

### EARLY CHILDHOOD

 <b>Kooly PlayConnect Playgroup:</b> In partnership with the Luke Priddis Foundation, this playgroup is designed for Aboriginal families of children aged 0-6 years who have unique needs association with having an Autism Spectrum Disorder (ASD) or autism-like characteristics in communication and behaviour skills. Transport available. Bookings essential.	Thursdays weekly from 4/02 - 25/03 9:30am - 11:30am	Koolygarra Aboriginal Child & Family Centre, Cranebrook. Zoe S: 02 4729 0442/ 0409 986 121 zoe.s@nepeancommunity.org.au
 <b>Dark Emus Aboriginal Supported Playgroup:</b> for Aboriginal families with children 0 - 5 years FREE transport & morning tea. Starting Wednesday 3rd February to 24th March 2021	Wednesdays during term 10am - 12pm	Werrington Downs Community Centre, 2C Brookfield Ave, Werrington, NSW 2747 Amy: 02 4729 0442
 <b>Kooly Aboriginal Supported Playgroup - Cranebrook:</b> for Aboriginal families with children 0 - 5 years. FREE transport & morning tea. From Friday 5th February to 26th March 2021. Email: zoe.s@nepeancommunity.org.au	Fridays during term 10am - 12pm	Koolygarra Aboriginal Child & Family Centre, Cranebrook. Zoe S: 02 4729 0442/ 0409 986 121
<b>Braddock Playtime Playgroup:</b> For children from 0 to 5 years & their parents and carers. Come and enjoy craft, indoor and outdoor activities, singing and stories and much more with your child. Thursday 4th February to 25th March 2021	Thursdays during term 9:45am - 11:30am	Cranebrook Neighbourhood Centre Zoe H: 02 4729 0442/ 0437 699 019 or zoe@nepeancommunity.org.au
<b>Lets Explore - Science, Nature &amp; Sensory:</b> Let's Get discovering! Volcano experiments, learn about dragonflies, worms & other creatures, plus play with rice, sand, slime and much more. For children 0-5 years and their parents and carers.	Monday 15 Feb & 15 Mar 10am - 11:30am	Cranebrook Neighbourhood Centre Zoe H: 02 4729 0442/ 0437 699 019 or zoe@nepeancommunity.org.au








### KIDS & YOUTH ACTIVITIES

<b>Children's Fun Day:</b> Slime making, painting, music, water play, games cooking & chill out time. 20 per session - Bookings essential. If booked into both timeslots kids must be p/up at 12pm & returned at 1pm. Kids must be picked up by adult.	Tue 19 Jan 2021 10am - 12pm & 1pm - 3pm	North Penrith Neighbourhood Centre 66A Illawong Ave, Penrith NSW 2750 Justine 02 4729 0442 <i>For primary aged children</i>
<b>I-Support Youth Transition Program:</b> For youth aged 11 years old to help them to transition & engage with youth programs in the local area, create new friends, find support from services & meet other students going to high school next year.	Tuesdays 9/02 - 23/03 3pm - 4:30pm	<i>In Partnership with Barnardos.</i> Barnardos Building, Hosking St, Cranebrook. Nada 0407 044 119
<b>KP Kids Collective Community group after school activity:</b> Fun afternoon activities, sport, craft, cooking & community projects. Afternoon tea provided. For children 6-12 years. Limit of 15 participants & limit of 10 for transport.	Tuesdays 9/02 - 30/03 3:15pm - 4:45pm	North Penrith Community Centre Justine 02 4729 0442 or 0417 550 382 <i>Bookings Essential.</i>
<b>Cranebrook Kids:</b> Free afternoon activity. Make some awesome artworks, run through our outdoor ninja courses and play games, all while developing new friendships. Afternoon tea is provided. Open to all primary aged students in Cranebrook	Wed weekly 10/02 - 24/03 3:15pm - 4:15pm	Cranebrook Neighbourhood Centre <i>Registrations essential</i> Nada 0407 044 119 or nada@nepeancommunity.org.au
<b>Breakfast Club:</b> Free breakfast served on school days for primary aged children only and takeaway available for high school students only while COVID restrictions are in place from Friday 29th Jan 2021.	School days 7.30am - 8.45am	Cranebrook Neighbourhood Centre Cathy: 02 4729 0442
<b>NCNS Youth - Youth Hub Drop In:</b> Come along to chill and hangout with our youth workers and your friends at our new Youth Hub. Mondays & Wednesdays weekly from 1st February to 25th March 2021. <i>Monday activity is Dungeons &amp; Dragons.</i>	Mondays & Wednesdays After school 3pm until 5pm	Youth Hub, 3 Kington Place, Cranebrook, NSW 2749 Joe 0417 498 918 or Sami 0408 586 797
<b>NCNS Youth - Drop in for youth ages 17 to 25y/o:</b> Come along for a feed plus hangout and have a chat with other young people and our Youth Workers. Drug and alcohol free program. 1st Wednesday of the month.	3rd Feb & 3rd Mar 2021 5:30pm - 7pm	Youth Hub, 3 Kington Place, Cranebrook, NSW 2749 Joe 0417 498 918 or Sami 0408 586 797
<b>Nepean Young Pregnancy Support:</b> For young women (under 25 y/o). Morning tea is provided. Support services are also available. To organise an appointment with Sandra (midwife) please contact Amy. 2nd February to 30th March 2021	Tuesdays during term 10am - 12pm	Penrith Women's Health Centre, cnr Station and Henry St, Penrith Amy: 02 4729 0442 or 0477 004 773
 <b>Kooly Deadly Kids Dance Group:</b> This is an Aboriginal dance group for Aboriginal boys and girls. Aboriginal children of all ages are welcome. Wednesdays weekly from 10th February to 24th March 2021.	Wednesdays during school term 3.30pm - 5pm	Koolygarra Aboriginal Child & Family Centre, Cranebrook. Jen 02 4706 0280 or 0437 083 839
 <b>NICE Program:</b> A culture & creative arts program facilitated by Jie Pittman, aiming to strengthen the relationship & faith of indigenous youth & families in culture & its practices. Hip hop, culture, film & music for Aboriginal young people 11 - 18 y/o.	Thursdays 11/02- 25/03 4pm - 5:30pm	Koolygarra Aboriginal Child & Family Centre, Cranebrook. Jen 02 4706 0280 or 0437 083 839 (Numbers strictly limited)

### PARENTING WORKSHOPS & GROUPS

<b>What Now! Parents Support Parents:</b> For parents with children at School & live in Cranebrook. Grab coffee, meet other parents & be supported, & talk about lunch box ideas, changes in children's behaviours & sharing stories about raising kids.	Wednesdays 10/2 - 24/3 9:15am - 11am	Cranebrook Neighbourhood Centre Nada 0407 044 119 or nada@nepeancommunity.org.au
<b>Small Additions New Beginnings Support &amp; Baby Care:</b> Join a supportive group in a relaxed atmosphere. Learn new ideas, techniques, share stories & relax with other parents/carers. Morning tea provided. Easy access via public transport.	Mondays 1/02 to 22/03 10am - 12pm	Thornton Community Centre, 61 Lord Sheffield Cct, Penrith Justine 02 4729 0442 or 0417 550 382
<b>Black Box Parenting Program:</b> For parents who have experienced family/domestic violence and want to move forward in their parenting. For all details please call or email Zoe H. Possible childcare, enquire when booking. Bookings essential	9/2, 16/2, 2/3, 16/3 & 30/3 12pm - 2pm	Cranebrook Neighbourhood Centre Zoe H: 02 4729 0442/ 0437 699 019 or zoe@nepeancommunity.org.au
<b>Keeping Children Safe:</b> FREE 5 week information course explaining the various aspect of abuse/neglect, what it is, the impact on children & ways we can keep our children safe. Bookings essential. Possible childcare, enquire when booking.	Wednesdays 17/2 - 17/3 9:30am - 12:00pm	South Penrith Neighbourhood Centre Zoe H: 02 4729 0442/ 0437 699 019 or zoe@nepeancommunity.org.au
<b>Triple P (Positive Parenting Program):</b> A five week Positive Parenting Program for parents of children 2 - 12 yrs. Limited spaces, bookings essential. Possible childcare, please enquire when booking.	Fridays 12/02 - 12/03 10am - 12pm	Cranebrook Neighbourhood Centre Zoe H: 02 4729 0442/ 0437 699 019 or zoe@nepeancommunity.org.au

### COMMUNITY ACTIVITIES & PROGRAMS

<b>River Walk 'N Talk:</b> Free Group for women from Cranebrook &/or Jordan Springs focusing on health & well-being. We encourage women from Non English speaking backgrounds to attend and meet new people.	Tuesdays 9/02 - 23/03 10:30am - 11:30am	Meet at Jordan Springs near Community Centre (2/6 Cullen Av) Nada on 4729 0442 or 0407 044 119
 <b>Aboriginal Art Class:</b> Come and learn how to paint with acrylics on canvas with Bryan Boney. For Aboriginal people of all ages.	Thursdays 11/02 - 25/03 11am - 2pm	Koolygarra Aboriginal Child & Family Centre, Cranebrook. Jen 02 4706 0280 or 0437 083 839
<b>Western Sydney Legal Outreach Service:</b> Free legal services for the community of Western Sydney. Get help with family law, FaCS, Criminal Law, Traffic Law and ord Civil Law.	3rd & 4th Wed of the month 10am - 12pm	Koolygarra Aboriginal Child & Family Centre, Cranebrook. Drop in, call 02 8833 0911 or call Kooly 02 4706 0280
 <b>Services Our Way (SOW):</b> Provides culturally appropriate service coordination, support & capacity building for Aboriginal & Torres Strait Islander people & families experiencing vulnerability, to improve their well being & achieve their goals.	Tuesdays & Thursdays 8:30am - 4pm	Koolygarra Aboriginal Child & Family Centre, Cranebrook. Jen 02 4706 0280 or 0437 083 839
<b>Collective Community Action Group:</b> Come help out the Penrith area with various activities, social support, sewing for organisations, cooking for community groups, & teaching new skills. This is a multi-generational group that looks at community needs & supports in a multi-faceted approach, whilst having fun in a social situation. Morning tea provided.	1st Wed of the month 3/02, 3/03, 7/04, 5/05 10am - 12pm	Cranebrook Neighbourhood Centre Justine 02 4729 0442 or 0417 550 382
 <b>Steps to Healing:</b> A friendly space where Aboriginal people can come together to share stories & make connections through healing & culture. This group is for anyone who has been through hard times, when daily life is a struggle.	Tuesdays 9 Feb to 30 Mar 10:00am - 12:00pm	Koolygarra Aboriginal Child & Family Centre, Cranebrook. Bronwyn 02 4706 0280 / 0439 455 139
 <b>Aboriginal SMART Recovery Program:</b> Free group program assisting people with any problematic behaviours. Guided by trained workers, you will learn a range of tools to manage what you are struggling with & to motivate you.	Tuesdays 9 Feb to 30 Mar 12:30pm - 2:00pm	Koolygarra Aboriginal Child & Family Centre, Cranebrook. Bronwyn 02 4706 0280 / 0439 455 139
<b>Justice of the Peace:</b> Need a JP? Bookings are essential. Contact Bronwyn.	Monday - Friday By appointment	Koolygarra Aboriginal Child & Family Centre, Cranebrook. Bronwyn 02 4706 0280
 <b>Closing the Gap:</b> A health program for Aboriginal & Torres Strait Islander people. Better healthcare, access to cheaper medicines and dedicated care coordinators/support workers.	Monday - Friday 8:30 - 4pm	Impingar Centre - Werrington Rodney 02 4706 0299 or ctg@nepeancommunity.org.au
<b>Golden Oldies Friendship Group:</b> Bus trips, social days, games, raffles, housie, craft. Friendship, activities, fun! Thursdays from 11th February 2021.	Thursdays 9.30am - 12pm	South Penrith Neighbourhood Centre 02 4721 8520
 <b>Koori Cuppa Time:</b> Friendly group for Aboriginal women. Transport, refreshments & childcare provided. Wednesday 10th February, 24th February, 10th March and 24th March 2021	Wednesday's Fortnightly 10am - 12pm	Koolygarra Aboriginal Child & Family Centre, Cranebrook. Jen 02 4706 0280 or 0437 083 839
 <b>Aboriginal Men's Group:</b> Join us for a yarn and a feed. Wednesday 17th February, 3rd March & 17th March 2021.	Wednesday Fortnightly 10am - 12pm	Koolygarra Aboriginal Child & Family Centre, Cranebrook: Jen 02 4706 0280 or 0437 083 839
<b>Make Time Women's Group:</b> Come in for a coffee, chat, make new friends & enjoy various group chosen activities including sewing, craft, relaxation in a friendly atmosphere. Morning tea provided. All welcome! From 9th February to 23rd March 2021.	Tuesdays during term 9.30am - 11.30am	Cranebrook Neighbourhood Centre Nada 02 4729 0442 or 0407 044 119.

---

"Taste of Everything" Workshops for Women: Learn to knit, crochet, quilt, and make flower arrangements, plus guest speakers, lunch, ten pin bowling & other bus trips, and helping disadvantaged groups with grants from Penrith City Council

Thursdays  
9.30am - 11.30am

Floribunda Community Centre, Glenmore Park  
Martha: 0414 557 062 \$5 per week

## EXERCISE/WELLBEING

**Gentle Exercise South Penrith:** For all ages and fitness levels. Run by a professional Personal Trainer \$5 per week. Mondays & Wednesdays weekly from 1st February 2021. *All participants must bring along their own mat and towel.*

Mondays & Wednesdays  
8am - 8:45am

South Penrith Neighbourhood Centre  
02 4721 8520

---

## NCNS LOCATIONS

### HEAD OFFICE:

South Penrith Neighbourhood Centre  
3 Trent St, South Penrith NSW 2750  
Phone: (02) 4721 8520

Koolyangarra Aboriginal Child & Family Centre  
1 Kington Place, Cranebrook NSW 2749  
Phone: (02) 4706 0280

Closing the Gap: Impingar Centre - Werrington  
Cnr Henry Lawson Ave & John Batman Ave,  
Werrington County NSW 2747  
(Rear Building behind Namatjira Neighbourhood Centre)  
Phone: (02) 4706 0299

Cranebrook Neighbourhood Centre  
Hosking St, Cranebrook NSW 2749  
Phone: (02) 4729 0442