

UPCOMING EVENTS & COURSES AT THE CENTRE

ENERGY BILL SUPPORT- provided by the Energy & Water Ombudsman and Coast Community Connections. Get information on rebates, resolve complaints, set up payment plans and more. Free Service.

Starts on 26th February, then the last Tuesday of each month.

BOOKINGS REQUIRED. Call the Community Centre 4341 9333 to book.

DV ALERT AWARENESS SESSIONS- Training provided by Lifeline supported by Coast Community Connections. Interactive presentation where individuals and groups can talk about the issue of domestic violence and learn what they can do to help make a difference. **TIME:** 9.30am-11.30am Wednesday 13th March 2019. **COST:** Free https://lifeline.jobreadyplus.com/terminal/online_book_course/2333 to book.

SAFETALK- By Lifeline and supported by Coast Community Connections This is a half day presentation to increase suicide awareness and prevention. Become a vital link in connecting those at risk with further help.

TIME: 9.30am – 1.00pm Wednesday 10th April 2019. **COST:** Free.

CONTACT: Louise Manson 4341 9333 to book or book online www.lifelinecc.org.au

Other Services at the Centre

JP Service – Free Available at the Centre Monday, Thursday and Friday. No Appointment necessary.

Free Help with understanding forms and Letters. For assistance with completing forms, writing or understanding your My Gov and Centrelink requirements. Please call for an appointment. Available on Tuesdays 9am -12.30pm.

Photocopying And Internet Both available at a low cost. We can also scan and email documents for you **free**. Our office is open Monday to Friday 8.30am- 4.30pm.

Community Information & Referral Please ask for our help. We can assist with any information about our local area & the services, help & programs that are available.

Room Hire Our air conditioned rooms are available for hire for meetings, training, birthday parties, community functions or presentations at reasonable rates and are suitable for 2 – 500 people. PA systems, whiteboards, DVDs and TVs with HDMI capabilities are also available.



FEB 2019



Activities & Services for Teenagers & Children



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: AMY 0423 288 171 *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 \$5.00. Juniors \$6.00. Seniors \$7.00 Ladies \$8.00
Small surcharge for casual payments. CONTACT: Tracey 0417 694 514

Perform-Ability

Perform-Ability is a music, movement and dance program for people with disabilities and special needs. We are so excited to be coming back to Woy Woy for our Children's program! To book a free trial or to find out more, please head to www.perform-ability.com
TIMES: Tuesdays 4.30pm-5.30pm CONTACT: Miranda 0431 036 659

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 Monday 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.

Youth Development Academy

Age appropriate drills for all soccer players aged 5 -11 years to develop their skills and their confidence in a fun and challenging way.
TIMES: 4:00 pm – 4.45pm every Monday. Please call to register your interest and confirm class start date. COST: \$15.00, sibling discounts available.
CONTACT: Simon 0450 731 980 www.youthdevelopmentacademy.org

Centre Stage School of Dance

Dance Classes for Teenagers.

Centre Stage offers quality tuition for students in RAD classical ballet, LGTDA Tap, Jazz, Contemporary, Cheer and Hip Hop. We cater for serious students wishing to complete exams and dance competitively or those wanting to explore their passion for Dance. We are now an approved Creative Kids and Active Kids provider, so all school aged student are eligible for up to \$200 to use towards dance classes and tuition. Visit Service NSW for more information. Please see our enrolment pack for class times and costs.

www.centrestageschoolofdance.com.au

TIMES: Monday – Thursday evenings & Saturday morning.

CONTACT: Lacey 0425 382 383. EMAIL:

centrestageschoolofdance@live.com.au

OTHER COAST COMMUNITY CONNECTIONS PROGRAMS

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. TIMES: 9:00am - 5:00pm Monday-Friday

Vacation Care

Operates during school holidays from our 2 locations -WOY WOY & GOSFORD 7:00am - 6:30pm. Children enjoy a range of exciting activities and excursions. BOOKINGS ESSENTIAL. Call WOY WOY 4344 3018 or GOSFORD 4349 3610.

Child Care Subsidy is available through Centrelink.

Before & After School Care

Providing quality care for primary school children. BOOKINGS ESSENTIAL
WOY WOY. Call 4344 3018. Hours 6:30am - 9:00am and 2:30pm - 6:30pm
GOSFORD. Call 0451 371 713 or 4349 3610. Hours 6:30am - 9:00am and 2:30pm - 6:30 pm

POINT CLARE. Call 0401 976 537. Hours 6:45am - 8:45am and 2:30pm-6:30pm

UMINA. Call 0413 849 927. Hours 6:30am - 9:00am and 2:30pm - 6:30pm.