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**Welcome to  
our programs**

◆ MOCS Community Hub  
◆ Parenting Young  
◆ Parent Education and Support  
◆ Blue Mountains Occasional Care

◆ Mountains Mobile Minders  
◆ Paint the Blue REaD  
◆ Community Building  
☎ 47586811 📠 47586477

## TERM 2, 2019 PROGRAM

### **Playgroups—for parents, grandparents, carers with babies to 5yrs**

Our playgroups are always open to new members!

- **Play in the Park** at Golden Horizons Park between Blue Hills Rd & Red Gum Ave, Hazelbrook on Tuesdays 10am-11.30am (weather permitting), resumes **7th May**
- **Play in the Park** at Buttenshaw Park, GWH Springwood, on Wednesdays 10am – 11.30 am (weather permitting) starts **8th May**
- **Scout Hall Playgroup** at 70 Railway Pde, Hazelbrook on Thursdays 10am-12 noon resumes **9th May**

**FREE CHILDCARE PROVIDED AT MOST WEEK DAY WORKSHOPS AND COURSES**

**First time parents group (with babies up to 12months): Meets every second Wednesday from 10 am – 12.00. . 1<sup>st</sup>, 15<sup>th</sup> & 29<sup>th</sup> May; 5<sup>th</sup> & 19<sup>th</sup> June; 3<sup>rd</sup>, 17<sup>th</sup> & 31<sup>st</sup> July.** In partnership with Connect Child & Family Services. A friendly, informal social and support group. **At Heatherbrae, 1 Benang St Lawson (next to children's play area in town square).** Just come along or call Liz on 4758 6811 or Jeanette on 4759 1462 for more information.

**NDIS Peer Monthly Support Group: Wednesdays from 10.00 – 11.30 am Wednesdays – 8<sup>th</sup> May, 12<sup>th</sup> June and 10<sup>th</sup> July.** Information, advocacy and support. Supported by Ability Links, MMNC and MOCS. **At Mid Mountains Neighbourhood Centre.** Child care available must book in advance. Call Danielle on 4759 2592 or Liz on 4758 6811 for more information.

**Floristry: FREE accredited short TAFE OUTREACH Course. Thursdays 16<sup>th</sup> May – 20<sup>th</sup> June, 9.30 am – 2.30 pm.** Learn how to create simple flower arrangements and undertake a variety of floristry related work activities. All materials provided. **At Bungarrabee Centre, Oaklands Rd, Hazelbrook. Bookings essential 4758 6811. Limited Childcare available, must book.**

**Circle of Security Parenting Course: Tuesdays 14<sup>th</sup> May – 25<sup>th</sup> June, 9.30 am – 11.30 am.** Learn how to be a strong, wiser and kinder parent. Suitable for parents of 0-12 yr. olds. **At Heatherbrae, 1 Benang St, Lawson. Bookings essential call Gateway on 1300 316 746. Child care available must book.**

FIND US ON FACEBOOK: Mountains Outreach Community Service

**Turn over for more courses and seminars for parents**

**A gold coin donation is appreciated at all of our courses and events. Thankyou.**

## TERM 2, 2019 PROGRAM (continued)



**Reconciliation Week Event: Launch of MOCS Reconciliation Action Plan (RAP) Part 2.**  
**Last week of May** (Date to be confirmed) At Katoomba High, Martin Street Katoomba.  
All Welcome. For more information call MOCS on 4758 6811.



**Reading Week: 17th—21st June.** Watch for reading and early literacy events at a playgroup or preschool near you with *Paint the Blue Read* mascot Billie Booksie. Full program coming soon—check out Billie's Face Book page. Or contact MOCS on 4758 6811.

**Indigenous Triple P—Positive Parenting Programme: Fridays 17th May - 14th June, 10.00 am - 12.30 pm.** Practical strategies for everyday parenting; deal positively and consistently with problem behaviour and build better family relationships. At Enrich, Clairvaux Centre, 14 Oak St, Katoomba. In partnership with ACRC. Call Raylee on 4782 6569 to register. For Aboriginal parents/carers or parents/carers of Aboriginal Children. Limited childcare available - must book. FREE

**Mid Mountains Bush Walking Group: Each Wednesday 9.30 am for approximately 3 hrs.** For adults, leader is Andy Cairns who is affiliated with Springwood Bush Walking Club, regular walkers encouraged to join the club. For details on walks and information call Andy on 4758 7787 or email [macandy@iprimus.com.au](mailto:macandy@iprimus.com.au).

**Sole Parent Connections:** Are you a sole parent wanting to meet others for activities and outings with your children? Call Liz at MOCS on 4758 6811 or email [hub@mocs.org.au](mailto:hub@mocs.org.au).

**Parenting Young:** A group for parents up to 24 years and their children. A place to meet with other parents while the children play in a safe supportive environment. Young parents share their questions and ideas. Workers from a variety of local services available with information and advice. Young pregnant women very welcome. Meets every Friday of school term 10.00 am - 12.30 pm, under Lawson Library, cnr San Jose Ave & Loftus St, Lawson. Call Tanya on 4758 6811 or email [parenting.young@mocs.org.au](mailto:parenting.young@mocs.org.au)

For information CALL MOCS ON 4758 6811 or



**We acknowledge the Darug and Gundungurra people as the Traditional Custodians of the lands on which we live and work. MOCS is committed to Reconciliation.**

Mid Mountains Community Hub is funded by Community Builders, NSW Govt and is a project of Mountains Outreach Community Service

