

TAFE Outreach Courses

Publisher & PowerPoint: PowerPoint presentations, Publisher fliers, cards, etc	Wednesday 1pm - 4pm Term 2	Emu Plains Community Centre FULL
Cert. I in Information Technology: Word processing, spreadsheets, databases, presentations, email, internet	Tuesday 9am - 12pm Term 2 & 3	South Penrith Neighbourhood Centre FULL
Money, Money, Money: Credit cards, personal budgeting, debt & savings, superannuation, taxation	Wednesday 9.30am - 12.30pm Term 3	South Penrith Neighbourhood Centre (02) 4721 8520
Understanding the Internet: Internet, virus protection, email, attachments	Wednesday 9am - 12pm Term 3	Glenmore Park - Floribunda Community Centre Domenica - (02) 4733 1499
Introduction to Community Services: provides an overview of the skills & knowledge required to work in the community services sector	Tuesday 9am- 2.30pm & Thursday 12-3pm Term 3 & 4	South Penrith Neighbourhood Centre (02) 4721 8520
Introduction to Office Skills: computer skills, personal presentation and communication skills, using business equipment and technology, organisational skills	Wednesday 9.30am - 3pm Term 3 & 4	Glenmore Park - Floribunda Community Centre Domenica - (02) 4733 1499
Introduction to Computer Skills: basic computer skills - use mouse & keyboard, create & save documents, internet and email	Friday 9.30am - 12.30pm Term 3 & 4	Kingswood Park - North Penrith Community Centre (02) 4721 8520
Publisher & PowerPoint: PowerPoint presentations, Publisher fliers, cards, etc	Wednesday 9am - 12pm Term 4	Glenmore Park - Floribunda Community Centre Domenica - (02) 4733 1499
First Aid: know what to do in an emergency. Plus you'll receive a certificate	Term 3 or 4 (TBC)	Kingswood Park - North Penrith Community Centre (02) 4721 8520
Introduction to Computer Skills: basic computer skills - use mouse & keyboard, create & save documents, internet and email	Tues or Wed (TBC) Term 1 & 2 2012	South Penrith Neighbourhood Centre (02) 4721 8520
Various: TAFE Outreach courses on Computer Skills, Internet, Publisher, PowerPoint, First Aid & Café Skills	2012	Glenmore Park - Floribunda Community Centre Domenica - (02) 4733 1499

Other Courses

Red Cross Family Safe First Aid	16th June 9.30am-3pm	Glenmore Park - Floribunda Community Centre Domenica - (02) 4733 1499
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NCNS Locations



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

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

Floribunda Community Centre
1 Floribunda Ave, Glenmore Park NSW 2745
Phone: (02) 4733 1499

Koolyangarra Aboriginal Child & Family Centre
1 Kington Place, Cranebrook NSW 2749
Phone: (02) 4729 3907



Nepean Community & Neighbourhood Services Activity Directory - Term 2 2011

Community

Cranebrook Community Garden: All welcome to join us on the third Wednesday of every month	3rd Wed of month 3pm - 4.30pm	Cranebrook Monica - (02) 4729 3907
Cranebrook Community Safety Group: Cranebrook residents working for a safe community	Once per month during school term (date varies)	Cranebrook - Koolyangarra Aboriginal Child & Family Centre Monica - (02) 4729 3907
Creative Writing: Established writer or novice, poetry or prose. Join us and tell your story!	Wednesday 9.30am - 11am	South Penrith Neighbourhood Centre (02) 4721 8520
FREE Floribunda Family Festival: intro sessions, family activities, musical reptile show, animals, information, local performers, food	Saturday June 4th 11am - 3pm	Glenmore Park - Floribunda Community Centre Domenica - (02) 4733 1499
FoodBank: Purchase discounted grocery items in bulk (Kingswood Park/Cranebrook residents only)	C: Once per term KP: Twice per term	Kingswood Park & Cranebrook Community Centres Monica - (02) 4729 3907





Well-Being

Counselling: Free counselling service (provided by Building Strong Foundations- Community Health) at Kooly - for Aboriginal families with children 0-5	By appointment	Cranebrook - Koolyangarra Aboriginal Child & Family Centre Karen - (02) 4729 3907
Counselling: Free counselling service (provided by Community Health) at Kooly - priority given to Cranebrook and/or Aboriginal community members	By appointment Fortnightly on Mon afternoons	Cranebrook - Koolyangarra Aboriginal Child & Family Centre Karen - (02) 4729 3907
Counselling: Free generalist counselling service provided by NCNS	Fridays by appointment	South Penrith (02) 4721 8520
Eye Screening: Free eye checks and glasses for Aboriginal families	By appointment	Cranebrook - Koolyangarra Aboriginal Child & Family Centre (02) 4721 8520

Parents & Carers

Family Support/Case management: Eligible Aboriginal families can access our Brighter Futures or Indigenous Parenting family support programs	Monday - Friday	Various Bronwyn - (02) 4729 3907 Wayne - (02) 4729 0442
Kingswood Park Parents Creative Workshops: African drumming for Kingswood Park parents	3 Wednesdays from 8th June 9.30-11.30am	Kingswood Park Public School In the Orana Room Narelle - 0409 986 121
Making Tracks Aboriginal parent drop-in: Connecting Aboriginal families with Making Tracks in-school program	Monday 2-3pm	Braddock Public School Nerida - (02) 4733 1499
Nepean Young Pregnancy Support Group: for young women (under 25 years of age)	Tuesdays 10am - 12 noon	The Warehouse Laura - (02) 4729 0442
Western Sydney GrandCarers: Social support group for grandparents with full time care of their grandchildren	1st & 3rd Fridays of each month 10.30am - 1.30pm	South Penrith Neighbourhood Centre (02) 4721 8520





Baby & Pre-School

 Aboriginal Playgroup - Cranebrook: for Aboriginal families with children 0 - 5 years	Friday 10am - 12pm	Cranebrook - Koolyangarra Aboriginal Child & Family Centre Carolyn - (02) 4729 3907
Kingswood Park Playgroup: for families with children 0-5	Mondays 9am-11.30am	Kingswood Park Public School In the Orana Room Narelle - 0409 986 121
 Aboriginal Playgroup - Kingswood Park: for Aboriginal families with children 0-5	Tuesdays 11.30 - 1.30pm	Kingswood Park Community Centre Tracie - (02) 4729 3907
Braddock Playtime: Playgroup at Braddock Public School for families with children from 0 to 5 years	Monday 9am - 11am	Braddock Public School Toni (02) 4729 3907
Sing & Grow Music Playgroup: for young and first-time parents	8 x Wednesday from 11/5/11	Cranebrook - Koolyangarra Aboriginal Child & Family Centre Toni - (02) 4729 3907
Paint The Town ReAd: Stories & Songs in the park at Cranebrook	7th June 9.30am-10.30am	Cranebrook Shops, Borrowdale Way
Paint The Town ReAd: Stories & Songs in the park at Kingswood Park	3rd Thursday of the month 9am-10.30am	Kingswood Park - in the park Cnr Illawong & Caloola Aves (across from the school) Narelle/Mary - 0409 986 121
 School Readiness: for Aboriginal children who have not been to preschool, and plan to enrol in Braddock PS in 2011/2012	Wednesdays 9.00am - 2.45pm	Braddock Public School Tracie - (02) 4729 3907
 School Readiness: for Aboriginal children who have not been to preschool, and plan to enrol in Cambridge Park PS in 2011/2012	Wednesdays 9.00am - 2.00pm	Cambridge Park Public School Mary - (02) 4729 3907
Baby Clinic: Drop In Baby Health checks	Every second Friday morning 9.30 - 11.30am	Cranebrook - Koolyangarra Aboriginal Child & Family Centre Carolyn - (02) 4729 3907
Screening Service: Early intervention screening service for children up to 5 years (provided by Lapstone Preschool)	By appointment	Cranebrook - Koolyangarra Aboriginal Child & Family Centre Karen - (02) 4729 3907
Triple P Parent's Program: Kids don't come with an instruction manual - Triple P parenting courses can help with specific issues like tantrums or sleeping, bullying or teenage withdrawal	3 x Tuesday mornings from 17/05/11	Cranebrook Toni - (02) 4729 3907
The Importance of Play: Workshop for parents	Friday 17th June 9.15-11am	Cambridge Park Narelle - 0409 986 121
Puppet Pandemonium: Make puppets from household items. Enjoy the performance! Free BBQ	Thursday 12/05/11 3pm on	Cranebrook Neighbourhood Centre Toni - (02) 4729 0442

Exercise

Heartmoves: Heart Foundation accredited gentle exercise	Monday 8.30am - 9.30am Thursday 8.15am - 9.15am	South Penrith Neighbourhood Centre (02) 4721 8520
Heartmoves: Heart Foundation accredited gentle exercise	Thursday 9.30am - 10.30am	Emu Plains Community Centre (02) 4721 8520
Zumba: Quit the workout, join the party	Thursday 10am - 11am	Glenmore Park - Floribunda Community Centre Dom - (02) 4733 1499

Children & Young People

 Koori Stories Exchange: 3 x 10 week digital stories/film-making programs for Aboriginal primary school, secondary school & 18-25 yo olds	contact for info Nerida 0417 498 918	Monday - Braddock PS Friday - Cranebrook HS Thursday - Cranebrook NC
 Tutoring: for Aboriginal primary students (only NCNS family support programs clients are eligible)	Mondays 3.30-5.30pm	Cranebrook Neighbourhood Centre Wayne - (02) 4729 0442
Drumming: Kingswood Park Public School students	Monday 12.45-1.30pm	Kingswood Park Public School Narelle - 0409 986 121
Expressive Arts: Kingswood Park Public School students	Monday 3.00pm-4.30pm	Kingswood Park Public School Narelle - 0409 986 121
Second Step: Kingswood Park Public School students	In-school activity	Kingswood Park Public School Narelle - 0409 986 121
After School Activities: Games and craft	Thursday 3.15pm - 4.30pm	Cranebrook Neighbourhood Centre Michelle - (02) 4729 0442
After School Activities: Games and craft	Tuesday 3.30pm - 5pm	Glenmore Park - Floribunda Community Centre Domenica - (02) 4733 1499
 Making Tracks: School-based Aboriginal cultural and resilience program	Monday afternoons	Braddock Public School Nerida - (02) 4733 1499
 Making Tracks: School-based Aboriginal cultural and resilience program	Tuesdays	Cambridge Park Public School Nerida - (02) 4733 1499
Breakfast Club: Breakfast served every day of the school year at Cranebrook NC	School days 7.30am - 8.45am	Cranebrook Neighbourhood Centre Laura - (02) 4729 0442
In-School Resilience Programs: School-based programs to develop resilience, healthy peer relationships, bullying prevention, stress management and more	By appointment	School-based Nerida - (02) 4733 1499
"It's Up to You" Multimedia Competition: about GP waterways for 12-17yo	Entries due June 30th, exhibition to follow	Glenmore Park Domenica - (02) 4733 1499

Women

 Koori Cuppa Time	Wednesday 10am - 2pm	Cranebrook Neighbourhood Centre Ann-Marie - (02) 4729 0442
Make Time Women's Group: Social group for all women	Tuesday 9.30am - 11.30am	Cranebrook Neighbourhood Centre Michelle - (02) 4729 0442
"Taste of Everything" Workshops for Women: Reading, Intro to power tools, Law, Health, Mosaics, Yoga, Thai Cooking and more	Monday 10am - 12pm	Glenmore Park - Floribunda Community Centre Domenica - (02) 4733 1499

Seniors

Friends & Neighbours: Social group - bus trips, fun days, guest speakers	First & Third Wed of the month 10am - 12pm	Emu Plains Community Centre (02) 4721 8520
Golden Oldies: Bus trips, social days, games, raffles, housie, craft	Thursday 9.45am - 12.15pm	South Penrith Neighbourhood Centre (02) 4721 8520
Senior Women's Group	Thursdays 10am - 12pm	Cranebrook Neighbourhood Centre Michelle - (02) 4729 0442