10am.

MENTAL HEALTH NURSE

Therapeutic interventions, coordination, administration, monitoring and liaising with relevant mental health support services. Risk assessment and regular reviewing are all part of this credentialed service.

PERSONAL & FAMILY COUNSELLING

Counselling is a process where you can talk about your problems in a safe environment, to someone who is professionally trained.

For after hours help call 13 11 14.



GAMBLING COUNSELLING

Specialist Counsellor available to deal with this specific need.



FINANCIAL COUNSELLING

A service that can assist our clients in better understanding their financial circumstances to enable options for change and goal setting..

COMMUNITY DEVELOPMENT...

MEN'S SHED

Picture a big tin shed where blokes come together, share their skills, gain knowledge and build positive relationships. Our mature members work 'shoulder to shoulder' aiming to mentor men in our community.

Contact our office for more information or drop in...

Shed Days: Mondays & Wednesdays 8.30am - 4pm



GARDEN GROUP

Participants learn together as they plant and maintaining a sustainable garden.

When: Tuesdays 9am-12pm



BREAK AWAY COMMUNITY CAFE

Our café prepares and serves low-cost meals for our community.

When: Mondays 10am-12pm, Tuesdays 10am-12.30pm

Wednesdays free Community Lunch 10am-12.30pm



COMMUNITY PANTRY

A weekly donation of \$20 will enable each household to select affordable groceries, providing an estimated \$40+ value of quality food.

When: Tuesday, Wednesday, Thursday 9.30am-2pm

EMERGENCY RELIEF

We interview clients in crisis, potentially offering Food assessments, Gas, Electricity, Water (private housing) and Telstra financial assistance.

When: Tuesday, Wednesday, Thursday 9.30am-2.30pm



NO INTEREST LOANS

Clients who are on a low income or receiving Centrelink payments can apply for a No Interest loan.

When: Mondays by appointment only

MORE SERVICES...

FREE LEGAL ASSISTANCE

We host an outreach service for legal advice to local residents.
By appointment only,
When: on the last Tuesday afternoon of each month.

ABILITY LINKS NSW

 Meet your local 'Linker'

For anyone aged from 9 to 64 with a disability or mental illness.
Carers or family members of people with a disability or mental illness.
When: Tuesday 10.30am-1.00pm

WORK DEVELOPMENT ORDERS Are you having difficulty paying off your state debt? Then ask our Staff for more information to see if you are eligible for help to reduce your unpaid fines.

ALCOHOLICS ANONYMOUS

 Contact: *Pete 0425 167 732*

Meetings on site at Break the Cycle in the Glenquarie Church Hall,
When: (*Newcomers*) Mondays 8-9:30pm
(*Regulars*) Thursdays 6-7:30pm

Meetings offsite: Ingleburn Baptist Church, Cumberland Rd, Ingleburn
When: (*Newcomers*) Fridays 11am-12.30pm



HOW YOU CAN SUPPORT US...

Break the Cycle Glenquarie is a not-for profit organisation that is in part financially supported through Anglicare Sydney, Anglican Aid, grants and other donations.

We welcome your tax deductible donations large or small to enable us to continue to provide our various services and programmes.

Why not consider giving regularly, electronically to support us?

Donations can be made via EFT:

BSB 032 372, Account 285 226

Or by cheque made out to: Break the Cycle Glenquarie Inc.