



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
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'.

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



LIFE SKILLS 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: Thursdays 10am-12:30pm
- Contact Office to book in for our next start date



DRUG and ALCOHOL COUNSELLING

Specialist counsellors available by Appointment.
Wednesdays from 10am—2pm



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. Lifeline

GAMBLING COUNSELLING

Specialist Counsellor available to deal with this specific need.

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...
Mondays & Wednesdays 8.30am-4pm



GARDEN GROUP

Participants learn together as they plant and maintaining a sustainable garden.
When: **Tuesdays 9am-12pm**

FOOD AND FINANCIAL ASSISTANCE...

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

Help

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



FINANCIAL COUNSELLING

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

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**

NO INTEREST LOANS

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

When: **Mondays, Thursdays 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.



www.wayout.website

WayOut Fellowship Church for those who want to "check out" who God is, and all those who want to leave their past behind and make a permanent change
Text Chaplain Stuart on 0430 436 739

- ⇒ **5pm Third Tuesday of the month onsite** (Glenquarie Anglican)
- ⇒ **5pm First Wednesday of the month off site** (St Luke's Liverpool)

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.