



Resource and Recovery Program

On Track Community Programs operates community based and recovery focused day programs in Coffs Harbour designed to improve life skills and social inclusion for people living with a mental illness.

Resource & Recovery programs include:

- Art classes
- TAFE courses
- Cooking and healthy lifestyle
- Music group
- Social outings
- Tennis
- Walking

Skill development and group sessions:

- Budgeting
- Weekly debrief
- Goal setting
- Transport solutions
- Pre-vocational guidance and activities

For referral contact your Community Mental Health case manager



On Track Community Programs
Connecting people to their communities



Crisis Refuge

For people living with a mental illness who are homeless or at risk of becoming homeless in the Lismore area.

Eligibility:

- Homeless or at risk of homelessness
- People aged 18-65 years

Services offered:

- Crisis accommodation
- 3 months maximum stay (assessed according to need)
- Affordable accommodation and meals
- Assistance to access appropriate health and support services
- Qualified staff providing 24-hour support
- Respite accommodation

Referrals accepted from any source.

For more information contact On Track
Community Programs (02) 6622 0309
or 0421 645 335





Residential Rehabilitation Services Mandara House

Mandara House in Lismore provides a range of planned psychosocial rehabilitation programs to support people to achieve independence and improve their quality of life and wellbeing.

Eligibility:

- Must have a diagnosed mental illness
- People aged 18-65 years

Services offered:

- Residential services
- Qualified staff providing 24-hour support
- Affordable accommodation and meals
- Respite accommodation

For more information contact On Track
Community Programs (02) 6622 0309
or 0421 645 335





Supported accommodation

Eligibility:

- Diagnosed mental illness
- Aged 18-65 years
- Requiring ongoing support to maintain tenancy/ independent living

Services offered:

- Medium to long-term housing options in shared houses, one and two bedroom units and bed sitters.
- A range of support including: tenancy assistance, transport to access local community services and social networks, budgeting and living skills.
- On Track works closely with Community Health for improved health outcomes for clients.

For more information contact On Track
Community Programs (02) 6622 0309 or 0421645335





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On Track Community Programs operates community based and recovery focused day programs in Tweed Heads South designed to improve life skills and social inclusion for people living with a mental illness.

Resource & Recovery programs include:

- Social day
- Learners' kitchen
- Art group
- Meditation for depression and anxiety
- Yoga
- Men's and women's groups
- Music group
- Massage
- Group workshops including: writing, 'Who am I?' and Wellbeing

Prevocational work:

- Goal Setting
- TAFE and ACE courses

For referrals contact Community Mental Health or your case manager



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Resource and Recovery Program

On Track Community Programs operates community based and recovery focused day programs in Mullumbimby designed to improve life skills and social inclusion for people living with a mental illness.

Resource & Recovery programs include:

- Social day
- Learners' kitchen
- Art and Music groups
- Meditation for depression and anxiety
- Yoga
- Men and women's group
- Massage
- Group workshops including: writing, 'Who am I?' and Wellbeing.

Prevocational work:

- Carwash and Needle Packing Program
- Goal setting
- TAFE and ACE courses

For referrals contact Community Mental Health or your case manager



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