



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, 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 **5th Feb**
- **Play in the Park** at Buttenshaw Park, GWH Springwood, on Wednesdays 10am – 11.30 am (weather permitting) starts **30th January**
- **Scout Hall Playgroup** at 70 Railway Pde, Hazelbrook on Thursdays 10am-12 noon resumes **31st January**

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. 6th & 20th February, 6th & 20th March and 3rd & 17th April. 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 – 13th February, 13th March and 10th April. 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.**

International Book Giving Day: Thursday 14th February—Activity at Hazelbrook Scout Hall Playgroup, 10 am –12 pm, 70 Railway Pde Hazelbrook. And see **Billy Booksie's Face Book** page for other local events. **All welcome.**



Positive Parenting Programme: Wednesdays – 20th February – 3rd April, 10.30 am – 12.30 pm. Practical strategies for everyday parenting; deal positively and consistently with problem behaviour and build better family relationships. **At THRIVE, 2 Station St, Katoomba.** **Limited childcare available – must book.** In partnership with THRIVE. **Call Kylie on 4782 1555 to register. 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, 2019 PROGRAM (continued)



Bringing Up Great Kids Parenting Course: 6 Thursday evenings – 28th February to 4th April, 7.00 – 9.00 pm. Learn more about communicating with your child, supporting their development & positive identity and what is beneath emotional expression. **Lawson Community Preschool, Honour Ave, Lawson.** In partnership with Gateway Family Services. Gold coin donation. Light supper provided. **Bookings essential call Gateway on 1300 316 746. No childcare at this course.**

Close The Gap Day: Thursday 21st March, Aboriginal Cultural event at Scout Hall Playgroup. 10am – 12 noon, 70 Railway Pde, Hazelbrook. **All welcome.**

Hoop and Circus Party: Monday 15th April, 10- 11am. Learn some cool skills with hoops while moving to your favourite dance tunes. Show off your amazing skills in an inclusive, grand finale performance. Suitable for 5-12 yr olds -\$12 per child. **Hazelbrook Scout Hall, 70 Railway Pde Hazelbrook. Limited numbers, call 4758 6811 to book.**

Holiday Fun Morning: Wednesday 17th April, 10am – 12 noon, Weroona Park, Woodford. Fun, games, craft, face painting and more! Morning tea provided. In partnership with MMNC. No need to book just come along, for families with 0-12 yr olds. Call 4758 6811 for more information. **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.

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.**

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**

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

