

E theepicentre@sanremo.org.au

P 0243907888

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

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



WHAT'S THE LINK?

Escape Room

Find clues and solve puzzles
Afternoon tea provided
Book now
Contact LINKS Team on
4390 7888 or 0409591489

Location

28 Brava Avenue
San Remo
LINKS Youth
Service Cabin

**09 APRIL
2:30-4:30PM**

FREE EVENT

ENTERTAINMENT

COLOUR RUN and JUMPING CASTLE OBSTACLE COURSE

FACE PAINTING

EMERGENCY SERVICES

THE FUN ENGINE

COMMUNITY INFORMATION STALLS

FOOD

**MONDAY 14TH APRIL
10:00AM - 01:00 PM
28 BRAVA AVE SAN REMO**

KINDIFARM PETTING ZOO

the epicentre Core of Community 43907888 www.sanremo.org.au

SAN REMO COMMUNITY MENS SHED

centralink

Central Coast Council

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 21 November
9.30-12.30

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



Steps 2 Success
FROM WORKSHOP TO WORK

TERM 1
DATES 2025

MONDAY'S

10/02/25 - 14/05/2025

9:30am - 1:30pm

Wyoming Women's

Health Centre - 37 Maidens Brush Rd,

Wyoming

Childcare Bookings - 4324 2533

WEDNESDAY'S

11/02/25 - 16/05/2025

9:30am - 1:30pm

San Remo Neighbourhood Centre

Health Centre - 28 Brava Ave

San Remo

Kindly funded by Central Coast Council, we're excited to announce its on again
in Term 1 next year!

This 10-week journey includes eight weeks of engaging face-to-face workshops followed by
two weeks of personalised mentoring, which can be done either face-to-face or online.

DEFINE YOUR VALUES / SET
BOUNDARIES

GAIN CONFIDENCE

EXPLORE YOUR STRENGTHS
AND GOALS

SUCCESSFUL JOB SEEKING SKILLS

TOOLS TO HELP YOU FIND YOUR
PURPOSE

MENTORING OPPORTUNITIES

REGISTER NOW

Mondays at Wyoming
Women's Health Centre,
starting
10th February
(Child care available)



Wednesdays at
San Remo
Neighbourhood Centre,
starting
12th February



the
epicentre
Core of Community



Free
Parents
Program
1-2-3 Magic

FOR AGES
2-12

26th
March
2nd &
9th
April
2024
9:30am -
11:30am



EMOTION COACHING
HELP TO MANAGE
CHALLENGING BEHAVIOURS

YOU WILL LEARN:

- Relationship between brain development and emotions
- Supporting children with emotional development
- How to use Emotional Coaching to encourage positive behaviours
- Identify different types of behaviour using 3 choice model



Morning Tea Provided

Bookings Required.



02 4390 7888



28 Brava Avenue
San Remo

the
epicentre
Core of Community

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

Volunteers Needed

Data input

Drivers Needed

Second Bite driver

Op-Shop

Grounds person

Fabulous opportunities to work with a fantastic team and give back to your community

A BIG THANK YOU TO OUR FOOD AND MATERIAL AID PARTNERS

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**

Swamp Central Coast

Coles around the lakes

Second Bite

The Bikers Hand

Gibbo's Bakery

Coast Hands

OZ Harvest

We Care Connect

Men's Shed

Wild Woollies

San Remo Community Garden

Creighton's Funerals

Share the Dignity

Central Coast

Local Health District

Our Vision

'To create places and spaces where people are valued and have the opportunity to succeed'

The San Remo Neighbourhood Centre Inc. is a registered not-for profit charitable organisation.

We are a non-government organisation and rely heavily on our wonderful volunteers and great donations.

Our volunteers are the core of community and we commend and appreciate the work they do.

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

Grab a Bag for \$10 Open 10am-2pm

An advertisement for 'the epicentre Core of Community OPPORTUNITY KNOCKS OPSHOP'. It features an illustration of three people (two women and one child) looking at a rack of colorful clothes. The text says 'Clothes and bric-a-brac for all ages and occasions'. The 'the epicentre Core of Community' logo is present at the top and bottom right.

Monday to Friday

Liamena Avenue San Remo

An advertisement for 'the epicentre Core of Community Wiggles World of Dance Hip Hop Classes Start February 2025'. It features the Wiggles logo and illustrations of children dancing. The text includes: 'Ages: 0-2 & 2-5 classes', 'Cost: \$17.50 per student/month', 'Unlimited classes. Spots are limited', 'San Remo: 0-2yrs - 9am Tues, 9am Sat, 4pm Fri; 2-5yrs - 9:30am Tues, 9:30am Sat, 4:30pm Fri', 'Norah Head: 0-2yrs - 9am Wed, 2-5yrs - 9:30am Weds', 'Book now \$17.50/mth Unlimited Classes'. A QR code is in the bottom right. The 'WANOLI Under License by Wanoli Entertainment © 2024 The Wiggles Pty Ltd.' logo is at the bottom.

The Neighbourhood Centre is open 9am - 3pm Monday to Friday
located at the Epicentre

P 0243907888

E theepicentre@sanremo.org.au

W <https://sanremo.org.au>

A 28 Brava Avenue San Remo NSW 2262

We appreciate your feedback and ideas, visit us on facebook
<https://www.facebook.com/TheEpicentreAU>

