



Break the Cycle aims to Empower sustainable life choices & communities, through education and support



32 Edgar St,
Macquarie Fields
NSW 2564

Call us on:
(02) 9829 8898

Monday to Thursdays 9am - 4pm



[Info@btc.org.au](mailto:info@btc.org.au)
www.btc.org.au



COMMUNITY CARE...

We connect community members with our services, referring on as required to other relevant agencies.

Contact our office to make an appointment for:

COMMUNITY CHAPLAINCY

Our Chaplain is available for clients, including those who have served time in prison, to chat about challenges in life and the 'bigger picture'. When: Tuesdays & Thursdays by appointment

SORTED! FOR MEN - LIFESKILLS COURSE

Sorted! is a holistic course that educates men (adult 18+) towards changing the way they see themselves and how they relate to others.

Enquire with our office for more info. When: Tuesdays 10am-12.30pm



EMPOWER FOR WOMEN - LIFESKILLS COURSE

Empower is a holistic course that educates women (adult 18+) towards changing the way they see themselves and how they relate to others.

When: Mondays 11am-1:30pm



WORK DEVELOPMENT ORDERS Are you having difficulty paying off your state debt? Then ask our office for more information to see if you are eligible for help to reduce your unpaid fines.

PERSONAL & FAMILY COUNSELLING

Counselling is a process where you can talk about your problems in a safe environment, to someone who is professionally trained.

For after hours help call  13 11 14.



COMMUNITY DEVELOPMENT...

MEN'S SHED

Picture a big tin shed where blokes come together, share their skills, gain knowledge and build positive relationships. Our mature members work 'shoulder to shoulder' aiming to mentor men in our community.

Contact our office for more information or drop in.



Contact 0417084076 or our office

Shed hours: Mondays & Wednesdays 8.am-3pm

GARDEN GROUP

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

When: Tuesdays 9am-12pm



BREAK THE CYCLE—BIBLE STUDY

Come open the Bible and check out the God stuff with our Community Chaplain

When: Tuesdays 1.30pm-2.30pm

WAYOUT FELLOWSHIP CHURCH for those who want to “check out” who God is, and all those who want to leave their past behind and make a permanent change

Third Tuesday of each month 5pm—
7.30pm (Except Jan & Feb)

SMS Chaplain Stuart on 0430 436 739



www.wayout.website

FOOD AND FINANCIAL ASSISTANCE...

We interview clients in crisis, potentially offering; Gas, Electricity, Food assessments, Water (private housing) and Telstra financial assistance.

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

BREAK AWAY COMMUNITY CAFE

Our café prepares and serves low-cost meals for our community.

When: Mon Tues, Wed 11.am-12.30pm



COMMUNITY PANTRY

A weekly donation of \$20 will enable each household to select affordable groceries, providing an estimated \$50 value of quality food. When: Tues, Wed, Thursday 9.30am-2pm



NO INTEREST LOANS

Clients who are on a low income or receiving Centrelink payments can apply for a No Interest loan.

When: Mon, Thurs by appointment only



OUTREACH SERVICES...

FINANCIAL COUNSELLING

To assist clients with a better understanding of their financial circumstances and weekly budget

When: Available only by appointment & interview

GAMBLING COUNSELLING

Specialist counsellor to help people deal with this specific need.

When: **Wednesdays** by appointment

FREE LEGAL ASSISTANCE

We host an outreach service for legal advice to local residents.

By appointment only,

When: on the last Tuesday afternoon of each month.

HOW YOU CAN SUPPORT US...

Use the QR CODE to visit www.btcg.org.au/donate.php —>>>

BTCG is a not-for profit organisation that is in part financially supported through Anglicare Sydney, Anglican Aid, grants and other donations. We welcome your **tax deductible** donations large or small to enable us to continue to provide our various services and programmes.



Please consider giving regularly to support us via

EFT: BSB 032 372, Account 285 226

Or by cheque made out to: Break the Cycle Glenquarie Inc.

Please give to Anglican Aid financially supporting
our Community Chaplain since 2012

Use the QR CODE —>>
or check out...



www.wayout.website/donate/