

December 2021-January 2022

# The JNC Holiday Season Crisis Directory

### **JNC Community Hubs**

**Maroubra:** Shop 2, 669-673 Anzac Parade (near Lionel Bowen Library) Maroubra NSW 2035 **Bondi Junction**: 59 Newland St, Bondi Junction (next to Clementson Park) NSW 2022

### **Contact JNC**

P: 9349 8200 W: www.jnc.org.au E: contact@jnc.org.au

If you have any updates or know of any other services we could include in this directory, please contact us.

#### The information in this directory was correct as of 14 December 2021

This directory has been created to provide information for residents of the Randwick and Waverley Local Government Areas.

### Contents

Emergency Assistance & Food	2
Emergency Accommodation	7
Financial Counselling, Legal Advice & Low Interest Loans	8
Emergency Telephone Support	10
Mental Health Support	12
Free Christmas Meals	14

# **Emergency Assistance & Food**

Organisation	Type of Assistance	Hours
Anglicare Emergency Relief	Emergency Relief	9am-4pm
1 Sloane St, Summer Hill	Food Parcels	·
,	Water	Food parcels will still be
Ph: 8624 8600	Telstra bills	delivered over the
	Casework and advocacy for	Christmas period, but they
NO FACE-TO-FACE	financial assistance	must be ordered before the
ASSISTANCE	interior assistance	24 <sup>th</sup> of December.
ASSISTANCE VIA PHONE		
ONLY		Closed 24 December 2021
		Reopen 10 January 2022
Bayside Women's Shelter	Crisis Accommodation for women	Open over the Christmas
	and children experiencing	period
Ph: 9341 7725	homelessness and/or domestic and	
E:	family violence.	
info@baysidewomensshelter.	,	
org		
baysidewomensshelter.org		
COA Sydney	<ul> <li>Kosher Meals on Wheels –</li> </ul>	Meals delivered Monday,
	Everyone who needs Kosher	Wednesday, and Friday with
Ph: 9389 0035	meals is accommodated,	delivery on public holidays
	regardless of circumstances.	
https://www.coasydney.org/	Meals are provided for frail older	Office and social work
	people, younger people with	services closed on public
	disability, people experiencing	holidays (27 <sup>th</sup> & 28 <sup>th</sup> of Dec
	injury or illness, on return from	and 1 <sup>st</sup> of Jan).
	hospital, during recovery, and on	
	compassionate grounds.	
Exodus Foundation	Free breakfast and lunch at	Office Hours:
180 Liverpool Rd,	Loaves & Fishes restaurant.	Monday to Friday
Ashfield	Mobile vans give out hot dinners	8am-5pm
	in various locations.	Open Christmas Day
Ph: 8752 4600	- Yurong Parkway, Woolloomooloo	10am – 2pm
	<ul><li>– every night except New Year's</li></ul>	
	Eve.	Daily Meals:
	- 4 Kettle Street, Redfern (5pm –	Breakfast: 9am-9:45am
	6pm Friday)	Lunch: 11:30am-12:45pm
	Healthcare (no Medicare	Dinner: 7:30pm-9:00pm
	required). Call <b>8752 4602</b> to	(Woolloomooloo only).
	make an appointment.	
	○ Mon – Fri: 8am – 4pm	25 December
	o Sat – Sun: 8am – 3pm	Christmas Day Takeaway
		Lunch: 10:45am – 2:30pm

Organisation	Type of Assistance	Hours
Kooloora Community Centre 167 Bilga Cres, Malabar Ph: 9661 9160	<ul> <li>Assistance with essential bills         (e.g., electricity, gas) Tuesdays         only 9am-12pm</li></ul>	Office Hours: Monday to Friday 9am-4pm  Closed 24 December 2021 Reopens 10 January 2022
Matthew Talbot Hostel 22 Talbot Lane, Woolloomooloo Ph: 9358 8102	Men 21 years+ only  Free Meals  Health Clinic  Case Management  Counselling  Clothing assistance  Christmas Lunch 25 <sup>th</sup> December  At 12:30pm and bookings are not essential.	Free Meals 7 days  Open on public holidays  Breakfast: 7:15am  Lunch: 12:30pm  Take away dinner from 4:30pm  Clothing:  Mon & Fri.
Mission Australia 31 Roslyn Street, Kings Cross Ph: 9357 1144  For residents of: Banksmeadow, Botany, Mascot, Eastlakes, Hillsdale, Daceyville, and Pagewood.	<ul> <li>Emergency Relief Program:</li> <li>Coles &amp; Woolworths vouchers (amount dependent on how many people in household).</li> <li>Food hampers also available.</li> <li>Phone assessment required to receive information about program.</li> <li>Need to be receiving a Centrelink benefit.</li> </ul>	Office Hours: Monday to Friday: 9am – 5pm  Closed 24 <sup>th</sup> December 2021 Reopens 4 <sup>th</sup> January 2022
Missionbeat Free Call: 1800 306 461	Emergency transport service for Sydney's homeless community.  • 1 person in van only or more if related/relationship.  Material support for homeless community also available to be dropped off i.e., bedding, essential clothing, basic food provision.	Monday to Friday 8am-9pm Weekends 6pm-9pm  Please contact for holiday opening hours.
One Meal	Free Meals:  - Green Park, 301 Victoria Street, Darlinghurst - Ward Park, Belvoir St, Surry Hills, NSW 2010 No meals will be available on Christmas Day and New Year's Day	Darlinghurst: Saturdays: 6:30pm –7:15pm First Sunday of the month: 6:00 – 7:15pm. Surry Hills: Saturdays: 7:40pm – 8:30pm.

Organisation	Type of Assistance	Hours
Our Community Pantry 18 Brisbane Street, Chifley	<ul><li>Free food &amp; grocery items.</li><li>Take what you need and give what you can.</li></ul>	
Ourcommunitypantry chifley@gmail.com		
OzHarvest Market 95 Wellington Street,	Free food & grocery items	Tuesday to Saturday from 10am to 2pm.
Waterloo Ph: 1800 108 006	Christmas hampers available 18-21 December at Waterloo.	Closed 24 <sup>th</sup> – 29 <sup>th</sup> December 2021 & 1 <sup>st</sup> – 3 <sup>rd</sup> January 2022
Red Cross Australia Level 3, 464 Kent St,	<ul> <li>Emergency relief and case work</li> <li>Can assist individuals on temporary visa who have no</li> </ul>	Office Hours: Monday to Friday 9am – 5pm
Ph: 9229 4111  E: contact@redcross.org.au	<ul> <li>means to support themselves</li> <li>Disseminating daily community health and hygiene information</li> </ul>	Closed 23 December 2021 Reopens 4 January 2022
NO FACE-TO-FACE ASSISTANCE ASSISTANCE VIA PHONE ONLY	to refugee and asylum seeker communities in 18 different languages.	
St Vincent de Paul Intake Line Ph: 9560 2656	<ul> <li>Welfare Assistance</li> <li>Food, furniture, clothing</li> <li>Financial Assistance</li> <li>Emergency Relief</li> <li>Social Support</li> <li>Advice and Referrals</li> </ul>	By Appointment Only Monday to Friday 9am-4pm  Please contact for holiday opening hours.
The Salvation Army Crisis Assessment Line 1300 371 288	<ul> <li>Emergency vouchers for food and financial assistance. Can be picked up from nearest Salvation Army store</li> <li>Eligibility requirements</li> <li>Financial counselling</li> </ul>	Monday to Friday 9am–5pm
The Salvation Army Maroubra 100 Boyce Rd, Maroubra	<ul> <li>13<sup>th</sup> – 22<sup>nd</sup> Toys &amp; other         Christmas Hampers         (appointment based).         Call: 9314 2166 to book.     </li> </ul>	Office Hours: Monday to Wednesday 9:30 – 2:30
Ph: 9314 2166 Pathways Program (ONLINE) Ph: 0408 798 172 / 0427 394 155  Assessment Line for Financial Assistance (open over Christmas) Ph: 1300 371 288	<ul> <li>Pathways Program – AOD support service</li> <li>Doorways case worker to assist with forms online.</li> <li>One on one phone support</li> <li>AOD therapeutic group at 10am on Thursdays.</li> </ul>	APPOINTMENT ONLY  Closed 24 December 2021 Reopens 10 December 2022

Organisation	Type of Assistance	Hours
The Station	Drop-in Centre for Homeless	Open public holidays
82 Erskine Street, Corner of	persons 21 years & over	Breakfast daily –
Clarence & Erskine Street,	Take away only	7:30-9am
Sydney	Breakfast and lunch	Lunch daily -
	<ul> <li>Shower/washing from 7:30-9am</li> </ul>	12:00-12:30pm
Ph: 9299 2252	24 <sup>th</sup> December takeaway	
	Christmas lunch at 12:00pm	Christmas Eve Lunch for the Homeless – 12:00pm
Sydney Multicultural &	EAPA vouchers to assist recently	Office Hours:
Community Services	arrived migrants and refugees	Monday to Friday
3 General Bridges Cres.	(eligibility requirements).	8:30am-5pm
Daceyville 2032	<ul> <li>Financial assistance for newly arrived migrants.</li> </ul>	Face-to-face available.
Ph: 9663 3922		Closed 25 December 2021
www.sydneymcs.org.au		Reopens 4 January 2022
Village Church Annandale	Free Christmas lunch	Lunch 25 December 2021
120-122 Johnston Street		12pm – 2pm
Annandale	Bookings essential	
	villagechurch.sydney/christmas	
Ph: 9660 2444	25 December lunch at 12pm	
Waysida Bandi Narman	a Draghfort /hungh com od	Office Hours:
Wayside Bondi - Norman Andrews House	Breakfast/lunch served     Laundmissanias Com 1,20pm	Monday to Friday
77 Roscoe St,	• Laundry service: 9am-1:30pm.	9:00am-3pm
Bondi Beach	weekday (first in best-dressed).	3.00am Spin
Bonar Beden		Free breakfast: 9am-10am
Ph: 9581 9193		(Cereals, toast, tea &
		coffee).
		Low-cost Cafe: 11:30am –
		1:30pm (Lunches from \$1)
		Closed 25 December 2021
		Reopens 4 January 2022
The Wayside Chapel	Breakfast/lunch served	Open 7 days
29 Hughes Street	<ul> <li>Showers, phone charging,</li> </ul>	9:30am- 4:00pm
Potts Point	emergency clothing packs	
		Low-Cost Daily Meals
Ph: 9581 9100	Free Christmas lunches:	(50c-\$4)
	20-24 December at 12:00 – 1:00pm	9:30am - 3:30pm
	Free Christmas lunch/Street Picnic	
	opposite Wayside at 29 Hughes St	
	(300 people limit):	
	o 25 December at 11am	
	with carols and church	
	service beforehand.	

Organisation	Type of Assistance	Hours
Will2Live Van	Free Breakfast/Lunch/Dinner	Monday to Friday
Corner of Eddy & Elizabeth		Dinner @ 470 Pitt St
Street	25 December free Christmas lunch	6:45pm – 7:45pm
Central Sydney	3pm – 5pm Belmore Park (opposite	
	Central).	Tuesdays:
Ph: 0449 924 221		Food package distribution
		@ Cnr of Catherine St &
		Lilyfield Rd
		6:00 – 6:30pm
		Saturday & Sunday
		Mornings –
		10:00am -11:00am @
		Wentworth Park.
		12:00pm BBQ @ Waterloo
		Green.
		Closed 31 December
Youth off The Streets Van	Free Meals	Office Hours:
		Monday to Sunday
Van travels between Green		9:00am – 5:00pm
Park & Darlinghurst		
		Dinner – 8pm-10:30pm
Ph: 9330 3500		
		Closed 31 December

### **Emergency Accommodation**

Organisation	Type of Assistance	Hours
Caretakers Cottage Crisis Refuge 96 Bondi Road Bondi Junction Ph: 9389 0999	Crisis accommodation for teens ages 13-17	Office Hours: Open for referrals 9am- 5pm Open all public holidays for crisis accommodation
Housing NSW After Hours Temporary Accommodation Line Ph: 1800 422 322  Accommodation is provided only one night at a time.	<ul> <li>Department of Housing after hours phone line for people needing immediate shelter.</li> <li>If eligible, Housing NSW may also provide RentStart financial assistance.</li> </ul>	Monday to Friday: 9.00am-5.00pm (Is the only time to take applications over the phone). 24 hours/7days At other times call Housing NSW, Maroubra office: 9314 4056 Closed public holidays.
Link2home State-wide telephone service about homelessness 1800 152 152	<ul> <li>Link2home is a state-wide telephone service for enquiries about homelessness in NSW</li> <li>Referrals to refuges</li> </ul>	24 hours/7days

# Financial Counselling, Legal Advice & Low Interest Loans

Organisation	Type of Assistance	Hours
<ul> <li>Employment Service:         <ul> <li>Ph: 132 850</li> </ul> </li> <li>Family Assistance Line             <ul></ul></li></ul>	<ul> <li>Rent assistance</li> <li>Crisis payments</li> <li>Financial case management</li> </ul>	Monday to Friday 8am-5pm  All Service Centres and most phone lines Closed: 27 December 2021 28 December 2021 29 December 2021 3 January 2022
Courts NSW General line: Ph: 1300 679 272	Help with Court documents	Monday to Friday 8:30am–5.00pm
Energy and Water Ombudsman NSW Ph: 1800 246 545	Help for electricity, gas & water issues, e.g., disconnections, difficulty paying bills	Monday to Friday 9am-5pm
Inner City Legal Centre Kings Cross Library, 50-52 Darlinghurst Rd, Kings Cross NSW 2011 Ph: 0466 724 979 Toll free: 1800 244 481	<ul> <li>Free legal advice and assistance with a range of legal issues including credit and debt matters</li> <li>Must live in the Waverley or Woollahra LGA</li> </ul>	By appointment only Monday to Friday 9am-12pm, 2pm-5pm  Legal Service Tuesday & Wednesday 6pm – 8pm  Appointments are over the phone. January they will likely go back.  Closed 24 December 2021 Reopens 10 January 2022
Kingsford Legal Centre Ground Floor, Law Building University of NSW Kensington Ph: 9385 9566 Phone appointments only	<ul> <li>Free legal advice and assistance with a range of legal issues including credit and debt matters</li> <li>Must live in Randwick or the Eastern area of Bayside LGA</li> <li>By appointment only</li> </ul>	Office Hours Monday to Friday 9am-5pm (over the phone).  (Closed between 1pm and 2pm for lunch)  Closed 22 December 2021 Reopens 6 January 2022

Organisation	Type of Assistance	Hours
Law Access NSW Legal Helpline	Free legal information	Monday to Friday 9am-5pm
Ph: 1300 888 529		Closed on public holidays.
Legal Aid Head Office, 323 Castlereagh St, Sydney Ph: 9219 5000	Free 20-minute interview for credit & debt advice	Monday to Friday 9am-5pm
Legal Aid Youth Hotline Ph: 1800 10 18 10	<ul> <li>Free for young people who need advice about a criminal law problem, or think they might be in trouble with the law</li> </ul>	Monday – Thursday 9am – midnight Friday – Sunday/public holidays 24 hours
National Debt Help Line Ph: 1800 007 007	Financial Counsellors assist with debt problems	Monday to Friday 9am-5pm
No Interest Loan Scheme (NILS)	The No Interest Loan Scheme	Monday to Friday
Ph: 13 64 57	(NILS) helps low-income households to purchase or replace essential household	9am to 5pm
www.nils.com.au	<ul> <li>Loans are available for up to \$1,500 for essential goods and services such as fridges, washing machines and medical procedures.</li> </ul>	
The Shopfront Youth Legal	• free legal service for homeless	Office Hours:
Centre	and disadvantaged young	Monday to Friday
356 Victoria Street, Darlinghurst NSW 2000	<ul> <li>people aged 25 and under</li> <li>provides legal representation, advice, and referrals</li> </ul>	9:00am – 5:00pm (Appointment based)
Ph: 9322 4808		Closed on public holidays.
www.theshopfront.org	Clients who need legal advice after hours can call and follow prompts to be put through to a lawyer.	
Wesley Financial & Gambling	Free independent and	Enquiries:
Counselling Services	confidential face to face	Monday to Friday
220 Pitt Street	counselling	9am-4:30pm
Sydney NSW 2000 Ph: 1300 827 638	<ul> <li>Various outreach locations available</li> </ul>	(Appointment based)

# **Emergency Telephone Support**

Organisation	Type of Assistance	Hours
Community Services Helpline	Child Protection Reporting	24 hours/ 7days
Ph: 132 111	, 0	
Domestic Violence Line	Assistance with AVOs	24 hours/ 7days
Ph: 1800 656 463	Counselling on domestic violence  Defermed to a company or refuse a company of the company	
Handanasa Bandi Iunatian	Referral to women's refuges	Manday Friday
Headspace Bondi Junction Ph: 9366 8800	One-stop-shop for people 12- 25 years old who need help with mental health, physical	Monday – Friday 8:30am – 6:00pm
	health (including sexual health), alcohol and other drugs, or work and study support.	Closed 25 December 2021 Reopens 4 January 2022
IDEAS - Covid 19 helpline for	This service is for people with	Monday to Friday
people with a disability	disability, their families & carers as well as support	8am to 8pm
Ph: 1800 643 787	workers and services providers who need help because of the Coronavirus.	
Immigration Advice & Rights Centre	Immigration advice – helping vulnerable people navigate	Monday to Friday 9am to 4pm
Ph: 8234 0700	<ul> <li>Australian immigration law</li> <li>Online enquiry is encouraged at iarc.org.au/help</li> </ul>	·
Jewish House	Crisis Help	24 hours/ 7days
Ph: 1300 544 357		
Kids Helpline Ph: 1800 55 1800	Online counselling for children and young people aged 5-25	24 hours/ 7days
111. 1800 33 1800	ageu 3-23	
Lifeline	Counselling service with information about support	24 hours/ 7days
Ph: 131 114	services	
Mensline	Counselling service with information about support	24 hours/ 7days
Ph: 1300 789 978	services for men	
Migrant Employment Legal Centre	We offer free, confidential legal advice and representation to migrants	Monday to Friday 9am to 5pm
Ph: 8002 1203 https://mels.org.au/	and temporary visa holders in New South Wales	

Organisation	Type of Assistance	Hours
National Debt Hotline	We offer free, confidential	Monday to Friday
	legal advice and	9am to 5pm
Ph: 1800 007 007	representation to migrants	
	and temporary visa holders in	
	New South Wales	
National Sexual Assault,	Individualised counselling for	24 hours/7 days
Domestic & Family Violence	people who have experienced	
Counselling Services	sexual assault and/or DFV	
Ph: 1800 737 732	Referrals can be made to	
1800 737 732 1800 RESPECT	other services if required	
No to Violence	Men's Referral Service is	24 hours/7 days
No to violence	available 7 days for men who	24 Hours/7 days
Men's Referral Service	use family violence and to	
Ph: 1300 766 491	friends and family who are	
	concerned about someone	
	they know using family	
	violence	
Parentline	Counselling service with	Office Hours:
	information about support	Monday to Friday:
Ph: 1300 130 052	services for parents	9am to 9pm
		Weekends:
		4pm to 9pm
QLife (LGBTIQ)	QLife provides Australia-wide	7 days
DI. 4000 404 507	anonymous, LGBTI peer	3pm to midnight
Ph: 1800 184 527	support and referral for	
Qlife.org.au	people wanting to talk about a range of issues including	
	sexuality, identity, gender,	
	bodies, feelings, or	
	relationships	
Rape Crisis Centre	Counselling for victims of	24 hours/ 7days
•	sexual assault	, ,
Ph: 1800 424 017		
Salvation Army Assessment Line	Emergency relief for bills,	Monday to Friday
	food, and clothing	9am – 3:30pm
Ph: 1300 371 288	Eligibility requirements	
Telephone Interpreting Service	Provides access to phone and	24 hours/ 7days
DI 404 450	on-site interpreting services in	
Ph: 131 450	over 150 languages.	
Victims Access Line	Single entry point for victims	Monday to Friday
Ph: 1800 633 063	of crime in NSW to access	9am–5pm
Aboriginal Contact Line	services	
Aboriginal Contact Line Ph: 1800 019 123		
FII. 1000 013 123		

# **Mental Health Support**

Organisation	Type of Assistance	Hours
Beyond Blue  1300 22 46 36 beyondblue.org.au/	<ul> <li>Mental health support delivered by mental health professionals: information &amp; advice around coping with COVID-19, isolation and connection, workplace and financial hardship, &amp; supporting the mental health of others</li> </ul>	24 hours /7 days
Botany Family & Children's Centre 13 Banksia St Botany Ph: 9666 5047 www.bfcc.org.au	<ul> <li>Child, Youth and Family services</li> <li>Counselling</li> <li>Case work and case management.</li> <li>Advocacy, referrals</li> </ul>	Monday to Friday 8:30am – 5:00pm Closed 18 December 2021 Reopens 2 February 2022
CAMHS Ph: 9382 4347	Mental health support for children and adolescents	Monday to Friday 9am to 5pm Closed 24 December 2021 Reopens 3 January 2022
Karitane Careline 1300 CARING (1300 227 464) OR (02) 9794 2350  Karitane Randwick Parenting Centre 146 Avoca Street, Randwick NSW 2031	Talk to a Child and Family Health Nurse about:  • Your feelings and adjustment to parenting • Sleep and settling • Feeding • Playing and connecting with your baby	Karitane Careline: Monday to Thursday: 8am – 9pm Friday: 8am – 4:30pm Saturday: 9am-3:30pm  For all other services: Closed 17 December 2021
Ph: 9399 6999 Kids Helpline 1800 551 800	Phone counselling support line for children and young people aged 5 to 25 years	Reopens 4 January 2022 24 hours /7 days
Lifeline 131 114  Mental Health Line  Ph: 1800 011 511	<ul> <li>Crisis support &amp; suicide prevention services</li> <li>Support for people in mental health crisis or on behalf of another person</li> </ul>	24 hours/ 7 days  24 hours/ 7days
National Indigenous Critical Response Service 1800 805 801	In an emergency call 000     Culturally emotional and practical support to bereaved families and individuals impacted by suicide or other traumatic loss	24 hours/ 7days
The Ozanam Learning Centre Level 3, 99-133 Forbes Street	<ul> <li>Counselling, advocacy, information, and referral</li> </ul>	Monday to Friday 8:45am – 4pm

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Organisation	Type of Assistance	Hours
Woolloomooloo Ph: 9358 8100	<ul> <li>Access to internet, computers, shared phone &amp; chargers</li> <li>NA programs, SMART Recovery, Gambling Counselling etc.</li> </ul>	Please contact for holiday opening hours.
Ph: 1800 187 263 https://www.sane.org/	Mental health support	Monday to Friday 10am to 10pm
Suicide Call Back Service Ph: 1300 659 467	<ul> <li>24-hour service that provides telephone counselling to people 18 years and over who fit one of the following categories:</li> <li>People who are suicidal</li> <li>People caring for someone who is suicidal</li> <li>People bereaved by suicide</li> </ul>	24 hours/ 7days

### **Free Christmas Meals**

Organisation	Dates and Times
Exodus Foundation	25 December
180 Liverpool Street	Christmas Day Takeaway Lunch: 10:45am –
Ashfield	2:30pm
Ph: 8752 4600	Christmas Day Takeaway Dinner from Van: 7:30 – 9:00pm at Yurong Park, Woolloomooloo
Matthew Talbot Hostel	25 December
22 Talbot Lane, Woolloomooloo	Christmas Lunch 25 <sup>th</sup> December:
	12:30pm and bookings are not essential.
Ph: 9358 8102	
Men 21+ years only	
Newtown Mission Drop In Centre	25 December
280A King Street Newtown	Christmas Day Takeaway Lunch: 12:00pm
The Station	24 December
82 Erskine Street, Corner of Clarence & Erskine	Christmas takeaway lunch:
Street, Sydney	12:00pm
Ph: 9299 2252	
Village Church Annandale	25 December
120-122 Johnston Street	Lunch 25 December 2020
Annandale	12pm – 2pm
Ph: 9660 2444	Bookings essential
	villagechurch.sydney/christmas
The Wayside Chapel	20 – 24 December
29 Hughes Street	Christmas lunches:
Potts Point	12:00 – 1:00pm
Ph: 9581 9100	25 December
	Free Christmas lunch/Street Picnic opposite
	Wayside at 29 Hughes St (300 people limit):
	25 December at 11am with carols and church
	service beforehand.
	25 December
	Christmas BBQ at Bondi Surf Life Saving Club:
	Queen Elizabeth Dr, Bondi Beach
	12:30pm - BBQ meats, salads, and desserts.
Will2Live Van	25 December
Corner of Eddy & Elizabeth Street	25 December free Christmas lunch 3pm – 5pm
Central Sydney	Belmore Park (opposite Central).
Ph: 0449 924 221	



### **JNC Community Hubs**

Maroubra: Shop 2, 669-673 Anzac Parade (near Lionel Bowen Library)

Maroubra NSW 2035

**Bondi Junction**: 59 Newland St, Bondi Junction (next to Clementson Park)

NSW 2022

### **Contact JNC**

P: 9349 8200 W: www.jnc.org.au E: contact@jnc.org.au