



Supporting Sunny Coast families

WE ARE HERE TO HELP sunshinecoastfamilies.com.au



This year we are all feeling the strain of end of year celebrations, Christmas, and getting ready for back to school in 2022. Here are a few services that can help.

family and child connect

13-FAMILY 13-32-64

Family and Child Connect can help you find the right support for your family. They have information about where to find support for your family, housing, financial support and worries of domestic violence. The Sunshine Coast Team is available Monday to Friday 8:30 - 5:30 and will be open over the school holidays (closed public holidays).

If you know of other families that are in need of support, let them know that there is help out there, where to find it, and that it is ok to ask for help.



REFOCUS support our First Nations families through lots of their programs. They can be contacted on 1800 REFOCUS (1800 733 628)

local community and neighbourhood centres

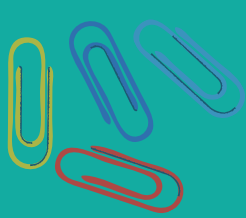
Your local community and Neighbourhood Centres are the hub of your community. They are a great place to find support, find out what is happening in your community and connect with other families.

Your local Centres are:

- Caloundra Community Centre 5491 4000
- Nambour Community Centre 5441 4724
- Maroochy Neighbourhood Centre 5443 6696
- North Shore Community Centre 5450 9700
- Maleny Community Centre 5429 6043
- Pomona and District Community House 5485 2427



follow your local centre on Facebook



back to school

Back to school can be an expensive time of the year for families. Most schools have Chaplains and Guidance Officers that may be able to support with second hand uniforms.

Suncoast Care may also be able to assist with back to school through emergency relief. Call to make an appointment on 5441 4877.

You can also apply for a NILS loans up to \$1500 to cover school resources. <https://goodshep.org.au/services/nils/>

To buy or sell second hand school uniforms check out the Sustainable School Shop. www.sustainableschoolshop.com.au

oneplace.org.au

Community Services Directory

Food relief



oneplace.org.au has lots of information about where to find information or support for you and your family. It doesn't matter if you are looking for accommodation to food or even help to find a job. Hop online and check it out.

REACH OUT TO YOUR VILLAGE



Your school, child care service, of out of school hours care can also help. If you need assistance with child care or school resource fees please talk to your service Director, or front office staff at your school.

Understanding schools and how to best advocate for your child or understand the options for your child's schooling can be daunting. Parents or carers can call Shane at Teachers Australia on 0410 450 281.



Phone a Friend



Christmas can be a hard time of the year. If you would like to attend a community lunch check out your local community or neighbourhood centre or RSVP to Suncoast Care [here](#)

CHRISTMAS HAMPERS ARE AVAILABLE AT Salvation Army at salvationarmy.org.au/locations/

Suncoast Care at <https://www.suncoastchristiancare.com.au/nominate-someone-for-a-hamper>

If you are in Noosa check out the Social Services Hub – Noosa Shire Council

24/7 support

kids helpline 1800 55 1800

parentline 1300 30 1300

lifeline 13 11 14

Headspace chat eheadspace.org.au

Headspace 1800 650 890 (9am-1am)

DV Connect 1800 811 811

