



Connection Centre
is a safe and relaxing venue
for members of
Cowra and our local areas
to connect with others.

We are a drop-in centre where trained
volunteers from the Cowra and
surrounding community offer
a listening ear, and information about
local services, over a free cuppa.

Please feel welcome to call in for a
chat, take some time out of the
busyness of your day, access our
computers, or find out about the
interests groups available at
Connection Centre for you to join.

10:30am-2:30 pm
Tuesday, Wednesday and Thursday

28b Kendal Street Cowra
(between Domino's and Subway)

Call Connection Centre
Coordinator Marie Sargent
for more information

0429 697 296



Recovery Connect

Connection-Support-Freedom

Recovery Connect is a non-residential support
program for both people who are struggling with
addiction. It is held during school terms, breaking
during school holidays. Topics covered include
healthy boundaries, healthy minds, emotional
healing, guilt and shame, co-dependency, anger,
defence mechanisms, rejection, and relationships.

The program also includes group therapy sessions.
The program is facilitated by a qualified Drug and
Alcohol Counsellor with over 10 years experience
working in the field.

When: Tuesday 11.00am – 12.30pm

Where: The Connection Centre, 28b Kendal street
Cowra (NB. No child care provided)

Cost: free

For more information call: Michael 0481488001
Tuesday to Friday 12-3pm

Recovery Connect is a ministry of Ignite Church Cowra



New Beginnings Steps Group

Every Friday 7:00-8:00pm

28B Kendal Street Cowra NSW

(Connection Centre)

For more information phone

0480 533 448