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**THE BEFRIENDERS KOTA KINABALU
 SPECIAL TRAINING ON SKILLS OF LISTENING &
 UNDERSTANDING EMOTIONS OF DEPRESSED VICTIMS**

The depressed people need hopes and confidence to get on with their lives. You can give a little of your time to listen and support these people who need friends to talk to.

Training is scheduled for March 2010. Volunteers who wish to help depressed people are welcomed to register now.
 ENQUIRIES: Call Aminah Dellah at 016-5861864

ALCOHOLICS ANONYMOUS meetings.

Help available for those with alcohol related problems. Anonymity assured. Meetings in English every Tuesday 8pm
 Meetings in BM every Thursday 7pm
 TEL: 012-8039883 (English), 016-8386386 (BM)

PENAMPANG CASH

For the public to complain on consumerism issues
 TEL: 013-8515505/088-729681

THE BEFRIENDERS KOTA KINABALU

Listening to problems from the public and offering emotional support.
 Open weekdays from 7pm-10pm. TEL: 088-255788

SABAH GOVERNMENT PENSIONERS ASSOCIATION

Membership recruitment exercise & pensioners' problems
 Tues-Fri (except public holidays) from 9.30am to 1.30pm
 Blood pressure check from 10am - noon (Tues except public holidays)
 VENUE: Maksak, Likas
 TEL: 211282 (Anna), 016-8189110 (Dennis), 0198101937 (Dr Epin), 013-8692888 (Joe)

THE ENVIRONMENT HOTLINE

Welcomes complaints regarding the environment
 EMAIL: alamsabah@yahoo.com
 Monday-Friday: 9am-12.30pm; 2pm-4pm
 CONTACT: 088-251911/088-253193(fax)

SABAH WOMEN ACTION RESOURCE GROUP (SAWO)

Helpline to provide free and confidential counselling services to the public.
 TEL: 088-280200. Monday to Friday from 9am-1pm

BREAST CANCER SUPPORT GROUP

Offering emotional support to breast cancer patients and their families.
 TEL: 019-8819603 (Barbra)/ 016-8155212 (Kim)/ 019-8101826 (Lucilla).

**THE KOTA KINABALU AIDS SUPPORT SERVICES
 ASSOCIATION (KASIH):**

Helpline and free HIV screening tests.
 Mondays - Thursdays: 9.00 am - 5.00 pm.
 Fridays: 6.00pm - 9.00 pm.
 Saturdays: 4.00 pm - 7.00 pm. TEL: 224600.

THE MALAYSIAN RED CRESCENT SOCIETY, SABAH BRANCH:

Introductory course on First Aid & CPR for the public.
 Date: Saturday and Sunday on every third week of the month.
 VENUE: Branch HQ, Kota Kinabalu. TEL: 088-242648.

JIREH HOME

Privately-run institution for victims of circumstances.
 Accepting contributions such as rice, daily provisions, fish, poultry, vegetables and stationeries from all generous Sabahans.
 VENUE: 152, Taman Sinar Jaya, Phase 2A -2, Jalan Bolong, Tuaran.
 Tel: 088-780999.

**FEDERATION OF PRIVATE MEDICAL PRACTITIONERS
 ASSOCIATION, MALAYSIA**

For the public to obtain medical opinions, referrals or treatment for crisis intervention, detoxification, prevention and counselling for drug abuse via
 www.no2drugs.org

KOTA KINABALU CITY BIRD SANCTUARY

Library for public use
 TEL: 088-246955/088-2198089(fax)

NATIONAL STROKE ASSOCIATION OF MALAYSIA SABAH CLUB

Wisma Pandu Puteri, Kompleks Badan-Badan Sukarela, KM4, Jln Tuaran KK.
 Therapy sessions: 10am-4pm Mon-Fri/Closed on Sat, Sun & public holidays. TEL: 088-261568

M'SIAN TRADES UNION CONGRESS (MTUC) - Sabah branch

Free advice to all workers.
 TEL: 013-8665897(Simoh), 019-8965304 (Harold), 013-8503039 (Catherine), 019-8002118(Malsu), 016-5836670(Chang).