

# Services for Men

around  
Casey, Cardinia and  
Greater Dandenong

Victoria

Eleventh Edition - 2013

Compiled and distributed on behalf of the

**Casey-Cardinia Men's Health Action Group Inc.**  
in partnership with  
**Male Health Victoria Inc.**

*'Promoting better health and well-being for men and boys  
in the communities of  
Casey, Cardinia and Greater Dandenong.'*



[www.caseyconnect.net.au/menshealth](http://www.caseyconnect.net.au/menshealth)



[www.malehealthvic.org.au](http://www.malehealthvic.org.au)



# Services for Men around Casey, Cardinia and Greater Dandenong

was researched, designed and compiled  
by **Spencer J. Wanklyn**  
and edited by **Rod Shearer**  
on behalf of the

***Casey-Cardinia Men's Health Action Group Inc.***

*'Promoting better health for men within the communities of Casey, Cardinia and Greater Dandenong.'*

#### DISCLAIMER

The Casey-Cardinia Men's Health Action Group Inc. and its partner organisations accept no responsibility or liability for any loss, damage or injury which may arise from any information contained in this publication. The directory has been produced in good faith as a community service. Details are subject to change. We apologise for any errors or omissions. Please inform us of any corrections, suggestions or additions for future publications. The listing of any services, group or organisation does not constitute an endorsement by the Casey-Cardinia Men's Health Action Group Inc. and its partner organisations. Most of the listed services and groups do not exist exclusively for men, but they endeavour to include males where possible. Users of the Directory should not rely on the information provided and must make their own enquiries, inspections and assessments as to suitability and quality of services.

**Services located in or close to Casey, Cardinia & Greater Dandenong  
are shown by the symbol CC.**

#### TO CONTACT THE CASEY-CARDINIA MEN'S HEALTH ACTION GROUP INC:

Write to: PO Box 2575 FOUNTAIN GATE VIC. 3805.

E-mail: [info@health4men.com.au](mailto:info@health4men.com.au) – Website: [www.caseyconnect.net.au/menshealth](http://www.caseyconnect.net.au/menshealth)

Phone: Rod Shearer – 8768 5100 (B. H.) E-mail: [rod.shearer@southernhealth.org.au](mailto:rod.shearer@southernhealth.org.au)

or Phone: Spencer J. Wanklyn – 0407 307 889

#### TO CONTACT MALE HEALTH VICTORIA INC:

Write to: PO Box 1062 CROYDON VIC. 3136.

E-mail [info@malehealthvic.org.au](mailto:info@malehealthvic.org.au) – Website: [www.malehealthvic.org.au](http://www.malehealthvic.org.au)

or Phone: Rob Koch – 0432 439 943

## WHO ARE WE?

**The Casey-Cardinia Men's Health Action Group Inc.** is one of a growing number of local initiatives springing up across the country with a similar passion to promote better health for men and boys. We are a constituted group of ordinary men and women from the community in partnership with both local councils, Male Health Victoria Inc. plus a variety of agencies and professionals.

As a not-for-profit organisation we rely on grants and fundraising to operate.

The Casey-Cardinia Men's Health Action Group Inc. was established in early 2004 under the leadership of Rob Koch – Men's Program Officer for the City of Casey, Rod Shearer and Andrew Gabriel – Social Workers & Counsellors at Casey – Cardinia Community Health.

The specific physical, emotional, mental and spiritual (as distinct from religious) issues faced by many men in our communities were and still are increasingly being identified as a neglected health priority.

We are proud to be able to say that since our formation significant progress has been made in addressing men's health issues.

We enjoy the mutual support of government-funded, nation-wide initiatives and organisations including;

- Andrology Australia
- *beyondblue*
- COTA (Council on the Ageing)
- Foundation 49
- Mensline
- Better Men Australia
- Men's Health Info & Research Centre (University of Western Sydney)

## AIMS & OBJECTIVES

1. To encourage men and boys to adopt a healthy lifestyle
2. To promote services and initiatives that aim to provide physical, social, environmental, spiritual and mental health support for men, boys and their families
3. To take a lead role in raising public awareness of male health and wellbeing issues
4. To advocate to state, local government and industry to address issues impacting on the health and wellbeing of men and boys
5. To strengthen existing networks and develop new partnerships with like-minded groups and organisations
6. To work in partnership with a diverse range of community organisations in achieving a greater public awareness about male health issues
7. To value and affirm initiatives that promote women's health
8. To implement other objectives outlined in the 'National Men's Health Policy' 2010 and the International Men's Health Week program.

## STRATEGIES & ACTIVITIES

- Organise Male Health Forums, Service Expos and workshops
- Produce and distribute DVD's of the Forums
- Publish and distribute our 'Casey-Cardinia and Greater Dandenong - 'Men's Services Directories' and 'Male Health Fact Sheets'
- Distribute literature and resources from other men's health organisations
- Provide information and links through web-sites
- Work in partnership with 'Male Health Victoria Incorporated'.



## OUR PARTNERS and SUPPORTERS.

The Casey – Cardinia Men’s Health Action Group Inc. wish to thank the following organisations for their tremendous support over recent years.

Their professional guidance and frequent participation in many of our promotions and events has permitted us to take a lead role in raising public awareness about men’s health issues.

Through this support and the ongoing provision of such initiatives as our ‘Male Health Fact Sheets for The Mature Male’, displays, printed material, newsletters, men’s health trivia nights, and our Annual Health Forums and Expo for men and their families, we will continue to encourage more and more males in our communities to adopt a healthy lifestyle.

Spencer J. Wanklyn



**They're planting  
for the future...**



**...are you?**

**Together we're promoting better health  
and well-being for men and boys.**



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**ACCOMMODATION:**

<p><b>Flagstaff Crisis Accommodation (Men only accommodation)</b>            9 Roden Street            West Melbourne Vic. 3003.            Tel: (03) 9329 4800 – 24 hour service - 7 days.            (03) 9329 6022.</p>	<p><b>A Salvation Army Adult Service:</b>            Short-term crisis support and accommodation links to rooming houses.</p>
<p><b>Hanover Welfare Services</b>            Dandenong Support Service            35 Robinson Street            Dandenong Vic. 3175.            Tel: (03) 9792 0705            Tel: 1800 183 183 (<i>Free-call Regional Areas</i>)            Internet: www.hanover.org.au            E-mail: hanover@hanover.org.au</p> <p><b>If seeking accommodation call 1800 802 398 all hours.</b></p>	<p>24 hour services – short-term crisis support and accommodation links to rooming houses.</p> <p>New system to access accommodation is called <b>C.H.A.P.</b> - Common Housing Access Points. Call to be assessed and directed to nearest agency access point.</p>
<p><b>Parentlink</b> - Support for Single Parent families</p> <p>YMCA Family Services            8 Warner Ave            Ashburton Vic. 3147            Tel: (03) 9885 0333 or 13 22 89            Email: parentlink.ymca.org.au            Internet: www.victoria.ymca.org.au</p>	<p>Parentlink provides single parent families with an opportunity to participate in a variety of family-friendly activities, outings, camps, weekend getaways. Also provides a <b>Homeshare Service</b> - to find another single parent family to share a home with so your expenses are reduced. Great way to experience mutual support.</p>
<p><b>Supported Housing Ltd.</b>            (The Victorian Inclusion Housing Unit)            3/1401 Bourke Road            Kew East Vic. 3102.            Tel: (03) 9859 8833            Fax: (03) 9859 8933            E-mail: shl@shl.org.au Internet: www.shl.org.au</p>	<p>Assisting people with disabilities to choose the housing they want, and whom they live with. High quality, secure, affordable and appropriate housing.</p>
<p><b>WAYSS Ltd.</b>            Head Office            First Floor            294 – 300 Thomas Street            Dandenong Vic. 3175            PO Box 3. Dandenong Vic. 3175,            Tel: (03) 9791 6111 (<i>9 am to 5 pm - Mon to Fri</i>).            Fax: (03) 9793 5078            Email: info@wayssltd.org.au            Internet: www.wayssltd.org.au</p> <p>Frankston / Peninsula 9770 2867            Narre Warren 9703 0044            Pakenham 5945 3200</p>	<div style="display: flex; align-items: center; justify-content: center;"> <div style="border: 1px solid black; padding: 5px; margin-right: 20px;">CC</div> <div style="flex-grow: 1;"> <p>(HEF) Housing Establishment Funds may also be available to provide limited financial assistance with rent arrears or rent in advance to maintain existing or establish new housing. This is subject to fund availability and eligibility assessment.</p> <p><b>If seeking accommodation call 1800 637 993 all hours.</b></p> <p>New system to access accommodation is called <b>C.H.A.P.</b> - Common Housing Access Points. Call to be assessed and directed to nearest agency access point.</p> </div> </div> <div style="display: flex; align-items: center; justify-content: center; margin-top: 20px;"> <div style="border: 1px solid black; padding: 5px; margin-right: 20px;">CC</div> </div>

## ALCOHOL & DRUG HELP:

<p><b>Al-Anon Family Groups Australia Pty Ltd.</b></p> <p>Level 5/51 Queen Street Melbourne Vic. 3000 Tel: (03) 9642 3330 Internet: <a href="http://www.anon-alateen.org/australia">www.anon-alateen.org/australia</a></p> <p><b>Endeavour Hills:</b> – The Andrews Centre. Tel: (03) 9700 4944 – 10 am to 5 pm Mon to Fri.</p>		<p>Conducting group meetings throughout Southern Victoria &amp; Tasmania for people with a relative or friend who has a drinking problem. For further details phone during office hours 10.30 am – 2.30 pm Mon – Fri.</p>
<p><b>Alcoholics Anonymous</b> 1st Floor / 36 Church Street Richmond Vic. 3000 Tel: (03) 9429 1833 Internet: <a href="http://www.aa.org.au">www.aa.org.au</a></p> <p><b>For Cranbourne / Berwick / Doveton and Pakenham</b> Regional offices also call – Tel: 9791 1833</p>		<p>Support groups in most regional centres. Regular self help groups for alcoholics and those wanting to overcome a drinking problem.</p>
<p><b>Australian Drug Foundation</b> P.O. Box 818 North Melbourne Vic. 3051 Tel: (03) 9278 8100 Fax: (03) 9328 3008 Outside Melbourne: 1800 069 700 or 1800 888 236 Internet: <a href="http://www.druginfo.adf.org.au">www.druginfo.adf.org.au</a></p>		<p>Provides effective drug prevention for everyone. Now established over 45 years.</p> <p>Examples of Parent Guides available:</p> <ul style="list-style-type: none"> <li>• Dealing with Alcohol Use</li> <li>• Dealing with Cannabis Use</li> <li>• Dealing with Heroin Use</li> <li>• Dealing with 'Party Drugs'</li> </ul>
<p><b>Buoyancy Foundation of Victoria</b> 293 Punt Road Richmond Vic. Tel: (03) 9429 3322 Fax: (03) 9428 3655 E-mail: <a href="mailto:info@buoyancy.org.au">info@buoyancy.org.au</a> Internet: <a href="http://www.buoyancy.org.au">www.buoyancy.org.au</a></p>		<p>24 Hour confidential drug counselling, support and referral service for users. Peer support for gay, lesbian and bisexual users of drugs. Homeopathy, Reiki, relaxation and meditation.</p>
<p><b>Cannabis Information and Helpline</b></p> <p><b>1800 30 40 50</b> 2pm-11pm Sunday to Friday (including public holidays). After hours all calls will be directed to a message service as well as to Lifeline 13 11 14 as an alternative contact. Internet: <a href="http://www.ncpic.org.au">www.ncpic.org.au</a></p>		<p>A nationally available free call service for people using cannabis themselves or those concerned about the cannabis use of a friend or family member. Callers will be advised that the call may be monitored but the number will not appear on most major Telco bills.</p>
<p><b>Family Drug Help Support Group</b></p> <p>Dandenong: Families and Friends Support Group Twice monthly on Mondays 6.00 - 7.30 pm <b>South East Alcohol and Drug Service (SEADS)</b> Ph: Ros Franklin on Thursdays or other staff on 8792 2330. 1300 368 186 for up to date information.</p>		<p>Mutual support groups across Victoria for parents, friends and partners of problematic alcohol and other drug users. Aims to reduce the impact of fear, anxiety, helplessness, or shame that family members may experience when learning about, or coping with, alcohol or other drug use.</p>

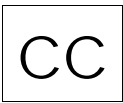


**ALCOHOL & DRUG HELP - continued:**

<p><b>Family Drug Help-line</b> Tel: <b>1300 660 068</b></p> <p>Resource Centre 140 Grange Road Carnegie Vic. 3163. Tel: (03) 9573 1780 Internet: <a href="http://www.familydrughelp.org.au">www.familydrughelp.org.au</a></p>	<p>A 24 hour telephone support service staffed by volunteers with the experience of alcohol and drug issues within their own family. 9 am to 5 pm Mon. to Sat. and professional counsellors available at all other times.</p>
<p><b>Narcotics Anonymous</b> P.O. Box 2470 Melbourne Vic. 3001. Tel: (03) 9525 2833 <b>24 Hour Help-line: 1300 652 820</b> Internet: <a href="http://www.naoz.org.au">www.naoz.org.au</a></p>	<p>A fellowship of recovering addicts who meet regularly to help each other stay clean and build a new way of life. Group support available most regions including: <b>Dandenong, Langwarrin &amp; Pakenham.</b></p>
<p><b>Salvation Army Positive Lifestyle Centre</b> Addiction Awareness Workshop. Dandenong Tel: (03) 9793 2155</p>	<p>The Addiction Awareness Workshop is an affordable 6 session course to assist people in overcoming addictions. Counselling is also available.</p>
<p><b>South East Alcohol and Drug Service (SEADS)</b> 2nd Floor 229 Thomas Street Dandenong Vic. 3175 Tel: (03) 8792 2330 or <b>24 Hours: 1800 888 236</b> E-mail <a href="mailto:seads@southernhealth.org.au">seads@southernhealth.org.au</a> <b>Counselling also available in Berwick and Pakenham.</b></p>	<p>Provides a wide range of services aimed at reducing the harm associated with alcohol and other drugs. Confidential counselling and support groups. Aboriginal outreach worker also available.</p>
<p><b>STEPPING-UP Consortium</b> 46 James Street Pakenham Vic. 3810.</p> <p><b>Triage operating during business hours –</b> Tel: 1800 828 466 (<b>FREE-CALL</b>) Fax: 5940 3687 Email: <a href="mailto:inquiry@stepping-up.org.au">inquiry@stepping-up.org.au</a> Internet: <a href="http://www.stepping-up.org.au">www.stepping-up.org.au</a></p> <p>Providing <b>FREE</b>, confidential counselling and support in relation to alcohol and all drug issues.</p>	<p>You and/or your family can access a broad range of professional qualified clinicians using therapies, group work and educational seminars in your recovery. We provide support services for people aged 18 – 65 yrs and offer after hours appointments if requested. Referral or access by contacting the triage number listed, whereby a clinician will be allocated and an appointment scheduled on the day you call.</p>
<p><b>Tranquilliser Recovery and New Existence Inc.</b> 222 Bourke Road Glen Iris Vic. 3146 Tel: (03) 9886 9400 <b>1300 273 266</b> E-mail: <a href="mailto:tranx@alfhalink.com.au">tranx@alfhalink.com.au</a> Internet: <a href="http://www.tranx.org.au">www.tranx.org.au</a> and new site – <a href="http://www.reconnexion.org.au">www.reconnexion.org.au</a></p>	<p>Support, counselling and information for people dependant on prescription or over the counter pain relievers. A wide range of printed information is available.</p>
<p><b>Youth Substance Abuse Service</b> VISY Cares Centre 39A Clow Street Dandenong Vic. 3175. Tel: (03) 9701 3488 or After Hours: (03) 9418 1020 E-mail: <a href="mailto:dandenong@ysas.org.au">dandenong@ysas.org.au</a> Internet: <a href="http://www.ysas.org.au">www.ysas.org.au</a></p>	<p>Outreach service for young people (12 to 21 years) who are experiencing complex problems related to alcohol and other drugs.</p>

## ANGER MANAGEMENT and FAMILY VIOLENCE:

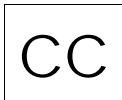


<p><b>Andrews Centre, The</b> 2 – 6 Hanna Drive Endeavour Hills Vic. 3802 Tel: (03) 9700 4944 (<i>Business Hours.</i>) Internet: www.andrewscentre.org.au</p>	<p>CC</p>	<p>Professional psychologists and counsellors. Affordable counselling for men’s anxiety, stress, depression and anger-management.</p>
<p><b>Cardinia–Casey Community Health Service.</b>  <b>Information and appointments: (03) 8768 5147</b>  <b>Sites at Berwick, Cockatoo, Doveton, Cranbourne and Pakenham.</b></p>	<p>CC</p>	<p>Confidential, affordable counselling for all lifestyle issues including anxiety, depression and anger-management. Male and female counsellors usually available.  ‘<b>Making Changes</b>’ program for women who have experienced family violence is also available. ‘<b>See Saw</b>’ program for women who have experienced childhood sexual assault.</p>
<p><b>City of Casey Youth Services</b>  Tel: (03) 9705 5200 Intake: 0417 347 909.</p>	<p>CC</p>	<p>Free counselling and group programs available for youth aged 10 to 25 for a variety of issues, including anger.</p>
<p><b>Cranbourne Information &amp; Support Service</b> 156A Sladen Street (next to Integrated Care Centre) Tel: (03) 5996 3333 (<i>Business Hours</i>)</p>	<p>CC</p>	<p>Free confidential counselling for individuals, families &amp; couples, including anger management counselling.</p>
<p><b>Domestic Violence and Incest Resource Centre</b> 292 Wellington Street Collingwood Vic. 3066. Tel: (030) 9486 9866 Fax: 9486 9744 E-mail: dvrcv@dvrcv.org.au Internet: www.dvrcv.org.au</p>	<p>CC</p>	<p>A consultation service funded by the Department of Human Services and is a state-wide resource centre for information about domestic violence and sexual assault. Publications, newsletters and library are also available.</p>
<p><b>Heavy M.E.T.A.L.</b> Men’s Education Towards Anger and Life  43 Station Rd Cheltenham Vic 3192 David Nugent 0401 766 877 Internet: www.heavymetalgroup.com.au</p>	<p>CC</p>	<p>Group programs that assist men in managing their anger, take responsibility for their actions, and overcome abusive behaviour. Individual counselling available for men, women and couples.</p>
<p><b>Living Springs Counselling Centre</b> Berwick Regional Church of Christ 432 – 446 Centre Road Berwick Vic. 3806. Tel: 9702 6687 Main switchboard: 9702 1011. E-mail info@berwickchurchofchrist.org.au</p>	<p>CC</p>	<p>Caring, helpful assistance for people attempting to cope with all types of life issues, including sexual. Affordable counselling on all issues, irrespective of cultural or religious affiliation.</p>

**ANGER MANAGEMENT and FAMILY VIOLENCE - continued:**

<p><b>Mensline Australia</b></p> <p>Tel: <b>1300 78 99 78</b> (cost of local call)                  Email: talkitover@menslineaus.org.au                  Internet: www.menslineaus.org.au</p>	<p>Telephone counselling for men who want to talk about their family and relationship concerns. Call 24 hours per day – 7 days per week. For anonymous and confidential support and information.</p>	
<p><b>Men’s Referral Service</b></p> <p>Tel: 9428 2899 or STD Freecall <b>1800 065 973</b>                  12noon to 9pm Monday to Friday                  Internet: www.mrs.org.au</p>	<p>Free, confidential &amp; independent advice for any man who is concerned about their anger and actions toward their family.</p>	
<p><b>Relationships Australia (Vic) Inc.</b>                  199 High Street                  Cranbourne Vic. 3977.                  Tel: (03) 5990 1900 <b>Free call: 1300 364 277</b>                  Internet: www.relationshipsvictoria.com.au</p>		<p>Offering resources to couples, individuals and families to help enhance and support relationships.  <b>‘Time For Change’</b> group programs for men only.</p>
<p><b>Salvation Army Positive Lifestyle Centre</b></p> <p>Shop 6 147-151 Foster St                  Dandenong.                  Tel: (03) 9793 2155</p>		<p>The Salvation Army Positive Lifestyle Centre operates seven anger management courses per year. Classes are usually mixed. Males and females under 18 may be eligible. Programs are held 6.00 pm – 8.00 pm, with a morning option too. The cost is \$140 (or \$70 for students/HCC.)</p>
<p><b>South East Centre Against Sexual Assault Men’s Service</b>                  Monash Medical Centre                  823 Centre Rd East Bentleigh                  Tel: (03) 9928 8111 or                  Tel: (03) 9594 2289 all hours                  Free-call: <b>1800 806 392</b></p>	<p>Free confidential counselling for <b>male victims &amp; survivors of sexual assault, family violence.</b> Male or female counsellors, as well as legal advocacy, medical care, support for family. Follow-up counselling provided in <b>Casey &amp; Cardinia.</b></p>	
<p><b>Sudanese Family Mediation Program</b></p> <p>The Migrant Information Centre (Eastern Melbourne) (MIC)                  Enquires &amp; referrals: Jessica Bishop                  Tel: (03) 9285 4888 Internet: www.miceastmelb.com.au</p>	<p>A Sudanese specific family mediation program, to assist families experiencing family conflict or family violence using trained Sudanese mediators who are mentored by MIC counsellors.</p>	
<p><b>‘Who’s in Charge?’ Program</b></p> <p>Cardinia–Casey Community Health Service                  Enquires: Megan Clarke on (03) 5990 8400                  Intake: (03) 9705 3939                  More info on the topic of violence to parents at www.connections.org.au</p>	<p>An 8 week program for parents or carers of young people (aged 8 - 18) who are beyond control, violent or defiant. Does your child hurt, intimidate or abuse you? This group program aims to help parents overcome the guilt and shame and to develop strategies for managing your child’s behaviour.</p>	
<p><b>Victims of Crime Support (Southern Metro)</b>                  ‘Windermere’ 48 Webb Street                  Narre Warren Vic. 3805.                  Tel: 9705 3200                  Help-line: <b>1300 659 419</b>                  Internet: www.justice.vic.gov.au/victimsofcrime</p>		<p>Free outreach support, counselling and advice <b>for male or female victims of violence</b> and their families to assist in overcoming the trauma, applying for compensation or financial assistance for victims.</p>



**FINANCIAL COUNSELLING or SUPPORT:**

<p><b>Casey-Cardinia Community Legal Service Inc.</b> 42 Claredale Road DANDENONG VIC 3175 Ph: (03) 9793 1993</p>		<p>Free financial counselling service to people in financial crisis. Also Wednesday morning telephone advice from 10.00 am - 12.30 pm. Outreach service to <b>Fountain Gate</b>. Funded by the Federal Government.</p>
<p><b>Debt Education &amp; Mediation Centre</b> Tel: 1300 731 722 Internet: <a href="http://www.mydebtsfixed.net.au">www.mydebtsfixed.net.au</a></p>		<p>A national organisation which assists people with debt crisis and money management skills.</p>
<p><b>Cardinia – Casey Community Health Service.</b> Information and appointments: (03) 8768 5100 Internet: <a href="http://www.southernhealth.org.au/chs/cardinia_casey.htm">www.southernhealth.org.au/chs/cardinia_casey.htm</a></p>		<p>Free financial counselling and advocacy can be arranged for people in low income groups and those experiencing financial difficulties.</p>
<p><b>Sites at Berwick, Cockatoo, Doveton, Cranbourne and Pakenham.</b></p>		
<p><b>Credit Help-line (Victoria)</b> Tel: (03) 9602 3800 Toll-free: 1800 803 800 – Regional Victoria.</p>		<p>A consumer credit legal service. Free and confidential advice on credit, debt and financial problems.</p>
<p><b>Salvation Army - Accounts Mediation Service</b> 1 New Holland Drive (Cnr Narre-Cranbourne Rd) Cranbourne Tel: (03) 5991 1777</p>		<p>A free service for residents in or around <b>Cranbourne</b> who need support and advice to sort through bills, address debt and develop their financial management skills. Phone for an appointment.</p>

## GAMBLING HELP:

<p><b>Gamblers Anonymous</b></p> <p>Dorcas Street South Melbourne Vic. 3205. P.O. Box 369 Richmond Vic. 3121</p> <p>Tel: (03) 9696 6108 (enquires). Internet: <a href="http://www.gamblersanonymous.org">www.gamblersanonymous.org</a></p>	<p>Providing confidential help to people through attending Gamblers Anonymous meetings and counselling services.</p>
<p><b>Gamblers Help - Help Line</b></p> <p>Tel: 1800 858 858 (<i>Free-call</i>)</p>	<p>24 hour 7 day per week, free anonymous and confidential telephone service.</p>
<p><b>Gamblers Help - Southern</b></p> <div data-bbox="730 824 852 920" style="border: 1px solid black; padding: 5px; text-align: center; width: fit-content; margin: 10px auto;"> <p>CC</p> </div> <p>Gambler's Help Southern Intake during business hours on Tel: (03) <b>9575 5353</b>.</p> <p>Internet: <a href="http://www.problemgambling.vic.gov.au">www.problemgambling.vic.gov.au</a></p>	<p>Gambler's Help Southern provides free, confidential, professional, local support for gamblers, their families and others affected by gambling.</p> <p>Services available include:</p> <ul style="list-style-type: none"> <li>• Counselling for gambling related issues</li> <li>• Financial Counselling</li> <li>• Multicultural Services</li> <li>• Community Education</li> <li>• Professional Development</li> </ul> <p>They can also provide a wide range of resources and information such as:</p> <ul style="list-style-type: none"> <li>• Self-help guides</li> <li>• Information Sessions</li> <li>• Training Sessions</li> <li>• Brochures and Cards</li> <li>• Posters</li> <li>• Advice on gambling and gaming issues</li> </ul> <p>All staff are qualified professionals in their area of expertise and have experience dealing with gambling issues.</p> <p>If you have concerns about your gambling, or the gambling of a family member or friend, call Gambler's Help Southern Intake during business hours on 9575 5353.</p>

**GENERAL HEALTH SERVICES:**

<p><b>Andrology Australia</b>                  Monash Institute of Medical Research                  Monash Medical Centre                  246 Clayton Road, Clayton, Vic. 3168.  <b>Tel: 1300 303 878</b>                  www.andrologyaustralia.org</p>	<p>Information on male reproductive health issues including prostate disease (including prostate cancer), testicular cancer, infertility, use and abuse of testosterone treatments, sexual dysfunction &amp; impotence.</p>
<p><b>AIDS-Line</b>                  Tel: (03) 9347 6099 – Carlton Counselling                  1800 133 392 – Outside the Melbourne Metro Area.                  Internet: www.aidshep.org.au</p>	<p>Provides counselling service for AIDS and sexually transmitted diseases:                  Mon – Fri 9 am – 10 pm / and weekends 9 am to 11 am &amp; 6 pm to 8 pm.</p>
<p><b>Alzheimer's Australia</b>                  98 – 104 Riversdale Road                  Hawthorn Vic. 3122.                  Tel: 9815 7800 or Tel: <b>1800 100 500 (Free-call)</b>                  Internet: www.alzheimers.org.au</p>	<p>Victorian Dementia Help-line                  The peak body providing support and advocacy for the 500,000 Australians living with dementia.</p>
<p><b>Arthritis Support Group - Cranbourne</b>                  Cranbourne Pool                  Grant St Cranbourne                  Tel: 5996 0438 or 8531 8000                  Internet: www.arthritisvic.org.au</p>	<p>A mixed group meeting twice weekly for water exercises, tai-chi, weight training as well social outings.                  Mondays &amp; Thursdays 7.30 am - 9.30 am</p>
<p><b>Australian Hearing</b>                  Tel: 131 797 for your nearest location.                  Internet: www.hearing.com.au  <b>Cranbourne: Integrated Care Centre</b>                  140-154 Sladen Street  <b>Pakenham: 52 Main Street</b>                  Tel: (03) 5941 4822 - Fax: 5941 4574.</p>	<p>Australian Hearing provides subsidised hearing services for pension concession card holders as well as children and young adults up to the age of twenty-six. Phone for connection to your nearest hearing centre. Contact for a free screening.</p>
<p><b>South East Centre Against Sexual Assault</b>                  Men's Service - Monash Medical Centre                  823 Centre Rd East Bentleigh                  Tel: (03) 9928 8111 or (03) 9594 2289 all hours                  Free-call: 1800 806 392</p>	<p>Free confidential counselling for <u>male victims of sexual assault or family violence</u>. Male or female counsellors; advocacy, medical care, support for family. Follow-up in Casey and Cardinia..</p>
<p><b>Cancer Council of Victoria, The</b>                  18 Rathdown Street                  Carlton South Vic. 3053                  Tel: (03) 9635 5000 – Mon – Fri. 8.30 am to 5.30 pm.                  Cancer Help-line: 13 11 20                  Internet: www.cancer.vic.org.au</p>	<p>Cancer information and support service. A wide range of publications are also available including such as: -</p> <ul style="list-style-type: none"> <li>• Warning Signs of Testicular Cancer</li> <li>• Lung Cancer</li> <li>• Skin Cancers</li> </ul>
<p><b>Cardinia – Casey Community Health Service</b>                  Information and appointments: (03) 8768 5147                  Internet: www.southernhealth.org.au/chs/cardinia_casey.htm  <b>Sites at Berwick, Cockatoo, Doveton, Cranbourne and Pakenham</b></p>	<p>A variety of services including dental, physiotherapy, podiatry, speech therapy, optometry, diabetes management, counselling, strength training, occupational therapy, rehabilitation. Male and female health workers available</p>

**GENERAL HEALTH SERVICES - continued**

<p><b>Dental Health Services Victoria</b> 720 Swanson Street Carlton Vic. 3053. Tel: (03) 9341 1000 or <b>1300 360 054</b> – Information. Internet: <a href="http://www.dhsv.org.au">www.dhsv.org.au</a> <b>Casey Community Health Service Dental Dept.</b> Berwick: (03) 8768 5141 Cranbourne: (03) 5990 6226</p>	<p>Dental services for concession card holders, disadvantaged young people and people with special needs. Berwick and Cranbourne provide the service for the Southern Region.</p>
<p><b>Gay and Lesbian Switchboard</b> Little Lonsdale Street Melbourne Vic. 3000. Tel: (03) 9663 2939 Country Callers: <b>1800 184 527</b> (24 Hours / 7 days week) Internet: <a href="http://www.switchboard.org.au">www.switchboard.org.au</a></p>	<p>Community education, clinics, counselling, referral and information service on HIV, AIDS and Sexually Transmitted Diseases.</p>
<p><b>Heart Foundation (VIC)</b> Level 12 / 500 Collins Street Melbourne Vic. 3000 Tel: (03) 9329 8511 Health Info Line: <b>1300 362 787</b> Internet: <a href="http://www.heartfoundation.org.au">www.heartfoundation.org.au</a></p>	<p>Access to vital information about heart health: nutrition and healthy eating, blood pressure and cholesterol, smoking cessation, physical activity and heart surgery. You can even learn about relevant programs and request free information booklets on any of these topics.</p>
<p><b>‘Hepatitis C’ Help-line</b>  Tel: (03) 9380 4644 – Carlton Consulting. <b>Info line: 1800 703 003</b> – Outside Melbourne Metro Area E-mail <a href="mailto:aidshep@vicnet.au">aidshep@vicnet.au</a> Internet: <a href="http://www.helpvic.org.au">www.helpvic.org.au</a> <b>Vietnamese Information Line: 1800 456 007 (Free-call).</b></p>	<p>Free confidential counselling, community education service and clinics.</p>
<p><b>Kooweerup Regional Health Service</b> Rossiter Road Kooweerup Vic. 3981 Tel: (03) 9555 6666 Internet: <a href="http://www.kooweeruphospital.net.au">www.kooweeruphospital.net.au</a></p>	<p>Acute hospital and respite beds, plus a range of allied health services and support.</p>
<p><b>Melbourne Sexual Health Centre</b> 580 Swanson Street Carlton Vic. 3053 Tel: (03) 9555 6666 Free-call: <b>1800 032 017</b> Internet: <a href="http://www.mshc.org.au">www.mshc.org.au</a></p>	<p>Assistance, information and counselling regarding sexually transmitted diseases (STD).</p>
<p><b>Migraine and Pain Clinic</b> St. Vincent's Hospital Tel: (03) 9288 3562 - (03) 9889 9285</p>	<p>For guidance and assistance with headaches, migraine and chronic pain.</p>
<p><b>Motor Neurone Disease Association of Victoria</b> 265 Canterbury Road Canterbury Vic. 3126. Tel: (03) 9830 2122 (Business Hours) E-mail: <a href="mailto:info@mnd.asn.au">info@mnd.asn.au</a> Internet: <a href="http://mnd.asn.au">http://mnd.asn.au</a></p>	<p>MNDA provides a range of information to assist and inform people living with MND, carers, families, friends and health professionals. Introduction to local support groups is also available.</p>


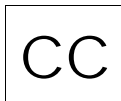



## **GENERAL HEALTH SERVICES - continued**

<p><b>Multiple Sclerosis (Vic)</b> Head Office. 54 Railway Road Blackburn Vic. 3130. Tel: (03) 9845 2700 Fax: (03) 9845 2777 Tel: <b>1800 287 367</b> (<i>Business Hours</i>). E-mail <a href="mailto:infoline@mssociety.com">infoline@mssociety.com</a> Internet: <a href="http://www.msaustralia.org.au">www.msaustralia.org.au</a></p>	<p>Assisting to reduce the impact of Multiple Sclerosis on individuals, families and carers and supporting research to find a cure.</p>
<p><b>National Association for Loss &amp; Grief (Vic)</b> 100 Franklin Street Melbourne Vic. 3000. Tel: (03) 9329 4003  <b>Free-call: 1800 100 023</b> – Outside Melbourne Metro Area. Email: <a href="mailto:info@nalagvic.org.au">info@nalagvic.org.au</a> Internet: <a href="http://www.nalagvic.org.au">www.nalagvic.org.au</a></p>	<p>A state-wide telephone referrals and information service. Referrals to accredited loss and grief practitioners, counsellors and educators. Support Groups and Self Help Group services are available. A range of printed information is also available.</p>
<p><b>National Continence Help-line</b> Tel: 1800 330 066  <b>Continence Foundation of Australia Resource Centre Vic.</b> 293 Royal Parade Parkville Vic. Tel: (03) 9347 2522  Internet: <a href="http://www.continence.org.au">www.continence.org.au</a></p>	<p>For information and resources about bladder and bowel management, Continence services and assistance schemes available to you. Printed material available including: -</p> <ul style="list-style-type: none"> <li>• Urinary Incontinence – What Is It?</li> <li>• Bladder Problems &amp; the Prostate</li> <li>• Good Bladder Habits For Everyone</li> <li>• Constipation &amp; Urinary Incontinence</li> <li>• Pelvic Floor Exercises for Men.</li> </ul>
<p><b>National Stroke Foundation (Australia).</b> Level 7 - 461 Bourke Street Melbourne Vic. 3000. Tel: (03) 9670 1000 <b>Free-call: 1800 787 653</b> E-mail: <a href="mailto:admin@strokefoundation.com.au">admin@strokefoundation.com.au</a> Internet: <a href="http://www.strokefoundation.com.au">www.strokefoundation.com.au</a></p>	<p>A wide range of information and guidance is available to stroke victims and their carers.</p>
<p><b>Palliative Care Australia</b> Level 2 / 182 Victoria Parade East Melbourne. Vic. Tel: (03) 9662 9644 <a href="http://www.palliativecare.org.au">www.palliativecare.org.au</a> <b>Free-call: 1800 660 055</b></p>	<p>For information on palliative care – specialised care and support for people living with an eventually fatal condition.</p>
<p><b>Poisons Information Centre</b> Austin Hospital 145 Studley Road Heidelberg Vic. 3084. Tel: <b>13 11 26</b> Internet: <a href="http://www.austin.org.au/poisons">www.austin.org.au/poisons</a></p>	<p>24 hour / 7 days a week service providing correct advice for poisoning and obtaining up-to-date information to the public and General Practitioners. Information sheets on a wide range of poisons are available.</p>

**GENERAL HEALTH SERVICES - continued**

<p><b>Prostate Cancer Foundation of Australia</b>  National Office:  <b>1800 220 099 (Free-call)</b>  15 – 17 Queen Street  Melbourne Vic. 3000.  Tel: 9948 2070  E-mail: enquiries@prostate.org.au  Internet: www.prostate.org.au</p> <p><b>Further information:</b>  Andrology Australia  1300 303 878  Internet: www.andrologyaustralia.org</p>	<p>The peak bodies for prostate cancer in Australia with a mission to reduce the impact of prostate cancer on families through;</p> <ul style="list-style-type: none"> <li>(a) Helping men deal with diagnosis and treatment of prostate cancer.</li> <li>(b) Funding research.</li> <li>(c) Raising awareness in the community.</li> </ul> <p>Vital information for both patients and doctors is available on these web-sites.</p>
<p><b>SOLACE Association Inc.</b></p> <p>Closest meeting:  Greater Dandenong Community Health Centre.  Normally weekly on Fridays at 2.00pm. but please check for any time changes.  Tel: 9384 1722  Tel: Central Office: (03) 9590 9209</p>	<p>Support for those experiencing the loss of a partner. Are you are feeling lost and alone, as if half of you is missing ? Are you wondering if life is worth living? If so, Solace can help by offering support, ongoing love, acceptance, care and encouragement.</p>
<p><b>QUIT-LINE</b>  Tel: <b>13 78 48</b> (National)</p> <p><b>Quit (Victoria)</b>  100 Drummond Street  Carlton Vic. 3053.  Tel: (03) 9663 7777  Internet: www.quit.org.au</p>	<p>A ‘Cancer Victoria’ program. For those wishing to give up smoking. Numerous s available on lung cancer and the dangers of smoking.</p>
<p><b>Victims of Crime Support (Southern Metro) Victims Support Agency</b>  ‘Windermere’ 48 Webb Street  Narre Warren Vic. 3805.  Tel: (03) 9705 3200  Help-line: 1800 819 817  Internet: www.justice.vic.gov.au/victimsofcrime</p>	<div data-bbox="743 1485 863 1579" style="border: 1px solid black; display: inline-block; padding: 5px; text-align: center; width: 40px; height: 40px; line-height: 40px;">CC</div> <p>Free outreach support and advice for victims and their families on areas such as compensation or financial assistance for victims.</p>
<p><b>Victorian Road Trauma Support Team.</b></p> <p><b>1300 367 797</b></p> <p>Internet: www.rtstv.org</p>	<p>A confidential, non-profit service, government approved organisation offering a free service to the community. Committed to improving conditions for transport accident injured people of all ages and easing the burden placed on their families.</p>

**INFORMATION SERVICES:**

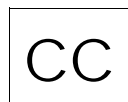



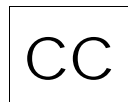

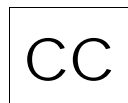
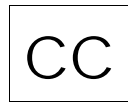
<p><b>Cranbourne Community Information &amp; Support Service</b>                  156 Sladen Street                  Cranbourne Vic. 3977.                  Tel: (03) 5996 3333 (<i>Business Hours</i>)                  Email: ciss@vicnet.net.au                  Internet: www.cranbourneiss.org.au</p>		<p>A citizens advice bureau providing practical assistance and current advice on local services.                  Friendly trained staff are able to provide community information on anything from A to Z. Free, confidential &amp; impartial.</p>
<p><b>Casey North Community Information Support Service.</b>                  Suite S1006 Overland Drive, Office Centre                  Fountain Gate Vic. 3805                  Tel: (03) 9705 6699 (<i>Business Hours</i>)                  Email: cnciss@caseynorthciss.com.au                  Website: www.caseynorthciss.com.au</p>		<p>A citizens advice bureau providing practical assistance and current advice on local services.                  Friendly trained staff are able to provide community information on anything from A to Z. Free, confidential &amp; impartial.</p>
<p><b>Living and Learning in Pakenham (LLINC)</b>                  6B Henry St                  Pakenham                  Tel: (03) 5941 2389 fax: (03) 5941 2326.                  Internet: www.llinc.com.au</p>		<p>Provides practical assistance and current advice on local services in Cardinia, as well as support groups including Alcoholics Anonymous, Narcotics Anonymous, Gamblers, and Grief. A variety of training courses, social activities and hobby groups.</p>
<p><b>Southern Health                  Greater Dandenong Community Health Service</b>                  Rob Koch – Men’s Health and Parenting Educator                  Tel: 0432 439 943                  Email: rob.koch@southernhealth.org.au</p>		<p>Advice for men and their families on appropriate referrals to services and information about current programs for Casey, Cardinia and Greater Dandenong residents. Information from professionals and the community.</p>
<p><b>INFO WEBSITES &amp; SERVICE FINDERS:</b></p>		
<p><a href="http://www.andrologyaustralia.org">www.andrologyaustralia.org</a> .....</p>		<p>Information on male reproductive issues.</p>
<p><a href="http://www.serviceseeker.com.au">www.serviceseeker.com.au</a> .....</p>		<p>A search engine for community services and organisations throughout Australia.</p>
<p><a href="http://www.anglicarevic.org.au/parentzone/southern">www.anglicarevic.org.au/parentzone/southern</a> .....</p>		<p>A newsletter listing current parenting courses, groups and services.</p>
<p><a href="http://www.campconnect.org.au/resources.shtml">www.campconnect.org.au/resources.shtml</a> .....</p>		<p>A live list of dozens of organisations and web-sites for men in Australia &amp; beyond.</p>
<p><a href="http://www.cyh.com">www.cyh.com</a> .....</p>		<p>Vast range of parenting tip sheets on issues affecting children &amp; parents.</p>
<p><a href="http://www.betterhealth.vic.gov.au">www.betterhealth.vic.gov.au</a> .....</p>		<p>Information on men’s health issues.</p>
<p><a href="http://www.49.com.au">www.49.com.au</a> .....</p>		<p>On-line magazine, information &amp; tip sheets on a range of men’s health issues.</p>
<p><a href="http://www.malehealthvic.org.au">www.malehealthvic.org.au</a> .....</p>		<p>A collaborative partnership of organisations and individuals committed to promoting health and wellbeing of men and boys and implementing state and federal policies on male health.</p>
<p><i>(Watch this very important site as it represents all Victorian males).</i></p>		

**LEGAL ADVICE & SERVICES:**

<p><b>Family Relationship Advice Line</b></p> <p>Tel: 1800 050 321 Internet: <a href="http://www.familyrelationships.gov.au">www.familyrelationships.gov.au</a></p>	<p>A free telephone service that assists the public with information about family law, including services available for separating families and individuals.</p>
<p><b>Law Institute of Victoria</b> 470 Bourke Street Melbourne Vic. 3000. Tel: (03) 9607 9311 Tel: (03) 9607 9550 – Legal Referral Service</p> <p>Dial-A-Law Info: Know Your Legal Rights -(03) 9602 5000. Internet: <a href="http://www.liv.asn.au/directory">www.liv.asn.au/directory</a></p>	<p>A confidential legal referral service 9 am. to 5 pm. Monday – Friday.</p> <p>Dial-A-Law / Know Your Legal Rights offers general legal information for the public on a wide range of topics.</p>
<p><b>Victoria Legal Aid</b> 350 Queen Street Melbourne Vic. 3000. Tel: (03) 9269 0234 (8.45am to 5.15pm Mon – Fri) <b>1800 677 402 (Free-call Legal Information)</b> E-mail: <a href="mailto:getinfo@vla.vic.gov.au">getinfo@vla.vic.gov.au</a> Internet: <a href="http://www.legalaid.vic.gov.au">www.legalaid.vic.gov.au</a></p>	<p>Victorian Legal Aid provides a wide range of services and cost is dependant on the clients income. There is also a multilingual telephone information service.</p>
<p><b>Casey – Cardinia Community Legal Service</b> (Outreach to Fountain Gate) 42 Claredale Road Dandenong Vic. 3175. Tel: (03) 9793 1993 Fax: (03) 9794 9521 E-mail: <a href="mailto:caseyclc@vicnet.net.au">caseyclc@vicnet.net.au</a> Internet: <a href="http://www.caseyclc.net.au">www.caseyclc.net.au</a></p>	<p>Free legal advice service for most matters, with a visiting service to Fountain Gate. Appointments are necessary and can be made by calling the service between 10 am and 4 pm Mon to Fri.</p>
<p><b>Justice of The Peace Registry</b> Recorded Information Line for Updated Listings. Tel: (03) 9628 9014. Internet: <a href="http://www.justice.vic.gov.au/justices">www.justice.vic.gov.au/justices</a></p>	<p>An up-to-date listing of Justice of the Peace and Bail Justice registries showing whom can witness Statutory Declarations and Affidavits.</p>
<p><b>Peninsula Community Legal Centre</b></p> <p>Head Office: Chatsworth House Suite 1– 4 431 Nepean Highway Frankston Vic. 3199. Tel: (03) 9783 3600 <b>Free-call: 1800 064 784</b> E-mail: <a href="mailto:pclc@pclc.org.au">pclc@pclc.org.au</a> Internet: <a href="http://pclc.org.au">pclc.org.au</a></p> <p><b>CRANBOURNE:</b> The Bella Centre Suite 12, 33-39 High Street, Cranbourne. Phone: 5995 3722</p>	<p>A free legal advice service based in Frankston with permanent office now in Cranbourne. Appointments are necessary and can be made by calling the service between 10 am and 4 pm Mon to Fri.</p>



**MATERIAL AID and SUPPORT:**

<p><b>Cardinia Combined Churches Caring (4 C's)</b>                  1 Main St                  Pakenham Vic. 3810                  Tel: (03) 5941 2268                  Usual hours - 10.30am - 2.30pm Mon - Fri</p>		<p>This emergency food bank for Cardinia residents also provides budget advice, baby formula and a No Interest Loans Scheme for household white goods to those who fit the criteria.</p>
<p><b>Cornerstone Contact Centre</b>                  Corner of Mason &amp; Walker Streets                  Dandenong Vic. 3175.                   Tel: (03) 9754 5654 / 9794 0693 for appointments.                  E-mail: <a href="mailto:cornerstone1@bigpond.com">cornerstone1@bigpond.com</a>                  Internet: <a href="http://www.cornerstonecentre.com.au">www.cornerstonecentre.com.au</a></p>		<p>A volunteer service assisting in crisis material aid, meals, friendship, counselling and support for those doing it tough - including residents of Casey &amp; Cardinia and the homeless.</p>
<p><b>Casey North Community Information Support Service</b>                  Suite S1006 Overland Drive, Office Centre                  Fountain Gate Vic. 3805.                  Tel: (03) 9705 6699 (<i>Business Hours</i>)                  Email: <a href="mailto:cnciss@caseynorthciss.com.au">cnciss@caseynorthciss.com.au</a>                  Website: <a href="http://www.caseynorthciss.com.au">www.caseynorthciss.com.au</a></p>		<p>A citizens advice bureau providing practical assistance, material aid and current advice on local services, plus the No Interest Loans Scheme for household white goods to those who fit the criteria.</p>
<p><b>Cranbourne Information &amp; Support Service</b>                  156A Sladen Street                  Cranbourne Vic. 3977.                  Tel: (03) 5996 3333 (<i>Business Hours</i>)                   Internet: <a href="http://www.cranbourneiss.org.au">www.cranbourneiss.org.au</a></p>		<p>A citizens advice bureau providing practical assistance, material aid and current advice on local services, plus the No Interest Loans Scheme for household white goods to those who fit the criteria.</p>
<p><b>Doveton Baptist Church</b>                  127 Kidds Road                  Doveton Vic. 3177                  Tel: (03) 9706 9081 or (03) 9706 9426</p>		<p>A meal, material aid, friendship and support for those doing it tough.</p>
<p><b>New Hope Doveton Drop-In</b>                   Every Tuesday 10am (free lunch at 11.45am)                  The Dove Hall                  Cnr Power Rd &amp; Photinia St Doveton                  Tel: 0425 770 765 Pastor Levi Sanders                  or Winepress Office (03) 9796 1006                  Internet: <a href="http://www.winepress.org.au">www.winepress.org.au</a></p>		<p>Doveton men and women are invited to drop in any Tuesday for friendship and support over coffee and lunch. Free bread available to take home, or delivered to your door (pending availability).</p>
<p><b>Salvation Army – Emergency Relief</b>   <b>Berwick:</b> 9704 1940  <b>Cranbourne:</b> 5991 1777  <b>Doveton:</b> 9793 3933  <b>Pakenham:</b> 5941 4906</p>		<p>Meals, material aid, friendship and support for those doing it tough.   <b>Men's Breakfast each Wednesday at Doveton Salvation Army.</b></p>
<p><b>St. Vincent de Paul Society Inc.</b>   <b>Cranbourne:</b> 5996 3926 or                  1300 305 330 – 10 am to 3 pm.</p>		<p>To apply for help with food, furniture, clothing etc. Covers residents of Casey and Cardinia.</p>

## MEN'S GROUPS & PLAYGROUPS:

<p><b>City of Casey's Dads Matter Activities:</b></p> <p>The City of Casey recognises the important role men play in their family structure by offering a range of programs just for dads. There are a series of interactive, inclusive and exciting programs for you to attend with your children aged 0 to 6 years, and they are available throughout the week, all year round.</p> <p>The programs provide you an opportunity to meet other dads, while spending valuable time with your children. Additional resources and activity information can be found on the City of Casey website.</p> <p>Also available on-line is Casey Dads Matter DVD – a look inside the Dads Matter activities including interviews with participating fathers. The DVD includes subtitles in English, Arabic, Dari, Pashto, Hindi and Singhalese.</p> <p>For any enquiries, please call the <b>Fathers Inclusion Team on 9705 5590</b>, or visit <a href="http://www.casey.vic.au/dadsprograms">www.casey.vic.au/dadsprograms</a> or email <a href="mailto:dadsmatter@casey.vic.gov.au">dadsmatter@casey.vic.gov.au</a></p>	
<p><b>Read, Play, Make. RPM for Dads</b></p> <p>Wednesday evenings at the Cranbourne Library and the Narre Warren Library from 6 pm – 7.30. Contact: Fathers Inclusion Team for more details. Tel: 9705 5590.</p>	<p>CC</p> <p>A program just for dads with children under 6 years of age. Engage your child in reading, playtime and a range of creative activities that help your child develop new skills while spending meaningful time with dad.</p>
<p><b>Daytime Dads</b></p> <p>Birthered by the City of Casey Men's Programs team but now autonomous. <b>Contact: Murray Kester – 0430 512 247</b> Meets each Wednesday 9.30 am - 11.30 am Littlecroft Family Resource Centre The Strand. Narre Warren South (behind Casey Central)</p>	<p>CC</p> <p>A weekly drop in opportunity for fathers and their children aged 0 - 6. Men who are shift workers, stay-at-home dads, between jobs, or solo dads get to connect while their children have fun. Also monthly excursions to Casey's favourite playgrounds, pools, and parks. <b>Call first.</b></p>
<p><b>Dads in Distress Inc.</b></p> <p><b>Toll free: 1300 853 437</b> Internet: <a href="http://www.dadsindistress.asn.au">www.dadsindistress.asn.au</a></p> <p>Local groups meeting weekly at Narre Warren and Frankston.</p>	<p>CC</p> <p>Aims to provide a safe forum for men going through the trauma of divorce, separation or relationship breakdown to express their grief, without denigrating women. Promotes self-awareness of men and guidance towards a positive outlook to the future.</p>
<p><b>Doveton Neighbourhood Learning Centre Planned Activity Group (PAG)</b> Oak Avenue Doveton Vic. 3177. Tel: (03) 9791 1449. E-mail <a href="mailto:info@dovetonnlc.com.au">info@dovetonnlc.com.au</a> Internet: <a href="http://www.dovetonnlc.net.au">www.dovetonnlc.net.au</a></p>	<p>CC</p> <p>The DNLC PAG Group is HACC funded and meets weekly, providing a range of programs as well as social and volunteer activities. Men and women who meet the criteria are welcome to apply and get involved.</p>
<p><b>Pit Stop</b> (It's a Dads thing) A 'Parenting Tune-up' for every father who wants to see his family firing on all cylinders. Dandenong Community Health Centre 135 David Street. Dandenong (next to hospital) To enquire or register contact: Rob Koch: 0432 439 943 Email: <a href="mailto:rob.koch@southernhealth.org.au">rob.koch@southernhealth.org.au</a></p>	<p>CC</p> <p><b>Get the facts on fatherhood.</b></p> <ul style="list-style-type: none"> <li>• Why dads matter to kids</li> <li>• Developing a healthy parenting style</li> <li>• Steering your children</li> <li>• Disciplining kids without losing it</li> <li>• Working as a team</li> <li>• Identifying and implementing change.</li> </ul>

**MEN'S GROUPS & PLAYGROUPS: (continued)**

<p><b>D.I.Y. Dad</b>  <b>'What every man should know about starting a family'.</b>                  Sessions run on Saturday mornings and Tuesday evenings.                  Greater Dandenong Community Health Service                  229 Thomas Street, Dandenong (Ground Floor)                  To enquire or register contact:                  Willie Dolan: 0410 417 963 or Rob Koch: 0432 439 943                  Email: rob.koch@southernhealth.org.au</p>	<p>A one session crash course on fatherhood                  Conducted by qualified educators speaking man-to-man. You will get some practical tools to help you build a fantastic family.</p> <p><b>Cost: FREE</b> / tea and coffee supplied.</p>
<p><b>Men's Group</b>                  Relaxed and friendly time-out just for men – all kinds of cultures. Thursdays 9.30 am to 11.30 am                  Dandenong Neighbourhood House                  34 King Street, Dandenong (Melway Ref: 90.E.6)                  Enquiries: Gary Porter – 0434 624 237 or                  Rob Koch – 0432 439 943 –                  Email: rob.koch@southernhealth.org.au</p>	<ul style="list-style-type: none"> <li>• In 'The Shed' one week creating toys</li> <li>• In 'The House' the next week talking and learning from each other</li> <li>• Just try it out – no obligation and no commitment required.</li> </ul> <p><b>Cost: gold coin donation</b> to cover coffee and BBQ.</p>
<p><b>Papa Bear</b>                  Narre Warren Central Children's Centre                  4 Malcolm Crt. Narre Warren                  Tel: (03) 9704 6757 for further details.                  Meets fortnightly Saturday mornings 10.00am – 11.30am</p>	<p>An opportunity for Dads of children with a disability or learning delay to interact with their children and each other in a play-group setting. Siblings without a disability are welcome too.</p>
<p><b>'Playsteps' Early Years Program</b>                  With Rob Koch and Andrew Chisholm                  Saturday fortnightly 10am – 1.00pm.                  For course dates contact: Andrew Chisholm (03) 9767 0813                  E-mail andrew.chisholm@cgd.vic.gov.au or                  Rob Koch: (03) 8558 9026</p>	<p>We help QEC staff facilitate an eight session structured playgroup for Dads and their young children to promote their interaction through play, reading, singing, instruction, video observation and coaching.</p>
<p><b>'Whose Break?'</b> (Pool night for Dads)                  Third Monday each month 7 pm. Pool / Snooker / Darts                  At Dandenong Workers Social Club                  48 Wedge Street, Dandenong (off McCrae Street)                  Enquiries: John Maddick – 0420 305 841 or                  Rob Koch – 0432 439 943</p>	<p>'It's all kinds of dads trouble-shooting family life while having trouble shooting pool.' A relaxed time and space just for fathers – all kinds of cultures.                  We talk about what matters most – our families. A chance to connect with other dads.</p>
<p><b>The Cranbourne Community House</b>                  incorporating a men's shed on Wednesday morning and an OM:NI Men's Discussion Group on 1st &amp; 3rd Thursday morning of each month at 49 Valepark Crescent, Cranbourne. Vic. 3977.                  Tel: (03) 5996 2941 contact Margaret for starting times etc.</p>	<p>Drop in Wednesday mornings and meet the 'shed mate' who will assist &amp; support projects undertaken by individuals or the group. If you are over 50 and just want to meet, talk and laugh with other men your age, give us a call. (See OM-NI next page)</p>
<p><b>Men's Sheds (West Gippsland Cluster)</b>                  For full information regarding your local group contact:-  <b>Pakenham</b> Cardinia Men's Shed Dennis Jones – 0409 861 088  <b>Cockatoo Hills</b> Men's Shed Gavin Harrison. – 5968 1873  <b>Upper Beaconsfield</b> Men's Shed. Don Kennedy – 0407 845 135  <b>Hampton Park</b> Men's Shed. Kevin Hoy – 0433 766 521</p>	<p>Men's Shed's are places for men to come together, to capture and share their skills and experiences. A place of teamwork, and for celebrating community spirit.                  It's a place to build on the health and well-being of men.</p>

*continued on page 17.*

**MEN'S GROUPS & PLAYGROUPS: (continued)**

<p><b>Men's Sheds (West Gippsland Cluster)</b> <i>continued from page 16.</i>          For full information regarding your local group contact:-  <b>Berwick</b> – Akoona Park Men's Shed. John Byron – 9707 1044  <b>Drouin</b> – Men's Shed. Frank Grant 0430 123 527  <b>Cranbourne</b> – Junction Village. Eric Bell – 5995 0203  <b>Emerald</b> – Green Shed. Mike Allery – 5968 2241</p>	<p>More than just a shed, we meet new friends, relate our experiences, mostly with a laugh, sometimes with compassion for someone going through a hard time, but we always leave feeling better men than when we came.</p>
<p><b>Narre Men's Discussion Group</b>          1st &amp; 3rd Friday – 10am to 12pm during school terms.  <b>Contact Mike Downing: 9808 8071 or Wayne Hewitt: 9704 7388</b>          Internet: <a href="http://www.narreclc.net.au">www.narreclc.net.au</a></p>	<p>The Narre Men's Group is a relaxed and informal gathering where men can meet for a coffee and a chat in a friendly, welcoming atmosphere.          The group has been meeting for over 13 years now.</p>
<p><b>OM:NI Men's Discussion Groups (Older Men: New Ideas)</b>  <b>Beaconsfield Group</b>          Associated with COTA (Council on the Ageing) &amp; City of Casey's <i>Ageing Positively in Casey</i> initiative.          For more information Tel: John Douth 0431 844 822 or visit <a href="http://www.cotavic.org.au">www.cotavic.org.au</a></p>	<p>OM:NI's mission across Australia is to enhance the health, wellbeing and lifestyle of men over 50.          'They are friendly and welcoming groups that provide opportunities to meet, talk and laugh with other men your age'.</p>
<p><b>OM:NI Men's Discussion Groups (Older Men: New Ideas)</b>          Group at <b>Casey – Mechanics Hall , Webb Street</b>          Associated with COTA (Council on the Ageing) &amp; City of Casey's <i>Ageing Positively in Casey</i> initiative.          For more information Tel: Colin Smith 0401 555 962 or visit – <a href="http://www.cotavic.org.au">www.cotavic.org.au</a></p>	<p>Empowering older men to take greater control of their lives.          Meetings are interesting, informative and fun. OM:NI's mission across Australia is to enhance the health, wellbeing and lifestyle of men over 50.</p>
<p><b>OM:NI Men's Discussion Groups (Older Men: New Ideas)</b>          Group at <b>Brentwood Park</b>          Associated with COTA (Council on the Ageing) and City of Casey's <i>Ageing Positively in Casey</i> initiative.          For more information Tel: Brian Regan on 0408 545 984 or visit. <a href="http://www.cotavic.org.au">www.cotavic.org.au</a></p>	<p>OM:NI's mission across Australia is to enhance the health, wellbeing and lifestyle of men over 50.          'They are friendly and welcoming groups that provide opportunities to meet, talk and laugh with other men your age'.</p>
<p><b>OM:NI Men's Discussion Groups (Older Men: New Ideas)</b>          Group at <b>Cranbourne Community House</b>          Proudly supported by City of Casey &amp; Council on the Ageing          Tel: Allan Kent 5995 7947 or visit. <a href="http://www.cotavic.org.au">www.cotavic.org.au</a></p>	<p>OM:NI is about older men meeting in the company of older men. About mateship, making friends and belonging. A place where men listen to other men sharing joys, sorrows, hopes and achievements. A place where men share knowledge and experience on many subjects.</p>
<p><b>OM:NI Men's Discussion Groups (Older Men: New Ideas)</b>          Group at <b>Cranbourne East Balla Balla Community Centre Inc.</b>          Proudly supported by City of Casey &amp; Council on the Ageing          Tel: Spencer J. Wanklyn on 0407 307 889 or visit. <a href="http://www.cotavic.org.au">www.cotavic.org.au</a></p>	<p>Empowering older men to take greater control of their lives.          Meetings are interesting, informative and fun. OM:NI's mission across Australia is to enhance the health, wellbeing and lifestyle of men over 50.</p>

**NB. Most local churches have men's activities, recovery courses, camps & support for a variety of men.**

## MENTAL & EMOTIONAL HEALTH:

<p><b>ARAFEMI</b> (Association of Relatives and Friends of the Emotionally and Mentally Ill) Ground Floor 270 Auburn Road Hawthorn VIC. 3122. Tel: (03) 9810 9300 Carer helpline: <b>1300 550 265</b> E-mail: admin@arafemi.org.au Internet: www.arafemi.org.au</p>	<p>A range of information and support groups for carers, telephone counselling, support and referral service, newsletter and library.</p>
<p><b>BEYONDBLUE</b> The National Depression Initiative 40 Burwood Road Hawthorn Vic. 3122. Tel: (03) 9810 6100 <b>Info Line: 1300 224 636</b> E-mail: bb@beyondblue.org.au Internet: www.beyondblue.org.au</p>	<p>A National, independent, non-profit organisation working to address depression issues, anxiety and related substance misuse disorders in Australia. A wide range of reliable and up-to-date information on symptoms, causes and treatment for depression is available.</p>
<p><b>Carers Association Victoria</b> Level 1 / 37 Albert Street Footscray Vic. 3011. Tel: (03) 9396 9500 Tel: 1800 242 636 (Free-call) www.carersvictoria.org.au</p>	<p>Provides a range of resources for carers; a care-line for information and referral, a library service that can send out information to carers free of charge and a range of support kits and written resources.</p>
<p><b>Dementia Advisory Service</b>  National Dementia Helpline: <b>1800 100 500</b>  Internet: www.alzheimers.org.au</p>	<p>Understanding &amp; support for people with dementia, their family &amp; carers. Practical information &amp; advice, plus details of the full range of services provided by Alzheimer's Australia.</p>
<p><b>Department of Health and Aged Care Mental Health Branch</b>  St Vincents Mental Health Service (Vic) Tel: (03) 9417 5696 Or <b>1300 558 862</b> Internet: www.health.gov.au/mentalhealth</p>	<p>Commonwealth Government Initiatives and publications. A few of the free publications: -</p> <ul style="list-style-type: none"> <li>• Mental Illness – The Facts</li> <li>• What is Bi-polar Mood Disorder?</li> <li>• What is Schizophrenia?</li> <li>• What is Depression?</li> <li>• What is Anxiety Disorders?</li> </ul>
<p><b>Emergency After Hours Respite Service – ANNECTO Support Services</b> 81 Cowper Street Footscray Vic. 3011. Tel: (03) 9687 7066 Free-call: 1800 727 280 Internet: www.annecto.com.au</p>	<p>This free after hours bridging service provides short-term personal care and in-home support to people with mental illness. Carers can access this service for emergency respite if they are unable to care for the person with mental illness at short notice.</p>
<p><b>E.R.M.H.A. (Eastern Region Mental Health Association)</b>  Head office: 67 Robinson Street Dandenong Tel: (03) 9706 7388 E-mail: admin@ermha.org <b>Casey &amp; Cardinia Services</b> 1st Floor 2 Beaconsfield-Emerald Road Beaconsfield, VIC. 3807 Phone: (03) 9796 1000</p>	<p>Funded by the Dept of Human Services providing services to Casey, Cardinia and Dandenong residents, including outreach support to people with psychiatric disabilities, carer support groups, recovery programs and social activities.</p>



**MENTAL & EMOTIONAL HEALTH - continued**

<p><b>GRIEFLINE</b> 476 Kooyong Road Caulfield Vic. 3162. Tel: (03) 9596 7799 Fax: (03) 9596 3576 Internet: <a href="http://www.bethlehem.org.au/griefline.shtml">www.bethlehem.org.au/griefline.shtml</a></p>	<p>12 noon to 3 am (15 hours – 7 days week) Provides bereavement support and counselling for people eight years and over who have been bereaved through any cause in the last three years. All services are free of charge.</p>
<p><b>GROW Victoria Mental Health (Grow Community Centre)</b> 707 Glenhuntly Road Caulfield South Vic. 3127. <b>Toll Free: 1800 558 268</b> Internet: <a href="http://www.grow.net.au">www.grow.net.au</a> Tel: (03) 9528 2977 E-mail <a href="mailto:vic@grow.net.au">vic@grow.net.au</a> <b>Groups frequently operating in Berwick, Cranbourne and Hallam.</b></p>	<p>Provides friendly help for those suffering from emotional distress, depression, loneliness, isolation and other effects of stress. Some publications available: -</p> <ul style="list-style-type: none"> <li>• Readings for Recovery</li> <li>• Don't Despair</li> <li>• The Program of Growth to Maturity.</li> </ul>
<p><b>Kooweerup Regional Health Service—Peer Support</b> Rossiter Road Koo Wee Rup Vic. 3981 Tel: (03) 9555 6666 Internet: <a href="http://www.kooweeruphospital.net.au">www.kooweeruphospital.net.au</a></p>	<p>The Peer Support program has a range of trained male and female volunteers who can provide individuals in the community a listening ear and assistance with issues they may have.</p>
<p><b>Lifeline – Melbourne</b> Wesley Central Mission Lonsdale Street Melbourne Vic. 3000. Tel: <b>13 11 14</b> – Melbourne Metro Area Tel: <b>1300 651 251</b> – Victorian Suicide Help-line. Internet: <a href="http://www.lifeline.org.au">www.lifeline.org.au</a></p>	<p>Crisis 24 Hour / 7 day telephone counselling and referral service for individuals and couples. Counselling is also available for people who are bereaved by suicide. Financial counselling is also available.</p>
<p><b>Mensline Australia</b> (A division of Crisis Support Services)  Tel: <b>1300 78 99 78</b> (cost of local call) Email: <a href="mailto:talkitover@menslineaus.org.au">talkitover@menslineaus.org.au</a> Internet: <a href="http://www.menslineaus.org.au">www.menslineaus.org.au</a></p>	<p>Telephone counselling for men in crisis or who feel they are not coping or need direction on personal and relational concerns. Call 24 hours per day – 7 days per week. For anonymous and confidential support and information.</p>
<p><b>Mental Illness Fellowship Victoria</b> 276 Heidelberg Road Fairfield Vic. 3078.  Tel: (03) 8486 4200 (<i>for information</i>) Helpline direct: (03) <b>8486 4222</b> (<i>Mon to Fri 9 am – 5 pm</i>).  Internet: <a href="http://www.mifellowship.org">www.mifellowship.org</a></p>	<p>A state-wide service offering a range of supports to people with a mental illness and their families. Services include help-line, carer support groups, educational programs. Several short-term respite options to carers, including a visitor service and home-based outreach, and a five day residential break to people with a mental illness.</p>
<p><b>Mental Health Advice Line</b>  Available 24 hours – 7 days per week  <b>Tel: 1300 280 737</b>  Internet: <a href="http://www.mhfa.org.au">www.mhfa.org.au</a></p>	<p>I think my daughter has an eating disorder, How can I get help? Something 's wrong with my friend's mental health, who can I call? I know that my anxiety is upsetting the kids, What can I do? Now there is one source for expert advice, information and referral on any mental health issue.</p>

## ***MENTAL & EMOTIONAL HEALTH - continued***

<p><b>Mental Health Foundation of Australia (Vic).</b> 270 Church Street Richmond Vic. 3121.</p> <p>Tel: (03) 9427 0407 Fax: (03) 9427 1294 E-Mail: <a href="mailto:admin@mhfa.org.au">admin@mhfa.org.au</a> Internet: <a href="http://www.mhfa.org.au">www.mhfa.org.au</a></p>	<p>A wide range of printed information available including: -</p> <ul style="list-style-type: none"> <li>• What is Mental Health</li> <li>• Depression – causes &amp; treatment</li> <li>• Anxiety Disorders – causes &amp; treatment</li> <li>• Borderline Personality Disorders</li> <li>• Negative Emotions – sadness, anger, jealousy and hate.</li> </ul>
<p><b>Outdoors Inc.</b> 231 Napier Street Fitzroy Vic. 3065. Internet: <a href="http://www.outdoorsinc.org.au">www.outdoorsinc.org.au</a> E-mail: <a href="mailto:indoors@outdoorsinc.org.au">indoors@outdoorsinc.org.au</a> Tel: (03) 9417 2111</p>	<p>This service provides a range of recreational activities, including camps for people with a mental illness, and in doing so, provides respite for carers and family members.</p>
<p><b>SANE Australia</b> P.O. Box 226 South Melbourne Vic. 3205. Tel: 1800 18 SANE – <b>1800 187 263 (Helpline)</b> Tel: (03) 9682 5933 Internet: <a href="http://www.sane.org">www.sane.org</a></p>	<p>SANE operates a national Freecall 1800 Helpline and Helpline Online providing information on mental illness, support and referral. SANE produces a wide range of user-friendly pamphlets and fact sheets, which can be sent out free of charge to Helpline callers or down-loaded from the web-site.</p>
<p><b>SOLACE Association Inc.</b>  Closest meeting: Greater Dandenong Community Health Centre Weekly on Fridays at 2.00 pm. Tel: (03) 9384 1722 Stan Haintz at Central Office: (03) 9590 9209</p>	<p>Support for those experiencing the loss of a partner. Are you are feeling lost and alone, as if half of you is missing ? Are you are wondering if life is worth living ? If so, Solace can help by offering support, ongoing love, acceptance, care and encouragement.</p>
<p><b>SUICIDE HELP-LINE (Victoria)</b> (A division of Crisis Support Services)  Office: (03) 8371 2800 Internet: <a href="http://www.suicidehelpline.org.au">www.suicidehelpline.org.au</a> Helpline: <b>1300 651 251</b></p>	<p>A confidential, 24 hour a day 7 days a week information, counselling, support and referral service for Victorians for whom suicide is an issue.</p>
<p><b>Victims of Crime Support (Southern Metro)</b>  'Windermere' 48 Webb Street Narre Warren Vic. 3805. Tel: 9705 3200 Help-line: <b>1300 659 419</b> Internet: <a href="http://www.justice.vic.gov.au/victimsofcrime">www.justice.vic.gov.au/victimsofcrime</a></p>	<p>Free outreach support, counselling and advice for victims and their families on overcoming the trauma, applying for compensation or financial assistance for victims.</p>



**MULTI-CULTURAL SUPPORT:**

<p><b>Aboriginal Housing Board of Victoria</b>          Narrandjeri House          125 – 127 Scotchmer Street          Fitzroy North Vic. 3068.          Tel: 9482 4585          E-mail: abhv@vicnet.au</p>	<p>Manages the Victorian Aboriginal rental Housing Program and provides low cost rental housing and housing support to eligible Aboriginal and Torres Strait Islander families whom reside in Victoria.</p>
<p><b>Multi-Cultural Mental Health Australia (MMHA)</b>           Tel: (02) 9840 3333.          Email: admin@mmha.org.au          Internet: www.mmha.org.au/</p>	<p>Aims to work in cooperation with other organisations to prevent suicide and enhance the mental health of refugees and migrants. They provide tip sheets in a variety of languages, promote initiatives and campaigns.</p>
<p><b>South East Region Migrant Resource Centre</b>          Level 1 / 314 Thomas Street          Dandenong Vic. 3175.          Tel: (03) 9706 8933 Fax: (03) 9706 8830          E-mail: sermrc@vicnet.net.au Internet: www.sermrc.org.au          Narre Warren office: 60 Webb Street          Tel: (03) 9705 6966          Fax: (03) 9705 6977</p>	<div data-bbox="743 846 863 943" style="border: 1px solid black; padding: 5px; display: inline-block; text-align: center;"> <p>CC</p> </div> <p>Provides information and assistance to refugees and migrants. Immigration advice, housing, advocacy, education and employment services as well as health information and assistance.</p>
<p><b>Sudanese Family Mediation Program</b>          The Migrant Information Centre (Eastern Melbourne) (MIC)          Enquires &amp; referrals: Jessica Bishop          Tel: (03) 9285 4888 Internet: www.miceastmelb.com.au</p>	<p>A Sudanese specific family mediation program, to assist families experiencing family conflict or family violence using trained Sudanese mediators who are mentored by MIC counsellors.</p>
<p><b>Victorian Foundation for Survivors of Torture &amp; Trauma</b>          Level 5 / 280 Thomas Street          Dandenong Vic. 3175.          Tel: 8791 2450          Internet: www.foundationhouse.org.au</p>	<p>Provides services to people who have experienced torture or trauma in their country of origin. Counselling and medical assistance available.</p>
<p><b>Victoria Legal Aid (Multilingual Services)</b>          350 Queen Street          Melbourne Vic. 3000. Tel: (03) 9269 0234.</p> <p><b>Italian:</b> Monday, Tuesday. 9 am – 4.45 pm (03) 9269 0202  <b>Vietnamese:</b> Mon, Tues, Thur. 9 am – 4.45 pm (03) 9269 0391  <b>Cantonese:</b> Tues, Wed, Fri. 9 am – 4.45 pm (03) 9269 0161  <b>Mandarin:</b> Wed. –Friday 9 am – 4.45 pm (03) 9269 0212  <b>Turkish:</b> Monday, Tuesday. 9 am – 4.45 pm (03) 9269 0386  <b>Arabic:</b> Mon, Tues, Wed, Fri. 9 am – 4.45 pm (03) 9269 0127  <b>Greek:</b> Wednesday, Friday. 9 am – 4.45 pm (03) 9269 0167  <b>Spanish:</b> Thursday, Friday. 9 am – 4.45 pm (03) 9269 0384  <b>Polish:</b> Monday – Friday. 9 am – 4.45 pm (03) 9269 0228  <b>Serbian:</b> Monday – Friday. 9 am – 4.45 pm (03) 9269 0228  <b>Croatian:</b> Monday – Friday. 9 am – 4.45 pm (03) 9269 0164  <b>Ukrainian:</b> Monday – Friday. 9 am – 4.45 pm (03) 9269 0390</p>	<p>Providing a wide range of services. The cost of Legal Aid is dependant on the individual's income and type and merit of a specific case.</p>



## PARENTING SUPPORT:

<p><b>Australian Camp Connect Association Inc.</b></p> <p>Tel: (03) 9779 6909 or (03) 9754 2587                  Internet: <a href="http://www.campconnect.org.au">www.campconnect.org.au</a>                  E-mail: <a href="mailto:info@campconnect.org.au">info@campconnect.org.au</a></p>	<p>Ensuring contact time is quality time. Resources for dads. Workshops and camps for separated men and children. Wide range of links on web-site.</p>
<p><b>Connections - Child, Youth &amp; Family Services</b></p> <p>184 Sladen Street Cranbourne Ph. 5990 8400                  55 Webb Street Narre Warren Ph. 9704 8377                  4 Stephenson Street Pakenham Ph. 5940 3642                  Internet: <a href="http://www.connections.org.au">www.connections.org.au</a></p>	<p>A wide range of support services for parents, children and young people.</p>
<p><b>Family Support Counselling                  City of Greater Dandenong</b></p> <p>39 Clow Street Dandenong Vic. 3175                  Tel: (03) 9239 5100                  Internet: <a href="http://www.greaterdandenong.com">www.greaterdandenong.com</a></p>	<p>A wide range of counselling, in-home support workers, group programs and referral services are available.  <b>For residents of Greater Dandenong only.</b></p>
<p><b>Family Mediation Centre                  'Back On Track' course.</b></p> <p>1st. floor / 48 Webb Street                  Narre Warren Vic. 3805                  Tel: (03) 9705 6277                  Freecall: <b>1800 639 523</b>                  E-mail: <a href="mailto:narrewrn@mediation.com.au">narrewrn@mediation.com.au</a>                  Internet: <a href="http://www.mediation.com.au">www.mediation.com.au</a></p>	<p>'Back On Track' - is an eight week parenting after separation course for men and women. A wide range of issues are covered such as dealing with your ex-spouse, conflict resolution, parallel parenting and re-parenting.</p>
<p><b>'Antenatal Sessions'</b>                  With John Maddick or Rob Koch.</p> <ul style="list-style-type: none"> <li>• Teenage Parents program at Dandenong Hospital</li> <li>• Cambodian &amp; Vietnamese at Springvale Community Health</li> </ul> <p>Enquiries: John Maddick – 0420 305 841 or                  Rob Koch – 0432 439 943</p>	<p>We assist mid-wives in existing antenatal classes by facilitating one or two sessions with expectant fathers to help them to prepare them for the birth of their child and the vital role they have in the first year of parenthood.</p>
<p><b>'Early Parenting Sessions'</b>                  With John Maddick or Rob Koch and peer educators.                  Wednesdays 7.30pm – 9.30pm at                  QEC 53 Thomas Street, Noble Park                  Available to local fathers of infants &amp; toddlers. Please call first.                  Enquiries: John Maddick – 0420 305 841 or                  Rob Koch – 0432 439 943</p>	<p>We facilitate a weekly 'DADS SESSION' at the Queen Elizabeth Centre in Noble Park to help men informally unravel some of the complexities they face as a parent or partner, and identify some personal strategies that might improve family life.</p>
<p><b>Counselling &amp; Support</b>                  Family Services Centre                  Joffre Street, Noble Park                  Enquiries: Andrew Chisholm 9767 0813</p>	<p>Andrew Chisholm can help fathers explore issues impacting parenting. Support can be wherever the dad feels comfortable. Call to discuss or refer to this free service.</p>

**PARENTING SUPPORT - continued**

<p><b>Kids Help-line.</b> Administration Victoria Suite 3 / 875 Glenhuntly Road Caulfield South Vic. 3162. Tel: (03) 9532 4344 Free-call: <b>1800 551 800</b> Internet: www.kidshelp.com.au</p>	<p>Provides free, anonymous and confidential telephone counselling for children from 5 to 18 years.  A National 24 Hour phone counselling service.</p>
<p><b>Kooweerup Regional Health Service Early Parenting Unit</b></p> <p>Rossiter Road Kooweerup Vic. 3981. Tel: (03) 9555 6666 Internet: www.kooweeruphospital.net.au</p>	<p style="text-align: center;">CC</p> <p>A free public hospital facility that provides a Day Stay Program which can assist parents of babies aged between birth and twelve months to adjust to some of the common challenges of being a parent, developing parent skills and increasing confidence; reducing stress and anxiety; developing sensitivity to a baby's cues/signals.</p>
<p><b>Maternal &amp; Child Health Service</b></p> <p>Helpline <b>13 22 29</b> 24hours</p> <p>City of Casey Tel: (03) 9705 5590</p> <p>Shire of Cardinia Tel: (03) 5945 4250</p>	<p style="text-align: center;">CC</p> <p>This free service offers support, information and advice regarding parenting, child health and development, child behaviour, maternal health and well-being, child safety, immunisation, breastfeeding, nutrition and family planning. Parents can also join groups that provide health information, and an opportunity to meet other parents.</p>
<p><b>O'Connell Family Centre FatherZone program</b> Mercy Health 6 Mont Albert Rd Canterbury Vic. 3126 Tel: (03) 8416 7600 Internet: www.mercyhealth.com.au</p>	<p>A one day parenting program designed specifically for fathers of children 0-4. It aims to assist fathers to develop skills and confidence in caring for their children from an early age. Day stay and residential opportunities may be available. Call to discuss your options.</p>
<p><b>Parent Line</b></p> <p>Tel: <b>13 22 89</b> Parenting advice line 8am to 12pm. Mon – Fri. 10am to 10pm Weekends.</p>	<p>Confidential 7 day week professional help-line for parents finding it difficult to cope with children from birth to 18 years.</p>
<p><b>Parentlink - Support for Single Parent families</b></p> <p>YMCA Family Services 8 Warner Ave Ashburton Vic. 3147 Tel: (03) 9885 0333 Email: parentlink.ymca.org.au Internet: www.victoria.ymca.org.au/parentlink</p>	<p>Parentlink provides single parent families with an opportunity to participate in a variety of family-friendly activities, outings, camps, weekend getaways. Also provides a <b>Homeshare Service</b> - to find another single parent family to share a home with so your expenses are reduced. Great way to experience mutual support.</p>

**PARENTING SUPPORT - continued**

<p><b>Parents Victoria Inc.</b>                  Brunswick South Primary School                  56 Brunswick Road                  Brunswick Vic. 3056.                  Tel: (03) 9380 2158 or (Free-call) 1800 032 023                  Fax: (03) 9380 2139                  E-mail: parents@vicnet.net.au                  Internet: www.parentsvictoria.asn.au</p>		<p>A state-wide democratic organisation representing parents and students in Victorian Government schools. Providing advice, support and information and advocacy.</p>
<p><b>Parentzone (Anglicare)</b>                  Southern Region Head Office                  398 Nepean Hwy Frankston Vic. 3199.                  Tel: (03) 9781 6777  <b>Casey &amp; Cardinia</b>                  38 Bakewell Street, Cranbourne Vic. 3977                  Tel: (03) 5991 2200</p>	<div style="border: 1px solid black; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center; margin: 0 auto;">CC</div>	<p>Various programs and course focussing on parenting information and education fathers and mothers at all stages of parenthood.</p>
<p><b>Queen Elizabeth Centre (QEC)</b>                   53 Thomas Rd                  Noble Park                  Victoria 3174                  Tel: (03) 9549 2777                  E-mail: theqec@qec.org.au                  Internet: www.qec.org.au</p>	<div style="border: 1px solid black; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center; margin: 0 auto;">CC</div>	<p>The QEC provides practical support, education and advice to help parents develop skills to confidently manage the challenges of early parenthood; sleep &amp; settling, breast feeding; a toddler refusing to eat; behaviour difficulties, how parents may feel about themselves or others; the possible development of postnatal depression or concerns about how to properly care for a child. As a public hospital, services are free.</p>
<p><b>Raising Children Network</b>   <b>www.raisingchildren.net.au</b></p>		<p>A comprehensive and interactive web-site and DVD focussing on parenting children in 0-5 age group. 'Australia's definitive parenting resource, supported by the Australian Government.'</p>
<p><b>South East Family Services</b>                   Regional Intake: (03) 9705 3939</p>	<div style="border: 1px solid black; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center; margin: 0 auto;">CC</div>	<p>For families in Casey, Cardinia or Greater Dandenong requiring free in-home support and coaching or low-cost group programs to achieve their goals.</p>
<p><b>Stepfamily Association of Victoria Inc (SAVI)</b>                   195 Drummond Street                  Carlton Vic. 3053.                  Tel: (03) 9663 6733 - Helpline                  Email: info@stepfamily.org.au                  Internet: www.stepfamily.org.au</p>		<p>Offers support, education, resources and counselling to step-families or individuals within the step-family or those contemplating moving into that situation.</p>

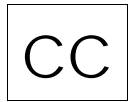
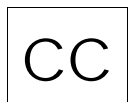
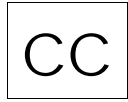
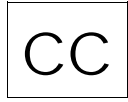

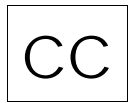
**PARENTING SUPPORT - continued**

<p><b>Wesley Youth Services</b> Staying Together Program 63 Robinson St Dandenong Vic. 3175. Tel: (03) 9794 7522 Internet: www.wesley.org.au</p>	<p>A family preservation program where a counsellor will meet separately or together with a parent and their teenage child who is at risk of leaving home. Usually 6-8 sessions conducted either in the home or Dandenong office.</p>
<p><b>Windermere Child and Family Services</b></p> <p>Head Office: 48 Webb Street Narre Warren Vic. 3805. Tel: (03) 9705 3200</p> <p>E-mail: windermerecfs@netlink.com.au Internet: www.windermerecfs.com.au</p>	<p>CC</p> <p>Provide a wide range of family support services to Casey, Cardinia and Greater Dandenong ranging from information, counselling, parenting and in-home support, support for victims of crime, and support for families with dependants with a disability aged 0 - 64. Parenting courses such as 'Join Together' for sole parents, and 'STEPS' for step families, and '123 Magic' are run regularly.</p>
<p><b>'Whose Break?'</b> (Pool night for Dads) Third Monday each month 7 pm. Pool / Snooker / Darts At Dandenong Workers Social Club 48 Wedge Street, Dandenong (off McCrae Street)</p> <p>Enquiries: John Maddick – 0420 305 841 or Rob Koch – 0432 439 943 <b>Cost: FREE</b></p>	<p>'It's all kinds of dads trouble-shooting family life while having trouble shooting pool.' A relaxed time and space just for fathers – all kinds of cultures. We talk about what matters most – our families. A chance to connect with other dads.</p>





**PERSONAL DEVELOPMENT COURSES FOR MEN:**

<p><b>'Life Skills' Course</b> Positive Lifestyle Centre Dandenong 9794 9533</p>	<p>Covers a variety of topics including; Self Awareness, Depression, Loneliness Grief and Loss, Problem Solving, Goal Setting and Relationships.</p>
<p><b>'Man Talk'</b> Winepress Berwick 9796 1006</p>	<p>Practical skills and encouragement to make marriage healthy and fulfilling.</p>
<p><b>'Man to Man'</b> Careforce Life Keys Australia 9736 2273 Internet: www.careforcecs.org</p>	<p>Handling emotions, dealing with conflict, finding real intimacy, overcoming addictive behaviour.</p>
<p><b>'New Beginnings'</b> Careforce Life Keys Australia 9736 2273</p>	<p>Addresses issues common to everyone dealing with chemical dependency while providing encouragement and support.</p>
<p><b>'Search for Life'</b> Careforce Life Keys Australia 9736 2273</p>	<p>Finding meaning, acceptance, belonging and significance in the midst of life's basic struggles.</p>
<p><b>'Valiant Man'</b> Careforce Life Keys Australia 9736 2273</p>	<p>Developing or maintaining a healthy sexuality.</p>




## RELATIONSHIP and PERSONAL COUNSELLING:

<p><b>Andrews Centre, The</b> 2 – 6 Hanna Drive Endeavour Hills Vic. 3802 Tel: (03) 9700 4944 Internet: www.andrewscentre.org.au</p>		<p>Professional psychologists and counsellors. Affordable counselling for a range of issues including relationships, anxiety, stress, depression and anger-management.</p>
<p><b>Berwick Counselling &amp; Psychology</b> 161 High Street Berwick Vic. 3806. Tel: (03) 9796 1396 E-mail: enquiries@berwickcounselling.com.au Internet: www.berwickcounselling.com.au</p>		<p>Offers a wide range of psychological services provided by a range of independent consulting psychologists who can assist with a variety of issues; personality, learning, behaviour, vocation, conflict, sexuality, relationships etc.</p>
<p><b>Cardinia Family Counselling Service - Connections</b>  Based at Cardinia-Casey Community Health Princess Hwy Pakenham Intake Tel: (03) 8768 5147</p>		<p>This service subsidised by the Department of Human Services provides counselling for individuals and families living in the Shire of Cardinia.</p>
<p><b>Centacare Catholic Family Services</b>  96 Cleeland Street Dandenong Vic. 3175. Tel: 9793 2200 Tel: 1300 138 070</p>		<p>An Australia-wide service for separating couples, families and individuals. Primary dispute resolution, marriage and relationship education.</p>
<p><b>Community Information and Support Services Casey North</b> Suite S1006 Overland Drive, Office Centre Fountain Gate (Office Centre) Tel: (03) 9705 6699 (<i>Business Hours</i>) Internet: www.caseynorthciss.com.au <b>Cranbourne</b> 156A Sladen Street (next to Integrated Care Centre) Tel: (03) 5996 3333 (<i>Business Hours</i>)</p>		<p>Provides free personal counselling and referral services, as well as practical crisis support, negotiation and advocacy services.</p>
<p><b>Cranbourne Salvation Army</b> Social Worker  1 New Holland Drive (Cnr Narre-Cranbourne Rd) Cranbourne Tel: (03) 5991 1777</p>		<p>Confidential, free counselling for residents in and around Cranbourne.</p>
<p><b>Doveton Baptist Church</b>  127 Kiddy Road Doveton Vic. 3177 Tel: 9706 9081 or 9706 9426</p>		<p>Subsidised professional counselling every second Wednesday for residents in or around Doveton.</p>
<p><b>Drummond Street Relationship Centre Inc.</b> 195 Drummond Street Carlton Vic. 3053. Tel: (03) 9663 6733 Internet: www.dsrc.org.au</p>		<p>Confidential, affordable counselling on marriage and relationship issues. Same sex and cross cultural counselling. Also African men and family migration and community support programs.</p>


**RELATIONSHIP and PERSONAL COUNSELLING - continued:**

<p><b>Family Mediation Centre</b>                  Level 1 / 48 Webb Street                  Narre Warren Vic. 3805.                  Tel: (03) 9705 6277 or Free-call: 1800 639 523                  Internet: www.mediation.com.au</p>		<p>'Men and Family Relationship' and Family and adolescent programs and support services.                   Telephone Interpreter Service: 131 450</p>
<p><b>Family Relationship Centre - Berwick</b>                  38 Clyde Road Berwick Vic. 3806.                  Tel: (03) 8768 4111                  E-mail: enquires@berwickfrc.org.au</p> <p>Open during business hours, and late on Wednesday &amp; Thursday. Services residents of Casey, Cardinia &amp; Greater Dandenong.</p> <p>Family Relationships ONLINE:                  www.familyrelationships.gov.au                  Advice Line: <b>1800 050 321</b> (FREECALL)</p>		<p>One of 64 new centres across Australia initiated by the Federal Government as a first port of call when families are facing possible or existing separation. Staff help families strengthen relationships and deal with relationship difficulties. Where families separate, the centre provides information, advice and dispute resolution (such as mediation) to help them reach agreement on parenting arrangements without going to court.</p>
<p><b>Living Springs Counselling Centre</b></p> <p>Berwick Regional Church of Christ                  432 – 446 Centre Road                  Berwick Vic. 3806.                  Tel: (03) 9702 6687                  E-mail info@berwickchurchofchrist.org.au                  http://www.berwickchurchofchrist.org.au/livingsprings_home.html</p>		<p>Caring, helpful assistance for people attempting to cope with all types of life issues, including sexual.                  Affordable counselling on all issues.</p>
<p><b>Mensline Australia</b></p> <p>Tel: <b>1300 789 978</b> (Free-call)                  Email: talkitover@menslineaus.org.au                  Internet: www.menslineaus.org.au</p>		<p>National telephone counselling service for men, and is 24 hours per day – 7 days per week. Telephone counselling for men with family and relationship concerns.</p>
<p><b>Men's Referral Service, The</b></p> <p>Tel: (03) 9428 2899 (Melbourne Metropolitan)                  Tel: <b>1800 065 973</b> (Free-call Regional Victoria)                  Internet: www.mrs.org.au</p>		<p><b>A service by men for men</b> concerned about their anger or violence towards their partner or family.                  12 midday to 9 pm Mon – Fri. Your call will be anonymous and confidential.</p>
<p><b>Rachelle Mortensen – 'Happy Me'</b>                  Social Worker                  23 Narre Warren Cranbourne Road                  Mobile: 0433 225 770                  E-mail: supervision4me@optusnet.com.au</p>		<p>General counselling service for parenting issues, goal setting, personal development, stress management, anxiety and depression, and other similar issues.</p>

**RELATIONSHIP and PERSONAL COUNSELLING - continued:**

<p><b>Relationships Australia (Vic.) Inc.</b>                  199 High Street                  Cranbourne Vic. 3977.                  Tel: (03) 5990 1900 or Free-call 1300 364 277                  Internet: www.relationshipsvictoria.com.au</p>		<p>Established in 1948 this marriage guidance and relationship counselling service assists separating families and individuals in relationship matters. <b>'Time for Change' courses and special group programs run for men only.</b></p>
<p><b>South-East Centre Against Sexual Assault (SECASA)</b>                  In association with the Children's Protection Society Inc.</p> <p>VISY Cares Centre                  39A Clow Street                  Dandenong Vic. 3175.                  Tel: (03) 9793 2155                  Internet: www.secasa.com.au</p>		<p>Counselling for young people aged 10 to 17 who have engaged in sexually abusive behaviours that have been reported to Victorian Police. The safety of victims must have been secured first. Individual, group and family counselling available.</p>
<p><b>Turning Point Counselling Centre</b>                  A division of Cranbourne Christian Fellowship Centre</p> <p>1785 South Gippsland Hwy                  Cranbourne Vic. 3977.                  Tel: (03) 5996 3048                  E-mail: church@turningpoint.asn.au                  Internet: www.ccfcentre.org.au</p>		<p>Qualified counsellors provide caring, helpful assistance for any person irrespective of cultural or religious affiliation who are facing all types of life issues and relationship difficulties. Affordable.</p>
<p><b>VITA Psychology &amp; Educational Services Consultancy</b>                  34 Clyde Rd                  Berwick Vic 3806</p> <p><b>Tel: (03) 9707 3499</b>                  Open 10.00 am-6.00 pm Mon-Fri.</p>		<p>Psychological services offered; child, adolescent, adult counselling and assessment, intellectual, emotional and vocational assessments, anxiety/ depression/stress management, trauma, phobias, addictions, social skills and assertiveness training workshops.</p> <p>Off-site visits and car parking. Medical fund rebates.</p>

**RESPITE SERVICES:**


<p><b>Carers Australia</b> State and Territory Carers Association: <b>Free-call: 1800 242 636</b> <b>www.carersaustralia.com.au</b></p>	<p>For information and support for carers including counselling, advice, advocacy, education and training.</p>
<p><b>Carer Respite Centres (Commonwealth)</b> <b>Tel: 1800 059 059 (Free-call) 24 hours / 7 days</b> Southern Region: 9276 6400 Internet: <a href="http://www.carersouth.org.au">www.carersouth.org.au</a> <b>Multilingual Services are available – 131 450</b></p>	<p>Services to the southern metropolitan region of Melbourne including Dandenong, Casey &amp; Cardinia. Helping carers by providing information and assistance about accessing available respite services and support. A wide range of printed material available on request.</p>
<p><b>Carers Victoria</b> Level 1—37 Albert Road Footscray Vic. 3011 Tel: (03) 9396 9555 Tel: <b>1800 242 636 (Free-call)</b> <a href="http://www.carersvic.org.au">www.carersvic.org.au</a></p>	<p>Providing a single point of contact for carers seeking information and advice about the range of services and support available. Working with other organisations &amp; agencies on carer issues.</p>
<p><b>Kooweerup Regional Health Service</b> Rossiter Road Koo Wee Rup Vic. 3981. Tel: (03) 9555 6666 Internet: <a href="http://www.kooweeruphospital.net.au">www.kooweeruphospital.net.au</a></p>	<p>The service allows the carer of a person with a disability, dementia, difficult behaviours or palliative care to have a much needed break.</p>
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**SEPARATION SUPPORT SERVICES** (see also Relationship Counselling, Legal Advice)

<p><b>Australian Camp Connect Association Inc.</b>                  Tel: (03) 9754 2587 and 9779 6909                  E-mail: info@campconnect.org.au                  Internet: www.campconnect.org.au</p>	<p>Ensuring contact time is quality time.                  Resources for dads. Workshops and camps for separated men and children.                  Wide range of links on web-site.</p>
<p><b>Dads in Distress Inc.</b></p> <p>Toll free: <b>1300 853 437</b>                  Internet: www.dadsindistress.asn.au</p> <p>Local groups meeting weekly at <b>Narre Warren</b> and Frankston</p>	<p style="text-align: center;">CC</p> <p>Aims to provide a safe forum for men going through the trauma of divorce, separation or relationship breakdown to express their grief, without denigrating women. Promotes self-awareness of men and guidance towards a positive outlook to the future.</p>
<p><b>Family Mediation Centre</b>  <b>‘Back On Track’</b> course.                  1st. floor / 48 Webb Street                  Narre Warren Vic. 3805.                  Tel: 9705 6277                  Freecall: 1800 639 523                  E-mail: narrewrn@mediation.com.au                  Internet: www.mediation.com.au</p>	<p style="text-align: center;">CC</p> <p>‘Back On Track’ - is an eight week parenting after separation course for men and women. A wide range of issues are covered such as Dealing with your ex-spouse, conflict resolution, parallel parenting and re-parenting.</p>
<p><b>Family Relationship Centre - Berwick</b></p> <p>38 Clyde Road Berwick Vic. 3806                  Tel: (03) 8768 4111                  E-mail: enquires@berwickfrc.org.au</p> <p>Open during business hours, and late on Wednesday &amp; Thursday. Services residents of Casey, Cardinia &amp; Greater Dandenong.</p> <p>Family Relationships ONLINE                  : www.familyrelationships.gov.au</p> <p>Advice Line: <b>1800 050 321</b> (FREECALL)</p>	<p style="text-align: center;">CC</p> <p>One of 64 new centres across Australia initiated by the Federal Government as a first port of call when families are facing possible or existing separation. Staff help families strengthen relationships and deal with relationship difficulties. Where families separate, the centre provides information, advice and dispute resolution (such as mediation) to help them reach agreement on parenting arrangements without going to court.</p>
<p><b>Gordoncare for Children</b></p> <p>1125 Nepean Hwy Highett (Head Office)                  Tel: (03) 9555 1439</p> <p>7 Austin Avenue, Narre Warren                  Tel: (03) 9704 1520</p> <p>Services Central, 6B Henry Street, Pakenham                  Tel: Highett (03) 9555 1439</p> <p>Internet: www.gordoncare.org</p>	<p style="text-align: center;">CC</p> <p>Family and child counselling.                  Group programs and ‘talk it over’ sessions for parents and children to reduce conflict and assist better outcomes for all parties where possible.                  Contact centres for supervised contact and handovers.</p>

## VETERANS & SENIOR SERVICES:

<p><b>Veterans Affairs, Department of</b>                  300 Latrobe Street                  Melbourne Vic. 3000.                  (PO Box 87 A, Melbourne 3001.)                  General Enquiries: (03) 9818 0388 or 133254                  Outside Melbourne Metro: <b>1800 555 254</b>                  Veterans Family Counselling Service: <b>1800 011 046 Free-call</b>                  Internet: <a href="http://www.dva.gov.au">www.dva.gov.au</a></p>	<p>A wide range of services and assistance for all Australian returned service men of all conflicts and peacekeeping operations. The Department of Veteran Affairs also runs the Vietnam Veterans Counselling Service.</p>
<p><b>Vietnam Veterans Counselling Service</b>                  (A Division of Veterans Affairs).                  Level 4 / 440 Elizabeth Street                  Melbourne Vic. 3000.                  Tel: (03) 8640 8700  <b>Free-call: 1800 011 046</b> (<i>after hours crisis counselling</i>)</p>	<p>Specialised, free, confidential counselling and assistance nation wide for Australian veterans of all conflicts and peacekeeping/peace-making operations. Partners &amp; dependant children of veterans with issues arising from the veteran's operational deployment are also eligible. DVA entitlement is not required to access services. Any questions about eligibility to access VVCS services, please contact your nearest office.</p>
<p><b>Vietnam Veterans Association (Vic. Branch)</b>                  4 Collins Street                  Melbourne Vic. 3000.                  Tel: (03) 9655 5588</p>	<p>A division of Veteran Affairs, representing veterans of all conflicts and peacekeeping/peace-making operations.</p>
<p><b>OM:NI Men's Discussion Groups</b>                  (Older Men: <i>New Ideas</i>)</p> <div style="text-align: center;">  </div> <p>Groups at <b>Casey-Narre Warren, Cranbourne, East Cranbourne, Brentwood Park and Beaconsfield</b></p> <p>Associated with COTA (Council of the Ageing) and City of Casey's <i>Ageing Positively in Casey</i> initiative.                  Tel: John Douth 0431 844 833 / Colin Smith: 0401 555 962                  or Spencer Wanklyn: 0407 307 889                  or check out the web-site for further details:-  <b>Internet: <a href="http://www.cotavic.org.au">www.cotavic.org.au</a></b></p>	<p>OM:NI's mission across Australia is to enhance the health, wellbeing and lifestyle of men over 50.</p> <p>Empowering older men to take greater control of their lives.</p> <p>'They are friendly and welcoming groups that provide opportunities to meet, talk and laugh with other men your age'.</p>
<p><b>Contact your local council to obtain a specialised directory of services for seniors.</b></p> <p><b>City of Casey: (03) 9705 5200</b></p> <p><b>Cardinia Shire Council: 1300 787 624</b></p> <p><b>Greater Dandenong Community Health: (03) 8792 2200</b></p>	

# LIVE LONG LIVE WELL

## Top Ten Tips to Help **YOU** Live Long and Live Well

### You won't go wrong if you...

- \* **EAT RIGHT** – a balanced diet gives you the fuel to live each day to its potential, and to get the best mileage out of your body over the distance. Feel great again.
- \* **TRIM DOWN** – maintaining a healthy weight lowers your risk of heart disease, stroke and diabetes, plus it improves your self-image and ability to do things you enjoy for a lot longer.
- \* **CLEAN UP**– the body is a complex organism that thrives on fresh air and clean water...lots of it. Avoid contaminating it with rubbish, cigarettes and excessive alcohol.
- \* **MOVE MORE** – build exercise into each day to keep the power plant strong, muscles firm and body flexible. Nothing will keep you moving longer than moving more now.
- \* **STRESS LESS** – ignore this and it could kill you. Talk about stuff rather than bottling it up. Clear your head through meditation or music. Laugh out loud. Get a hobby. Rest up.
- \* **SLEEP LONGER** – getting a good night sleep is not just an ideal –it's a necessity. Our body and mind repairs itself then so you're ready to take on the world again. Don't fight it!
- \* **WORK SHORTER** – some work to live, others live to work; aim to work and live. Enjoy it for the more important things in life.
- \* **LOOK OUT** – find a cause greater than yourself, or just look for a way to make someone's day. An outward focus gives you perspective and makes life so much more meaningful.
- \* **BOOK IN** – a routine medical check-up, perhaps on your birthday, might just ensure you have many more of them. It's a no brainer. Your body needs a service as often as your car.
- \* **LIVE NOW** – make a choice every day to make the most of whatever the day offers. To improve your tomorrows work on developing the above habits today – even just one or two!