

**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!



Cranebrook Neighbourhood Centre
Hosking Street, Cranebrook 2749
E: info@nepeancommunity.org.au
W: www.nepeancommunity.org.au

NCNS & PARENTING

NCNS recognise the challenges faced by today's parents, and believe in giving children the chance to grow and develop to their full potential. We offer a wide range of FREE programs throughout the area.



PARENTING PROGRAMS

Add to your parenting toolbox by attending one of our many parenting programs to deal with challenges, learn how children's minds work, and increase your bond with your child.



PLAYGROUPS

Join other mums, dads, carers and their 0-5 year olds at one of our Playgroups. Sing, play, build, read, and get support if ever needed.



SCHOOL READINESS PROGRAMS

This 8 week Aboriginal program helps prepare your child for the big transition to school.



CHILDREN'S DAYS

Events throughout the year bring messy play, sensory experiences, and a chance to meet a range of children's services, to you and your children.



PAINT THE TOWN READ

Ruby Roo brings reading joy to children at schools, events and pop-ups around the community.

Follow us on Facebook @ParentinginPenrith & @NepeanCommunity



To find out more, go to
www.nepeancommunity.org.au
or call 02 4721 8520.

INDIGENOUS PEACEFUL PARENTS



Indigenous Peaceful Parents is a Mindfulness and Positive Psychology based program to increase resilience in primary aged children.

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.

Parents Learn:

- Effective coping strategies
- Practical mindfulness to keep stress levels low
- Positive psychology strategies to boost wellbeing
- Healthy thinking habits
- How to help children manage their feelings
- Techniques to help their child lessen worries
- How to help children problem solve difficulties

Contact Amy for all enquiries on 0477 004 773 or amy@nepeancommunity.org.au

About this program:

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

When: Thursdays 7th March to 28th March 2024

Week 1: Thursday 7th 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 below.



Keep up to date with all our free parenting, family and children's activities: Facebook: @NepeanCommunity
Web: www.nepeancommunity.org.au

Cranebrook Neighbourhood Centre

17 HOSKING STREET CRANE BROOK
(02) 4729 0442

Term 1 Activities 2024



NEPEAN COMMUNITY & NEIGHBOURHOOD SERVICES



Facebook.com
/NCNSCommunities

KOOLY

ABORIGINAL SUPPORTED PLAYGROUP

for families with Aboriginal children 0-5 years



Come along for a yarn with other parents and carers. A great opportunity for children to play and learn with their parents/carers. Visits from Building Strong Foundations Baby Clinic, free transport and morning tea!

DATES: Fridays weekly during school term
TIME: 10:00am - 12:00pm
LOCATION: Koolyangarra Aboriginal Family Centre
 Cnr Pendock Rd & Kingston Pl, Cranebrook 2749
CONTACT: Zoe 0409 986 121 / 02 4729 0442
 or email zoe.s@nepeancommunity.org.au



Kooly Play Connect



Kooly Play Connect Playgroup is an exciting program in partnership with the **Luke Priddis Foundation** designed for Aboriginal families of children aged 0-6 years who have unique needs associated with having an Autism Spectrum Disorder (ASD) or autism-like characteristics in communication and behaviour skills.

When: Thursdays weekly during school term
Time: 10:00am - 12:00pm
Location: Koolyangarra Aboriginal Child & Family Centre
 Cnr Pendock Rd & Kingston Pl, Cranebrook 2749

Contact: Zoe 0409 986 121 / 4729 0442 - zoe.s@nepeancommunity.org.au

Morning tea will be provided - If you have any allergies please let Zoe know. Transport available. Contact us to book in - Limited spots available.

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)
Contact: Leanne on 0408 586 797



7 Senses Playtime

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.

When: Monday 12th February to 1st April 2024 (8 weeks)
Time: 9:30 am - 11am
Where: Cranebrook Neighbourhood Centre,
 Hosking Street, Cranebrook, NSW 2749
Contact: Leanne on 02 4729 0442/ 0408 586 797 or Zoe on Zoe 0409 986121

BRADDOCK PLAYTIME PLAYGROUP



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.

When: Thursdays during school term
Location: Braddock Public School
 In the Community Hub
Time: 9:45am - 11:30am
Contact: Rabia 0417 550 382 or Leanne 0408 586 797 / 4729 0442

DARK EMUS ABORIGINAL SUPPORTED PLAYGROUP

Are you an Aboriginal Family with children 0-5 years?



Come along for a yarn with other parents/carers. Playgroup is a great opportunity for children to play and learn with their parents/carers. Free transport and morning tea provided. Building strong foundation team member will join us every fortnight for blue book check ups for 0-5 yrs

Date: Wednesdays weekly during school term
Time: 10am - 12pm
Location: Lifestart - St Marys
 8/10 Carinya Avenue. St Mary 2760
Contact: Amy 0477 004 773 or Zoe 0409 986 121 / 4729 0442

YOUNG PARENTS



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 language skills.

When: Mondays during school terms
 10am to 12pm
Where: Cranebrook Neighbourhood Centre,
 17 Hosking Street, Cranebrook, NSW 2749
Contact: Leanne 0408 586 797 or Zoe 0409 986 121

For parents/carers
 25 years and under



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



TAFE OUTREACH 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

CRANE BROOK NEIGHBOURHOOD CENTRE
 17 Hosking St, Cranebrook 2749

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

For more information and to book your
 spot ring Nada on 4729 0442/
 0407 044 119 or Nigella on 0400 481 585



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
 Hosking St, Cranebrook
Contact: Nada 4729 0442 / 0407 044 119

Plans are flexible & all new ideas welcome!

NYPS

Are you pregnant and under 25 years?
 Want to meet other young people?
 Need to attend an Antenatal Clinic?

NYPS - a super-friendly and chilled space for young pregnant women to share this journey with other young women. Centrelink will be available throughout the term to provide advice and other guest speakers organised.

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!

DATE: Tuesdays during school term
TIME: 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



Centrelink Support



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

19th September, 3rd October, 17th October, 14th November and 28th November between 10am - 12pm.

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.

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
Friday: Cereal, cheese toasty, yoghurt

FREE TO ALL CRANEBOOK PRIMARY & HIGH SCHOOL STUDENTS. FULLY SUPERVISED. PARENTS & CARERS WELCOME.

DATE: School days during term
TIME: 7:30am to 8:45am
LOCATION: Cranebrook Neighbourhood Centre
 (across from Cranebrook High School)
CONTACT: The Centre on (02) 4729 0442



Cranebrook Kids

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.

When: Wednesdays weekly during school term
Time: 3:00pm - 4:15pm
Where: Cranebrook Neighbourhood Centre, 17 Hosking Street, Cranebrook 2749
Contact: Nada 4729 0442 / 0407 044 119



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



KINGSWOOD PARK CREATIVE KIDS

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
Where: 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.



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 asking from you.

The Circle of Security Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

Learning outcomes:

- 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 esteem
- Honour your innate wisdom and desire for your child to be secure

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

When: 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

Time: 10am - 12pm

Where: 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:
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Web: www.nepeancommunity.org.au

Indigenous Triple P

for parents of Aboriginal children aged 2 to 12 years



DO YOU NEED SOME TIPS AND TOOLS TO HELP YOU WITH MANAGING TRICKY BEHAVIOUR AT HOME?

Indigenous Triple P (Positive Parenting Program) aims to make parenting easier. This FREE program aims to help our mothers, fathers, family and carers to understand how we can help our children grow, teach them right from wrong, help them develop respect and have strong family relationships.

WHEN: Mondays weekly from 12th February to 11th March 2024 (5 weeks)
TIME: 12:30pm - 2:30pm
WHERE: 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.