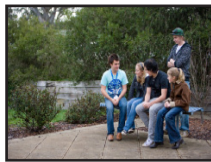
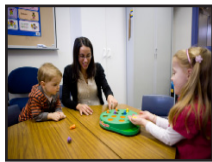




**MITCHELL**  
Community Health



**Providers of health and social support services within the shires of Mitchell and Murrindindi. Working actively with communities to improve health and wellbeing outcomes and to prevent illness.**

### Bushfire Counselling and Support

Murrindindi & Mitchell Shires

MCHS is responsible for coordinating counselling and personal support for people affected by the bushfires in Mitchell and Murrindindi.

MCHS is continuing to provide a coordinating presence at the community hubs in: Alexandra, Buxton, Flowerdale, Kinglake Ranges, Marysville and Narbethong.

Appointments for counselling can be arranged at any of the above sites by contacting the Service Access & Care Coordination team Monday to Friday 9.00am – 5.00pm.

T: 1300 773 352 F: 5784 5525

E: [serviceaccess@mitchellchs.org.au](mailto:serviceaccess@mitchellchs.org.au)

DHS Case Management Services can be contacted on 1800 050 400.

### Calendar of Events

#### Happiness Club

Life a challenge at times? Come and join the happiness club. A club where membership is about a desire for a better quality of living. Living with purpose and meaning.

The happiness club is a positive retreat for people to come and gather as many tools and strategies to increase their overall satisfaction with their lives by making small but significant changes.

Come along at no cost from 9.30am every second Tuesday and enjoy a lovely morning tea.

Next dates are 2nd February, 16th February, 2nd March, 16th March, 30th March and 13th April at the Kilmore Physiotherapy Centre, 69 Powlett street, Kilmore. Call Lisa Costantin on 5784 5555 for more info.

### Bushfire Financial Counselling

Mitchell Community Health Service currently provides a financial counselling service tailored specifically for the needs of people affected by the bushfires.

The service is available across the Mitchell and Murrindindi Shires at locations to suit the client including the community hubs at Alexandra, Broadford, Buxton, Flowerdale, Kinglake Ranges, Marysville and Narbethong and at offices in Wallan, Seymour and Yea.

The service is free and confidential and can support people requiring advocacy in such areas as: insurance/mortgage/credit/utility/telecommunication disputes and ongoing debt.

To access Financial Counselling, call the Service Access and Care Coordination team on 1300 773 352.

#### Bereavement Support Group

A supportive and safe environment where there is an opportunity to share your story with others who have had a loved one pass away. New members welcome.

Held: 2nd Wednesday of every month, 6:30pm–8:30pm at Mitchell Community Health Centre, 72 Ferguson Street Broadford.

Dates for 2010:

January 13	July 14
February 10	August 11
March 10	September 8
April 14	October 13
May 12	November 10
June 9	December 8

Call 5784 5555 for more information.

### Fire Danger Days

Please note the following important information about our service provision during the fire season:

On declared **Code Red** fire danger days, all client services will be cancelled.

The Seymour, Wallan, Kinglake, Flowerdale and Marysville sites will be closed (this includes the Kinglake Ranges Health Centre). Alternative service arrangements will be made prior to the day for clients who rely on essential services.

On declared **Extreme** fire danger days, only essential services, centre or town based services will operate.

### Is this your time to Quit?



If you want to know more about quitting smoking or are ready to QUIT please call Kylie on 5784 5555.

### Employment

If you're looking for local work, then why not consider Mitchell Community Health Service (MCHS). Our organisation provides high quality, accessible, holistic community based services. Employees enjoy flexible working conditions and up to date resources. All current vacancies are available on our website at:

[www.mitchellchs.org.au](http://www.mitchellchs.org.au)

### Services Available at MCHS

**Clinical Services:** Community Health Nurse, Contenance Nurse Advisor, Dietetics, District Nursing, Occupational Therapy, Podiatry, Speech Pathology.

**Home Care Services:** Home Help, Allied Health Services, Meals on Wheels, Veterans' Home Care Program.

**Counselling Services:** Bushfire, Generalist, Financial, & Problem Gambling, Drug & Alcohol Services, Family Violence Services and Disability Services.

**Community Education:** Asthma & Diabetes Education and Health Promotion Programs.

### Service Access and Care Coordination (SACC)

P: 1300 773 352 F: 5784 5525 E: [serviceaccess@mitchellchs.org.au](mailto:serviceaccess@mitchellchs.org.au)

Mitchell Community Health Service is located in Broadford, Wallan, Seymour, Kinglake, Alexandra, Yea and other sites in Murrindindi by negotiation.

Broadford Reception: 5784 5555 Web: [www.mitchellchs.org.au](http://www.mitchellchs.org.au)

