

Don't forget...



The **Women's Information Service** is a fantastic service in South Australia that will now have an **outreach here at the Aldinga Beach Children's Centre**. A volunteer will be **here each day** to support women to access information. **You can talk to the volunteers about:** Family life and relationships, domestic and family violence, sexual assault and safety, health and wellbeing, accommodation and housing stress, financial security, women's groups and events, education and training and anything else.



Come in to collect a daily playgroup and activities schedule for Aldinga and Sellicks Beach for children and young people.

Extra information:

Kindergarten in Aldinga

Aldinga Beach Children's Centre 8557 6208
Aldinga Community Kindergarten 8556 5483

Programs and Services

All programs and services we offer are FREE

In order to cater and prepare we require you to register for some programs. You can do this by contacting our team via 85576208 or www.facebook.com/AldingaCC

Occasional Care

Our Occasional Care Program is for children 0-2 and 2-4. The Children come in for 3 hours of care at \$5.00 or \$1.50 with a Health Care Card. Contact the Centre for more information.

Our Family Support Team

Would you or your family like support and information about a range of topics? Contact our **Family Practitioner** Tracey Hill

Would you like support and information about children's talking, listening and social skills?

Contact our **Speech Pathologist** Tara Allen

Would you like support and information about children's social and emotional skills?

Contact our **Occupational Therapist** Huong Nguyen

Would you like to find out information services in the local area? Or maybe you work for an organisation and want to partner with us? Contact our **Community Development**

Coordinator Kerry Moore.

Lego Club and Kids and Dads is proudly funded by Anglicare's Communities for Children



Aldinga Beach
**Children's
Centre**
for Early Childhood
Development and Parenting



What's On: Term 1, 2020

February, March & April



Cnr Evans St and Greenlees Parade

Aldinga Beach SA 5173

Phone: 85576208

www.facebook.com/AldingaCC

Monday

TEA AND TINKERING

9.15—11.00am

Come along and meet other people within the community. Bring your child and participate in activities while the children are busy playing in the same room as you. No booking is required.

CHILD AND FAMILY

HEALTH SERVICES CLINIC

All Day (ph: 1300 733 606)
Make an appointment to see the CaFHS nurse

MYTIME

12.30—2.30pm

A support group for parents and carers of children with a disability, developmental delay or chronic medical condition. Enjoy guest speakers, activities and a laugh with other parents and carers. FREE crèche available. Booking is required.

GARDEN TO PLATE

9—11.45am

2nd & 16th March

Learn how to cook easy family meals on a budget utilising produce from the garden. Then enjoy lunch together. Food provided. Limited crèche places. Booking required.

Tuesday

PLAYGROUP AT THE CHILDREN'S CENTRE

9.30—11.00am

Join Huong and Tara to explore and have fun with your child in a safe, fun and supportive environment. Booking is required.

ACORN

Starting 3rd March

9.30—11.30am

Does your child enjoy music and dance? Have you had some mental health struggles? Acorn is a program that aims to strengthen your relationships with your child through experiences of shared play, music and movement. Booking is required. For more information please call Anglicare on 8131 3485

GARDEN EXPLORERS

9—10am

Come along for a unstructured watering and playing session in the Giving Garden (next to the Centre).

OZHARVEST

From 2.30pm

Food which may include bread, fruit and vegetables for people to take what they need. No booking is required.

Wednesday

FINANCIAL COUNSELLING

9.30—4.30pm

Are you behind in your bills, rent or mortgage? Come along and get support from Chris. Please book an appointment by calling 1800 759 707.

LEARNING TOGETHER AT HOME PLAYGROUP

9.15—11.00am

A fun playgroup which is only for families who are supported by the Learning Together at Home Program. Please see staff for more information.

BRINGING UP GREAT KIDS

12th Feb — 18th March

12.30 -2.30pm

A 6 week program to develop a better understanding of your child's behaviour and increase your tool box of strategies to support your child's emotional and physical needs. Crèche available. Booking is required.

Time for Toileting workshop

with Occupational Therapist Huong
5th Feb, 9.15—10.30am

Time for sleep workshop

with Occupational Therapist Huong
25th March, 12—1.30pm

Picky Eaters workshop

with Speech Pathologist Tara
25th March, 12—1.30pm

Thursday

CHILD AND FAMILY HEALTH SERVICES CLINIC

9 — 11.30am drop in clinic

Afternoon by appointment

Ph: 1300 733 606 to make an afternoon appointment.

IMMUNISATIONS

9.30—11.30am

The City of Onkaparinga's Immunisation Clinic is available on Thursday's for all ages. No clinics will run over the school holidays.

EARLY PARENT GROUP

6th Feb—5th March

10am — 12 pm

A 5 week CaFHS led group for new parents and their babies. Contact CaFHS to register and find out more information. Ph: 1300 733 606



Friday

OZHARVEST

From 2.30pm

Food which may include bread, fruit and vegetables for people to take what they need. Priority is given to families who are in need of emergency food.

COUNSELLING JOURNEYS

Nicky Clark, clinical social worker is at the Centre Fridays providing a counselling service free of charge for people with a health care plan from the GP. Please call 0433 840 101 to book.



Saturday

LEGO CLUB

10.30—12.00pm

Fortnightly

Feb 1st, 15th & 29th, March 14th & 28th

Asperlutely Autsome invites children with autism and/or their siblings to create, build and play with Lego in a fun environment.

Sunday

KIDS AND DADS

9.30am—12.00pm

Fortnightly

Feb 2nd & 16th, March 1st, 15th & 29th, April 19th

For children (age 0-12) and a significant man in their life to enjoy fun activities together, share food and build relationships. To register contact Malcolm on — 0437 232 124.

IndIGO OUTREACH SERVICE (once a term)

WEDNESDAY 19th Feb, 9.30am—12.30pm

Free 30 minute legal appointment for women with an InDIGO's Solicitor and Family Advocate. Advice can be given on areas such as children's matters, divorce, property, intervention orders, court processes. Free creche available. To book please call 8557 6208

SHARK CAGE

An assertiveness and self-confidence building course for women who have experienced family/domestic violence or sexual abuse.

A 8 week program beginning on Tuesday 11th February in the Aldinga Beach area (address provided on registration). To register please contact Nicky at AnglicareSA on 8186 8900