



# WODEN REGION MUTUAL AID

Hello! We are local Woden residents building a network of solidarity and mutual aid as many of us go into self-isolation due to COVID-19. By supporting each other, especially our most at risk community members, we can get through this!

**WILL YOU NEED ASSISTANCE IN COMING MONTHS WITH COLLECTING GROCERIES OR PRESCRIPTIONS, PHONE CHECK-INS, OR OTHER TASKS? WE WANT TO HELP YOU!**

Similarly, if you're able to assist others by phone or with deliveries, we'd love to hear from you!



<https://canberramutualaid.wordpress.com/>



[wodenregionmutualaid@gmail.com](mailto:wodenregionmutualaid@gmail.com)



<fb.me/wodenregionmutualaid>



02 6100 3773

Printing and phone  
service thanks to

Woden Valley   
Community Council Inc.





## **LOCAL MUTUAL AID CONTACTS BY SUBURB:**

Scott Bloodworth - Chifley, Lyons

Shannon Bowes - Chifley, Phillip

Emma Davidson - Curtin, Garran

Lisa Holl - Hughes

Lisa Kobezda - Farrer, Mawson

Dan Nahum - Mawson, Pearce, Torrens

Fiona Carrick - Torrens, Isaacs, O'Malley



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Concerns about domestic and family violence?  
Domestic Violence Crisis Service [www.dvcs.org.au](http://www.dvcs.org.au)

02 6280 0900

Need to talk it through?

Lifeline 13 11 14

Kids Helpline 1800 55 1800

