

Community Groups

Name	What it is	Where to find out more
Australian Men's Shed Association	A place where men can share and support one another, with the aim of improving health and wellbeing of one another; whilst building and learning new skills.	Click HERE
Men in Flight Program	A place that assists Aussie men with resources for living a healthier life, whilst reducing stress, anxiety and depression levels.	Click HERE
Meetup	Hundreds of different art groups near Sydney, connecting people with similar hobbies and interests.	Click HERE
Community Garden	Local community gardens in the city of Sydney. Look up your local council to find community gardens in your area.	Click HERE
Do Something Near You	Type in your postcode and select a category that interests you, to find a full list of things you can do near you.	Click HERE
The Centre for Volunteering	For those people interested in volunteering or helping out in your local community, fill out the registration form to be interviewed for the right role.	Click HERE
Local Walking Groups	The heart foundation has put together a list of all the local walking groups in NSW, just put in your postcode and locate a group near you.	Click HERE
NSW Government Mental Health Support Programs	A full list of local support groups for families and carers of people with mental health illness.	Click HERE
Music and Memory Program	A program run by the Agency of Clinical Innovation (ACI) to assist people in healthcare settings with reducing depression, anxiety and pain through music.	Click HERE
North Sydney Community Centre Courses	Learn a new skill or find your new passion through your local community college.	Click HERE

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Stitch Community	The world's largest network for companionship and community through activities like dinners, travel companions or interest groups.	Click HERE
Country Women's Association	Approximately 8,000 women from all over Australia belong to this association, they meet quarterly and coordinate activities and a community.	Click HERE
YMCA near you	The YMCA is a group that provides services and community to young people around Australia.	Click HERE
University of the 3rd Age	Hundreds of course, presentations, lectures and learning opportunities for people who have retired.	Click HERE
Sydney Interest Groups	A list of Sydney-based community groups focused on building connections between people with common interests.	Click HERE
Newcomer Network	For people building a new life in Australia and looking to make new friends.	Click HERE
Multicultural NSW	A list of community organisations around Sydney.	Click HERE
Community Groups in Sydney	A list of community groups around Sydney.	Click HERE
Sydney Alliance	Politically motivated people, looking to advance the common good of all Australians.	Click HERE
Sydney Community College	Lots of course for people wanting to learn a new skill or passion.	Click HERE
<i>Look up your local council website to find list of all the community groups in your area.</i>		