



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

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

Services & Activities July - September 2026

PBNC ACTIVITY	DAYS	TIMES	ABOUT	CONTACT
Community support Services	Monday & Tuesdays by Appointment	By Appointment	Online & paperwork support. Information & referral on rental and housing support	Sally 07 5598 1505 reception@palmbeachnc.org.au
Wellbeing Wednesdays Free	Wednesday Mornings TBA	10am – 12pm	Diverse activities dedicated to enhancing wellness & connectedness	Vicki 07 5598 1505 info@palmbeachnc.org.au
HOWSS	3rd Monday of every month	12.30pm – 2.30pm	Are you an older woman who has experienced or is currently experiencing housing stress? Coffee catch up & Chat with Laura	Laura - HOWSS 0755981505
Circle of Security Program	Monday, Tuesday and Wednesday	By appointment only	Evidenced based parenting program focused on attachment with your children	Richelle 07 5598 1505 fsw@palmbeachnc.org.au
Disaster Preparedness	Monday - Friday	By Appointment	Enhancing community resilience through preparing for natural disasters and personal crises. Group workshops and individual preparedness sessions.	Suzanne Bookings required (07) 5598 1505 suzanne@palmbeachnc.org.au
Family Support	Mon, Tues, Wed.	By appointment.	Free support for improvement of child-parent relationships, family communication, emotional and behavioural concerns for 0-18yrs.	Richelle 07 5598 1505 fsw@palmbeachnc.org.au
Community Garden Free	Thursdays	10:00am-12pm	Come and join our group within the community, learn how to grow herbs and vegetables.	07 5598 1505 reception@palmbeachnc.org.au
Sewing Group Free	Thursdays-	10am – 12pm	Connect, Create & Share. Bring your own sewing project or create a new one. Sewing machines available	Vicki 07 5598 1505 info@palmbeachnc.org.au
Art & Craft morning Free	Tuesdays	10am – 12pm	Socialising and activities through participation, arts & craft sharing and social activities.	Vicki 07 5598 1505 info@palmbeachnc.org.au
Neurodiversity parenting group	1st Monday of the month + Thursday Fortnightly online	4.00pm (Face to Face) and 7pm (Online)	Support group – Swap tips & resources Connect with others & share experiences Hear from guest speakers & services	Victoria 07 5598 1505 coordinator@palmbeachnc.org.au
Dads in Distress	Tuesdays	6.00pm-8.00pm	Support Group for Fathers.	1300 853 437