

EARLY CHILDHOOD

Kooly PlayConnect Playgroup: 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 22/04 - 17/06 9:30am - 11:30am	Kooyangarra Aboriginal Child & Family Centre, Cranebrook. Zoe S: 02 4729 0442/ 0409 986 121 zoe.s@nepeancommunity.org.au
Dark Emus Aboriginal Supported Playgroup: for Aboriginal families with children 0 - 5 years. FREE transport & morning tea. Starting Wednesday 28 th April to 23 rd June 2021	Wednesdays during term 10am - 12pm	Werrington Downs Community Centre, 2C Brookfield Ave, Werrington, NSW 2747 Amy: 02 4729 0442/ 0477 004 773
Kooly Aboriginal Supported Playgroup - Cranebrook: for Aboriginal families with children 0 - 5 years. FREE transport & morning tea. From Friday 23 rd April to 18 th June 2021. Email: zoe.s@nepeancommunity.org.au	Fridays during term 10am - 12pm	Kooyangarra Aboriginal Child & Family Centre, Cranebrook. Zoe S: 02 4729 0442/ 0409 986 121
Braddock Playtime Playgroup: 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 29 th April to 17 th June 2021	Thursdays during term 9:45am - 11.30am	Cranebrook Neighbourhood Centre 02 4729 0442
Cambridge Park Playgroup: Help your children develop social skills in a group setting and enjoy a range of activities with your child. All Welcome. Wednesdays weekly from 28 th April to 23 rd June 2021.	Wednesdays weekly 9am - 10:30am	Cambridge Park Public School in the NEST Justine 02 4729 0442 or 0417 550 382

KIDS & YOUTH ACTIVITIES

Go For Fun: Free for NSW children aged 7 - 13 who are above a healthy weight, & their families. Run by trained health and community professionals, it's a fun way to build self-esteem and learn about eating well, staying active and living a healthy life.	Wednesdays 3:30pm - 5:30pm from 21/04/21 - 23/06/21	Cranebrook Neighbourhood Centre Nada 02 4729 0442 or 0407 044 119 or Joel on 1800 780 900 or SMS 0409 745 645 for a call back
KP Kids Creative Minds: Try various art mediums, such as paints, clay, charcoal etc while having informal conversations about relaxation techniques, feelings & self-esteem. Afternoon tea provided. For primary aged children 6 - 12 years old.	Tuesdays 27/04 - 22/06 3pm - 4:30pm	Kingswood Park Public School Justine 02 4729 0442 or 0417 550 382 Bookings Essential.
Cranebrook Kids: 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.	Tuesdays 27/04 - 22/06 3:15pm - 4:15pm	Cranebrook Neighbourhood Centre Registrations essential! Nada 0407 044 119 or nada@nepeancommunity.org.au
Breakfast Club: 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.	School days 7.30am - 8.45am	Cranebrook Neighbourhood Centre Cathy: 02 4729 0442
NCNS Youth - Youth Hub Drop In: Come along to chill and hangout with our youth workers and your friends at our new Youth Hub. Mondays & Wednesdays weekly from 19 th April to 23 rd June 2021	Mondays & Wednesdays After school 3pm until 5pm	Youth Hub, 3 Kington Place, Cranebrook, NSW 2749 Joe 0417 498 918 or Sami 0408 586 797
NCNS Youth - Drop in for youth ages 17 to 25y/o: Come along for a feed plus hangout and have a chat with other young people and our Youth Workers. Drug and alcohol free program. 1 st Wednesday of the month.	5th May & 2nd June 2021 5:30pm - 7pm	Youth Hub, 3 Kington Place, Cranebrook, NSW 2749 Joe 0417 498 918 or Sami 0408 586 797
Nepean Young Pregnancy Support: 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. 20 th April to 22 nd June 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
Kooly Deadly Kids Dance Group: This is an Aboriginal dance group for Aboriginal boys and girls. Aboriginal children of all ages are welcome. Wednesdays weekly from 28 th April to 9 th June 2021.	Wednesdays during school term 3.30pm - 5pm	Kooyangarra Aboriginal Child & Family Centre, Cranebrook. Jen 02 4706 0280 or 0437 083 839
NICE Program: 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 29/04 - 10/06 4pm - 5:30pm	Kooyangarra Aboriginal Child & Family Centre, Cranebrook. Jen 02 4706 0280 or 0437 083 839 (Numbers strictly limited)

PARENTING WORKSHOPS & GROUPS

Young Parents Support & Baby Care Join a supportive group in a relaxed atmosphere. Learn new ideas, techniques, share stories & relax with other young parents/carers. Morning tea provided. Easy access via public transport.	Mondays 19/04 - 21/06 10am - 12pm	Thornton Community Centre, 61 Lord Sheffield Cct, Penrith Justine 02 4729 0442 or 0417 550 382
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COMMUNITY ACTIVITIES & PROGRAMS

Casuarina Aboriginal Family Project: Therapeutic casework for Aboriginal families with children & young people in Penrith. Begin to change old ways & patterns that aren't working for you. Referrals can be made by families themselves or other services	Monday - Friday	Kooyangarra Aboriginal Child & Family Centre, Cranebrook. Narelle 0417 445 451 or narelle@nepeancommunity.org.au
Didge Class: Come and learn how to play the didgeridoo with Jessy at Kooly. For Aboriginal boys and men. All ages welcome. You can never be too young to learn culture. Starting Monday 19 th April 2021.	Mondays weekly 3:30pm - 5pm	Kooyangarra Aboriginal Child & Family Centre, Cranebrook. Zach 0428 061 853
Aboriginal Carers Group: A group for kinship or foster carers of Aboriginal children & young people. Carers can be Aboriginal or non-Aboriginal. Come along for a chat, meet new people and support one another. Morning tea provided.	Monday 10 May & 14 Jun 10am - 12pm	Kooyangarra Aboriginal Child & Family Centre, Cranebrook. Narelle 0417 445 451 or narelle@nepeancommunity.org.au
Aboriginal Art Class: Come and learn how to paint with acrylics on canvas with Bryan Boney. For Aboriginal people of all ages.	Thursdays 29/04 - 10/06 11am - 2pm	Kooyangarra Aboriginal Child & Family Centre, Cranebrook. Jen 02 4706 0280 or 0437 083 839
Western Sydney Legal Outreach Service: 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	Kooyangarra Aboriginal Child & Family Centre, Cranebrook. Drop in, call 02 8833 0911 or call Kooly 02 4706 0280
Services Our Way (SOW): 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	Kooyangarra Aboriginal Child & Family Centre, Cranebrook. Jen 02 4706 0280 or 0437 083 839
Collective Community Action Group: 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 5 May, 2 June & 7 Jul 9:30am - 11:30am	Cranebrook Neighbourhood Centre Justine 02 4729 0442 or 0417 550 382
Steps to Healing: 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 27/4 to 15/06 10:00am - 12:00pm	Kooyangarra Aboriginal Child & Family Centre, Cranebrook. Bronwyn 02 4706 0280 / 0439 455 139
Aboriginal SMART Recovery Program: 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 27/4 to 15/06 12:30pm - 2:00pm	Kooyangarra Aboriginal Child & Family Centre, Cranebrook. Bronwyn 02 4706 0280 / 0439 455 139
Justice of the Peace: Need a JP? Bookings are essential. Contact Bronwyn.	Monday - Friday By appointment	Kooyangarra Aboriginal Child & Family Centre, Cranebrook. Bronwyn 02 4706 0280
Closing the Gap: 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
Golden Oldies Friendship Group: Bus trips, social days, games, raffles, housie, craft. Friendship, activities, fun!	Thursdays 9.30am - 12pm	South Penrith Neighbourhood Centre 02 4721 8520
Koori Cuppa Time: Friendly group for Aboriginal women. Transport, refreshments & childcare provided. Wednesday 5 th May, 19 th May and 2 nd June 2021	Wednesday's Fortnightly 10am - 12pm	Kooyangarra Aboriginal Child & Family Centre, Cranebrook. Jen 02 4706 0280 or 0437 083 839
Aboriginal Men's Group: Join us for a yarn and a feed. Wednesday 28 th April, 12 th May, 26 th May and 9 th June 2021.	Wednesday Fortnightly 10am - 12pm	Kooyangarra Aboriginal Child & Family Centre, Cranebrook. Jen 02 4706 0280 or 0437 083 839
Make Time Women's Group: 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 27 th April to 22 nd June 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	Glenmore Park Youth & Community Centre, Town Terrace, Glenmore Park NSW 2745 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 1 st February 2021. <i>All participants must bring along their own mat and towel.</i>	Mondays & Wednesdays 8am - 8:45am	South Penrith Neighbourhood Centre 02 4721 8520
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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