

## **Self Isolation Packs - Handy Resources**

We hope you are all doing well during this uneasy time, and all young people are keeping safe at home.

We are sharing some fantastic resources for staff, families, young people and anyone else who may benefit from these.

- 1. Managing Your Mental Health Online During COVID-19
- 2. Self Isolation Pack
- 3. Staying at Home Pack activities
- 4. Your Sensory Self Care Toolkit

Please feel free to share with your contacts.

Enjoy and keep safe, keep well - hang in there.



## **Emergency & Material Aid Services**

## **Emergency Relief**

Hills Community Aid 9639 8620 Mon – Fri by phone

**Anglicare community pantry** \*\$10 groceries, \$2 fresh food (bring pension /

healthcare / immigration card with you)

Baulkham Hills 0419640381 Lalor Park 9838 9092 Blacktown 9831 5454 Granville 96371073

Karabi community & development services:

Constitution Hills Foodbank 9631 7055 9:00 - 4:30 Mon- Thurs Seven Hills Foodbank 9688 1084 9:00 - 4:30 Mon-Thurs Wenworthville Foodbank 9831 6575 9:00- 6:30 Mon-Friday Hawksbury Helping Hands 4577 707 5:00-7:30 pm Sat & Sun Meals, showering, and other services for people experiencing homelessness.

**Vinnies Food Pantry Harris park** 8861 9757 Mon – Fri by appointment

Parramatta community food care 9630 3892 Fri by appointment

**Strong Nation Community Food care** 4587 8091 Mon – Fri by appointment

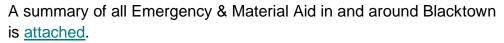
Cumberland Multicultural Community Centre 02 9637 7600

 Mission Australia – Blacktown
 1800 669 064

 Salvation Army
 1300 371 288

 St Vincent de Paul
 1800 606 724

Christ Mission Possible 4704 8809 Call for details



If any details are incorrect, please contact Blacktown City Council

## **Contact Details**

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