

## UPCOMING EVENTS AND PROGRAMS AT THE CENTRE

**Free Financial Counselling.** Available to people who are experiencing financial hardship. Financial counselling can be provided to the person who has the financial problem or their family members, friends, work colleagues or anyone whose life is affected by financial stress.

Available Tuesdays & Wednesdays. Call Robyn directly to make an appointment on Ph: 4331 9630 or see the Ladies in Front Office.

The **Career Pathways** program is successfully helping people train and move into jobs. Skills covered include literacy, numeracy, communication, dressing for interviews and other practical aspects of gaining employment. If you live in public, community or Aboriginal housing, are homeless, receiving rental assistance or on a NSW Housing wait list you could be eligible for this 2017 program. For further enquires and to check eligibility contact:

Email: [career.pathways@industry.nsw.gov.au](mailto:career.pathways@industry.nsw.gov.au) Phone: 02 4974 8535

### **safeTALK Suicide Prevention Awareness Program**

LivingWorks safeTALK is a three and a half hour presentation to increase Suicide Awareness. Learn how to recognise when someone may have thoughts of suicide and how to respond in ways that link them with further suicide intervention and help. Sponsored by North Gosford Rotary – Save Our Kids project. Limited places are available so reserve your place now on 4341 9333. When: Thursday 30<sup>th</sup> March 2017 6:00pm – 9:00pm



Feb 2017



## Activities & Services for TEENAGERS & CHILDREN



### Peninsula Community Centre

93 McMasters Road  
Woy Woy NSW 2256  
P: 02 4341 9333

## Kempo Karate

Classes for all ages - Zen Bu Kan Kempo Karate “*A Positive Way of Life*”  
Learn combined skills in self defense - kick boxing and ground fighting  
TIME: Tuesday 5:30 - 7.00pm AND Friday 5:30 – 7:00pm  
COST: \$10.00. Family and Group Discount may apply.  
CONTACT: MARCO 0407 752 411 \*BOOKINGS ESSENTIAL\*

## Woy Woy Physical Culture Club

Physical Culture is a jazz-dance exercise activity which aids in flexibility co-ordination and deportment for children over 3.  
Our highly qualified teachers use both team and individual involvement to promote self confidence, balance, rhythm and musical interpretation.  
TIMES: Monday 4:00 - 9:00PM and Wednesday 3:30 - 9:00pm  
COST FROM: Preschoolers \$4.50 ~ Children \$5.00 ~ Ladies \$6.00  
50 cent surcharge for casual payments.  
CONTACT: Tracey 0417 694 514

**ARAFMI Carers Group** – Support Group for Carers of People with Mental Illness. All welcome  
TIME: 9:30am – 11:30am last Wednesday of each month.  
CONTACT: 0413 468 981 COST: Free

## Sydney Distance Education High School

SDEHS students are invited to attend the Learning Hub to get assistance with school work. Students are able to meet & engage with their teachers & peers.  
TIME: Hub hours: 9:00am-3:30pm each Tuesday of school term.  
Morning session-9:00am-12:00pm  
Afternoon session-12:30pm-3:00pm  
CONTACT: Duncan 9383 0235 or Lisa 9383 0309 for further information.

## Centre Stage School of Dance

Quality tuition for all ages: from 2 years to adult, girls and boys, serious dancers or those just looking for some fun. All new students welcome.

**TIMES:** Mon: 3:00pm - 8:45pm. Tues: 1:30pm - 9.00pm. Wed: 1:30pm -9:00pm. Thu:9:45 -11:00am & 3:00pm-8:30pm.Fri:12:00pm-9:15pm.Sat:8:00am-4:15pm.

**COST:** \$7.50 (30 mins class) & \$9.50 (45 mins class) Special Offer: 1 Free Trial Lesson for each new class tried prior to enrolment. Existing students are eligible if trying a new dance style. **CONTACT:** Lacey Lyons 0425 382 383.  
Email [centrestageschoolofdance@live.com.au](mailto:centrestageschoolofdance@live.com.au)

### OTHER COAST COMMUNITY CONNECTIONS PROGRAMS

**Free Financial Counselling.** For persons affected by financial stress.  
Available Tuesdays & Wednesdays  
Ph: 4331 9630 or see the Ladies in the Centre Front Office

#### **Evolution Youth Service**

Services and programs for young people 12 -17 years and their families.  
These include support, advice and referral, case management, skill focused groups, training, personal development programs, alcohol and drugs counseling and education. CONTACT:4342 3684 9:00am - 5:00pm Monday-Friday

#### **Vacation Care**

Operates during school holidays from 2 locations. WOY WOY & GOSFORD 7:00am - 6:30pm. Children enjoy a range of exciting activities & excursions. BOOKINGS ARE ESSENTIAL. Call **WOY WOY:** 4344 3018 or **GOSFORD** 4324 5675 . **Childcare rebate is available through Centrelink .**

#### **Before & After School Care**

A program providing quality care for infants and primary school children  
Our mini bus takes children to and from school. Afternoon tea and activities are provided in a homely atmosphere. BOOKINGS ESSENTIAL  
**WOY WOY.** Call 4344 3018. Hours 6:30 - 9:00 am and 2:30 - 6:30 pm  
**GOSFORD.** Call 4324 5675. Hours 7:00 - 9:00 am and 2:30 - 6:30 pm  
[6:30 am by arrangement]  
**POINT CLARE.** Call 0409 787 84. Hours 7:00 - 9:00 am and 2:30 - 6:30 pm  
[6:30 am by arrangement]