

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**  
**Fri: 9:00 am - 1:30 pm**

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

### Support Workers available

**Mon - Thur**

9am - 4.30pm

[debra.p@tccinc.org.au](mailto:debra.p@tccinc.org.au)

[anne.m@tccinc.org.au](mailto:anne.m@tccinc.org.au)

[heather.k@tccinc.org.au](mailto:heather.k@tccinc.org.au)

### Centrelink

**Centrelink/Medicare Agent**

Mon-Thur: 9am - 2:45pm

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-Thurs: 9am – 2.45pm

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

Mphn Rural Counsellor

No Interest Loans (NILS)

Relationships Australia

Tax Help

Tenancy Advocacy Service (VERTO)

Wellways Australia

Young Crisis Accomodation Centre