

E theepicentre@sanremo.org.au

P 0243907888

PLEASE PHONE AHEAD
FOR AN APPOINTMENT

Emergency Food Relief
EAPA Electricity Vouchers
Food Hampers
JP Services
Work Development Orders
Legal Aid
Financial Counsellor
Gambling Counsellor
Shower, washing and drying
Social Worker for ages 12-25



CatholicCare
Diocese of Broken Bay

Starts 22nd May

TUNING IN TO TEENS

EMOTIONALLY INTELLIGENT PARENTING

A 6 week course for parents of teenagers

SAN REMO NEIGHBOURHOOD CENTRE

28 Brava Avenue San Remo
Wednesdays 22 May - 26 June 2024
9.30am - 11.30am

Tuning in to Teens will provide you with skills in emotion coaching and help you recognise, understand and regulate, to work through your young person's emotions. The program focuses on the development needs of teenagers and how to respond to their needs when being rejected or pushed away.

A partnership between



RESERVE
YOUR PLACE

Mary Ross - Community Programs
The Epicentre
P: (02) 4390 7888
E: mary@sanremo.org.au

FREE Nutrition & Cooking Class and EMERGENCY REDI Workshop



Tues 7th
May 10.30am

Central Coast Council, Red Cross and The Wholesome Collective are partnering to deliver a FREE live and fun nutrition and cooking workshops for young parents, carers and youth aged between 14-24. Participants will learn how to cook a delicious healthy meal, get tips on how to cook on a budget and have a relaxed conversation about being prepared for an emergency.

Date: Tuesday 7th May 2024
Time: 10:30am to 12:30pm
Location: San Remo Neighbourhood Centre, 28 Brava Ave, San Remo 2262

Scan the
QR code
to register



Enquiries call Darryl on 0491729539

HANNAH'S STORY



These sessions aim to create more awareness and empower members of the community about the early warning signs of coercive control and the tragic but inspirational story of Hannah Clarke, her three children and family.

Wed 5th June 9.30am

Presented by
Michael Jeh
DV Prevention Educator

Central Coast DV Committee will be hosting 3 sessions across the Central Coast on Wednesday the 5th of June

San Remo Neighbourhood Centre 9.30am- 11.30am

Wyoming Neighbourhood Centre 2pm-4pm

Ettalong Diggers 6pm-8pm

We hope you can join us at one of the above sessions.



LINKS YOUTH SUPPORT SERVICE

Support through life's challenges
for young people aged 12 to 18
years

Access to

GP Clinic and Social Worker
Headspace Outreach Youth
Access Team

Information, support and referral

Case management

School and community based
programs and activities

Phone Kaz or Daz on 43907888 or
email links@sanremo.org.au

BLUE HAVEN OOSH SERVICE

BLUE HAVEN COMMUNITY CENTRE APSLEY COURT

BEFORE SCHOOL
CARE

AFTER SCHOOL
CARE

VACATION CARE

for 5-12
years old

NQF accredited, qualified
educators, affordable,
CCS available. A fun, safe,
caring & learning
environment

the
epicentre
Core of Community



P 43992242
E oosh@sanremo.org.au

ACTIVITIES

Men's Shed Mondays,
Wednesdays, Fridays and
Saturdays 8am to 12pm Phone
43900070

Women's Shed Mondays

Art Mondays 10am

Yoga Fridays 9.30am

Euchre Thursdays fortnightly

Playgroup fun times

Tuesdays 10am

'Bored' Game Classics

Thursdays 2.30pm for young
people

Carer's Support Group

3rd Thursday of the month

Next group 16 May

9.30-12.30

NGALIYA DHULUGA ABORIGINAL GARDEN

We are committed to
recognising and valuing our rich
Aboriginal and Torres Strait
Islander culture through the
sharing of knowledge and strong
relationships.

Discover your Land program
was held with more than 20
children exploring and learning
in the garden

**Cooking for Koories
with Aunty Kerry**

Northlakes Public School

7 May 1.30pm

**NAIDOC Week Activities to
come**

7th-14th July

SUPPORTS AND SERVICES

Legal Aid Mondays Fortnightly

Alcoholics Anonymous

Sundays 10am & Mondays 7pm

Narcotics Anonymous

Thursdays 7pm

Emergency Relief

Tuesdays and Thursdays

Financial Counselling Thursdays

Gambling Counselling Wednesdays

Electricity Support Wednesdays

Carers Support Group-Call Liz on

0472 626 278

COMMUNITY RESOURCES

Opportunity Knocks Op-shop

Liamena Ave San Remo

Community Garden Liamena Ave

Justice of the Peace available

Sluggo Community Bus Hire

Access to Technology Computers,
fax, emails

Room Hire for community and
corporate events, celebrations
and kids parties

BMX and **Skate** Park

Fantastic local **playground**

The San Remo Neighbourhood Centre Inc. is a not for profit, charitable organisation that relies on government funding and donations. We do not work for the government or council. The work is primarily undertaken by our wonderful team of volunteers so please be patient.

PROTECT YOUR MOB FROM THE FLU



What: Flu Vaccine Clinic

When: Starting weekly **Wednesday 24th April 2024**

until Wednesday 12th June 2024:

Wednesdays 11:00am - 7:00pm

Saturdays By Appointment Only

Saturday 4th May 12:00pm - 4:00pm

Saturday 11th May 8:30am - 12:30pm

Saturday 18th May 12:00pm - 4:00pm

Where: 2 Ward Street Gosford 2250
Nunyara Aboriginal Health Unit

Appointments Available
or Drop In Clinic

• The flu vaccination is provided **FREE** for all Aboriginal and Torres Strait Islander people over 6 months of age

• Pregnant women at any stage of their pregnancy are encouraged to attend

• Remember to bring your child's Blue Book



the epicentre Core of Community

OPPORTUNITY KNOCKS



OPSHOP
Clothes and
bric-a-brac for
all ages and
occasions

the epicentre
Core of Community

9am-3.30pm
Monday to Friday
9am-1pm

Every Saturday Sales
Grab a Bag-\$10



Central Coast
Local Health District

To book an appointment
please call Nunyara on
4320 2698
Parking available on site

Youth Support

LINKS 43907888

Headspace 43941000

Youth Health 43569333

Cultural Support Services

Yerin Aboriginal Health Services
4351 1040

Bungree 4350 0100

Nunyara 4320 2698

Mosiac Multicultural Services
4334 3877

Support Services

Lifeline 13 11 14

Domestic Violence Hotline

1800 656 463

Mental Health Line

1800 011 511

My Aged Care

1800 200 422

NDIS

1800 800 110

Centrelink 13 24 68

Housing Doorways 43529600

Link2Home 1800152152

A BIG THANK YOU TO OUR FOOD AND MATERIAL AID SUPPORTERS

Central Coast Local Health District

Coles around the lakes

The Bikers Hand

Coast Hands

OZ Harvest

Swamp Central Coast

Men's Shed

Wild Woollies

San Remo Community Garden

Creighton's Funerals

Share the Dignity

We Care Connect

Open 9am - 3pm Monday to Friday

P 0243907888

E volunteers@sanremo.org.au

W <https://sanremo.org.au> A 28 Brava Avenue San Remo NSW 2262