



# KARIONG OUT OF SCHOOL HOURS CARE & VACATION CARE

Quality affordable child care catering for children from 4 years to 13 years of age.

- **Before school care operates from 6.30am to the commencement of school and after school from 2.30pm to 6.30pm on each school day**
- **During Vacation Care and on Pupil Free Days the Centre offers care from 6.30am - 6.30pm**

Childcare subsidy is available to eligible families. For more information call us on 4340 4561 or email [info@kariongoosh.org.au](mailto:info@kariongoosh.org.au)



## CHILDREN'S SERVICES

### ACTIVE PLAYGROUP\*

WEDNESDAYS 10.30AM - 12.30PM  
\$5 PER CHILD + \$1 PER ADDITIONAL CHILD  
For 0-6 year olds. Develop your child's social skills & school readiness in a safe, happy and stimulating environment. Meet local families and make new friends.

### LITTLE BIG SCHOOL\*

FRIDAYS 9.30AM - 11.30AM  
\$12 PER CHILD PER SESSION  
+ \$12 ANNUAL ENROLMENT FEE  
Booking essential. Supporting each child's successful pathway to school in a welcoming social environment.

### FREE EARLYCHILDHOOD CLINIC

TUESDAYS 8.30AM - 5PM  
WEDNESDAYS 10AM - 3PM  
Infant Health Checks (0-5 year olds)  
Appointments essential.  
Phone Gosford Gateway Clinic on ph: 4328 7900

### MUMS & BUBS GROUP\*\*

WEDNESDAYS 10.30AM - 12.30 NOON  
Support and info for new mums to help through the early days. Enjoy morning tea together and have those questions answered in a friendly & supportive environment. By invitation from your Local Area Health Department Nurse.  
Enquires ph: 4328 7900

### INTRODUCING SOLIDS TALKS\*\*

WEDNESDAYS 10.30am - 12.30 noon  
This block of 5 sessions will support you and your little one when introducing solids. Enjoy morning tea together and have your questions answered in a friendly & supportive environment. By invitation from your Local Area Health Nurse.  
Enquires ph: 4328 7900



# KARIONG NEIGHBOURHOOD CENTRE

*What's On*

**Information & Referral  
Administration Services  
Information Booklets  
Service Groups, Workshops &  
More**

## CONTACT INFO

### Darkinjung Country

10 Langford Drive, Kariong  
NSW 2250

Phone: 4340 1724

Fax: 4340 4595

Email: [admin@knc.net.au](mailto:admin@knc.net.au)

Web: [www.knc.net.au](http://www.knc.net.au)



# OUR PROGRAMS & SERVICES

## VENUE HIRE

Kariong Neighbourhood Centre is the perfect venue for your child's party, christening or baby shower. We offer a fully equipped kitchen, outdoor playground and undercover area for wet weather options. Contact us to arrange your booking or book via our website.

## FOOD RELIEF PROGRAM

KARIONG - WEDNESDAYS 1:30PM - 2:30PM  
Limited fresh fruit, vegetables, bread, eggs, packaged & canned goods available, subject to availability. Your \$5 donation goes to the Centre's other groups and programs, helping to support our community. All those in need are welcome - bring your own bags.



## NO INTEREST LOAN SCHEME (NILS)

The No Interest Loans Scheme (NILS) offers people on low incomes, safe and affordable access to credit. Conditions apply. Contact us for more information.

## WORK DEVELOPMENT ORDERS

Helping vulnerable people clear unpaid fines with approved activities instead of money. Contact our Centre for more information.

**\*School terms only \*\*By invitation**



## FAMILY HELP SERVICE

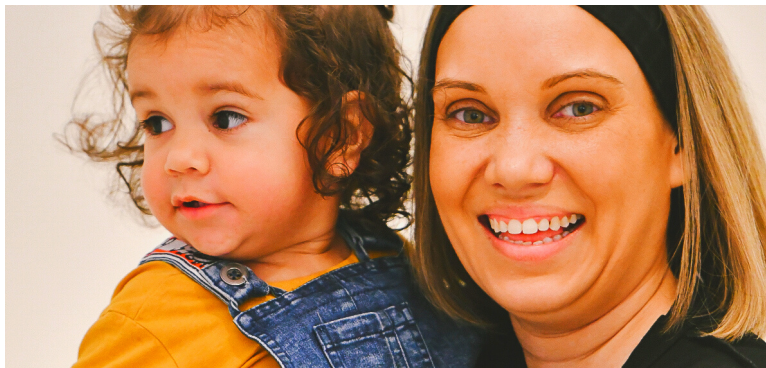
WE ALL HAVE MOMENTS WHEN THE GOING GETS TOUGH. Our family caseworker can assist your family with housing, Centrelink, food, childcare and more. Contact us for a referral today.

## FREE FAMILY LAW CLINIC

With KATIE SMITH - 30 years experience  
[www.katiesmithsolicitor.com.au](http://www.katiesmithsolicitor.com.au)  
Phone consults available (availability according to court appearances). Bookings essential, please phone our Centre to find out more.

## FIRST AID TRAINING\* *Directions Health First Aid*

WEDNESDAYS FORTNIGHTLY, bookings essential.  
Call ph: 9486 3120 or  
email: [enquiries@firstaid.net.au](mailto:enquiries@firstaid.net.au) to register.  
Training options include full first aid as well as CPR. Online learning modules followed by a hands-on component will ensure you feel confident practically applying skills learnt.



## SHARK CAGE & CIRCLE OF SECURITY

### *Central Coast Family Support Services*

Throughout the year, dates advised through CCFSS website.

**Shark Cage** - is a trauma informed five step program of interventions designed to heal and empower women who have experienced repeated abuse such as family violence or sexual assault.

**Circle of Security** - at times all parents feel lost or without a clue about what our child might need from us. The Circle of Security program is designed to enhance attachment security between parents and their children, providing a more natural and gentle approach to parenting that focuses on the needs of the child and the reason behind his behaviour rather than disciplining him or ignoring him.

Bookings essential, book through <https://ccfss.org.au/>

## BE CONNECTED - FREE COMPUTER TUTORIALS FOR SENIORS

TAKING REGISTRATIONS OF INTEREST

Keep in touch with friends and family, learn to use social media, surf the internet, shop online and much more. No experience needed. Contact us to register your interest.

## THE OVER 50'S FRIENDSHIP GROUP\*

THURSDAYS 12:15PM - 2PM

Come along, we'd love to meet you. Bring a plate to share, join in the fun and most of all, establish some rewarding friendships. Join us on our monthly excursions to new and interesting regional destinations.

## TAI CHI\*

### *Australian Academy of Tai Chi*

WEDNESDAYS 9AM - 10AM

\$12 PER LESSON

Contact Helen on ph: 0435 121 520