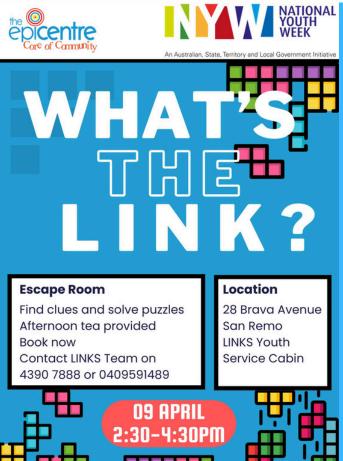


A safe place for social, cultural, physical, financial and mental health supports

E theepicentre@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



P 0243907888 LINKS YOUTH SUPPORT SERVICE

Support through lif<mark>e's challe</mark>nges 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



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





for 5-12 years old





P 43992242 E oosh@sanremo.org.au W theepicentre.org.au





MONDAY'S 10/02/25 - 14/05/2025 9:30am - 1:30pm Wyoming Women's Path Centre - 37 Maidens Brush Rd,

Wyoming Childcare Bookings - 4324 2533

WEDNESDAY'S 11/02/25 - 16/05/2025 9:30am - 1:30pm an Remo Neighbourhood Centre Health Centre - 28 Brava Ave San Remo

REGISTER NOW

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.

Mondays at Wyoming

Women's Health Centre, starting

10th February

(Child care available)

12th February

DEFINE YOUR VALUES / SET BOUNDARIES GAIN CONFIDENCE

Steps 2 Success

FROM WORKSHOP TO WORK

EXPLORE YOUR STRENGTHS AND GOALS

SUCCESSFUL JOB SEEKING SKILLS

TOOLS TO HELP YOU FIND YOUR PURPOSE

MENTORING OPPORTUNITIES

Wednesdays at San Remo Neighbourhood Centre, starting





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**

Volunteer s 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

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 Youth 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





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