



Welcome to Pathways Melbourne

Pathways Melbourne has created a **NEW**, welcoming community and a safe space to support those who have either left... transitioning out of... or simply questioning life beyond Jewish ultra-Orthodoxy.

Pathways is a growing group of compassionate staff and volunteers (some with lived experience) who support Jewish people making positive life changes. We are the only support service of this kind in Australia.

We hope that you find this Welcome Pack helpful for whatever stage you are at in your personal journey. We understand that everyone's needs are different, and that they change over time so we tailor our support for every individual's needs. We are here to listen and to support you along the way in a non-judgmental manner.

This Welcome Pack is designed for:

- People just starting out their journey of questioning or leaving their ultra-Orthodox community.
- People who left a while ago and are seeking community connection and some additional practical support.

This Welcome Pack includes:

Get to know us

Our programs & services

Our Pathways values

PATH 4 LIFE | Mentor Program

A list of handy resources

Contact information so you can access further services and support

Pathways Melbourne provides services only to people over the age of 18

GET TO KNOW US

What we do

Pathways Melbourne supports and empowers people from insular Orthodox Jewish communities who are questioning their lifestyle, practices, or beliefs, no matter where they are on their journey.

It is common to feel alone and conflicted at such a time and the journey can sometimes be lonely or risky.

We're here to help.

We wish to see a world where all people can make their own decisions about who they want to be, within a safe and supported life journey.

Who we are

Pathways is a growing group of compassionate volunteers – some with lived experience – who support Jewish people making positive life changes.

Who we support

We empower 'Pathfinders' – people who are questioning, transitioning away from, or already have left their insular Orthodox Jewish lifestyle.

What we provide

- A safe and non-judgemental space to ask questions
- Community connection with like-minded individuals
- Referrals to professional third-party services

Pathways Melbourne is the only support service offering of its kind in Australia

We currently offer

Pathfinder discussion forums

PATH 4 LIFE | Mentor Program

Referrals to third-party professionals

Personal storytelling programs

Social & cultural events

Community education and advocacy

Advice about accessing education, housing, employment & more

Pathways does not aim to sway anyone away from orthodoxy or religious affiliation.

Pathways is not connected with any religious institution.

**Shomer Shabbat.
Kosher catered.**

OUR PROGRAMS & SERVICES

PATH 4 LIFE | Mentor Program

The PATH 4 LIFE | Mentor Program empowers Pathfinders to reach their full potential. All mentors are volunteers trained by Pathways Melbourne

Pathfinder buddy mentors

Pathfinder volunteers with lived experience are matched with 'new' Pathfinders to provide guidance and support.

Professional mentors

Volunteers with specific areas of expertise are matched to mentor Pathfinders in: writing CVs, applying for higher education and jobs, IT/tech support, financial literacy, academic tutoring, and more.

Life skills mentors

Volunteers who guide individual Pathfinders to reach their full potential.

“My PATH 4 LIFE mentor has been a guide, support and listening ear. The connection has provided me with a space to explore my journey free of judgement and agenda.”

Julia, Pathfinder since 2021

“Pathways' Meet Ups have helped me connect with others who share a similar journey. They implicitly understand the challenges that arise when leaving all you've ever known.”

Dassi, Pathfinder since 2018

Social & cultural programs

Our monthly activities give Pathfinders the chance to meet like-minded individuals and build a safe and accepting community.

Our peer lead Meet Ups are tailored to address the needs of people who may be questioning or transitioning away from their insular Orthodox Jewish community, or have already left.

Meet Ups provide open forums to discuss topics chosen by each group, age 18+.

Jewish festive and cultural celebrations

Some Pathfinders struggle with real loneliness during the Jewish festivals (due to personal or family challenges). These gatherings offer an accepting space to mark the 'chagim' in their own way.

Social Meet Ups

What's the difference between a Short Black and a Ristretto? What's on in the broader community? Through our series of casual (yet confidential) activities, Pathfinders can develop their social networks while building their confidence in an 'everyday', fun and supportive environment. Activities include walking tours, museum and gallery visits, film screenings, coffee chats and bushwalks.

LGBTQ+ Meet Ups

Our small community of LGBTQ+ Pathfinders explore their evolving religious identities, and gender/sexuality questions.

Special Meet Ups

These events feature guest speakers with specific expertise (financial literacy, IT skills, health & nutrition...) as well as 'lived experience' from around the globe.

We hope to offer weekend retreats and camping trips

OUR PROGRAMS AND SERVICES

Storytelling programs

Writers workshops

This annual series encourages Pathfinders to explore and share their stories, learn to write and develop new skills, guided by a professional editor and writer. Separate individual writing sessions are also provided to Pathfinders interested in publishing.

Writers open mic event

Pathfinders will share and celebrate their personal growth and writing achievements at this public event. Pathfinders who wish to protect their anonymity may choose to have their story read out by a well-known author.

Pathfinder discussion forums

WhatsApp groups

Our peer support WhatsApp groups are buzzing hives of discussion where Pathfinders can confidentially explore ideas, current affairs and questions they would otherwise feel unsafe to discuss in public. Pathways runs a general group, women's group and LGBTQ+ group.

Referrals to third-party professionals

Pathfinders commonly require referrals to:

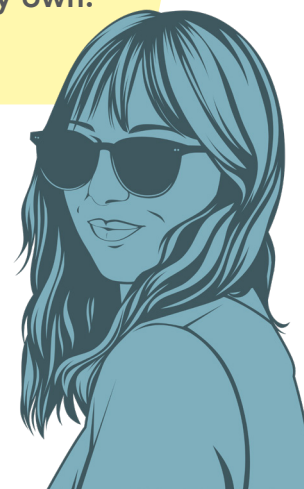
- GPs, psychologists and other mental health specialists
- Sexual assault and family violence services
- Food support services
- Legal advisers including employment, family law and Gett support
- Tutoring and vocational training services
- Emergency housing services

Community education & advocacy

To strengthen ties with the broader Jewish community, we speak regularly to synagogues, community groups and schools. We also represent the organisation at festivals, media interviews, forums and panels.

“I really valued the socialising aspect of participating in the writing the group, exchanging ideas, hearing others' thoughts and stories and sharing my own.”

Elki, Pathfinder since 2020



OUR PATHWAYS VALUES

What we value

The following was written by our Pathfinders, to be read out by the group at the start of every get together.

We each bring our own background and beliefs to every Meet Up and events, but we agree to the following common values:

- 1 We accept and respect that there are many ways to transition towards self-determination.
- 2 We agree not to identify anyone within this group to anyone outside this group and to being in full control of our own disclosures.
- 3 We accept and respect that we are all entitled to confidentiality.
- 4 We accept and respect that your story is yours – no one else can share it.
- 5 We will be non-judgmental of one another.
- 6 We accept and respect that Pathfinders may have mixed feelings about participating.
- 7 We can choose to speak or say nothing.
- 8 We accept and respect that everyone has a right to feel safe – physically, emotionally and psychologically.
- 9 We accept and respect that Pathfinders will take their journeys at their own pace and in directions of their own choosing.
- 10 We accept everyone communicates differently and everyone has a right to be heard in their own time, in their own way.
- 11 We can disagree without being disagreeable.
- 12 We will think about how people might receive what we say.
- 13 We will respect one another's differences and treat each other with kindness and dignity, even when our opinions differ.
- 14 We accept and respect that we are the experts of our own lives.

Pathways provides guidance on accessing education, housing, employment & more.

“Meet ups have been a great help socially, and I would go so far as to describe those opportunities provided by Pathways as being a mainstay of my mental wellbeing.”

Gil, Pathfinder since 2017

IMPORTANT RESOURCES



Public libraries

If you are having trouble accessing any of the online resources suggested below, please visit your local library and sign up for a free library card. This will assist you to book a library computer, access their wifi, print and scan documents, and borrow books, e-books, newspapers, films and audio books.

Web: plv.org.au

Emergency services

If you are facing immediate danger, please contact these emergency services first:

Police, ambulance and fire

Tel: 000

Hatzolah

Tel: 03 9527 5111

Poisons information

Tel: 13 11 26

Lifeline

Tel: 13 11 14

Alcohol & substance abuse

Directline

A 24/7 free and confidential alcohol and drug counselling and referral service in Victoria.

Tel: 1800 888 236

Web: directline.org.au

SHARC - Self Help Addiction Resource Centre

SHARC provides practical help, information and support to families and friends affected by someone's drinking, drug use or gambling. We deliver professional and peer-based services across Victoria including counselling, support groups, educational programs and a 24-hour helpline.

Tel: 1300 660 068

Cyber safety

We recommend you take a cautious approach when following and 'liking' social media accounts of interest if you wish to keep your identity confidential. To find detailed information about cyber safety, online bullying and other related topics visit:

Web: esafety.gov.au

IMPORTANT RESOURCES

Education

If you would like to speak to someone about your education or career future, contact us: info@pathwaysmelbourne.org

Understanding the Australian education system

The Australian education system provides primary, secondary, and tertiary education. For an overview of the Australian education system visit:

Web: studyaustralia.gov.au/en/plan-your-studies/australias-education-system

VCE & VCAL

The Victorian Certificate of Education (VCE) is one credential available to secondary school students who successfully complete year 11 and 12 in Victoria. VCE is the predominant choice for students wishing to pursue a university education.

Many educational institutions offer VCE courses outside of the school system including Victoria University, the Centre for Adult Education, Box Hill Institute, Swinburne etc.

The Victorian Certificate of Applied Learning (VCAL) is another senior secondary certificate of education recognised within the Australian Qualifications Framework (AQF). VCAL is a pathway to Technical and Further Education (TAFE), university, apprenticeships/traineeships or employment.

Web: vcaa.vic.edu.au/studentguides/return-to-study/Pages/WhereCanIStudyVCE-and-VCAL.aspx

“Dear Sarah, I couldn’t have done it without you! Regardless of whether my uni application is successful or not, I feel a sense of accomplishment. Ta sooo much. Can I shout you a thank you coffee?”

Dalit, Pathfinder since 2019



IMPORTANT RESOURCES

Tertiary education

Vocational Education Training (VET) & Technical and Further Education (TAFE) courses.

These courses are provided by various TAFE institutions and some universities. They are geared towards practical, hands-on training for various vocations, from accounting and childcare to construction and car mechanics.

Web: education.vic.gov.au/training/Pages/default.aspx

Online education courses are available as well as careers guidance and financial assistance.

Web: skills.vic.gov.au/s/your-options-around-financial-support

The Victorian Government is also offering some free TAFE courses in some areas from January 2022.

Web: vic.gov.au/free-tafe

University

Applications to Victorian universities are generally done through the VTAC website.

Web: vtac.edu.au

Note that there are specific dates, specific requirements and deadlines for applications for each semester.

For information about university fees, students loans, financial assistance and scholarships at visit:

Web: vtac.edu.au/access.html and www.studyassist.gov.au/you-study

In addition to VTAC, many universities offer other pathways to apply or allow you to apply directly to them. The details differ between universities, and you can find them their individual institution website.

There are also more flexible online university degrees, offered through Open Universities Australia.

Web: open.edu.au/

Short courses

You may also wish to consider a short training course to brush up on your existing skills or develop new ones.

Web: training.com.au

“Pathways, and particularly my tutor Gal, helped me realise my dream of succeeding at University.”

Mo, Pathfinder since 2022

IMPORTANT RESOURCES



Employment seeking & advice

Your resume

An important first step to take when seeking a job in person or online is to write your resume, a document that describes your education, skills and experience.

You can find templates and tips here:

Web: seek.com.au/career-advice/article/free-resume-template

Web: careerone.com.au/career-advice/free-resources/resume-writing-australian-style-2-1436

Government assistance

Jobs Victoria supports people looking for work and connects employers with the staff they need. They provide information, advice, and support in person, online, and on the phone.

Tel: 1300 208 575

Web: jobs.vic.gov.au/about-jobs-victoria

Jobs Victoria careers counsellors

If you're looking for work, need more work, or seeking a career change, Jobs Victoria career counsellors can help you understand your career options and give you the tools and confidence you need to pursue them.

The service is delivered by the Career Education Association of Victoria (CEAV) on behalf of the Victorian Government.

Web: jobs.vic.gov.au/about-jobs-victoria/our-programs/jobs-victoria-career-counsellors

Jobs Victoria online hub

The Jobs Victoria online hub matches people who are ready to work with employers who are looking for skilled and talented workers.

When you register, you will receive job alerts that match your skills, experience and location.

Web: jobs.vic.gov.au/help-for-jobseekers/register-to-find-job-and-training-opportunities

Jobs Victoria mentors

Jobs Victoria mentors help people to become work-ready and find a job that suits them, they also connect employers with local candidates.

Web: jobs.vic.gov.au/about-jobs-victoria/our-programs/jobs-victoria-employment-services

Job Watch

Job Watch provides legal assistance to Victorian workers. Job Watch can give you free, confidential telephone information and referrals about work rights.

Tel: 03 9662 1933

Tel: Regional VIC, QLD, TAS – 1800 331 617

IMPORTANT RESOURCES



Job seeker websites

CareerOne

Web: careerone.com.au

Gumtree

Web: gumtree.com.au/jobs

Indeed Australia

Web: au.indeed.com

Workforce Australia

Web: workforceaustralia.gov.au

SEEK

Web: seek.com.au/jobs/in-Victoria-VIC

English language support

Public libraries

Join your local library for free access to books, e-books, audio books, newspapers and magazines.

Web: plv.org.au

Your English Corner

An online listing of free English courses in Melbourne.

Web: yourenglishtcorner.net/melbourne.html

RMIT Training

RMIT run a variety of free English classes.

Web: rmittraining.com/courses-and-tests/celta/free-australian-english-classes

City of Melbourne

Conversation clubs and other helpful resources.

Web: melbourne.vic.gov.au/community/libraries/learn/Pages/english-learning.aspx

IMPORTANT RESOURCES

Financial & welfare advice

Government benefits & payments

The Department of Social Services provides information about a range of government funded benefits and payments that can apply to a wide range of people at different points in their lives, including crisis payments, rent assistance, concession and health cards, utilities allowance etc...

Web: dss.gov.au/about-the-department/benefits-payments

Services Australia

Services Australia delivers government payments, support and services including payments relating to the cost of raising children, disaster and domestic violence support, aged care services, unemployment benefits, education support and accessing Medicare, disability and health services.

Web: servicesaustralia.gov.au

Social Security Rights Victoria

Social Security Rights Victoria (SSRV) is a community legal centre that provides free legal services in relation to Social Security and Centrelink matters to people across Victoria.

Web: ssrv.org.au

“Asking for help is hard, harder when you are isolated. I had felt like a complete failure in so many areas of my life and connecting with my Pathways Mentor flipped that on its head for me.”

Julia, Pathfinder since 2021



IMPORTANT RESOURCES



Food security

See Jewish Community Support Services for Kosher food options (page 14)

Foodbank Australia

Foodbank is Australia's largest food relief organisation, operating on a scale that makes it crucial to the work of the frontline charities who are feeding vulnerable Australians. Foodbank provides more than 70% of the food rescued for food relief organisations and individuals nation-wide.

Web: foodbank.org.au

Empow+R Australia

They serve and support vulnerable individuals within our community, to empower them to become productive contributors to society and to reach their fullest potential. They provide food relief, support communities and empower the next generation.

Web: empoweraustralia.com.au

Health Direct

For a full listing of food relief services in Melbourne visit this website.

Web: healthdirect.gov.au

Housing & family violence

Housing Victoria

Advice about crisis and emergency accommodation services in your area, social housing, supported accommodation, private rental or home ownership advice.

Web: housing.vic.gov.au

Council for Homeless Persons

Tel: 1800 825 955

Web: chp.org.au/find-help/

Launch Housing

Tel: 1800 825 955

Web: launchhousing.org.au/get-help

If you are facing domestic or family abuse contact one of the services below for emergency assistance at any time of the day.

Safe Steps

24/7 family and domestic violence support for Victorians.

Tel: 1800 015 188

IMPORTANT RESOURCES



1800 RESPECT

National sexual assault, domestic family violence counselling services 24-hour online support.

Tel: 1800 614 434

Web: 1800respect.org.au

SOCIT

Bayside Sexual Offences & Child Abuse Investigation Team in Melbourne.

Tel: 03 8530 5203 (Ask to speak with the Jewish liaison)

Bravehearts

Bravehearts is a child safety foundation that sets the standard in the provision of specialist therapeutic services and support to children and young people, adults and non-offending family members impacted by child sexual assault.

Tel: 1800 272 831

Web: bravehearts.org.au

Blue Knot Foundation

Blue Knot Foundation helps adults who have experienced trauma in childhood, to recover. This includes people who have experienced child abuse in all its forms, neglect, domestic violence in childhood and other adverse childhood events.

Tel: 1300 887 000

Web: blueknot.org.au

“I was so relieved when I discovered Pathways. The journey of leaving my community while I was vulnerable and naive was overwhelming and dangerous.”

*Dassi Erlich, Pathfinder since 2018
& Secretary of Pathways Melbourne Board
since 2021*

IMPORTANT RESOURCES



Jewish Community Support Services

Jewish Care

Jewish Care provides a wide range of confidential support services including social workers, financial loans, housing support and disability support services. Mention Pathways Melbourne when you contact Jewish Care for speedy assistance.

Tel: 03 517 5999

Web: jewishcare.org.au

Melbourne Jewish Charity Fund

MJCF provides clients with access to a range of services including social-worker/counselling, vocational-training, addiction recovery programs, camp scholarships, material-aid, shelter, healthcare/medicine, food and clothing, financial-planning, mobility services, referrals and practical support.

Tel: 03 8587 7244

Web: mjcf.com.au

Access Inc.

An advocacy group working for the full inclusion of Jewish people with disabilities into the community.

Tel: 03 9272 5603

Web: accessinc.org.au

C Care

C Care is the leading frontline Jewish community organization supporting those who are experiencing food insecurity and social isolation. C Care provides a full range of services including freshly prepared meals and food packages, self-care and pharmaceuticals needs.

Tel: 03 9636 3321

Web: ccare.org.au

Souper Kitchen

Souper Kitchen offers free, nutritional kosher meals to lonely individuals, those affected by illness and people in difficult financial situations.

Tel: 1800 613 770

Web: souper.org.au/about

Kosher Meals on Wheels

Kosher Meals on Wheels aims to provide affordable, nutritious, Kosher meals to vulnerable people in the Melbourne Jewish Community.

Tel: 0474 215 996

Web: koshermealsonwheels.org.au

IMPORTANT RESOURCES

LGBTQ+ support

QLife

A national service that aims to keep LGBTQ+ communities supported and connected. QLife is Australia's first nationally-oriented counselling and referral service for people who are lesbian, gay, bisexual, trans, and/or intersex (LGBTI).

Tel: 1800 184 527

Web: qlife.org.au

Diverse Voices

A non-profit organisation with a focus on the wellbeing of the lesbian, gay, bisexual, transgender, queer and intersex (LGBTQ+) communities through the operation of teleweb counselling services.

Tel: 1800 184 527

Web: diversevoices.org.au

Aleph Melbourne – Jewish LGBTQ+ Group

Aleph Melbourne is a social, support and advocacy group for same-sex attracted, trans and gender diverse, and intersex people (and allies) who have a Jewish affiliation.

Tel: 0417 595 541 (Michael)

Web: aleph.org.au

JLGV – Jewish Lesbian Group of Victoria

The JLGV are a group of representatives for the lesbians in the Victorian Jewish community. Meetings are supportive and confidential.

Tel: Karen: 0419 576 764 or Shauna: 0411 812 282

Web: jlgvic.org/home.html

“I’ve never felt so strongly Jewish as I have since joining Pathways. I can be the Jew I want to be.”

Dassi, Pathfinder since 2018



IMPORTANT RESOURCES



Legal assistance

If you need legal assistance, there are a number of options available to you including assistance from community organisations, government-funded services and the private sector.

Victoria Legal Aid

If you have a legal problem, or want to find out information about the law, Victoria Legal Aid (VLA) – an agency of the department – may be able to help. VLA offers free advice on what you may need to do to solve your legal problem, although it does not give legal advice on all matters.

Web: legalaid.vic.gov.au/get-legal-services-and-advice/who-is-eligible-for-help

Web: legalaid.vic.gov.au/find-legal-answers

Community Legal Centres

For those who face economic or social disadvantage, the Federation of Community Legal Centres can point you to a free local service. Community Legal Centres are independent community organisations that provide free legal services to the public. Community Legal Centres exist to enable a strong collective voice for justice and equality, using the law as a tool to achieve this.

The main areas of work for Community Legal Centres are legal advice and casework, community legal education, and systemic advocacy.

Web: fclc.org.au

There are also specific Community Legal Centres that can provide advice on family violence issues.

Web: fclc.org.au/familyviolence

Law Institute of Victoria (LIV)

If you need to find a lawyer, the LIV can refer you to member solicitors who are practising in your relevant area of law.

The LIV will help you search for a law firms that offer services that match your legal issue.

Once you have selected your preferred firm, you can have up to three referral letters emailed to you, which connects you with LIV members who have agreed to see clients for up to the first 30 minutes free of charge.

Note that the referral service is not a legal service and does not provide legal advice.

Web: liv.asn.au/Referral

IMPORTANT RESOURCES

Mental health, suicide & crisis

Lifeline

24-hour nationwide service that provides access to crisis support, suicide prevention and mental health support services.

Tel: 13 11 14

Web: lifeline.org.au

Suicide Call Back Service

Free nationwide professional telephone and online counselling for anyone affected by suicide, 24 hours a day, 7 days a week.

Tel: 1300 659 467

Web: suicidecallbackservice.org.au

Beyond Blue

Provides nationwide information and support regarding anxiety, depression, and suicide.

Tel: 1300 22 4636

Web: beyondblue.org.au

Mind Spot

Free telephone and online service for Australians with stress, worry, anxiety, low mood or depression. It provides mental health screening assessments, therapist-guided treatment courses and referrals to help people recover and stay well.

Tel: 1800 614 434

Web: mindspot.org.au

Sane Australia

The Sane Australia helpline provides information about referrals for people experiencing mental illness as well as information for carers. Easy to read pamphlets and other information are also sent out on request.

Tel: 1800 18 7263

Web: sane.org/counselling-support

“Pathways supported me with professional mentoring, life guidance and referrals to help me find inner peace to cope. Pathways referred me a doctor for birth control and an Orthodox Rabbi for a Heter (permission) for fasting on Yom Kippur - I get very unwell. My mental health has improved tremendously with Pathways. I feel better than I have in many years.”

Anonymous, Pathfinder since 2019

IMPORTANT RESOURCES



Public Transport Victoria (PTV)

By using trams, trains and buses you can go almost anywhere across Melbourne and regional Victoria. To plan your trip visit to the PTV website (ptv.vic.gov.au) and click on the 'Journey Planner'. Otherwise, you can download the PTV App on your mobile phone for when you are out and about.

You will need to purchase a myki travel card before you go. Find out more about myki cards and transport costs:

Web: ptv.vic.gov.au/tickets/myki/

Discover where you can buy a myki:

Web: ptv.vic.gov.au/tickets/myki/buy-a-myki-and-top-up/where-to-buy-and-top-up/

Relationships

For information about how to understand and navigate new relationships, online dating etiquette and safety, and sexual consent issues visit:

Web: relationships victoria.org.au

Web: yla.org.au/vic/topics/health-love-and-sex/sex/

Web: au.reachout.com/relationships

Youth & parenting support

Kids Helpline

For young Australians aged 5-25 and up as well as parents and carers. Call anytime, for any reason! No problem is too big, or too small and you can stay anonymous.

Tel: 1800 55 1800

Web: kidshelpline.com.au

Raising Children Network

Free, reliable, up-to-date and independent information to help your family grow and thrive together. Funded by the Australian Government.

Web: raisingchildren.net.au

NURSE-ON-CALL

NURSE-ON-CALL puts you directly in touch with a registered nurse for caring, professional health advice around the clock. Call from anywhere in Victoria for free health advice, 24 hours a day.

Tel: 1300 60 60 24

Web: health.vic.gov.au/primary-care/nurse-on-call

Karitane Careline

The Karitane Careline is a 7-day a week service provided by child and family health nurses who can consult on a wide range of issues concerning infants and children from birth to five years of age. * This is not a crisis line and is not suitable for urgently required care.

Tel: 1300 227 464

IMPORTANT RESOURCES

Family Relationships Online

Information for all families – whether together or separated – about family relationship issues. Find out about a range of services to assist families manage relationship issues, including helping families agree on arrangements for children after parents separate.

Tel: 1800 050 321

Web: familyrelationships.gov.au

Dads in Distress

Dads in Distress is a 24-hour helpline supporting separated men around Australia. Calls are often taken by men who have most likely experienced separation personally and can help callers navigate through the complex maze of emotions they may be experiencing.

Tel: 1300 853 437

Web: parentsbeyondbreakup.com/dids/

Headspace

Headspace is the National Youth Mental Health Foundation providing early intervention mental health services to 12-25 year olds, along with assistance in promoting young peoples' wellbeing. This covers four core areas: mental health, physical health, work and study support and alcohol and other drug services.

Tel: 03 9027 0100

Web: headspace.org.au

Pregnancy, Birth and Baby Helpline

This helpline offers free and confidential information and counselling about pregnancy, childbirth and babies up to 12 months old. This service is available to women, their partners, friends and relatives.

Tel: 1800 882 436

Web: pregnancybirthbaby.org.au/pregnancy-birth-baby-helpline

“I am so relieved Pathways exists. I can't wait until I finish high school, turn 18 and am able to use your services. Straddling two worlds is so exhausting for me.”

Pinny, Orthodox Jewish Teen



IMPORTANT RESOURCES

What's on – Jewish community events

Pathways Melbourne

We run warm and welcoming monthly Meet Ups, Jewish cultural celebrations and special events for our Pathfinder community in Melbourne. These events are strictly private and confidential.

View what's coming up at:

Web: pathwaysmelbourne.org/events

Australian Jewish News (AJN)

The AJN is a good resource for current news and community events and groups for the local Jewish community. The newspaper is published weekly on Thursdays and can be purchased at newsagencies in the inner South Eastern suburbs, or subscribed to online for a fee at:

Web: australianjewishnews.com

The Social Blueprint (TSB)

TSB provides a free service and is a great place to find current Jewish community activities, assistance/ resources and businesses. Visit their website, sign up to their newsletter or follow them on social media.

Web: thesocialblueprint.org.au

Web: facebook.com/TheSocialBlueprintInc

Web: instagram.com/thesocialblueprintinc

“If it wasn't for Pathways and our 'new' community (which has pretty much been my only social connection recently), I don't know where I'd be. It's been life a lifeline for me.”

David, Pathfinder since 2018



LIFE. CHANGING. SUPPORT.

pathwaysmelbourne.org
info@pathwaysmelbourne.org

Privacy always respected

pathwaysmelbourne.org/donate