



[www.mocs.org.au](http://www.mocs.org.au)  
**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 1, 2020 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 **4<sup>th</sup> February**
- **Play in the Park** at Buttenshaw Park, GWH Springwood, on Wednesdays 10am - 11.30 am (weather permitting) resumes **5<sup>th</sup> February**
- **Scout Hall Playgroup** at 70 Railway Pde, Hazelbrook on Thursdays 10am-12 noon resumes **6<sup>th</sup> February**

**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. 5<sup>th</sup> & 19<sup>th</sup> February; 4<sup>th</sup> & 18<sup>th</sup> March ; and 1<sup>st</sup>, 15<sup>th</sup> & 29<sup>th</sup> April.**

In partnership with Connect Child & Family Services. A friendly, informal social and support group. Early childhood Nurse visits most weeks. **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.

**Finding Your Way—peer support around NDIS, My Aged Care. Centrelink and other services: Wednesdays, 10.00 – 11.30 am – 12<sup>th</sup> February, 11<sup>th</sup> March and 8<sup>th</sup> April.** Supported by PATH, Belong Mid Mountains and MOCS. **At Mid Mountains Neighbourhood Centre.** Child care available – must book. **Call Kerin on 4759 2592 or Liz on 4758 6811 for more information.**

**Triple P Parenting course: Wednesdays 11<sup>th</sup> March to 8<sup>th</sup> April. 10.30 am -12 .30 pm.** A practical guide for everyday parenting, understand your kids better, improve family communication and relationships. Presented by MOCS and THRIVE. **At THRIVE, 2 Station Street, Katoomba.** Contact **Kylie on 4782 1555 or [kylie@thriveservices.org.au](mailto:kylie@thriveservices.org.au).** **FREE**

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 1, 2020 PROGRAM (continued)



**Holiday Fun Morning—Weroona Park , Woodford. Wednesday, 22<sup>nd</sup> April, 10 am—12 noon.** Family fun for 0- 12 year olds: craft, games, books, toys, morning tea and more! Come along and meet up with your friends and other families. **FREE.** Partnership between MOCS and Belong. **For more information call 4758 6811 or 4759 2592.**

**Mid Mountains Bush Walking Group: Each Wednesday 9.00 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 24years 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)**

**Blue Mountains Occasional Care: 9.30am — 2pm, Wednesdays at Mid Mountains Community Centre, Lawson and Fridays at Baptist Church Hall, Blackheath.**

An engaging pre-school program which is integrated with an enriching toddler and infant program. Licenced and regulated through NSW Government Department of Education and Communities. \$25 to \$40 per session depending on age and other factors. **Please phone or text all bookings and enquiries to 0412 932 801 or Email: [bmoccs@mocs.org.au](mailto:bmoccs@mocs.org.au)**

**For information CALL MOCS ON 4758 6811**

**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.**

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