Come on down to Cranebrook Neighbourhood Centre.



Community Library



Sewing Machine



Computer/Internet access

See what we can help you with today by calling 02 4729 0442 or popping into our centre. All Welcome!



NCNS & PARENTING

grow and develop to their full potential. We offer a wide range of FREE programs throughout the area.











PAINT THE TOWN READ

Follow us on Facebook @ParentinginPenrith & @NepeanCommunity



To find out more, go to or call 02 4721 8520.

INDIGENOUS PEACEFUL PARENTS



Peaceful Parents is a strengths-based parenting program that is engaging, practical and supportive for parents. It helps parents to draw on their parenting strengths to build resilient and calm kids.

- Practical mindfulness to keep stress levels low Positive psychology strategies to boost

- o help children problem solve difficulties

Free 4-week group program for caregivers of babies, toddlers & children Workbook and certificate

When: Thursdays 7th March to 28th March 2024

Week 2: Thursday 14th March 2024 Week 3: Thursday 21st March 2024 Week 4: Thursday 28th March 2024

Time: 9.30 -11.30am (2 hours)

Venue: Braddock Public School Hub

Morning tea provided.Call Amy to book - details



Cranebrook Neighbourhood Centre

17 HOSKING STREET CRANEBROOK (02) 4729 0442

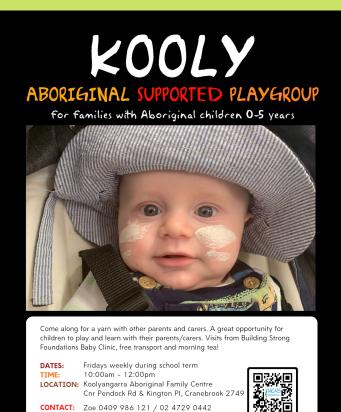


Term 1 Activities 2024



Facebook.com /NCNSCommunities

NEPEAN COMMUNITY & NEIGHBOURHOOD SERVICES













Come along and enjoy the morning with an awesome group of mums and kids, dads are welcome too. For children 0-5 and their parents and carers. Morning tea is provided for your children.

Thursdays during school term Braddock Public School In the Community Hub

9:45am - 11:30am

Rabia 0417 550 382 or Leanne 0408 586 797 / 4729 0442





NEPEAN COMMUNITY & NEIGHBOURHOOD SERVICES

PLAYGROUP IN THE PARK, **COMMUNITY PLAYGROUP**



We invite you to our weekly playgroup. Penrith City Council and Nepean Community & Neighbourhood Services have partnered to provide a weekly playgroup for our families.

Our playgroup will help children develop social & communication skills, in a group situation, with a parent or carer by their side for support. Our weekly sessions will provide an opportunity for children and their parents or carers to enjoy activities together.

When: Wednesdays weekly during school term

Time: 9:45am - 11:15am

Where:

Allsop Oval park on Oxford St

(opposite Cambridge Park shops)

Leanne on 0408 586 797







A play opportunity for children and parents to focus on supporting the development of the 5 senses and a couple more important developmental challenges that children experience. The group will look at the use of repetition, exploration and experimentation to create a safe learning environment for children and their families.

Monday 12th February to 1st April 2024 (8 weeks)

9:30 am - 11am

Cranebrook Neighbourhood Centre,

Hosking Street, Cranebrook, NSW 2749

Leanne on 02 4729 0442/ 0408 586 797 or Zoe on Zoe 0409 986121







Come and meet other young parents/carers, and become part of a supportive group in a relaxed atmosphere, with lots of activities for the kids provided. Learn new ideas and techniques, share stories and have fun with your kids. In Term 2 we'll be running a Music Program to provide a musical experience to provide a fun way to help kids develop early speech and

Mondays during school terms

10am to 12pm

Cranebrook Neighbourhood Centre. Where:

> 17 Hosking Street, Cranebrook, NSW 2749 Leanne 0408 586 797 or Zoe 0409 986 121

Morning tea provided. Limited Transport - Bookings essential for transport.







COMPUTER **BASIC SKILLS COURSE**

WINDOWS 10, MICROSOFT OFFICE, INTERNET, EMAILS + MORE

9 WEEK COURSE

TUESDAYS: Starting 13th February until 9th April 2024 FROM: 11:30am to 2:30pm

17 Hosking St, Cranebrook 2749

*Free for Australian citizens. residents & some visa holders *Computers provided





Make Time Women's Group



Come in for a coffee, chat, make new friends & enjoy various group chosen activities including sewing, craft in a friendly atmosphere. Morning tea provided. All welcome!

Date: Tuesdays weekly during school term

Time: 9 30am - 11 30am

Where: Cranebrook Neighbourhood Centre

Hoskina St. Cranebrook

Contact: Nada 4729 0442 / 0407 044 119

Plans are flexible & all new ideas welcome!







A free afterschool program, open to all primary aged students in Cranebrook!

Get involved in making awesome artworks, running through our outdoor ninja courses and playing games, all while developing new friendships. Afternoon tea is provided.

Wednesdaus weeklu during school term

3:00pm - 4:15pm

Cranebrook Neighbourhood Centre, 17 Hosking Street, Cranebrook 2749

Nada 4729 0442 / 0407 044 119

Contact Nada to register, registrations essential! Follow us on Facebook.com/NCNSCommunities







NYPS - a super-friendly and chilled space for uoung pregnant women to share this journeu available throughout the term to provide

The group is social, has lots of info and plenty of support on things you need to know, including relationships, connection, housing, health and more!

> Tuesdays during school term 9:00am to 12:00pm

LOCATION: Women's Health Centre Penrith Cnr Henry & Station St. Penrith NSW 2750

For more information or to book an appointment with Sandra (midwife) please contact: Amy on 0477 004 773 / (02) 4729 0442 or Leanne 0408 586 797







COME & JOIN US FOR SOME FUN & CREATIVE ART EXPERIENCES! CATCH UP WITH FRIENDS AND MAKE NEW ONES.

When: Tuesdays starting first week during school terms

Time: 3:00pm - 4:30pm

Kingswood Park Public School

Contact: Contact the school directly or Leanne on

02 4729 0442 or 0408 586 797

FOR PRIMARY AGED CHILDREN IN YEARS 2 -6. AFTERNOON TEA PROVIDED.



Centrelink Support



NCNS will have a Centrelink worker at Cranebrook every fornight helping with My Gov, payments and forms that need to be submitted for

19th September, 3rd October, 17th October, 14th November and 28th

Cranebrook Neighbourhood Centre. Hosking Street, Cranebrook NSW 2749

Walk ins available but if you would like to book an appointment, please call 02 4729 0442.







Circle of Security - Parenting[™] - Term 1 2024

At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really

The Circle of Security Parenting $^{\mathsf{TM}}$ program is based on decades of research about how secure parent-child relationships can be supported and

- Understand your child's emotional world by learning to read their emotional needs
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self
- Honour your innate wisdom and desire for your

Please note: Commitment to attending ALL sessions is expected. This is not a counselling or behavioural management course for children.

Wednesdays 14th February - 3rd April 2024

Week 1: 14th February 2024 Week 2: 21st February 2024

Week 3: 28th February 2024 Week 4: 6th March 2024

Week 5: 13th March 2024 Week 6: 20th March 2024

Week 7: 27th March 2024 Week 8: 3rd April 2024

10am - 12pm

Cranebrook Neighbourhood Centre. Hosking Street, Cranebrook, NSW 2749

Childcare available.

PLACES LIMITED. REGISTRATION ESSENTIAL.

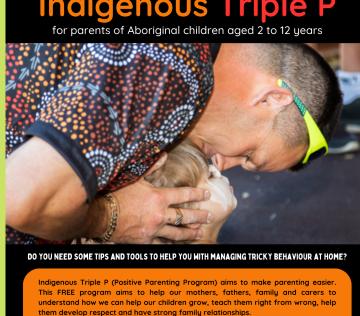
Contact Sussan for all enquiries on 0437 699 019 or parenting@nepeancommunity.org.au



Keep up to date with all our FREE parenting, family and children's activities: Facebook: @ParentingInPenrith @NepeanCommunity

BREAKFAST CLUB NUTRITIONAL BREAKFAST SERVED DAILY Cereals * Yoghurt * Fruit * Toast * Fruit Juice * Fresh Milk Monday: Cereal, cheese toasty, yoghurt Tuesday: Cereal, cheese toasty, yoghurt Wednesday: Cheese toasty + milo Thursday: Ham + cheese toasty Cereal, cheese toasty, yoghurt friday: FREE TO ALL CRANEBROOK PRIMARY & HIGH SCHOOL STUDENTS. FULLY SUPERVISED, PARENTS & CARERS WELCOME. School days during term 7:30am to 8:45am TIME. LOCATION: Cranebrook Neighbourhood Centre (across from Cranebrook High School) The Centre on (02) 4729 0442





Mondays weekly from 12th February to 11th March 2024 (5 weeks)

12:30pm - 2:30pm

Cranebrook Neighbourhood Centre Hosking Street, Cranebrook NSW 2749 CONTACT: Zoe 02 4729 0442 or 0409 986 121

Morning tea provided. Child minding and transport available if required. Please contact Zoe to book. Limited spots available

