

# 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.

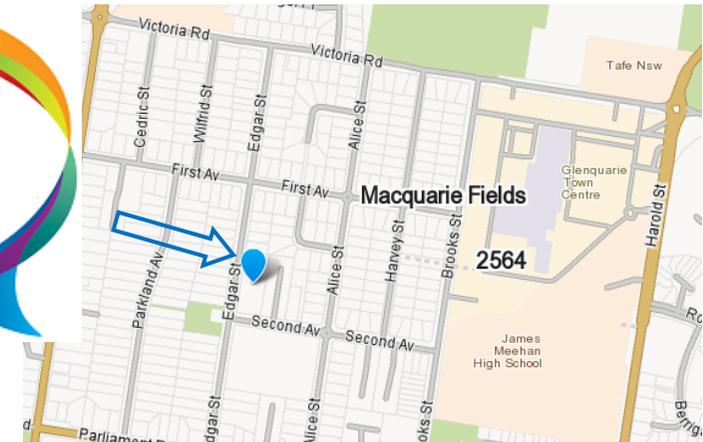


Please consider giving regularly to support us via

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**



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 0490911712 or our office

Shed hours: : **Wednesday's and Thursday's 8.00am to 3.00pm**



### **GARDEN GROUP**

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

When: **Wednesday's 9.00am to 12.30pm**

## FOOD AND FINANCIAL ASSISTANCE...

We interview clients in need, potentially offering; Food Assessments Gas, Electricity, and Telstra financial assistance.

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

### **COMMUNITY PANTRY**

A weekly donation of \$20 will enable each household to select affordable groceries, providing an estimated \$60 value of quality food.

**Prepacked Hampers are available for purchase \$20**

### **NO INTEREST LOANS**

Provide individuals and families on low incomes access to safe, and affordable credit. Loans are for the purchase of essential goods..

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



## OUTREACH SERVICES...

### **FINANCIAL COUNSELLING**

To assist clients with outstanding debts and to get 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 Fourth Tuesday afternoon of each month.**