



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
- Centrelink Appointments



## PARENTING TIPS

San Remo Neighbourhood Centre

October 16th, 23rd & 30th

TIME : 9:30am—11:30am

**Morning Tea Provided**

Cost: Free

Contact: Nicky or Mary on 43907888

[nicole@sanremo.org.au](mailto:nicole@sanremo.org.au)

Getting your kids to stop doing the things you don't want them to do (tantrums, whining, etc.) Motivating your kids to start doing the things you want them to do (cleaning up, homework, etc.) Bonding with your kids (the best part!)

## Tuning Into Teens

@ SAN REMO NEIGHBOURHOOD CENTRE

**WEDNESDAY'S 9:30AM TO 11:30AM  
14TH AUGUST TO 25TH SEPTEMBER**

**COST - FREE**

**BOOKINGS ESSENTIAL**

CALL OR TEXT NICKY 0468 464 968 TO SECURE A PLACE  
OR EMAIL [NICOLE@SANREMO.ORG.AU](mailto:nicole@sanremo.org.au)



## 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 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](mailto:links@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 15th August  
9.30-12.30

## TAX HELP

**EVERY FRIDAY  
@ THE EPICENTRE**

**\*\*BOOKINGS ESSENTIAL\*\***

**CALL US ON 43907888**



## BLUE HAVEN OOSH SERVICE

BLUE HAVEN COMMUNITY CENTRE APSLEY COURT

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  
W theepicentre.org.au

## 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.

Thank you to everyone who attended the **NAIDOC Week Activities** and our **Taiwanese student events**. A big thank you to Northlakes Didge and Dance groups and our wonderful volunteers especially Aunty Kerry, Oana and Jasmine.

## 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

### Sluggo Community Bus Hire

## COMMUNITY RESOURCES

### Opportunity Knocks

Op-shop Liamena Ave San Remo

### Community Garden

Liamena Ave

### Mens Shed

The Epicentre

### Justice of the Peace

Available (appt only)

### Work Development Orders

(Pay off your fines, appt only)

### Access to Technology

Computers, Fax, Emails and Photocopying

### Room Hire

for community groups and corporate events, celebrations and kids parties

**BMX** and **Skate** Park

Fantastic local **playground**

AGES 12-24 **FREE LUNCH**

# CREATIVE BEAT MASTERS

**FREE MUSIC MAKING WORKSHOPS**



**OCT 2<sup>ND</sup> & 3<sup>RD</sup> 2024**  
11AM-3PM  
**LAKE HAVEN REC CENTRE**  
Goobarabah Ave, Gorokan

**OCT 8<sup>TH</sup> & 9<sup>TH</sup> 2024**  
11AM-3PM  
**SAN REMO NEIGHBOURHOOD CENTRE**  
28 Brava Ave, San Remo

If you love music and want to produce tracks of your own using professional sound recording and electronic equipment, come along and be mentored by two professional musicians and DJ's. No experience necessary, but if you do play bring your instrument along!

Register NOW for your 2 day workshop. **LIMITED SPOTS!**

0493 022 106 [sharon.aldrick@theskillengineer.com.au](mailto:sharon.aldrick@theskillengineer.com.au)  
[theskillengineer.com.au](http://theskillengineer.com.au)



 Proudly funded by the Regional Youth Holiday Program   

## A BIG THANK YOU TO OUR FOOD AND MATERIAL AID SUPPORTERS

Central Coast Local Health District

Coles around the lakes

Swamp Central Coast

The Bikers Hand

Gibbo's Bakery

Coast Hands

OZ Harvest

Men's Shed

Wild Woollies

San Remo Community Garden

Creighton's Funerals

Share the Dignity

We Care Connect

**PICKLEBALL IS GAINING SPEED WITH NEW COURTS AT NORTHLAKES HIGH & BLUE HAVEN**  
**COMING SOON**

**FOR MORE INFORMATION & HOW TO GET INVOLVED, PH MATT 4348 6702**

## Youth Support

LINKS 43907888

Headspace 43941000

Youth Health 43569333

## Cultural Support Services

Yerin Aboriginal Health Services  
4351 1040

Bungree 4350 0100

Nunyara 4320 2698

Mosaic 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

**Grab a Bag for \$10 every Saturday 9am-1pm**

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

Liamena Avenue San Remo

**Neighbourhood Centre is open 9am - 3pm Monday to Friday**

P 0243907888

E [theepicentre@sanremo.org.au](mailto:theepicentre@sanremo.org.au)

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