



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

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

Services & Activities April - June 2026

PBNC ACTIVITY	DAYS	TIMES	ABOUT	CONTACT
Community support Services	Monday & Tuesdays by Appointment	By Appointment	<i>Online & paperwork support. Money matters – budgeting. Linking you to services. Information & referral on rental and housing support</i>	Sally 07 5598 1505 reception@palmbeachnc.org.au
Wellbeing Wednesdays Free	Wednesday Mornings TBA	10am – 12pm	<i>Diverse activities dedicated to enhancing wellness & connectedness</i>	Vicki 07 5598 1505 info@palmbeachnc.org.au
HOWSS	3rd Monday of every month	12.30pm – 2.30pm	<i>Are you an older woman who has experienced or is currently experiencing housing stress? Coffee catch up & Chat with Ashley</i>	Ashley - HOWSS 0755981505
Circle of Security Program	By appointment only		<i>Parenting program</i>	Richelle 07 5598 1505 fsw@palmbeachnc.org.au
Financial Resilience and Wellbeing	Tuesday & Thursday	Walk-ins + Appointment	<i>Assistance with budgeting, financial literacy and support to link to other services in the community.</i>	Jeanette 07 5598 1505 Jeanette@palmbeachnc.org.au
Family Support	Mon, Tues, Wed.	By appointment.	<i>Free support for improvement of child-parent relationships, family communication, emotional and behavioural concerns for 0-18yrs.</i>	Richelle 07 5598 1505 fsw@palmbeachnc.org.au
Community Garden Free	Mondays	9:00am-11am	<i>Are you Interested in helping out in our community garden.</i>	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>	Vicki 07 5598 1505 info@palmbeachnc.org.au
Neurodiversity parenting group	1st Monday of the month + Thursday Fortnightly online	4.00pm	<i>Support group – Swap tips & resources Connect with others & share experiences Hear from guest speakers & services</i>	Victoria 07 5598 1505 coordinator@palmbeachnc.org.au
Dads in Distress	Tuesdays	6.00pm-8.00pm	Support Group for Fathers.	1300 853 437