ABOUT THIS BOOK!

The Book of Stuff has been put together especially for young people in Wyndham. It’s a one-stop resource that has all the useful information that you need, from information about the program and services you can access, to all the things to do locally if you’re bored, and a range of information to help with any issue.

It has been compiled by the Wyndham Youth Task Force (read about them on page 18) and from the feedback taken from young people just like you.
Wyndham City recognises Aboriginal and Torres Strait Islander peoples as the First Custodians of the lands on which Australia was founded. We acknowledge the Wathaurong, Woiwurrung and Boonwurrung peoples of the Kulin Nation as the Traditional Owners of the lands on which Wyndham City is being built.

For tens of thousands of years, the Werribee River has been a significant meeting place for Aboriginal people to build community, exchange resources, and share responsibility for its lands.

We pay respect for the wisdom and diversity of past and present Elders. We share commitment to nurturing future generations of Elders in Aboriginal and Torres Strait Islander communities.
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YOUTH SERVICES

The Youth Services team provide programs and services to young people aged 12-25 years who live, work or study in Wyndham. This includes:

- Weekly youth programs
- Events and entertainment
- Youth committees
- One-on-one support services
- Skill development and enhancement
- Local engagement activities

These programs and services happen at many locations across the Wyndham area, which you can see on the next page. View our range of programs and services on pages 12-24.

Find out what’s happening in your area by contacting us on (03) 8734 1355 or going to http://youth.wyndham.vic.gov.au

Contact us for more information
Monday to Friday 9am-6pm  Ph: (03) 8734 1355
E: mail@wyndham.vic.gov.au  W: youth.wyndham.vic.gov.au
Youth Services programs and services are offered in the 4 Districts of Wyndham as shown below:
Wyndham Central District

Tarneit Community & Learning Centre
150 Sunset Views, Blvd
Ph: 9748 9822

You can drop in during weekdays to chat with a friendly youth worker at Tarneit CLC, or participate in after-school programs. On offer are also excursions, events, youth committee and support services such as counselling.

Youth Resource Centre (YRC)
86 Derrimut Rd,
Hoppers Crossing
Ph: 8734 1355
Open 9am-6pm weekdays

The YRC is located opposite to Aqua Pulse (indoor pool). You can drop in anytime from 9am-6pm on weekdays to speak with a youth worker. Programs include weekly after-school programs, support programs, excursions, holiday programs, events, youth committees and counselling.

The YRC also houses a variety of external support services, such as Gatehouse- Royal Children’s Hospital, Whitelion/ Open Family Australia, Youth Support & Advocacy Services (YSAS), Centre for Multicultural Youth, Inner Melbourne VET Cluster (Transition to Work & Strive) and West Justice

There is also a range of facilities available for young people to use, including a free internet café and printing, meeting rooms and activity spaces, industrial kitchen, pool table and table tennis, and a band rehearsal room with equipment hire. There will also be a new outdoor skate/ scooter area opening very soon.
**Wyndham West District**

Manor Lakes Community Centre  
86 Manor Lakes Blvd,  
Manor Lakes  
Ph: 8734 8934

Our Youth Lounge is open on weekdays from 3-5pm (located inside of the community centre) and here you can participate in after-school recreational programs, excursions, events, sporting activities, youth committee and use support services such as counselling.

You can also make an appointment or drop by to talk to a youth worker during the week from 9:30 am – 5:30 pm (Monday – Friday).

**Wyndham East District**

Point Cook Town Centre  
Suite 703, Level 1 Main St  
Ph: 8375 2346

Visit our Youth Services office on level 1 of the Point Cook Town Centre. Here you will find our friendly staff, a free internet café, a cool hang-out space, after school programs, youth committee and support services such as counselling.

The Youth Services staff also regularly participate in engaging Young People who recreate at the shops, library, skate park and in the outdoor areas.
WEEKLY YOUTH PROGRAMS

Our weekly after-school youth programs run at our various locations during the term and provide heaps of fun activities, excursions and friendly workers to talk to. There are different age groups for different programs, but any young person between 12-25 years will be able to find something to suit them!

You can find the latest program timetables by contacting us on 8734 1355 or jump online to http://youth.wyndham.vic.gov.au.

Girls Night
This fun girls-only youth program meets weekly to do activities such as cooking, crafts, watch movies, chat, do girl talks, hang out, play games, and go on excursions in a safe and supportive environment.

Age group: 12-17
(Grade 6 students welcome from Term 3).

Guys Night
This boys-only program meet weekly to do fun activities including play video games, sports, watch movies, cook, hang out, play pool, and go on excursions in a safe environment.

Age group: 12-17
(Grade 6 students welcome from Term 3).
**Manor Lakes Youth Program**
Drop into the Manor Lakes Community Centre ‘Youth Lounge’ after school for a bite to eat, to hang out, play games and chat to a youthie. We also have excursions each term, movie nights and Friday night events!

**Age group: 12-17**
*(Grade 6 students welcome from Term 3).*

**Tarneit Youth Program**
Live in Tarneit and want to join a weekly youth program? Come along and make new friends (guys and girls), have some food, chat to a youthie, and do fun activities.

**Age group: 12-17**
*(Grade 6 students welcome from Term 3).*

**Point Cook Youth Program**
Join the youth group at Point Cook to make new friends, hang out, play games, have something to eat, do activities, plan events around Point Cook and go on excursions.

**Age group: 12-17**
*(Grade 6 students welcome from Term 3).*

**Urban Vibes**
This program is a cultural arts program that includes music workshops, arts and crafts, painting graffiti and cultural activities.

**Age group: 12-17**
*(Grade 6 students welcome from Term 3).*
**Point Cook Gamers Group**

The Gamers Group program is designed for young people who are interested in various games such as PC, play station, x box, board games and card games.

**Age group:** 12-17 (Grade 6 students welcome from Term 3).

**Q Program**

Q is a social group for young people aged up to 25 years who might be Gay, Lesbian, Bisexual, Trans, Queer or gender-questioning. Friends and Allies are also welcome! Meet like-minded people and participate in events and activities, while building confidence, providing support and celebrating gender and sexual diversity.

**Age group:** 12-25 (Grade 6 students welcome from Term 3).

**Bump, Baby & Beyond**

BBB is a social program for pregnant and parenting young women up to 25 years old. It provides support to pregnant and parenting women with the opportunity for personal development, social support and participation in recreational activities.

**Dad Space**

Funded by the Bright Futures (VicHealth) grant through State Government, the Dad Space program is for young fathers or expected fathers with their families up to the age of 25 years that provides recreational opportunities, support & referral, learning opportunities and case management delivered by Youth Services in partnership with White Lion.
Breakaway Disability Program

Breakaway is a social respite program for young people with mild to moderate disabilities. There are two age groups: Juniors 5-11 years and Seniors 12-17 years. Referrals and assessment are necessary and a small fee is charged for participation.

Street Surfer Youth Bus

You might have seen the Street Surfer Youth Bus (SSYB) around at community events! It brings the best of Wyndham Youth Services’ programs and support services to the streets. Jump on board to say hello to youth workers, play Xbox and Play Station, grab a bite to eat and get some information.

Holiday Action

Holiday Action is a recreational program of fun activities and excursions provided every school holidays for young people aged 12-15 years. Enrolments are necessary to attend and a small cost is involved. Contact us to find out the locations of the Holiday Action program and to get an enrolment form.
EVENTS AND ENTERTAINMENT

Check our website, Facebook and Instagram pages to find out when our fantastic entertainment events are happening all around Wyndham. All of our events are smoke, alcohol and drug free, fully supervised, and most are organised by our committees of young people (you can read about our committees on pages 18-19).

Friday Night Events

Fun activity nights occur twice a term for 12-17 year olds on a Friday night. Each FNE event is a different theme and includes plenty of activities, games, movies, food and the chance to meet new friends.

FReeZA Live Band Events

Live all ages band events are held throughout the year, including jam nights, punk/metal nights, open mic nights, Battle of the Bands, and lots more. The local FReeZA committee, Paradox organise the events and are often looking for new volunteers!

Like the Wyndham Freeza Facebook page to stay updated.

Skate Competitions and Events

From time to time you can find us at your local skate park running competitions, cooking a BBQ or hanging out with the Street Surfer Bus.

Check our website to stay updated!
Teenage Excursions

Teenage Excursions are run throughout the year for those aged 16-18 years old. Past excursions have included Adventure Park, live concerts, theatre shows, sporting events and more. Check our website to find out when the next excursion is running.

1eight2five

1eight2five is an all-accessibility program for young people aged 16-25 years of age during the school holidays and for 18-25 years of age during the terms. Once a month we run a social excursion to visit somewhere cool and meet new friends. In the past this has included going to the movies, bowling, Melbourne City and Luna Park.

Contact us for details and to book a place!

Youth Festivals/Cultural Events

Join us in celebrating Wyndham’s young people at one of our community festivals or cultural events, such as Harmony Day and Refugee Week. These events may include food, rides, activities, music and cultural performances, and are plenty of fun for the whole family. Keep an eye out for the next Youth event happening in Wyndham, or check out our website.

Youth Forum

Each year we invite young people from local high schools and from the community to participate in various Youth Forums, these forums involve workshops to discuss issues that are important to young people and what we can do to help solve them. The results are presented to the Council and become projects for our youth committees to work on.

For more information about getting involved, contact the YRC.
**Youth Summit**

Using data collected from the annual Youth Forums, our team at Youth Services will work with young people to co-design a Summit to tackle one of the issues that young people have told us is important to them. Keep an eye out on our Facebook page to see when details will be released.

**YOUTH COMMITTEES**

If you’re a young person who likes to get hands-on experience in organising and running events and community projects, join one of our youth committees!

For more information on vacancies on committees, please contact the YRC.

**Youth Task Force**

This group of young people aged 17-25 meet weekly to share ideas about how Wyndham can be improved as a home for young people. They work on community projects and campaigns, and act as a point of reference for Council. If you’ve got good ideas, come along and have your say!

**FReeZA Paradox Committee**

Our FReeZA Committee run all ages live music events that are drug, alcohol and smoke free. The committee consists of young people aged 12-25.

Check out when the next event is happening on our FReeZA facebook page www.facebook.com/WyndhamFreeza.
Friday Night Events Committee

The Friday Night Events committee meet to organise fun activities and events at local community centres. Past events have included Superhero parties, Moonlight Cinemas, Winter Ball and more. The committee is for young people aged 12-17.

Wyndham Wide Youth Committees

The Wyndham Wide Committees (include Wyndham Central, Wyndham East and Wyndham West) consists of young people aged between 12-17 years of age who are passionate about being young leaders in their community. Members provide Council with advice and recommendations on the needs and wants of young people in their local areas. They also plan and deliver on a broad range of events to other young people from their local community.

Wyndham Student Representative Council (WSRC)

As a result of the discussions at one of our annual Youth Forums, a Wyndham Student Representative Council was formed with students from local high schools. The WSRC meet monthly to work on projects that will improve Wyndham for young people, and get leadership training.

eYouth Project

Funded by the Empower grant through State Government, the eYouth Crew is a group of young people aged 16-25 years that work with other young people to create advocacy projects through creative art forms and media.

Check us out online!

Youth In Wyndham facebook.com/youthinwyndham
Freeza events facebook.com/WyndhamFreeza
Instagram #youthinwyndham
**ONE-ON-ONE SUPPORT**

There are many support services that operate out of the Wyndham Youth Resource Centre and our locations in Point Cook, Tarneit and Manor Lakes. We can help you with any issues you may be dealing with.

**Counselling**

Free counselling is available through Youth Services for young people aged 12-25 years in Wyndham. A counsellor can talk with you about any issues you are dealing with, and they can meet with you at your school, at our offices or place near you.

To get in touch, call the YRC on 8734 1355.

**Whitelion Open Family Outreach & Support**

Whitelion Open Family provide support and outreach assistance to young people who need counselling for alcohol and drug issues, are homeless or at risk of being homeless, and those who need help with employment. The workers are available 24 hours, 7 days a week.

Call 8734 1370 or 8734 1319.

**NOSH**

NOSH (Nutrition, Outreach, Support and Health) is a van and program that travels around to different locations in Wyndham to provide nutritional food, material aid, advice and support to young people aged between 12-25 years.

Keep an eye out for the NOSH van in the community!
**Gatehouse – Child Abuse Counselling**

Gatehouse offers assessment, treatment, and counselling to children and young people who have been affected by sexual abuse. The Gatehouse Centre is located at the Royal Children’s Hospital, and a Gatehouse counsellor is available at the YRC by appointment.

Contact the Gatehouse Centre on 9345 6391.

**Western Community Legal Centre**

Western Community Legal Service has a Youth Law service that provides free legal advice for people aged 25 and under. The service is focused on criminal and civil law matters which include crime, fines, car accidents, debts, consumer law, disputes with banks and insurance, and unfair bills. A lawyer is available at the YRC on certain days, appointments are available but not required.

Contact the YRC or Wyndham Legal Service on 9749 7720, located at 1/8 Watton Street, Werribee.

**YSAS**

YSAS (Youth Support and Advocacy Service) is a leading youth health agency that helps vulnerable and high-risk young people with drug and alcohol issues, mental illness and social disconnection to take control of their health and wellbeing. YSAS also provides early intervention support for young people in contact with the justice system.

**Foodbank Victoria**

Food is available for young people aged 12-25 and their families, including frozen goods, dry goods, and fresh fruit and vegetables in small parcels to help you get by. No appointment is needed, just visit the YRC and a youth worker will be happy to help you. They can also provide you with contact details of other resources that can help you get through difficult times.
Inner Melbourne Vet Cluster
IMVC provides young people with opportunities to explore a diverse range of career options, help young people learn and participate in education and training, gain employment, unpaid or voluntary work, and connect with people and community.

You can access IMVC workers at the Youth Resource Centre or call 9686 2354 to get in touch.

Centre for Multicultural Youth
CMY’s ‘Le Mana’ (Empower) Pasifika Project helps to build connected communities and a sense of belonging for Pasifika young people in Wyndham.

Skill Development and Enhancement
Youth Services offers and partners a wide range programs and services that can assist you in your education and employment.

Fresh Start Leadership Program
This program helps guide young people into pathways of education and employment through gaining skills and experience in leadership, respect, stress management, employment skills and coaching and group interviews.

Contact Youth Services for more info.
Wyndham City Mock Interviews

Is an inclusive program to improve interview skills for grade 10-12 and VCAL students with a disability. The program involves assisting students to select one of four jobs, support to write a cover letter and resume, register application through an online job portal, presentation on tips for interviews, meet and greet with interviewers, mock interview students and feedback on interview.

For further information email: communitywellbeing&inclusion@wyndham.vic.gov.au

Personal Development Programs

Personal Development Programs aim to assist young people explore their positive attributes and realise their potential. Youth Services work with local primary and secondary schools to provide developmental programs for a diverse range of young people.

These programs cover a variety of topics including problem solving, teamwork, communication skills and recognising / managing feelings. For more information, please contact Youth Services on 8734 1355, weekdays 9am to 6pm.

Café Exchange

Café Exchange provides young people a volunteering opportunity to gain hospitality training, experience and knowledge of working in a café.

For more information, please contact Youth Services on 8734 1355, weekdays 9am to 6pm.
The Huddle

The Huddle is a place for young people between the ages of 12 to 25 to Learn, Grow and Belong. It was created to support, engage and empower young people as they build on their strengths and participate in their local communities.

Support is provided by the North Melbourne Football Club, from where a number of a dedicated staff and volunteers deliver programs in sport and recreation, education and career pathways, digital skills and civic participation.

The Huddle Bay ticketing program offers more than 3,000 complimentary North Melbourne AFL tickets towards various community groups and schools across Victoria annually, to share the experience of Australian Football.

Phone: (03) 9320 2400
Email: huddle@nmfc.com.au
Website: NMFC.com.au/huddle
Facebook: facebook.com/huddlenmfc
Twitter: twitter.com/huddlenmfc
Instagram: instagram.com/huddlenmfc

Local Engagement Activities

Youth Services regularly engages with young people to ensure they are involved in creating positive social change through community engagement. Along with Whitelion and Youth off the Streets, youth workers have a presence in areas that young people recreate in (libraries, schools, local parks and neighbourhoods) and will engage with young people to provide support and referral information when needed and may provide activities, food and drinks.
YOUTH SERVICES

SECTION ONE :: BOOK OF STUFF

36 WALLACE AVE, POINT COOK
1300 783 123

BUY ONE OF BOWLING OR LASER TAG MISSION

GET THE 2ND FOR FREE

Monday – Thursday 10am-10pm
Friday 10am-11pm
Saturday 9am-11pm
Sunday 9am-10.30pm

Offer is per person. Does not apply with any other offer.

Point Cook
Shop 123A Stockland Point Cook Town Centre

Monday – Wed 9am-5.30pm
Thursday – Friday 9am-7pm
Saturday 9am-5pm
Sunday 10am-5pm

Play ROCK / PAPER / SCISSORS for a chance to get 50% off (Most Popular Range) if you lose $2 off

Must surrender voucher to redeem offer.
Offer expires December 2019.
YOUTH RESOURCE CENTRE
86 Derrimut Road, Hoppers Crossing
Open 9am – 6pm weekdays

Ph: 8734 1355
http://youth.wyndham.vic.gov.au
email: mail@wyndham.vic.gov.au
Cold Rock Ice Creamery – Point Cook

10% off your total purchase

Shop 128, Point Cook Town Centre
9395 7814

Open Mon-Fri 1pm-10pm
Sat 12pm-10.30pm, Sun 12.30pm-10.30pm

Must surrender voucher to redeem offer.
Offer expires December 2019.

K109, PACIFIC WERRIBEE
250 HEATHS ROAD,
HOPPERS CROSSING
LOCATED BETWEEN UNIGLO & H&M

Buy a large coffee
& get a small coffee for $1

MONDAY - WED 8AM-5.30PM
THURSDAY - FRIDAY 8AM-9PM
SATURDAY - SUNDAY 9AM-5PM

Buy a medium coffee
& muffin/banana bread for $6.50

Offer expires December 2019.
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How to Be Active in Your Community

Being an active member of your community is a great way to connect with what is happening around you and get some practical experience to put on your resume.

You may be passionate about an important issue or have some good ideas about how to improve Wyndham. Meeting like-minded people will sharpen your understanding and enhance creativity.

There are endless opportunities for you if you decide to make a difference! Here are some ways to go about being active in your community:

- Sign up to Wyndham City Council’s Volunteer database
- Ask your Teacher or Welfare Coordinator at school to give you some suggestions
- Join one of the committees at Youth Services
- Visit your local community centre and see what’s on
- Keep an eye out in the local newspaper for opportunities to get involved.
Bike Riding

You can get a map of all the bike trails in Wyndham by contacting Council on (03) 9742 0777 or downloading it at www.experiencewyndham.com.au

- Federation Bike Trail – 24 kms / Easy, sealed
- Werribee River Bike Trail – 4.6 kms / Easy, part sealed
- Heathdale/Glen Orden Wetlands Trail – 3.3 kms / Easy, part sealed
- Wyndham Bay Bike Trail – 1.6 kms / Easy, part sealed
- Skeleton Creek Bike Trail – 5 kms / Easy, part sealed
- Lollipop Creek Bike Trail – 2 kms / Easy, part sealed

Skate Parks and BMX tracks

- Hoppers Crossing BMX Track – Derrimut Rd (behind CFA)
- Hoppers Crossing Skate Park – Mossfiel Reserve, Heaths Rd
- Riverwalk Skate Park – Newmarket Rd, Riverwalk, Werribee
- Wyndham Vale Skate Park – Presidents Park, Heaths Rd
- Woolybush Drive Stake Park – Woolybush Dr, Tarneit
- Baden Powell Drive Skate Park – Baden Powell Dr, Tarneit
- Point Cook Skate Park – Boardwalk Boulevard
- Point Cook Ledges – Newminster Way
- Little River Skate Park – Possy Newland Reserve, River St
## Sporting Reserves

### Werribee
- **Chirnside Park**  
  Synnot and Watton St, Werribee  
- **Galvin Park Reserve**  
  Shaws Road, Werribee  
- **Glen Orden (Heathdale) Reserve**  
  Kookaburra Ave, Werribee  
- **Price Reserve**  
  Beach Road, Werribee South  
- **Riverwalk Village Park**  
  Newmarket Road, Werribee  
- **Soldiers Reserve**  
  Cnr Duncans & College Rd, Werribee

### Hoppers Crossing
- **Cambridge Sport Reserve**  
  Barber Dr, Hoppers Crossing  
- **Grange Soccer Complex**  
  Hogans Road, Hoppers Crossing  
- **Hogans Road Reserve**  
  Hoppers Crossing  
- **Mossfiel Reserve**  
  Heaths Rd, Hoppers Crossing  
- **VU Wyndham Sporting Complex**  
  Hoppers Lane, Werribee  
- **Warringa Crescent Reserve**  
  Hoppers Crossing

### Wyndham Vale
- **Haines Drive Reserve**  
  Wyndham Vale  
- **Presidents Park**  
  Cnr of McGrath & Heaths Rd, Wyndham Vale  
- **Wyndham Vale North Reserve**  
  Black Forest Rd, Wyndham Vale  
- **Wyndham Vale South Reserve**  
  McGrath Road, Wyndham Vale  
- **Manor Lakes**  
  Howqua Way Reserve  
  Manor Lakes

### Tarneit
- **Goddard Street Reserve**  
  Tarneit  
- **Wootten Rd Reserve**  
  Tarneit  
- **Hummingbird Boulevard Reserve**  
  Tarneit

### Truganina
- **Clearwood Drive Reserve**  
  Truganina  
- **West Meadows Lane Reserve**  
  Truganina  
- **Federation Boulevard Reserve**  
  Truganina
**Point Cook**
- Prudence Parade Reserve
  Point Cook
- Dunnings Road Reserve
  Point Cook
- Windorah Drive Reserve
  Point Cook
- Jamieson Way Reserve
  Point Cook

**Saltwater Boulevard Reserve**
Point Cook

**Tom Roberts Parade Reserve**
Point Cook

**Little River**
- Little River Reserve
  You Yangs Road, Little River

**ARTS AND CULTURE**

**Wyndham Cultural Centre**
The Wyndham Cultural Centre hosts a diverse range of theatre and stage performances, as well as comedy, drama, and dances throughout the year. It’s also home to the Wyndham Art Gallery, which showcases quality contemporary art from a range of local, national and international artists.

**Wyndham Cultural Centre**
177 Watton St, Werribee
wyncc.com.au

**Box Office**
Open: Mon-Fri 9am-4.30pm
Ph: 8734 6010

**Art Paths**
If you’re looking for some advice or mentoring on developing a career in the arts or with a specific art project, book an Art Paths session with one of Wyndham’s Arts and Cultural staff.
**TOURIST ATTRACTIONS**

Visitor Information Centre  
177 Watton St, Werribee  
Ph. 8734 6006  
experiencewyndham.com

Werribee Open Range Zoo  
zoo.org.au/Werribee-OpenRangeZoo

Werribee Park  
Ph. 13 19 63

Victoria State Rose Garden  
vicstaterosegarden.com.au

Point Cook RAAF Museum  
airforce.gov.au

Point Cook Coastal Park  
Pt Cook Road, Pt Cook  
Ph. 13 19 63

**What’s On in Wyndham**

Visit www.experiencewyndham.com.au to view a calendar of events and to subscribe to the one of the local Wyndham newsletters to find out what’s happening in your community each month.
Mayoral Youth Award
The quarterly award is a way of recognising, promoting and rewarding the positive achievements of local young people. Each quarter a grant of $500 is awarded to three young people aged 12-25 years who have made achievements in the areas of:

- Community Services, Volunteering and Leadership
- Music, Arts, Media and Culture
- Sport

The 12 winners for each year are entered into Young Achiever of the Year Award. For more information call the YRC on 8734 1355 or visit http://youth.wyndham.vic.gov.au

Young Achiever of the Year
The Young Achiever of the Year provides $1000 to a young person in Wyndham as part of the recognition for their achievements, as well as continuing to reward their potential for the future. For more information contact the YRC.

Grant websites
Visit Council’s Community Grants Directory to find an updated list of available grants at www.wyndham.vic.gov.au

Grants and fundraising info – www.fundingcentre.com.au
Elite Athlete Travel Grants Program – www.dpcd.vic.gov.au
Sport Incentive Program – www.grantsandfunding.com.au
LIBRARIES

Julia Gillard Tarneit Library
150 Sunset Views Boulevard, Tarneit.
Ph: 8734 0200
Mon-Thu: 9am-8pm
Fri: 9am-6pm, Sat: 10am-4pm
Sun: 1:30pm-5pm

Werribee Plaza Library
Cnr of Heaths & Derrimut Rds,
Hoppers Crossing
Ph. 8734 2600
Mon-Thurs: 10am-8pm,
Fri: 10am-6pm, Sat 10am-4pm,
Sun: 1.30pm-5pm

Werribee CBD Library
Wyndham Cultural Centre
177 Watton St, Werribee
Ph. 9742 7999
Mon-Wed/Fri: 10am-6pm,
Thurs: 10am-8pm, Sat 10am-4pm,
Sun: closed

Point Cook Library
1-21 Cheetham St, Pt Cook
Ph. 9395 7966
Mon-Thu: 9am-8pm,
Fri: 9am-6pm, Sat: 10am-4pm,
Sun: 1.30-5pm

Manor Lakes Library
86 Manor Lakes Blvd
Manor Lakes
Ph. 8734 8930
Mon-Tues/Thurs-Fri: 10am-6pm
Wed: 10am-8pm, Sat: 10am-4pm
Sun: closed

What Can The Library Help With?

- Homework help (online and in person)
- Free computer access and wifi
- A space to study, read a book, or just hang out
- Books, mags and graphic novels to read and borrow
- Programs and things to do, inc. Book club, exam cram,
  author talks, competitions and prizes, opportunities to volunteer and more.

Find out more at www.wyndham.vic.gov.au/services/libraries
or call 03 8734 2600
# LOCAL COMMUNITY CENTRES

CC = Community Centre  
CLC = Community Learning Centre

<table>
<thead>
<tr>
<th>Community Centre</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arndell Park CC</td>
<td>29-49 Federation Blvd, Truganina</td>
<td>8734 8911</td>
</tr>
<tr>
<td>Featherbrook CC</td>
<td>33-35 Windorah Drive, Pt Cook</td>
<td>8353 4000</td>
</tr>
<tr>
<td>Grange CC</td>
<td>260 Hogans Rd, Hoppers Crossing</td>
<td>8742 8000</td>
</tr>
<tr>
<td>Central Park CC</td>
<td>80 Lonsdale Cct, Hoppers Crossing</td>
<td>9742 0867</td>
</tr>
<tr>
<td>Wyndham Park</td>
<td>55 Kookaburra Ave, Werribee</td>
<td>8742 3975</td>
</tr>
<tr>
<td>Iramoo CC</td>
<td>84 Honour Ave, Wyndham Vale</td>
<td>8742 3688</td>
</tr>
<tr>
<td>Jamieson Way CC</td>
<td>59 Jamieson Way, Pt Cook</td>
<td>9395 3777</td>
</tr>
<tr>
<td>Penrose Promenade CC</td>
<td>83 Penrose Promenade, Tarneit</td>
<td>8734 4500</td>
</tr>
<tr>
<td>Point Cook CLC</td>
<td>1-21 Cheetham St, Pt Cook</td>
<td>9395 6399</td>
</tr>
<tr>
<td>Quantin Binnah CC</td>
<td>61 Thames Boulevard, Werribee</td>
<td>9742 5040</td>
</tr>
<tr>
<td>Saltwater CC</td>
<td>153 Saltwater Promenade, Point Cook</td>
<td>8376 5500</td>
</tr>
<tr>
<td>Tarneit CLC</td>
<td>150 Sunset Views Blvd, Tarneit</td>
<td>9748 9822</td>
</tr>
<tr>
<td>Werribee CC</td>
<td>2-4 Synnot St, Werribee</td>
<td>9742 4013</td>
</tr>
<tr>
<td>Wyndham Community &amp; Education Centre</td>
<td>3 Princes Highway, Werribee</td>
<td>9742 4013</td>
</tr>
<tr>
<td>Wyndham Cultural Centre</td>
<td>177 Watton St, Werribee</td>
<td>9742 0910</td>
</tr>
<tr>
<td>Manor Lakes CLC</td>
<td>Cnr Manor Lakes Bld &amp; Howqua Way, Manor Lakes</td>
<td>8734 8934</td>
</tr>
<tr>
<td>Yerambooe CC</td>
<td>55 Maple Crs, Hoppers Crossing</td>
<td>9748 9310</td>
</tr>
</tbody>
</table>
Kiosk 35, Pacific Werribee
Cnr Derrimut & Heaths Rds, Hoppers Crossing
9749 0556

Hot dog + regular Milkshake or Frozen Coke

$6

Not to be redeemed with any other offer or VIP card. Pacific Werribee store only. Offer expires December 2019.

Boost Juice bars

Point Cook
Shop 123A Stockland Point Cook Town Centre
Monday – Wed 9am-5.30pm
Thursday – Friday 9am-7pm
Saturday 9am-5pm
Sunday 10am-5pm

Buy one medium drink for $3
(Most Popular Range)

Must surrender voucher to redeem offer. Offer expires December 2019.
86 Derrimut Road, Hoppers Crossing
Open 9am – 6pm weekdays
Ph: 8734 1355
http://youth.wyndham.vic.gov.au
email: mail@wyndham.vic.gov.au
K054, Pacific Werribee, Corner Derrimut & Heaths Roads, Hoppers Crossing

Any pre made roll $7

Offer expires December 2019.

TIMEZONE

20% OFF Mega Value Package for up to 4 people

Pacific Werribee Shopping Centre
Derrimut Road
Werribee
8742 7333
10am until late

Follow us:
facebook/TimezoneWerribee
Instagram @timezoneaustralia_official

Only valid at Timezone Werribee. Coupon must be surrendered upon redemption. All four (4) Mega Value Packages must be used at time of purchase. Price subject to change without notice. Must surrender voucher to redeem offer. Offer expires December 2019.
SECTION THREE

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What is domestic abuse and family violence?

Everyone has the right to live in an environment free from violence. Unfortunately, many people are witnesses, victims and/or perpetrators and often this violence happens at home.

Domestic and family violence isn’t limited to physical harm, but can also include sexual assault, threats, intimidation, isolation, and psychological, emotional, verbal and economic abuse.

Being a victim or witnessing family violence can be very damaging to a young person. It can evoke a range of feelings including fear, depression, anger, shame, guilt, suicidal thoughts, despair and a sense of powerlessness. It can lead to physical symptoms (feeling sick, headaches, sleeping and eating difficulties), self-harming, affect performance at school, cause withdrawing from friends, lead to alcohol and drug use, and can cause misguided beliefs about violence being a legitimate tool to resolve conflict or control situations.

If you’re experiencing abuse or violence it is not your fault. It is the abuser who is responsible. Domestic violence is a crime and the abuser is breaking the law.
What can I do about it?

If you’ve been a victim of family violence you should never believe that the violence is your fault. Know that you are not alone and you have the right to report the crime to police. Place the responsibility of the violence on the perpetrator and try to support the victim and get help for yourself.

Deciding to leave a violent relationship is a difficult decision and requires careful planning and support.

- Find supportive friends -- talk to someone you trust.
- Contact a support group – they can offer you direct help
- Make a safety plan – include emergency numbers, pack clothing/toiletries, important documents, medication etc in case you have to escape quickly.
- Contact the police to ensure your safety or if you need to return to collect possessions later on.
- See a doctor – if you are feeling anxious or depressed.
- Recognise your strengths – to create a more positive life
- If you need immediate help, call 000.

If you’ve been the perpetrator of violence, your behaviour is unacceptable and against the law. Take responsibility – help is available to assist you in changing your behaviour and attitude.
Abuse and Family Violence Resources

Child Protection and Family Services (DHHS)
Northern/Western contact
Ph. 1300 664 977
dhs.vic.gov.au

Child FIRST (DHHS)
Support, information, assistance and referrals
Ph. 1300 775 160
dhs.vic.gov.au

Safe Steps Family Violence Response Centre:
24/7 crisis phone support
Ph. 1800 015 188 (toll free)
safesteps.org.au

Werribee Support & Housing
Family mediation and support
19 Duncans Rd, Werribee
Ph. 9742 6452
wsh.org.au

West Region Centre Against Sexual Assault
Counselling and support
53 Ballarat Rd, Footscray
Ph. 9687 5811
westcasa.org.au

Sexual Assault Crisis Line
Ph. 1800 806 292
sacl.com.au

Domestic Violence Resource Centre Victoria
Ph. (03) 9486 9866
dvrcv.org.au

Bursting the Bubble Resource
Information and help
burstingthebubble.com
woah.org.au

Gatehouse Centre
Child abuse counselling, located at the YRC and Royal Children’s Hospital.
Ph. 9345 6391
rch.org.au

Women’s Health West
Family violence and health service for women.
317 Barkly St, Footscray
Ph. (03) 9689 9588
whwest.org.au

Australian Muslim Women’s Centre for Human Rights
Ph. 9481 3000
ausmuslimwomenscentre.org.au

Kids Help Line
Ph. 1800 55 1800
kidshelp.com.au

Lifeworks Wyndham
Counselling and mediation in Hoppers Crossing
Ph. 9974 3200
lifeworks.com.au

Relationships Australia
Counselling and mediation
Ph. 1300 364 277
relationshipsvictoria.com.au
ACCOMMODATION AND HOUSING

What to do if you or a friend has nowhere to stay?

There are many reasons why a young person may have nowhere to stay for the night. If you (or a friend) find yourself in such a position, there are a few options you can take.

‘Couch surfing’ is when you spend a night or a few nights sleeping at a friend’s house. You may move from one friend’s house to another.

Another option is to call Open Family, an organisation that support young people who are homeless or at risk of becoming homeless. They can link you in with temporary housing and also provide you with information and referrals for other support services that you may need to address the issues in your life, such as counseling for mental health, alcohol, drugs, abuse, education and employment disengagement, and legal services.

You can contact Open Family workers 24/7 and they can come out to wherever you are. There are two workers based at the YRC, contact them on 8734 1370 or 8734 1319.
Accommodation and Housing Resources

Open Family / Whitelion
YRC, 86 Derrimut Road, Hoppers Crossing
Ph. 8734 1355 / 1300 669 600
openfamily.com.au

Werribee Support & Housing
Housing and support
19 Duncans Rd, Werribee
Ph. 9742 6452
wsh.org.au

Transitional Supported Accommodation for Youth
34 Devonshire Rd, Sunshine
Ph. 9312 3544
salvationarmy.org.au

St Kilda Crisis Centre
29 Grey Street, St Kilda
Ph: 9536 7730 / 1800 627 727
salvationarmy.org.au

Melbourne City Mission – Frontyard
Support services and info
19 King St, Melbourne
Ph. 9611 2411 / 1800 627 727
frontyard.org

Hanover Homeless Accommodation
Short term accommodation
52 Haig St, Sth Melbourne
Ph. 1800 825 955
hanover.org.au

Kids Under Cover
Housing for young people
383 Swan St, Richmond
Ph. 9429 7444 / 1800 801 633
kuc.org.au

Youth Central
Housing information
youthcentral.vic.gov.au

Crisis Help Network: Melbourne Homeless Services
Online referral service
melbourne.homeless.org.au

Lighthouse Foundation
Ongoing support service
Ph. 9093 7500
lighthousefoundation.org.au

Accommodation & Renting Issues
Ph. 1300 653 227
dss.gov.au
Alcohol and its Effects

In small amounts, alcohol affects a person’s concentration, coordination, and causes them to lower their inhibitions. Binge drinking is when a person drinks too much in a short amount of time and becomes severely intoxicated. It can lead to risk taking, dangerous situations, unconsciousness and even death. Common effects of binge drinking are hangovers, headaches, nausea, shakiness and vomiting. Excessive alcohol use can also have a negative impact on relationships. Factors such as gender, age, mental health, drug use, and existing medical conditions can change how alcohol affects you.

The Australian Guidelines to reduce health risks from drinking alcohol recommend that healthy men and women drink no more than 2 standard drinks in one day, and no more than 4 standard drinks in one occasion. On average your body can process one drink per hour.

You shouldn’t drink if you’re pregnant, planning to drive, performing a risky activity, or if you’re under 18 years of age.

Tips for drinking less

• Pace yourself and alternate with non-alcoholic drinks
• Have some food, but avoid salty foods that make you thirsty
• Stay busy (dance or play pool) as you’ll tend to drink less
• Try low alcohol alternatives
• Don’t be pressured into drinking more than you want to
• Set your own pace for drinking rather than getting involved in shots or rounds.
Drugs
There are many services available to help if you or someone you know is having problems with drugs. Counselling and advice is available at the YRC, and we can also refer you to other helpful organisations.

Alcohol and Drugs Resources

Open Family / Whitelion
Drug and alcohol counselling
Located at the YRC
Ph. 8734 1355 / 1300 669 600
openfamily.com.au

Turning Point Alcohol and Drug Centre
24/7 counselling
Direct Line 1800 888 236
turningpoint.org.au
counsellingonline.org.au

Western Health
Drug Health Services
3-7 Eleanor St, Footscray
Ph: 8345 6682
westernhealth.org.au

QUIT
Support for smoking addiction
Quitline: 13 78 48
quit.org.au

IPC Health
Wyndham health service
117-129 Warringa Crescent
Hoppers Crossing
Ph. 8734 1400
ipchealth.com.au

Youth Support & Advocacy Service
Substance abuse support
Level 1/131 Johnston St, Fitzroy
Ph. 9415 8881
24hr Advice: 1800 458 685
yzas.org.au

Joseph’s Corner
Support and counselling in Hoppers Crossing
Ph. 9315 2680
sosj.org.au

Pharmacotherapy, Advocacy, Mediation & Support
Support for pharmacotherapy programs
Ph. 1800 443 844
hrvic.org.au
BULLYING, HARASSMENT AND DISCRIMINATION

What is bullying?
Bullying is deliberately and repeatedly hurting someone else, physically or emotionally. It includes hitting, pushing, name calling, leaving people out and teasing. It can happen at school, at home, at work, online, in text messages or on email.

Bullying can have serious short-term and long-term emotional and social consequences for both the victim and the bully. It’s not acceptable and you can take action to stop it. Schools and employers have a responsibility to make you feel safe and stop discrimination, and most have policies about bullying.
What can you do if you or a friend is being bullied?

• Don’t be a bystander – say or do something supportive to the person being bullied
• Let the bully know their behaviour is not ok
• Tell someone – a teacher, counsellor, manager, parents, a doctor, or the police if it is serious.
• If the bullying occurs online, report it
• Ignore the bully or walk away, don’t give them a reaction
• Keep a record of their behaviour to report it
• If the person is making threats, report it to the police

Harassment
Harassment is when a person is targeted and offended, humiliated, intimidated or treated hostilely because of their race, religion, gender or gender-orientation, or disability. It may also include sexual harassment, which makes a person feel offended, humiliated or intimidated. It is serious and can be against the law. Repeated harassment can be bullying.

Discrimination
Discrimination is treating someone worse than others because of their ability or disability, culture or religion, gender, sexual orientation, or their marital, parenting or economic status. It’s against the law to be discriminated against at work, school, using services, in public places, renting accommodation, playing sport and in other parts of public life.

If you can’t resolve your issue with your school or workplace, you may lodge a complaint with the Australian Human Rights Commission. You can find more information on what actions you can take at www.humanrights.gov.au
Bullying, Harassment and Discrimination Resources

**Kids Help Line**
Kids Help Line: 1800 55 1800  
kidshelp.com.au

**eSafety Commissioner**
How to deal with online issues  
esafety.gov.au

**Lifeline**
Crisis support Ph. 131 114  
lifeline.org.au

**Reach Out**
Online support and info  
reachout.com.au

**Bullying No Way**
24/7 support and tips  
bullyingnoway.gov.au

**Lawstuff**
Legal info for young people  
lawstuff.org.au

**Racism No Way**
Anti-racism education  
racismnoway.com.au

**Headspace**
Info and counselling services  
headspace.org.au

**Mediation and Support, Werribee Support & Housing**
For young people and families  
19 Duncans Rd, Werribee  
Ph: 9742 6452  
wsh.org.au

**It Gets Better Australia**
Positive stories and help  
itgetsbetter.org.au

**National Centre Against Bullying**
Resources and advocacy  
cmpb.org.au

**Youth Beyond Blue**
Help for depression & anxiety  
youthbeyondblue.com

**Human Rights Commission**
Info on discrimination complaints  
humanrights.gov.au
## Culturally and Linguistically Diverse Services

The following organisations provide services for refugees and newly arrived migrants. For Translating & Interpreting Service call 131 450.

<table>
<thead>
<tr>
<th>Organization</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>AMES</td>
<td>Settlement, education, and employment services 75 Watton St, Werribee</td>
<td>13 26 37</td>
<td>ames.net.au</td>
</tr>
<tr>
<td>** Werribee Refuge Resource Centre**</td>
<td>Suite 13-15, 14 Station Place Werribee</td>
<td>9974 1700</td>
<td>newhope.asn.au</td>
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<tr>
<td>Centre for Multicultural Youth</td>
<td>80B Harvester Road, Sunshine</td>
<td>9091 8200</td>
<td>cmy.net.au</td>
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<tr>
<td>Asylum Seeker Resource Centre</td>
<td>214-218 Nicholson Street, Footscray</td>
<td>9326 6066</td>
<td>asrc.org.au</td>
</tr>
<tr>
<td>Asylum Seeker Welcome Centre</td>
<td>212 Sydney Rd, Brunswick</td>
<td>9388 2459</td>
<td></td>
</tr>
<tr>
<td>Refugee &amp; Immigration Legal Centre</td>
<td>Level 1, 121-123 Brunswick St, Fitzroy</td>
<td>9413 0101</td>
<td>refugeelegal.org.au</td>
</tr>
<tr>
<td>Refugee Council of Australia</td>
<td>Ph. 9600 3302</td>
<td></td>
<td>refugeecouncil.org.au</td>
</tr>
<tr>
<td>Department of Immigration and Border Protection</td>
<td>Ph. 131 881</td>
<td></td>
<td>immi.gov.au</td>
</tr>
<tr>
<td>Human Rights Commission</td>
<td>Ph: (02) 9284 9600</td>
<td></td>
<td>humanrights.gov.au</td>
</tr>
<tr>
<td>Racism No Way</td>
<td>Anti-racism education</td>
<td></td>
<td>racismnoway.com.au</td>
</tr>
<tr>
<td>Australian Muslim Women’s Centre for Human Rights</td>
<td>Ph: 9481 3000</td>
<td></td>
<td>ausmuslimwomenscentre.org.au</td>
</tr>
</tbody>
</table>
COUNSELLING AND ONE-ON-ONE SUPPORT

Why would I get counselling?

Counselling is an opportunity to talk to someone about concerns you might have about yourself or others around you. It’s a safe place to talk about private things with someone who will listen and not judge. If you’re feeling down, stressed out, angry, confused, a bit stuck, or just want to find some ways to do things differently, then talking to a counsellor can help.

Generalist counselling is available through Youth Services at the YRC for young people aged 12-25 years. Contact the YRC to get in touch! If you are in immediate danger or concerned for your safety, dial 000.

Reconciliation Australia
For Aboriginal and Torres Strait Islander people
Ph. (02) 6273 9200
reconciliation.org.au

National Ethnic Disability Alliance
Ph. (02) 6262 6867
neda.org.au

The Migrant Hub
12 Synnot St, Werribee
Ph. 9731 7877

Smart Traveller
Advice and assistance
smartraveller.gov.au
Counselling and Support Resources

Wyndham Youth Services
Counselling
Ph. 8734 1355
youth.wyndham.vic.gov.au

IPC Health
Healthcare and counselling
117-129 Warringa Crescent
Hoppers Crossing
Ph. 8734 1400
ipchealth.com.au

Anglicare Victoria
For young people 10-25 years
2 Market Rd, Werribee
Ph. 9731 2500
anglicarevic.org.au

Gatehouse Centre
Counselling for young victims of sexual assault. Located at the Royal Children’s Hospital and YRC.
Ph. 9345 6391
rch.org.au

Counseling Online
Drug and alcohol counseling
Ph. 1800 888 236
counsellingonline.org.au

Gay and Lesbian Switchboard
Phone counselling and info
Ph. 9663 2939 / 1800 184 527
switchboard.org.au

Mens Line
24/7 counselling and support
Ph. 1300 789 978
mensline.org.au

Lifeline
24/7 crisis counselling
Ph. 13 11 14

Suicide Line
24/7 help and support
Helpline: 1300 651 251
suicideline.org.au

Kids Helpline
Ph. 1800 55 1800
kidshelp.com.au
DEPRESSION AND MENTAL HEALTH

What is depression?
Depression is more than just feeling upset or sad – it’s a serious condition which makes coping with day-to-day life hard and leaves you feeling down most of the time. You might feel irritable, sad, stressed, angrier than usual, restless, unable to relax or stop thinking. Other feelings that you might experience include feeling guilty, worthless, frustrated, unhappy, indecisive, disappointed and miserable.

If you’re feeling depressed, or know someone else who might be, it’s important to talk to someone about it.

What is anxiety disorder?
While everyone feels anxious from time to time, some people experience these feelings so often and strongly that it can affect their everyday lives. Anxiety disorder is different to normal everyday stress as the feelings are ongoing and happen for no apparent reason at all. It can affect your life in many different ways, so it’s important to seek help.

Who can you talk to if you are feeling depressed or anxious?
Remember you are not alone. There are many organisations that are there to help you and provide you with information on what to do if you’re feeling depressed or anxious. You can tell a friend, a parent, a teacher or school nurse, or get in contact with a counselor or your local doctor.

You can also drop into the YRC or call us to have a chat to a friendly youth worker. Give us a call on 8734 1355 or drop in!
Depression and Mental Health Support Resources

**Wyndham Youth Services**  
Located at the YRC  
Ph. 8734 1355  
youth.wyndham.vic.gov.au

**Mind Australia**  
Mental illness counseling  
Ph. 1300 286 463  
www.mindaustralia.org.au

**IPC Health**  
Healthcare and counselling  
117-129 Warringa Crescent  
Hoppers Crossing  
Ph. 8734 1400  
ipchealth.com.au

**Youth Beyond Blue**  
Ph. 1300 224 636  
www.youthbeyondblue.com

**Headspace**  
5 Duncans Rd, Werribee  
Ph. 8001 2366  
www.headspace.org.au

**SANE**  
Helpline: 1800 18 SANE (7263)  
sane.org

**CoHealth**  
Located at the YRC.  
Ph. 8734 1355  
wrhc.com.au

**Orygen Youth Health**  
35 Poplar Rd, Parkville  
Ph. 9342 2800  
oyh.org.au

**Royal Children's Hospital Mental Health Services**  
Located at IPC Health  
Ph. 8734 1650  
rch.org.au

**Kids Helpline**  
Ph. 1800 55 1800  
kidshelp.com.au

**Children of Parents with a Mental Illness**  
copmi.net.au

**Reach Out**  
reachout.com.au

**Mental Illness Fellowship**  
Support for sufferers & family  
Ph. 8486 4200  
Helpline: 1800 985 944  
mifellowship.org

**Anxiety Disorders Association**  
Ph. 9853 8089  
adavic.org.au

**Youth Mental Health Unit**  
Wyndham Clinic Private Hospital  
242A Hoppers Lane, Werribee  
Ph. 8731 6500
DISABILITY SUPPORT

There is a large range of services located in and out of the Wyndham area that can assist young people and their family members who may have a disability. These services providers assist with helping improve the wellbeing and quality of life of people with disabilities.

Disability Support Services

Breakaway
Recreation/respite program for young people at the YRC
Ph: 8734 1355
youth.wyndham.vic.gov.au

IPC Health
117-129 Warringa Crescent, Hoppers Crossing
Ph. 8734 1400
ipchealth.com.au

Mambourin Disability Services
159 Derrimut Drive, Derrimut
Ph. 9731 9200
mambourin.org

Warringa Park School
Education prep-12
81 Warringa Crs, Hoppers Crossing
Ph. 9749 5774
warringapark.vic.edu.au

Young Families In Home Respite program
In-home respite service
Wyndham City Council
Ph. 9742 0777

ANNECTO
Assistance, support & services
Unit 25, 2-14 Station Place, Werribee
Ph. 9314 0988
annecto.org.au

Mackillop Family Services
118 Commercial Rd, Footscray
Ph. 9680 8444
mackillop.org.au

Carers Victoria
Lvl 1, 37 Albert St, Footscray
Ph. 9396 9550, TTY: 9396 9587
carersvictoria.org.au

genU Disability Support Services
Youth & disability services
1 Riverview Terrace, Belmont
Ph. 5249 8900
genu.org.au

Able Australia Services
Deaf and blind support service
Ph. 1300 225 369
TTY: (03) 9882 6786
ableaustralia.org.au
**EDUCATION AND EMPLOYMENT**

There are many alternative education and employment services located in and around Wyndham. You can find a complete list of schools on our website:


**Education and Employment Resources**

**Open Family / Whitelion**
Employment officer available
Located at the YRC
Ph. 8734 1355 / 1300 669 600
openfamily.com.au

**Werribee Community and Education Centre**
Courses and training
4 Synnot St, Werribee
Ph: 9742 4013
werribeecc.net

**genU**
Youth & disability services
1 Riverview Terrace, Belmont
Ph. 5249 8900
genu.org.au

**WynLearn**
Local learning opportunities
wynlearn.net.au

**South West Training Services**
147-155 Hogans Rd,
Hoppers Crossing
Ph. 9748 9233
swts.org.au

**AMES**
Education and training for newly arrived people
75 Watton St, Werribee
Ph. 13 26 37
ames.net.au
Employment Plus
Wandene House, Level 1, Cnr Bridge and Synnot Streets
Ph. 13 61 23
employmentplus.com.au

VTAC
Info on courses
Ph. 9926 1020
vtac.edu.au

Youth Now
Career and transition services
80B Harvester Rd, Sunshine
Ph: 8311 5800
youthnow.org.au

Department of Education and Training
Training and tertiary education
South West Region office
Ph.1300 333 232
education.vic.gov.au

Victorian Curriculum and Assessment Authority (VCAA)
Info on VCE, VCAL, and VET
Ph.9032 1700 / 1800 134 197
vcaa.vic.edu.au

Youth Central
Education & employment info
youthcentral.vic.gov.au

Workplace Connect
Apprenticeships, job placement and traineeships
Ph: 1300 656 461
wpcgroup.org.au

Group Training Australia
Employment and training services directory
grouptraining.com.au

WorkSafe Victoria
Safe work info and claims
Ph. 9641 1444 / 1800 136 089
vwa.vic.gov.au

Australian Taxation Office
Ph. 13 28 61
ato.gov.au

North Melbourne Huddle
Education and careers support
Ph: 9320 2400
HEALTH

Eating disorders

A person may have an eating disorder if they’re obsessed with having control over eating, food and body image and weight. It can lead to serious physical, psychological and social harm. Eating disorders are serious, and in some cases fatal, mental illnesses which often require psychological or physical intervention to promote recovery. You can find information on symptoms at www.eatingdisorders.org.au or from a doctor.

If you suspect someone close to you has an eating disorder try to let them know that you are concerned and encourage them to get help. Early intervention may prevent serious problems from developing so it is important to seek help and advice. Check out the Mental Health and Counselling sections for more services who may be able to help.

Eating Disorder Resources

Eating Disorders Program
Royal Children’s Hospital, Centre for Adolescent Health
Ph. 9345 6533
rch.org.au

Eating Disorders Foundation
Support, info & advocacy
Ph. 1300 550 236
eatingdisorders.org.au

The Butterfly Foundation
Support and information
Ph. 1800 33 4673 / 9822 5771
thebutterflyfoundation.org.au
Sexual Health

There are many services in Wyndham and surrounding areas that can provide information about how you can look after your sexual health. You might have concerns about contraception, sexuality and gender issues, pregnancy, decision making, abuse, relationships and sexually transmitted infections, or the laws around legal age and consent. You can also contact the health centres listed under ‘Other Health Resources’.

Sexual Health Resources

Action Centre – Family Planning Victoria
For people under 25 years
Level 1, 94 Elizabeth St, Melbourne
Ph. 9660 4700 Freecall 1800 013 95
fpv.org.au

Gatehouse Centre
Counselling for young victims of sexual assault. Located at the Royal Children’s Hospital and YRC
Ph. 9345 6391
rch.org.au

Hampstead Drive Medical Centre
Registered sexual health nurse
2 Hampstead Drive,
Hoppers Crossing
Ph 9748 8266

Other Health Resources

IIPC Health
Wyndham health service
117-129 Warringa Crescent
Hoppers Crossing
Ph. 8734 1400
ipchealth.com.au

Maternal & Child Health Services
Available in various centres across Wyndham
Ph: 9742 8148  wyndham.vic.gov.au

Westgate Medical Centre
259 Heaths Rd, Werribee
Ph. 9748 4188
381 Sayers Rd, Hoppers Crossing
Ph. 9748 5088

Wyndham Health Care
233 Heaths Rd, Werribee
Ph. 9749 2766
Derrimut Road Health Clinic
412 Derrimut Rd, Tarneit
Ph. 8742 2088
derrimutroadhealthclinic.com

Derrimut Road Medical Centre
286 Derrimut Rd, Hoppers Crossing
Ph. 8754 2828

Hogans Road Medical Centre
63 Hogans Rd, Hoppers Crossing
Ph. 9749 6777

Point Cook Super Clinic
7 Main St, Pt Cook Town Centre
Ph. 9395 8077

Manor Lakes Medical Centre
Manor Lakes Shopping Centre,
Ballan Rd
Ph. 9749 7977

Wyndham Vale Health Care
127 Ballan Rd, Wyndham Vale
Ph. 9742 5148
wyndhamvalehealthcare.com

Wyndham Vale Super Clininc
510 Ballan Rd, Wyndham Vale
PH: 9216 7777

Modern Medical
504-510 Ballan Rd, Wyndham Vale
PH: 9216 7999

Wyndham Vale Health Care
127 Ballan Rd, Wyndham Vale
PH: 9742 5148

Werribee Medical and Dental Centre
1-5 Station Pl, Werribee
PH: 8734 0333

WellCrest Tarneit Medical Centre
205 Bethany Rd, Tarneit
PH: 9002 4100

Wyndham Village Medical Centre
380 Sayers Rd, Tarneit
PH: 8742 7100

Medicare Cards
If you’re aged 15 or older, you can have your own Medicare card. To transfer to your own Medicare card, you need to visit a DHS Service Centre with identification and fill out a Medicare Copy/Transfer Application form. This is located at:

Centrelink and Medicare Office – Werribee
89-91 Synnot St, Werribee
Ph: 13 24 68
humanservices.gov.au
Health Care Cards

The Australian Health Care Card is a card issued by the Australian Government which may assist with reduced price prescription medicines, medical services, public transport, vehicle registration and water, gas and electricity bills. To check if this card is available to you and or your family please contact:

Centrelink
89-91 Synnot St, Werribee Ph: 13 24 68
humanservices.gov.au

LEGAL SERVICES

Wyndham Legal Service has a Youth Law Solicitor that provides free legal advice and assistance to people up to 25 years old. The service is focused on criminal and civil law matters which include crime, fines, car accidents, debts, consumer law, disputes with banks and insurance, and unfair bills. The solicitor aims to provide a holistic service by linking young people in with other services, agencies and networks where necessary.

Youth Law is available at the YRC, Point Cook Youth Services and at Wyndham Legal Centre (contact details below). Contact the YRC or Wyndham Legal Service on (03) 9741 0198.

Legal Services and Resources

West Justice
Wyndham Legal Centre
Level 1, 8 Watton St, Werribee
Ph. 9749 7720
westjustice.org.au

Werribee Magistrates Court
Corner Salisbury St & Duncans Rd, Werribee
Ph. 9974 9300

Victoria Police
Werribee Police (24 hours)
131 Princes Hwy, Werribee
Ph. 9742 9444

Wyndham North Police
610 Sayers Rd, Tarneit
Ph. 8734 1100

In an emergency call 000
police.vic.gov.au
Must surrender voucher to redeem offer.
Offer expires 30 September 2018.

One per person. Child is 15 years & under.
Children 10 and under must be accompanied by an adult.
Must surrender voucher to redeem offer. Expires December 2019.
86 Derrimut Road, Hoppers Crossing
Open 9am – 6pm weekdays

Ph: 8734 1355
http://youth.wyndham.vic.gov.au
email: mail@wyndham.vic.gov.au
Multiple use voucher, voucher must be presented, up to 4 people per voucher, based on adult prices. Offer expires December 2019.

Buy One Get One FREE

Features:
- Bowling
- Laser Tag
- Rock Climbing
- Escape Room
- Virtual Reality

Point Cook
Shop 123A Stockland Point Cook Town Centre
Monday – Wed 9am-5.30pm
Thursday – Friday 9am-7pm
Saturday 9am-5pm
Sunday 10am-5pm

2 for $10 Medium
(Most Popular Range)

Must surrender voucher to redeem offer. Offer expires December 2019.
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There are many ways that young people can travel around Wyndham to get to where they need to go, including by public transport (train and bus), taxi, cycling or walking.

Public Transport Victoria (PTV) has all the information on public transport services, timetables, fares, tickets and initiatives. For up to date information, check out:

- Web: www.ptv.vic.gov.au
- Ph: 1800 800 007
- App: ‘Public Transport Victoria app’

**MYKI**

myki is your ticket to travel on Melbourne’s trains, trams and buses, and V/Line commuter train services. The reusable smart card is easy to use. Simply top up before your journey and then touch on and touch off at a myki reader as you travel.

You can buy and top up your myki at all 7-Eleven stores, the ticket office window at staffed Premium Stations, from a myki machine (full fare myki cards only) located at train stations and major tram and bus interchanges, online at www.ptv.vic.gov.au and by calling 1800 800 007.
These train stations are located on the Werribee Line:
- Werribee Train Station (Werribee Line)
- Hoppers Crossing Train Station (Werribee Line)
- Williams Landing (Werribee Line)

Change to the Geelong V/Line to access these train stations:
- Tarneit Train Station
- Wyndham Vale Train Station
- Little River Train Station

To view the full network map, go to www.ptv.vic.gov.au
TAXI SERVICES

West Suburban Cabs: 9689 1144
Arrow Taxis: 13 22 11
Silver Top Taxis: 13 10 08
13CABS: 13 22 27

CYCLING AND WALKING

Across Wyndham there are a number of designated bike lanes on roads, as well as many recreational bike and walking paths.

You can download maps of recreational bike and walking paths from www.wyndham.vic.gov.au

BUSES

Buses in Wyndham run approximately every 20-40 minutes and are subject to change. Places to find updated bus routes and timetables are:

• At bus stops
• PTV: www.ptv.vic.gov.au / 1800 800 007
• CDC Victoria: www.cdcvictoria.com.au / 9368 6000
• By using the PTV mobile phone app

For more information on fares and routes, or to make an enquiry or complaint, contact the Werribee depot on (03) 9368 6000 or online at www.cdcvictoria.com.au.
Route 150  Williams Landing Station – Tarneit Station via Sayers Road

Zone 2

- Dohertys Rd
- Palmers Rd
- Leakes Rd
- Forsyth Rd
- Palms Rd
- Sayers Rd
- Marquands Rd
- Overton Rd
- Ashcroft Av
- Wyndham Village SC
- Westbourne Grammar School
- Westmeadows La
- Morris Rd
- Sayers Rd
- Forsyth Rd
- Sayers Rd
- Marquands Rd
- Overton Rd
- Ashcroft Av
- Old Geelong Rd
- Princes Fwy
- Princes Hwy
- Tarneit Station
- Baden Powell Dr
- Thomas Carr College
- Good News Lutheran School
- Tarneit Rd
- Tarneit Station
- Williams Landing Station
- Werrinde
- Werribee Station
- Werribee Village SC
- Al-Taqwa College
- Tarneit Senior College
- Tarneit P-9 College

Route 150
via Sayers Rd
Williams Landing Station – Tarneit Station

Route 180
via Tarneit Rd
Werribee Station – Tarneit Station

Zone 2

- Single zone
- Connecting train
- Connecting V/Line train
- Major stop
- Connecting bus
- Ticketing zone

For more information visit ptv.vic.gov.au or call 1800 800 007 (6am – midnight)

© Public Transport Victoria 2015
Route 151 Williams Landing Station – Tarneit Station via Westmeadows Lane

Zone 2

Tarneit Station

Baden Powell Dr

Thomas Carr Dr

Rose Grange Bvd

Westmeadows La

Morris Rd

Derrimut Rd

Hogans Rd

Leakes Rd

Dohertys Rd

Palmer's Rd

Sayers Rd

Westbourne Grammar School

Westmeadows Village SC

Al-Taqwa Lutheran School

Tarneit Senior College

Tarneit P-9 College

Princes Hwy

Princes Fwy

Ashcroft Av

Overton Rd

Boardwalk Blvd

Old Geelong Rd

Shaws Rd

Cottrell St

Manly St

Kookaburra Av

Barber Dr

Bethany Rd

Market Rd

Plantagenet Rd

Wyndham Village SC

Good News Lutheran School

Williams Landing Station – Tarneit Station

Route 151 via Westmeadows Lane

Route 180 via Tarneit Rd

Werribee Station – Tarneit Station

© Public Transport Victoria 2015

For more information visit ptv.vic.gov.au or call 1800 800 007 (6am – midnight)
Route 153  Williams Landing Station – Werribee Station
via Hoppers Crossing Station

Zones 2

See Werribee inset

See Hoppers Crossing inset

Werribee Mercy Hospital

University of Melbourne

Victoria University

Suzanne Cory High School

Werribee Station

Wyndham Civic Centre

Werribee River

Morris Rd

Derrimut Rd

Ashcroft Av

Forsyth Rd

Overton Rd

Palmer Rd

Princes Hwy

Old Geelong Rd

Boardwalk Blvd

Princes Fwy

Tarneit

Station

Werribee Station

North

Werribee Station

District

District

Werribee Station

District

Wyndham Civic Centre

Werribee River

Morris Rd

Derrimut Rd

Ashcroft Av

Forsyth Rd

Overton Rd

Palmer Rd

Princes Hwy

Old Geelong Rd

Boardwalk Blvd

Princes Fwy

Werribee Station

District

Werribee River

Morris Rd

Derrimut Rd

Ashcroft Av

Forsyth Rd

Overton Rd

Palmer Rd

Princes Hwy

Old Geelong Rd

Boardwalk Blvd

Princes Fwy

Werribee Station

District

Werribee River

Morris Rd

Derrimut Rd

Ashcroft Av

Forsyth Rd

Overton Rd

Palmer Rd

Princes Hwy

Old Geelong Rd

Boardwalk Blvd

Princes Fwy

Werribee Station

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Morris Rd

Derrimut Rd

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Ashcroft Av

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Overton Rd

Palmer Rd

Princes Hwy

Old Geelong Rd

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Princes Fwy

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Morris Rd

Derrimut Rd

Ashcroft Av

Forsyth Rd

Overton Rd

Palmer Rd

Princes Hwy

Old Geelong Rd

Boardwalk Blvd

Princes Fwy

Werribee Station

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Werribee River

Morris Rd

Derrimut Rd

Ashcroft Av

Forsyth Rd

Overton Rd

Palmer Rd

Princes Hwy

Old Geelong Rd

Boardwalk Blvd

Princes Fwy

Werribee Station

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Werribee River

Morris Rd

Derrimut Rd

Ashcroft Av

Forsyth Rd

Overton Rd

Palmer Rd

Princes Hwy

Old Geelong Rd

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Princes Fwy

Werribee Station

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Werribee River

Morris Rd

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Forsyth Rd

Overton Rd

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Morris Rd

Derrimut Rd

Ashcroft Av

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Old Geelong Rd

Boardwalk Blvd

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Morris Rd

Derrimut Rd

Ashcroft Av

Forsyth Rd

Overton Rd

Palmer Rd

Princes Hwy

Old Geelong Rd

Boardwalk Blvd

Princes Fwy

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Ashcroft Av

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Overton Rd

Palmer Rd

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Derrimut Rd

Ashcroft Av

Forsyth Rd

Overton Rd

Palmer Rd

Princes Hwy

Old Geelong Rd

Boardwalk Blvd

Princes Fwy

Werribee Station

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Werribee River

Morris Rd

Derrimut Rd

Ashcroft Av

Forsyth Rd

Overton Rd

Palmer Rd

Princes Hwy

Old Geelong Rd

Boardwalk Blvd

Princes Fwy

Werribee Station

District

Werribee River

Morris Rd

Derrimut Rd

Ashcroft Av

Forsyth Rd

Overton Rd

Palmer Rd

Princes Hwy

Old Geelong Rd

Boardwalk Blvd

Princes Fwy

Werribee Station

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Werribee River

Morris Rd

Derrimut Rd

Ashcroft Av

Forsyth Rd

Overton Rd

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Overton Rd

Palmer Rd

Princes Hwy

Old Geelong Rd

Boardwalk Blvd

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Morris Rd

Derrimut Rd

Ashcroft Av

Forsyth Rd

Overton Rd

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Werribee River

Morris Rd

Derrimut Rd

Ashcroft Av

Forsyth Rd

Overton Rd

Palmer Rd

Princes Hwy

Old Geelon...
Route 160 Hoppers Crossing Station – Tarneit Station via Morris Road
Route 161 Hoppers Crossing Station – Werribee Station via Werribee Plaza SC
Route 166 Hoppers Crossing – Wyndham Vale Station via Werribee Plaza SC
Route 167  Hoppers Crossing Station – Tarneit Station
via Werribee Plaza SC

Zone 2

TARNEIT STATION

Werribee Station – Tarneit Station
via Werribee Plaza SC

Route 180

Werribee Station – Tarneit Station
via Tarneit Rd

Route 167

Hoppers Crossing Station – Tarneit Station
via Werribee Plaza SC

Werribee Station – Tarneit Station
via Tarneit Rd
Route 180 Werribee Station – Tarneit Station via Tarneit Road

MAP NOT TO SCALE

For more information visit ptv.vic.gov.au or call 1800 800 007 (6am – midnight)

© Public Transport Victoria 2015
Route 190 Werribee Station – Wyndham Vale Station via Ballan Road
Route 191 Werribee Station – Manor Lakes
via Greaves St > Wyndham Vale Station
Zone 2

Route 192 Werribee Station – Wyndham Vale Station via Black Forest Road

Wyndham Vale Station

Wyndham Vale Square SC

Our Lady of the Southern Cross PS

Manor Lakes P-12 College

Manor Lakes SC

Wyndham Vale Station

Haines Rd

Ribbesdale Av

Greens Rd

McGrath Rd

Bolton Rd

Honour Av

Walls Rd

Cambridge Cr

Thomas Chirnside PS

Werrabee Sports & Fitness Centre

Princes Hwy

Bolton Rd

Hooker Rd

McGrath Rd

Greaves St North

Synnot St

Shaws Rd

Market Rd

Manly St

Railway Av

Symon St

Tarneit Rd

Wollahra Rise

Railway Av

NORTH
Route 439 Werribee Station – Werribee South via Werribee Park

- Mainly St
- Market Rd
- Civic Centre
- Princes Hwy
- Wattle Av
- Edwards Rd
- Yalonga Av
- Werribee Sec Col
- Werribee Open Range Zoo
- Main Dr
- Werribee Park Mansion
- K Rd
- Diggers Rd
- College Rd
- Farrans Rd
- Cuttiss Rd
- McKillop CRC
- St Mary’s Campus
- Beach Rd
- Quay Rd
- Wyndham Harbour

Zone 2

For more information visit ptv.vic.gov.au or call 1800 800 007 (6am – midnight)

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290415

Connecting train
Connecting bus
Single zone
Major stop
Route 441 Werribee Station – Westleigh Gardens via Geelong Road

Zone 2

Heaths Rd
Shaws Rd
Greaves St North
Market Rd
Manly St
Railway Av
Symot St

Werribee St North
Cottrell St
Coope St
Morris Rd

Werribee St
Princes Hwy (Geelong Rd)

Annie St
Bullan Rd
Bullan Rd

Ballan Rd

Melbourne Water Discovery Centre

Werribee Station

Werribee Station

Werribee Station

WERRIBEE STATION

Werribee Village SC
Good News Lutheran School
Tarneit Senior College
Tarneit P-9 College

B24 Liberator Hangar

Route 441 via Geelong Road
Werribee Station – Westleigh Gardens

Route 180 via Tarneit Rd
Werribee Station – Tarneit Station

Ticketing zone
Single zone
Connecting train
Connecting bus
Connecting V/Line train
Major stop

For more information visit ptv.vic.gov.au or call 1800 800 007 (6am – midnight)

© Public Transport Victoria 2015
Route 443 Werribee Southern loop via South Werribee

Zone 2

Werribee St
Werribee St Nth
Market Rd
Tarneit Rd
Greaves St
Werribee St
Cottrell St
Manly St
Cottrell St
Manly St
Sayers Rd
Purchas St
Bethany Rd
Bethany Rd
Derrimut Rd
Barber Dr
Morris Rd
Crossway Av
Baden Powell Dr
Raven St
Tarneit Rd
Tarneit Rd
Corpus Christi PS
Corpus Christi PS
Shaws Rd
Kookaburra Av
Hogans Rd
Princes Hwy
Market Rd
Leakes Rd
Railway Av
Wattle Av
Watton St
Synnot St
Wottie St
Wedge St
Deugam St
Greaves St Sth
Collins St
Russell St
Corpus Christi Dr
Corpus Christi PS
MacKillop Catholic College
Chirnside Av
Tolmie Av
Loyola Rd
Loyola Rd
Yalanga Rd
Yalanga Rd
Loyola Rd
Loyola Rd
Duncans Rd
Wattle Av
Princes Hwy
NORTH

For more information visit ptv.vic.gov.au or call 1800 800 007 (6am – midnight)

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MAP NOT TO SCALE
Route 494  Williams Landing Station – Point Cook South via Alamanda Bvd

Arriving services from Route 495 to Williams Landing Station via Point Cook Town Centre

NORTH

© Public Transport Victoria 2015

For more information visit ptv.vic.gov.au or call 1800 800 007 (6am – midnight)
Route 496  Laverton Station – Sanctuary Lakes via Sanctuary Lakes SC

Zone 2

Palmers Rd
Princes Fwy
Princes Fwy
Central Av
Queen St
Central Square SC
Merton St

Aircraft Station
Railway Av
Laverton Station
Princes Fwy

Carinza Av
Willowgreen Way
The Strand
Stane Av
Seabrook Av
Allington Pl

Seabrook PS
Seabrook Bd
Sanctuary Lakes North Bd

Point Cook Rd
Dunnings Rd
Finchley Rd
Lumen Christi PS
Sanctuary Lakes SC
Jamieson Way
Point Cook Village
Sneydes Rd

Sanctuary Lakes Golf Club
Sandalford La
Panorama Way
Sanctuary Lakes South Bd

Sanctuary Lakes SC
Lumen Christi PS
Point Cook Village
Sneydes Rd

NORTH
Route 497  Williams Landing – Saltwater Coast Estate via Sanctuary Lakes SC

Zone 2

- Williams Landing Station
- Foot Bridge
- Overton Rd
- Woodbury St
- Princes Fwy

Point Cook Rd
- Point Cook Village
- Sneydes Rd
- Yuruga Bvd
- Alamanda Bvd
- Featherbrook Dr

Sanctuary Lakes SC
- Jamieson Way
- Emmanual Catholic Sec Col
- Carranballac P-9 College (Boardwalk Campus)
- Finchley Rd
- Lumen Christi PS

Sanctuary Lakes North Blvd
- Sanctuary Lakes Golf Club

Saltwater Prom
- Point Cook Reserve
- Blockvale Rd
- Warunda Rd
- Point Cook Homestead Rd
- Citybay Dr
- Bay Crest

© Public Transport Victoria 2015

For more information visit ptv.vic.gov.au or call 1800 800 007 (6am – midnight)
Route 498  Laverton Station – Hoppers Crossing Station via Dunnings Road

Zone 2

- Laverton Station
- Central Square SC
- Hoppers Crossing Station
- Point Cook Rd
- Princes Fwy
- Old Geelong Rd
- Forsyth Rd
- Morris Rd
- VU Wyndham Sports Complex
- Suzanne Cory High School
- Victoria University (Werribee campus)
- Werribee Mercy Hospital

For more information visit ptv.vic.gov.au or call 1800 800 007 (6am – midnight)

© Public Transport Victoria 2015
Cold Rock Ice Creamery – Point Cook

10% off your total purchase

Shop 128, Point Cook Town Centre
9395 7814

Open Mon-Fri 1pm-10pm
Sat 12pm-10.30pm, Sun 12.30pm-10.30pm

Must surrender voucher to redeem offer.
Offer expires December 2019.

-------

66 Barber Drive
Hoppers Crossing
9749 1155

Monday – Friday:
9.30am – 12.30pm
& 4pm – 9pm
Saturday: 9am – 3pm

FIRST CLASS
FREE

Must surrender voucher to redeem offer.
Offer expires December 2019.
86 Derrimut Road, Hoppers Crossing
Open 9am – 6pm weekdays
Ph: 8734 1355
http://youth.wyndham.vic.gov.au
email: mail@wyndham.vic.gov.au
YOUTH RESOURCE CENTRE

86 Derrimut Road, Hoppers Crossing
Open 9am – 6pm weekdays

Ph: 8734 1355
http://youth.wyndham.vic.gov.au
email: mail@wyndham.vic.gov.au
SPINE