



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



Info@btc.org.au
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'. When: **Tuesdays & Thursdays by appointment.**

Sorted! for men life skills course



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

Enquire with our office for more info.

When: **Tuesdays 11am-1:30pm**

Empower for women life skills course

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



When: **Mondays 11am-1:30pm**

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.

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.

Help

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.

When: **Mondays & Wednesdays 8.am-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.

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

BREAK AWAY COMMUNITY CAFE

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

When: Mondays Tuesdays, Wednesdays 11.am-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



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.

Anglican Aid financially supporting our Community Chaplain since 2012

Please consider giving your donation to support our Chaplain www.wayout.website/donate/



OUTREACH SERVICES...

FINANCIAL COUNSELLING

To assist clients with a better understanding of their financial circumstances and weekly budget

When: Available only by appointment & interview

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.

GAMBLING COUNSELLING

Specialist Counsellor available to deal with this specific need.

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



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
SMS Chaplain Stuart on 0430 436 739

Third Tuesday of each month 5pm—7.30pm (Except Jan & Feb)