



Located in the heart of Rockdale, **Bay City Care Community Support and Counselling Centre** is the central location for a variety of services to the St George and surrounding areas.



**BAY CITY  
CARE**



## Domestic Violence Services

- Crisis support
- Counselling & referral
- Group programs
- Primary & high school domestic violence awareness programs

## Counselling Services

**Specialised help is available in the following areas:**

- Individual counselling
- Child & adolescent counselling
- Family & relationship
- Pre-marriage counselling
- Parenting
- Employee Assistance Program (EAP)
- Victims services counselling
- Professional supervision

**Our Counselling services can assist with:**

- Anxiety, panic disorders, and phobias
- Depression

- Anger
- Stress management
- Communication, self-esteem & assertiveness
- Domestic Violence
- Eating Disorders
- Self-harm
- Grief & loss
- Addictions
- Mental illness.

## Emergency Relief

Providing practical support for individuals & families in times of financial hardship with emergency food hampers, referral and counselling support.

**For more information contact Bay City Care  
Monday to Thursday between 10am and 3pm**

**p: 02 8094 1354**

**e: [info@baycitycare.com.au](mailto:info@baycitycare.com.au)**

## Community Foodcare Program

**Arncliffe:** 7 Hattersley Street, Arncliffe

Supporting people with affordable groceries.

Free bread, fruit & vegetables available to all centrelink concession cardholders.

**For more information visit:**

[www.communityfoodcare.com.au](http://www.communityfoodcare.com.au)

**p:** 02 9597 1477

**e:** [info@communityfoodcare.com.au](mailto:info@communityfoodcare.com.au)

## Bay City Care Community Support & Counselling Centre

Shop 4/39-45 George Street, Rockdale

**p:** 02 8094 1354 **e:** [info@baycitycare.com.au](mailto:info@baycitycare.com.au)

**w:** [www.baycitycare.com.au](http://www.baycitycare.com.au)

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BayCityCareCommunitySupportCenter

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