

Temora Community Centre
is a community based
organisation providing
Hands on Support
in a welcoming and inclusive
setting.

- ◆ The Centre provides information, advice, referral and case management to support individual and family needs.
- ◆ We run programs and activities for all age groups focused on recognized local needs.
- ◆ We support and encourage community members to connect with and participate in the local community.

CENTRE HOURS

Mon-Thurs: 9:00 am - 4:30 pm

Friday: 9:00 am - 1:30 pm

*Information, advice and referral
supporting children, young people
families and communities*

Mon, Tues, Wed, alternate Thurs

9am - 4.30pm

debra.p@tccinc.org.au

Mon, Tues, Wed, alternate Thurs

9am - 4.30pm

anne.m@tccinc.org.au

Centrelink

Centrelink/Medicare Agent

Mon-Fri: 9am - 1:30pm

Self Service

Mon-Thurs: 9am - 4.30pm

Fri: 9am - 1.30pm

Temora Community Centre Inc. is a non-government, not for profit organisation primarily funded by NSW Dept of Communities and Justice and Services Australia.

In the spirit of reconciliation Temora Community Centre Inc acknowledges the Traditional Custodians of country throughout Australia and their connection to land, sea and community. We pay our respect to their Elders past, present and emerging.



Temora Community Centre

Hands on Support

225 Hoskins St
Temora NSW 2666

02 6978 0500

fb@temoracommunitycentre

www.tccinc.org.au

Community Hub

The Community Hub provides up to date information and contact details to a wide range of organisations servicing our local area.

We assist with access and referral to services that support specific individual needs whilst respecting your privacy and confidentiality.

Areas of support include:

- ◆ housing issues
- ◆ domestic violence
- ◆ wellbeing and safety
- ◆ isolation and lack of support
- ◆ support networks and links to the community
- ◆ advocacy with government and non government agencies
 - ◆ volunteering
- ◆ work development orders
 - ◆ immigration issues

Child, young people & family support

We support families and young people with relationship building, parenting confidence and practices, developing family routines, self worth skills and strengthening independence.

Family Programs

- ◆ **Triple P** - positive parenting
- ◆ **Playpower** - the benefits of play
- ◆ **Helping children with starting school** - focusing on routines, resources and starting school issues

Youth Programs

- ◆ **RAGE** - dealing with negative feelings and accompanying behaviours
- ◆ **Essential skills** – problem solving skills for teenagers
- ◆ **Drum Beat** - using rhythm to discuss communication and relationships
 - ◆ **RAP** – teen self worth building
 - ◆ **Chillax** – fun and active strengths based skill building
- ◆ **Fun Friends** – looking at self worth through play for children

In Centre Services

Centrelink/Medicare Agent

Mon-Fri: 9am - 1:30pm

Supported Playgroup

Monday: 10am - 2.30pm

Tuesday: 10am - 11.30am

ER – Emergency Relief

Wednesday: 10.30 am - 12 noon
electricity and natural gas

Plates of Plenty

free meal open to all community members

Thursday 12.00pm - 1.30pm

Free Fresh Bread

Monday, Tuesday and Thursday

Programs and Events

check our facebook page, notice board and flyers

by appointment or referral

Can Assist

Financial Counsellor

Flourish Australia

headspace

Legal Aid

Mission Australia

Mphn Rural Counsellor

No Interest Loans (NILS)

Regional Disability Advocacy Service

Relationships Australia

Tax Help

Tenancy Advocacy Service (VERTO)

Wellways Australia