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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 Dallah 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 (KASHI):**

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](http://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(Simon), 019-8965304 (Harold), 013-8503039 (Catherine), 019-8002118(Malsu), 016-5836670(Chang).**