## **Aftercare Lithgow Social Activities**

**Social Connection Hub** 

Connect with the community!

Socialize, chat, have a refreshment

Assistance with mental health issues

Reading nook with library you can borrow from

Get assistance with forms, services, NDIS and more



Link in with the community and services

Safe space

Play a board game, get creative with arts and crafts

**Aftercare** 

Social Connection Hub

## Social Connection Hub is open Tuesday's 10am – 2pm.

**40 Main st Lithgow** 

The Hub is a great place to access information, have a chat, a cuppa and discover what's on in the community and access information on other support services and the NDIS.

The hub is a safe place to build self-esteem, new interests, hobbies, friendships and connections to community.

For more information please contact the office on 6350 0100.