



[www.palmbeachnc.org.au](http://www.palmbeachnc.org.au), 16 Third Avenue, Palm Beach. 55 981 505

Information & referral, Child & Parent Counselling, Financial Counselling & Life Skills.

## Services Available July- Sept 2022

PBNC ACTIVITY	DAYS	TIMES	ABOUT	CONTACT
<b>NDIS Support Coordination</b> ( for NDIS participants)	<b>Thursdays &amp; by appointment</b>	By appointment	<i>Independent, authentic support in co-design and implementation of NDIS packages.</i>	Bridget 0755 981 505 Supportcoord@palmbeachnc.org.au
<b>Happy Parents Happy Kids Parenting program</b> (free)	<b>Wed 10<sup>th</sup> and Wed 17<sup>th</sup> August</b>	9:30am – 1:30 pm (both days)	<i>A two session course that explores parenting and ways to encourage preferred behaviours in children.</i>	Georgia 0755 981505 fsw@palmbeachnc.org.au
<b>Successful Co-parenting</b>	<b>Wednesday 3rd August</b>	9:30-1pm	<i>Explores what children's needs and provides practical tips for building resilience in your children.</i>	Samantha 0755981505 samantha@palmbeachnc.org.au
<b>Understanding electricity bills &amp; getting a better deal</b>	<b>September, date to be advised</b>		<i>Understanding electricity bills &amp; plans. Getting a better deal. Tips on how to save money &amp; budget</i>	Sally (works Mon & Tues) 0755 98 1505 sally@palmbeachnc.org.au
<b>Neighbourhood &amp; Care Army Connect Volunteer matching service</b>	<b>Mon- Thurs</b>	9am -4pm	<i>Support and assistance matching volunteers to volunteering opportunities. If you would like to know more about volunteering opportunities o the southern Gold Coast. Call Joanne</i>	Joanne 0755 981 505 Joanne.wood@volunteering.qld.org.au
<b>International Women's Group</b> (free)  Commences July	<b>Tuesdays</b> (fortnightly)	10am- 12pm	<i>Welcome social group for new women Migrants, Refugees and for those from overseas who have been in Australia less than 5 years. (Weekly appointments available for individual support)</i>	Samantha 0755 981 505 Samantha@palmbeachnc.org.au
COMMUNITY HUB ACTIVITIES				
<b>Dads in Distress</b>	Tuesdays	6.00pm - 7.00pm	Separated father's support group.	GOLD COAST DIDS 1300 853 437
<b>Change Futures Psychology</b>	Mon- Fri	By appt.	Psychology services specialising in children and families Requires a MHCP referral for bulk billing	07 3857 0847 Ask for Palm Beach office
<b>Gamblers Anonymous</b>	Mondays	6.00pm- 8.00pm	Support group for gamblers & families.	Darren 07 55244682