



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 oosh@knc.net.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.

FREE EARLYCHILDHOOD CLINIC

TUESDAYS 8.30AM - 5PM
WEDNESDAYS 10AM - 3PM
Infant Health Check (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.

FOOD RELIEF PROGRAM

WEDNESDAYS 2PM - 3PM

Limited fresh fruit, vegetables, bread, eggs, clothes & canned goods available, subject to availability. A \$5 donation is requested, to enable us to continue to support our local 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 worker 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 appearance). Bookings essential, please phone.

FIRST AID TRAINING*

Directions Health First Aid

WEDNESDAYS FORTNIGHTLY

Call ph: 9486 3120 or

email: enquiries@firstaid.net.au to register

JUSTICE OF THE PEACE

MONDAY TO FRIDAY

Available at the centre. Please call to make an appointment.



SHARK CAGE

Central Coast Family Support Services

MONDAYS 9:30 - 11:30AM 24 May - 21 Jun

(excluding public holiday on 7 Jun)

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

BE CONNECTED - FREE COMPUTER TUTORIALS FOR SENIORS

THURSDAYS 9AM - 12PM

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 book.

PATH OF HEART

Deepen your connection to your natural gifts of vision, strength and wisdom, through meditation and creativity. 5 week course starting end of April 2021. \$15 per 2 hour session, childcare included. Call now to book.

THE OVER 50'S FRIENDSHIP GROUP*

FRIDAYS 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.

PILATES*

FOR SENIORS MONDAYS 12PM - 1PM

PILATES FOR FITNESS SATURDAYS 8.15AM - 9.15AM

\$10 PER CLASS. For information & bookings contact Sarah at sarah@yourtemple.com.au

TAI CHI*

Australian Academy of Tai Chi

WEDNESDAYS 9AM - 10AM

\$12 PER LESSON

Contact Helen on ph: 0435 121 520