



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
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TERM 4, 2018 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 **23rd October**
- **NEW! Play in the Park** at Buttenshaw Park, GWH Springwood, on Wednesdays 10am - 11.30 am (weather permitting) starts **17th October**
- **Scout Hall Playgroup** at 70 Railway Pde, Hazelbrook on Thursdays 10am-12 noon resumes **18th October**

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. 17th & 31st Oct, 14th & 28th Nov and 12th Dec. 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 – 10th October, 7th November & 5th December 10.00 – 11.30 am. 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.**

Young Women's Self Defence: Tuesdays 23rd October - 27th November, 5.45—7.30 pm. Suitable for young women 12 years and up. Learn how to use your strength effectively, practical strategies for staying safe, practice verbal and physical self defence techniques. With accredited trainer. \$60 for course (or \$45 if more than 1 woman under 25yrs from same family). **Korowal School, 54 Hall Pde, Hazelbrook.** A partnership with Blue Mountains Women's Health & Resource Centre, Korowal School and MOCS. Bookings essential call 4782 5133.

Children's Week Celebration! FREE Sunday 28th October, 12.30 – 3.30 pm. Feature Creatures, Jumping Castle, Face Painting, Art with Uncle Ed, Billie Booksie, Fire Truck, Sausage Sizzle and service information. **Noble Street Park, Bullaburra (if raining Lawson Public School Hall).** Presented by MOCS and the Aboriginal Cultural Resource Centre with support from Blue Mountains City Council. For more information call MOCS on 4758 6811.

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 4, 2018 PROGRAM (continued)



Grandparents & Elders Day Event: FREE Sunday 4 November, 11 am - 3pm, Wentworth Falls Lake. Presented by Blue Mountains City Council with community partners. Celebrating the role grandparents and older people play in our community. Picnic, Billie Booksie, Retro-Hello, a walk & talk with Blue Mountains Aboriginal Elders and more! All welcome. **More information contact Prue Hardgrove on phardgrove@bmcc.nsw.gov.au or 4780 5546. (If raining Blue Mountains Grammar School Junior Hall via Matcham Ave, Wentworth Falls.)**

Tuning Into Kids Parenting Course: 6 Fridays – 2nd November to 7th December, 9.30 – 11.30 am. Learn to better communicate with and understand your child to help manage their emotions and behaviour. **Faulconbridge Public School, Grose Rd, Faulconbridge.** In partnership with Gateway Family Services. Gold coin donation. **Bookings essential call Gateway on 1300 316 746. Limited childcare available must book.**

From Floundering to Flourishing Parenting Seminar: Wednesday 7th November, 9.30 – 11.30 am. Presented by Gateway and Connect. Gold coin donation. **At Heatherbrae 1 Benang St Lawson. Bookings essential call Gateway on 1300 316 746. Limited childcare available must book.**

Mid Mountains Festival: Saturday 17th November, 10 am— 4 pm. Celebrate, share, belong—join the community at this lively, local festival. Kids activities, music, stalls, food. **Mid Mountains Neighbourhood Centre, 9 New St Lawson. Details at www.mmnc.org.au or call Danielle on 4759 2592 for more information.**

Aboriginal Cultural Bush Walk with Chris Tobin: Saturday 24th November, 2.00 – 4.30pm. Mid Mountains area, suitable for families with children 0-14yrs. **Limited numbers bookings essential. Call MOCS on 4758 681. FREE.**

Lawson Public Transition to School Playgroup: Wednesday 14th, 21st & 28th November, 9.00—11.00 am in School Hall. A 3 week program to follow on from the School orientation. Will give the children another opportunity to get to know the school, meet new friends and enjoy school oriented games and activities. Please bring along a piece of fruit and a bottle of water. Siblings welcome. Call MOCS on 4758 6811 for more information.

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.

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.**

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

