



KARIONG OUT OF SCHOOL HOURS CARE & VACATION CARE

Quality affordable child care catering for children from 5 years to 12 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



CHILDREN'S SERVICES

ACTIVE PLAYGROUP*

WEDNESDAYS 10.30AM - 12.30PM
\$5 PER FAMILY WITH 1 CHILD + \$1 PER ADDITIONAL CHILD (from same family, over 6 weeks of age)
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 EARLY CHILDHOOD 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

Web: 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
Phone consults available (availability according to court appearances). Bookings essential, please phone our Centre to find out more.

RESOLVE PSYCHOLOGICAL COUNSELLING

FRIDAYS 10AM - 5PM, by appointment only
This is a confidential psychological service. Currently no referral is required from a GP (although this may change in the future) and there is no charge to clients. Sessions are facilitated by a Provisional Psychologist and who is also a level 2 ACA registered counsellor, specialised in addiction and trauma – they've been working in counselling roles for the past 5 years.



TAX HELP

TAKING BOOKINGS NOW

If you need help lodging your tax return, you may be eligible for our Tax Help program. Tax Help is a network of ATO-trained and accredited community volunteers who provide a free and confidential service to help people complete their tax returns online using myTax. Phone or email us to book.

PILATES FOR SENIORS*

MONDAYS 10AM - 11AM

"Pilates is wonderful for every body of every age. Seniors, in particular, can really benefit from a Pilates practice. Balance, strength, flexibility, focus, and your breath are all areas you may notice have changed with age." Join our class to learn more!

BE CONNECTED - FREE COMPUTER TUTORIALS FOR SENIORS

THURSDAYS 9AM - 2:30PM

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. 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