



Raymond Terrace Salvos Hope Centre

15 Carmichael St, Raymond Terrace—4983 1425

OPENING HOURS

Mon—11am to 3pm (Oz Harvest)

Tues—11am to 3pm (Welfare)

- 4pm to 6pm (Community meal)

Wed— 1pm to 3pm (Craft n Chat)

1pm to 2pm (Men's Group)

Thurs—11am to 3pm (Welfare)

Fri—CLOSED

Sat—CLOSED

Sun— Church (10am) All welcome!

Needing a little support? Salvos can offer the following in a safe and caring setting:

- | | |
|------------------------|-----------------------------------|
| • Emergency food | • Assessment and referral |
| • On the spot hot meal | • Assistance in finding support |
| • Hot showers | • Access to homelessness support |
| • Welfare support | • Access to financial counselling |



Hope Community Choir

If you love to sing make enquiries about joining!



Thanks to regular **Oz Harvest** deliveries on **Mondays**, we can offer an assortment of fresh fruit and veg, dairy and meat. Please register your interest by calling 4983 1425.

OrangeSky

— Australia —



Need some washing done?
Orange Sky, free mobile laundry operates at Salvos on Tuesdays between 2:30 and 4:30 pm.

Positive Lifestyle Program

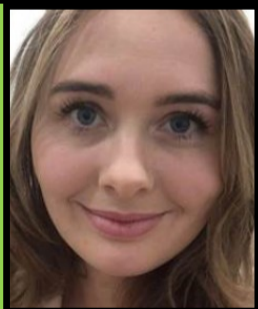
for Individuals



Living our Mission

In a non-invasive and non-judgmental way, Positive Lifestyle Program (PLP) mentors encourage participants to consider 8 key aspects of life over 8 weekly meetings, in person or online. These include:

Self-awareness, Anger, Depression & Loneliness, Stress, Grief & loss, Assertiveness, Self-esteem, Future directions.



Meet Daniella, our Doorways Caseworker who can help community members sort through more complex issues and those that require longer term support.



Craft "n" Chat

...on Carmichael

Be prepared.....
...to have some laughs
...to make new friends
Oh....and learn new craft skills and share your own!



Wednesdays (thru school terms)
1pm to 3pm
Raymond Terrace Salvation Army Hope Centre
15 Carmichael St, R/Terrace
Weekly cost - \$2
plus cost of some materials where applicable
Enquiries to Jean 0418 741 172

Community Meal

Every Tuesday
Come at 4pm for games,
Dinner served at 5pm
Gold coin donation

Doorways

Community Support

If you need financial assistance to support you through a crisis call
Salvos Phone Assistance Line

02 8775 7988

Find us on Facebook -



RAYMOND TERRACE SALVOS
HOPE CENTRE

SPIRITUAL: Our Sunday Gathering begins at 10am. Enjoy a relaxed and informal service with a relevant message that explores what it means to be a Christian in today's chaotic world. Coffee, tea & refreshments served after the 1 hour service. All welcome!

CHURCH & COMMUNITY SERVICE LEADERS—BRIAN (0439 492 435) & JEAN (0418 741 172)

