



www.palmbeachnc.org.au, 16 Third Avenue, Palm Beach. 07 5598 1505

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

Services & Activities Apr- June 2025

| PBNC ACTIVITY | DAYS | TIMES | ABOUT | CONTACT |
|--|--|---------------------------------|--|---|
| NDIS participants Free | Wednesdays by Appointment | By Appointment | <i>NDIS information and support</i> | Bridget 07 5598 1505 supportcoord@ palmbeachnc.org.au |
| Wellbeing Wednesdays Free | Wednesday morning | 10am – 12pm | <i>Diverse activities dedicated to enhancing wellness & connectedness</i> | Vicki 07 5598 1505 info@palmbeachnc.org.au |
| Girls with a purpose Free | Wednesday TBA | 2.30pm – 4.00pm | <i>Fun activities for girls with low self esteem, for confidence building</i> | Richelle fsw@palmbeachnc.org.au 07 55 98 1505 |
| HOWSS Free | 3rd Tuesday of every month | 9am – 2pm | <i>Are you an older woman who has experienced or is currently experiencing housing stress? Chat with Ashley from HOWSS</i> | Sally 0755981505 sally@palmbeachnc.org.au |
| Support for People affected by Flooding | Mon-Fri | By appointment. | <i>Service Navigator Program seeks out supports for Gold Coast residents affected floods.</i> | Suzanne 07 5598 1505 suzanne@palmbeachnc. org.au |
| Community Recovery | Wednesday & Thursdays | Walk-ins + Appointment | <i>Assistance for those following up or applying for Govt grants who were affected by the 2025 Cyclone Alfred</i> | |
| Child, Youth & Parent counselling | Mon, Tues & Wed. | By appointment. | <i>Free counselling for improvement of child-parent relationships, family communication, emotional and behavioural concerns for 0-17yrs.</i> | Richelle 07 5598 1505 fsw@palmbeachnc.org.au |
| Community Garden Group Free | Mondays | 9:30am- 11am | <i>No experience required, just enthusiasm. Learn about seedlings, cuttings and soil health. Make friends, all welcome.</i> | Vicki 07 5598 1505 info@palmbeachnc.org.au |
| Sewing Group Free | Thursdays- | 10am – 12pm | <i>Connect, Create & Share. Bring your own sewing project or create a new one. Sewing machines available</i> | Vicki 07 5598 1505 info@palmbeachnc.org.au |
| Art & Craft morning Free | Tuesdays | 10am – 12pm | <i>Socialising and activities through participation, arts & craft sharing and social activities.</i> | |
| Gamblers Anonymous | Mondays | 6.00pm- 8.00pm | <i>Support group for gamblers & families</i> | Darren 07 5524 4682 |
| Dads in Distress | Tuesdays | 6.00pm- 8.00pm | Support group for fathers | 1300 853 437 |