

Harsha Foundation Ltd

Our Services

Supporting People Through Crisis, Healing & Empowerment

Emergency Relief & Essentials

Hot Meals & Sandwich Packs - nutritious food served at scheduled times

Emergency Food Parcels & Hampers - available for individuals and families in need

Hygiene Packs - including toothbrushes, soap, sanitary products & basic items

Clothing Bundles & Blanket Packs - seasonally appropriate clothing, shoes, jackets

Donation Hub Access - access to stored community donations and supplies

Support for the Homeless & Struggling

Shower Access - use of on-site shower facilities for dignity and hygiene

Laundry Facilities - washer and dryer access (installation in progress)

Drop-In Support Space - a safe, welcoming place for a hot drink and human connection

Access to Donations & Care Packs - available weekly or as needed

Referrals for Housing & Emergency Support - we will connect you with services that can help

Mental Health & Emotional Support

Drop-In Conversations - face-to-face human connection without judgment

Weekly Peer Support Circles - relaxed, informal and safe

Guided Meditation Sessions - grounding practices for anxiety, stress and overwhelm

Access to Volunteer Counsellors (1 day/week, to begin) - emotional support & guidance

Referral Pathways for Mental Health Services - we help you find the right place to go

Addiction Support & Personal Growth (Non-Medical)

Therapeutic Recovery Program (Stage 1 & 2 Launch) - self-development, routine & reflection

Life Skills & Daily Support Circles - for those seeking to make positive changes

Budgeting & Responsibility Coaching - basic money handling, planning and saving

Personal Trust Support - saving money for future life goals (e.g., car, home, licensing)

Daily Routines, Journaling & Self-Discovery Tools

Life Skills Workshops

Budgeting 101 - learn how to manage money and plan ahead

Journaling for Healing & Clarity

Creative Expression Sessions - art, music, writing

Self-Worth & Identity Workshops - rebuild confidence and purpose

Motivational Group Talks - peer-led or facilitator-guided

Community Outreach & Engagement

Street Outreach Services

Door-to-Door Fundraising (in line with licence)

Local Food Drives & Clothing Collections

School Engagement (Non-Certified Talks):

Mental Health & Anxiety

Peer Pressure & Drugs

Teenage Pregnancy & Respectful Relationships

Credit, Superannuation, Taxes & Adult Life 101

Bullying & Emotional Safety

Volunteer Days & Community Events

Spiritual & Holistic Support (Optional)

Guided Grounding & Meditation

Forgiveness & Letting Go Circles

Spiritual Mentorship for Healing

Open Space for Reflection & Soul Reconnection

Future Goals & Expansion (Beyond Year One)

Transitional & Long-Term Accommodation

24/7 Crisis & Trauma Walk-In Centre

Therapeutic Residential Drug Rehabilitation

Daycare for parents rebuilding their lives

Mobile Outreach Vans for Street-Level Support

Onsite Nurse Access (Certain Days per Week)

Community Op Shop & Enterprise Program- Employment Opportunities through Harsha Programs

Want to Reach Out?

Need Support? Drop in or call 0426831048

Want to Volunteer? Harshafoundation1@gmail.com

Wish to Donate? Harshafoundation1@gmail.com