

# HOW YOU CAN SUPPORT US...

Use the QR CODE to visit [www.btc.org.au/donate.php](http://www.btc.org.au/donate.php) —>>>

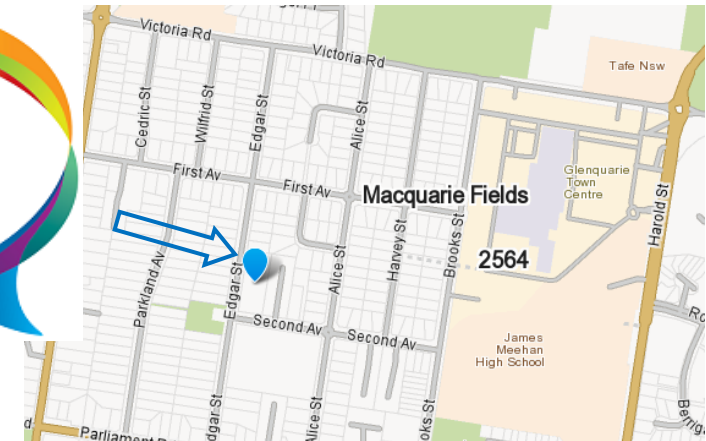
BTCG is a not-for profit organisation that is in part financially supported through Anglicare Sydney, Anglican Aid, grants and other donations. We welcome your **tax deductible** donations large or small to enable us to continue to provide our various services and programmes.



Please consider giving regularly to support us via  
EFT: BSB 032 372, Account 285 226

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

[www.btc.org.au/donate.php](http://www.btc.org.au/donate.php)



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**

*Tuesdays, Wednesdays & Thursdays*

*9am - 4pm*

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

[www.btc.org.au](http://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:

### **SORTED! FOR MEN - LIFESKILLS COURSE**

Sorted! is a holistic course that educates men (adult 18+) towards changing the way they see themselves and how they relate to others.

Enquire with our office for more info. When: **Not running currently**



### **EMPOWER FOR WOMEN - LIFESKILLS COURSE**

Empower is a holistic course that educates women (adult 18+) towards changing the way they see themselves and how they relate to others.

When: **Not running currently**



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

For after hours help call 13 11 14.



## 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.

Contact 0417084076 or our office

Shed hours: **Not currently operating**



### **GARDEN GROUP**

Participants learn together as they plant, maintain and enjoy our sustainable garden.

When: **Not currently operating**



## FOOD AND FINANCIAL ASSISTANCE...

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

When: **Tues, Wed, Thurs 9.30am-2pm**

### **BREAK AWAY COMMUNITY CAFE**

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

When: **Not currently operating**



### **COMMUNITY PANTRY**

A weekly donation of \$20 will enable each household to select affordable groceries, providing an estimated \$50 value of quality food.

When: **Not currently open**  
**Prepacked Hampers are available for purchase \$20**



### **NO INTEREST LOANS**

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

When: **Tues, Thurs by appointment only**



## OUTREACH SERVICES...

### **FINANCIAL COUNSELLING**

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

When: **Available only by appointment & interview**

### **GAMBLING COUNSELLING**

Specialist counsellor to help people deal with this specific need.

When: **by appointment**

### **FREE LEGAL ASSISTANCE**

We host an outreach service for legal advice to local residents. By appointment only,

When: **on the Fourth Tuesday afternoon of each month.**