

## Talk to someone

**Care Financial Counselling:** Drop in and chat with Di about energy support vouchers, bill paying options, concessions and other programs from 9am to 1pm on the first Thursday of the month.

**Menslink** offers confidential counselling at no cost to young men (or those who identify as young men) aged 10 to 25.

**Mindmap** offers free counselling for young people aged 0 to 25 who are on the waitlist for another service.

**T25Clinic:** T25 Clinic (formerly Teen Clinic) is a free nurse-lead, walk-in primary health and wellbeing service for ages 12 to 25 in Canberra and Queanbeyan.

## Connect with Community

**MLYCC Working Bees** is held once a season, come help out in our community garden and connect with local community members.

**The Conder Craft Group** is a monthly gathering for craft enthusiasts, with a \$3 fee. It meets on the first Thursday of each month from 1pm to 3pm.

**The MEGA Mums Pilates Group** is a Pilates class for new mums and their babies, held on Mondays from 10am to 11am.

## Hire

**Snow Bus Foundation Community Hire:** The MLYCC has a 12-seat bus available for hire, which was generously donated by The Snow Foundation to assist community groups who would otherwise be unable to attend events, conferences and outings.

**Hire the Mura Lanyon Youth and Community Centre:** The MLYCC has several spaces available to community members, organisations and businesses to hire.

- 1. Community Hall** - The hall comfortably seats around 40 adults with an outside courtyard area and kitchen adjacent for hirers to use. This includes access to chairs, tables, AV, highchairs and children's tables, and accessible bathrooms and change room.
- 2. Cafe** - The cafe seats around 15 adults complete with an industrial kitchen and access to an outdoor yard and pizza oven.
- 3. Counselling rooms** - The counselling rooms are ideal for small meetings of two to four people.

**Hire the Coombs Community Centre:** With a modern open communal space that can host up to 150 people the Coombs Community Centre is an accessible community venue that includes access to AV, tables and chairs, tea and coffee facilities and bathrooms.

[ywca-canberra.org.au](http://ywca-canberra.org.au)



YWCA Canberra

# MLYCC

## Mura Lanyon Youth and Community Centre

Connection, Growth, and Support

### CONTACT US:

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## About Us

The Mura Lanyon Youth and Community Centre (MLYCC) is a vital hub that serves individuals of all ages, offering essential pathways to services, support, and meaningful connections.



Drug-free



Alcohol-free



Violence-free

## What community services do we offer?

### Financial Support

#### Lanyon Food Hub and Emergency Relief:

The Lanyon Food Hub offers emergency relief to families in financial distress. Open Monday to Friday, 9am to 4:30pm, it features a pantry with non-perishables, fresh produce, and frozen items. For access outside these hours, please call or email.

#### Tax Help:

Free Tax assistance for people on lower incomes. Available Wednesday afternoons in July to October. Bookings are essential.

### Child and Family Support

**Youth Engagement:** MLYCC's youth services are for people aged 10 to 25 who live, work, and play in Canberra.

**YWCA Canberra Clubhouse:** Build your skills at this free out-of-school learning space for young people aged 10 to 18 in the Tuggeranong region. For more information please contact [youth@ywca-canberra.org.au](mailto:youth@ywca-canberra.org.au)

**School Holiday Programs:** YWCA Canberra Youth Programs offers a free school holiday program for ages 10 to 25, including activities like creative arts to exciting excursions.

**A-Z Social Support Group:** A-Z is a free program for gender and sexuality-diverse young people and allies aged 12 to 25. It meets on Tuesdays from 5pm to 7pm.

**Case Work:** We offer short-term casework to young people aged 10 to 25 in the Tuggeranong region, supporting them with housing, employment, and access to health and social services.

**Youth Centre Drop-In:** The Youth Centre is open to all young people aged 10 to 25, offering a space to chat with youth workers or use computers with free internet. It's open on Tuesdays from 3pm to 5pm and Thursdays from 3pm to 6pm during the school term.

**Thursday Youth Health Hub:** Come in on Thursday afternoons for a hot chocolate and to chat with free youth health services.

**LGBTQIA+ & Allies Prom:** Prom is an annual event for young people to enjoy a formal celebration and express their identity in a safe, supportive environment.

**Warm Connections:** Warm Connections Counselling provides therapeutic support to families with children and young people aged 0 to 15, focusing on strengthening relationships and wellbeing.

**Network Coordination:** Network Coordination improves the lives of children, young people, and families by identifying unmet needs and promoting collaboration across Canberra.

## What's on at MLYCC

**Feros Care:** Feros care works with the NDIS to offer local area coordination and community development services.

**Gymbaroo:** A unique parent-child based program that specialises in research based, neuro developmental activities designed for children from birth to five years, with classes running on Tuesdays.

**EACH:** Chat with an EACH Early Years Specialist about your child's developmental needs or NDIS plan every second Tuesday of the month.

**A Gender Agenda:** Gender Pathways is a peer navigation service that supports trans and gender-diverse communities and allies with information, resources, and referrals for social, legal, and medical affirmation.

**Youth Drop in:** Drop in to MLYCC from 3pm to 5pm.

**Mura Lanyon Playgroup:** Playgroup is free for children under the age of 5, from 9:30am to 10:30am every Thursday.

**Canberra PCYC Family Case Management:** Drop in or call Canberra PCYC to make an appointment to learn about PCYC Family Case Management.

**We have a wide variety of services which co-locate at MLYCC. Visit our website for more info.**