

## Food

### Ellenbrook Meals

Carpark near Coolamon Pavilion,  
Bonney Lane, Ellenbrook  
🕒 6-7.30pm daily

### Ellenbrook Community Pantry

Ellenbrook Arts, 34 Main Street, Ellenbrook  
🕒 10am-12noon Friday

### Brockman Community House

181 Altone Road, Beechboro  
🕒 Food assistance – 11.30am Monday  
and Thursday  
🕒 Vegetarian meals – 4.30pm Wednesday

### Salvation Army

371-373 Morrison Road, Swan View  
🕒 Food assistance – 10am Tuesday  
🕒 Friends Café – 9am Thursday

### Foodbank

313/80 Maffina Parade, Ellenbrook  
🕒 10.45-11.30am Tuesday

### Gracelife Church

66 Woodlake Boulevard, Ellenbrook  
🕒 11.30am-12.15pm Tuesday

## Laundry

### Ellenbrook Youth Centre

(for people under 25)  
7 Plaza Turn, Ellenbrook  
🕒 9am-6pm weekdays

City of Swan

## Homelessness Support Services



## Showers

### Swan Active Beechboro

332 Benara Road, Beechboro  
🕒 9am-12noon and 1-4pm

### Ellenbrook Youth Centre

(for people under 25)  
7 Plaza Turn, Ellenbrook  
🕒 9am-6pm weekdays

## Medical

### Street Doctor at Karnary Resource Centre

25 Spring Park Road, Midland  
🕒 9376 9200  
🕒 9am-12noon Tuesday

### St John of God Hospital

1 Clayton Street, Midland  
🕒 9462 4000

### Derbarl Yerrigan Health Service

(Aboriginal health clinic)  
Railway Workshop 1,  
6 Centennial Place Midland  
🕒 1300 420 272  
🕒 9am-5pm weekdays

## Mental health

### Lifeline

🕒 13 11 14

### Head to Health

23 Old Great Northern Highway, Midland  
🕒 1800 595 212

### Headspace (for people aged 12-25)

64 Morrison Road, Midland  
🕒 9274 8860

### Wungening

(alcohol and other drugs support)  
18 Helena Street, Midland  
🕒 6330 7070

### Holyoake (alcohol and other drugs support)

4 Stafford Street, Midland  
🕒 9274 7055

## Family and domestic violence

### Midland Women's Health Care Place

24 Junction Parade, Midland  
🕒 9250 2221

### Koolkuna (refuge)

🕒 9274 7545

### Centrecare Midland

45 Yelverton Drive, Midland  
🕒 9436 0600

### Sexual Assault Resource Centre

🕒 1800 199 888 or 6458 1828

### Relationships Australia

27 The Crescent, Midland  
🕒 6164 0480

### 1800 Respect

🕒 1800 737 732

## Housing

### Entry Point

🕒 6496 0001 or 1800 124 684

### Crisis Care

🕒 1800 199 008

### Indigo Junction

25 Spring Park Road, Midland  
🕒 9274 7929

### Rise Network

41A Great Northern Highway, Middle Swan  
🕒 6274 3700

### Allawah Grove Hostel (medical hostel)

133 Great Eastern Highway, South Guildford  
🕒 6109 2030

### St John of God Health Care - Horizon

House (for pregnant women aged 16 -22)  
🕒 9276 6948

## Free Wi-Fi and charging stations

### City of Swan public libraries

**Ballajura**  
Kingfisher Avenue and Illawarra Crescent  
South, Ballajura

### Beechboro

332 Benara Road, Beechboro

### Bullsbrook

Ethel Warren Community Centre, Marouba  
Avenue, Bullsbrook

### Ellenbrook

90 Main Street, Ellenbrook

### Gidgegannup

4/2125 Toodyay Road, Gidgegannup

### Guildford

97 James Street, Guildford

### Midland

11 The Avenue, Midland

## Legal and finance

### Midlas

Midland: 12 Old Great Northern Highway  
Ellenbrook: Suite 3 1/38 Main Street  
🕒 9250 2123

### Street Law Centre

Karnary Resource Centre,  
25 Spring Park Road, Midland  
🕒 1800 752 992  
🕒 9am-12noon Tuesday

### Centrelink

15 Keane Street, Midland  
🕒 13 24 68

### Bluesky Group

34 Diana Crescent, Lockridge  
🕒 9376 9999

## Children and family support

### Midvale Hub

33 Wellaton Street, Midvale  
🕒 9274 5101

### CLAN Midland

36A Mathoura Street, Midland  
🕒 9250 6335

### Brockman House

181 Altone Road, Beechboro  
🕒 9279 1588

### Centrecare

45 Yelverton Drive, Midland  
🕒 9436 0600

### Ngala

Level 1, Suite 3, 38 Main Street, Ellenbrook  
🕒 9368 9309

## Emergency contacts

### Emergency police/fire/ambulance

🕒 000

### Non-emergency police

🕒 131 444

### Mental Health Emergency Response Line

🕒 1300 555 788

### Lifeline: Crisis support, suicide prevention

🕒 13 11 14

### Suicide Call Back Service

24/7 telephone counselling

🕒 1300 659 467

### Crisis Care

🕒 1800 199 008

## Youth services

### Indigo Junction Youth Services

53 Great Northern Highway, Midland  
🕒 9274 1611

### Swan City Youth Service

12 Padbury Terrace, Midland  
🕒 9274 3488

### Altone Youth Centre (Youth Futures)

332 Benara Road, Beechboro  
🕒 9377 4022

### The Bullseye Youth Centre (Bullsbrook)

3 Maroubra Avenue, Bullsbrook  
🕒 9377 4022

### Ellenbrook Youth Centre

7 Plaza Turn, Ellenbrook  
🕒 9207 8582

### Parkerville

1 Watertank Way, Midland  
🕒 9235 7000

# Midland services

## Monday

**i Information and referral**  
 Karnany Resource Centre – 8.30am-4.30pm  
 Indigo Junction, 25 Spring Park Road, Midland  
 ☎ 9274 7929

**✂ Free community meals**  
 Midland Meals – 6-8pm  
 52 Morrison Road, Midland

**✂ Low cost food**  
**Dreambuilders – 9.30am-4pm**  
 334 Great Eastern Highway, Midland

**🧺 Laundry**  
 Karnany Resource Centre – 9am-4pm  
 Indigo Junction, 25 Spring Park Road, Midland

**🚽 Toilets and showers**  
 Karnany Resource Centre – 9am-4pm  
 Indigo Junction, 25 Spring Park Road, Midland  
**Dreambuilders – 10am-3pm**  
 334 Great Eastern Highway, Midland

## Tuesday

**i Information and referral**  
 Karnany Resource Centre – 8.30am-4.30pm  
 Indigo Junction, 25 Spring Park Road, Midland  
 ☎ 9274 7929

**✂ Free Community Meals**  
 Midland Meals – 6-8pm  
 52 Morrison Road, Midland

**Dreambuilders – 6-7pm**  
 334 Great Eastern Highway, Midland

**✂ Free/low cost food**  
**Dreambuilders – 9.30am-4pm**  
 334 Great Eastern Highway, Midland

**Karnany Resource Centre Foodbank – Afternoon**  
 Indigo Junction, 25 Spring Park Road, Midland

**👨‍⚕️ Street Doctor**  
 Karnany Resource Centre – 9am-1.30pm  
 Indigo Junction, 25 Spring Park Road, Midland

**🧺 Laundry**  
 Karnany Resource Centre – 9am-4pm  
 Indigo Junction, 25 Spring Park Road, Midland

**🚽 Toilets, showers and laundry**  
 Karnany Resource Centre – 9am-4pm  
 Indigo Junction, 25 Spring Park Road, Midland  
**Dreambuilders – 10am-3pm**  
 334 Great Eastern Highway, Midland

## Wednesday

**i Information and referral**  
 Karnany Resource Centre – 8.30am-4.30pm  
 Indigo Junction, 25 Spring Park Road, Midland  
 ☎ 9274 7929

**✂ Free community meals**  
 Midland Meals – 6-8pm  
 52 Morrison Road, Midland

**✂ Low cost food**  
**Dreambuilders – 9.30am-4pm**  
 334 Great Eastern Highway, Midland

**🧺 Laundry**  
 Karnany Resource Centre – 9am-4pm  
 Indigo Junction, 25 Spring Park Road, Midland

**🚽 Toilets and showers**  
 Karnany Resource Centre – 9am-4pm  
 Indigo Junction, 25 Spring Park Road, Midland  
**Dreambuilders – 10am-3pm**  
 334 Great Eastern Highway, Midland

## Thursday

**i Information and referral**  
 Karnany Resource Centre – 8.30am-4.30pm  
 Indigo Junction, 25 Spring Park Road, Midland  
 ☎ 9274 7929

**✂ Free community meals**  
 Midland Meals – 6-8pm  
 52 Morrison Road, Midland

**Dreambuilders – 8-9.30am and 6-7pm**  
 334 Great Eastern Highway, Midland

**✂ Low cost food**  
**Dreambuilders – 9.30am-4pm**  
 334 Great Eastern Highway, Midland

**🧺 Laundry**  
 Karnany Resource Centre – 9am-4pm  
 Indigo Junction, 25 Spring Park Road, Midland  
**Dreambuilders – 10am-3pm**  
 334 Great Eastern Highway, Midland

**🚽 Toilets and showers**  
 Karnany Resource Centre – 9am-4pm  
 Indigo Junction, 25 Spring Park Road, Midland  
**Dreambuilders – 10am-3pm**  
 334 Great Eastern Highway, Midland

## Friday

**i Information and referral**  
 Karnany Resource Centre – 8.30am-4.30pm  
 Indigo Junction, 25 Spring Park Road, Midland  
 ☎ 9274 7929

**✂ Free community meals**  
 Midland Meals – 6-8pm  
 52 Morrison Road, Midland

**Dreambuilders – 6-7pm**  
 334 Great Eastern Highway, Midland

**Ascension Church – 10am-12pm**  
 8 Spring Park Road, Midland

**✂ Low cost food**  
**Dreambuilders – 9.30am-4pm**  
 334 Great Eastern Highway, Midland

**🧺 Laundry**  
 Karnany Resource Centre – 9am-4pm  
 Indigo Junction, 25 Spring Park Road, Midland

**🚽 Toilets and showers**  
 Karnany Resource Centre – 9am-4pm  
 Indigo Junction, 25 Spring Park Road, Midland  
**Dreambuilders – 10am-3pm**  
 334 Great Eastern Highway, Midland

## Saturday

**✂ Free community meals**  
 Midland Meals – 6-8pm  
 52 Morrison Road, Midland

## Sunday

**✂ Free community meals**  
 Midland Meals – 6-8pm  
 52 Morrison Road, Midland

**Dreambuilders – 6-7pm**  
 334 Great Eastern Highway, Midland

