



*Hills Community care provides services for frail aged people and to their carers. We offer assistance so that people may maintain an independent and quality lifestyle*



### HOW CAN HILLS COMMUNITY CARE HELP?

Social Support Groups aim to maintain links with friends and the community and is the answer to help you to stay independently active and social in your local community.

We can provide:

- Transport to and from programs provided
- Planned activities
- Monthly outings
- Companionship
- Fun and laughter
- Morning and afternoon tea



### MORE INFORMATION

Hills Community Care's Social Support Groups, contact us on 02 9761 5706 or 02 9761 5707 | [hcc@thehills.nsw.gov.au](mailto:hcc@thehills.nsw.gov.au)  
3 Columbia Court, Baulkham Hills