

Parent-Infant Attachment Groups



Acorn groups provide an opportunity for Mothers who have diagnosed mental health difficulties to come together and be supported in their relationship with their infant aged birth to 30 months at the start of the group.

The Acorn group is structured to strengthen the relationship between parent and infant through experiences of Dance - Play and some dedicated parent - only time for reflection through Journaling.

Dance – Play

Mother and infant are supported to participate together in structured play, music and movement activities especially designed to assist relationship and connection. The emphasis is on supporting the infant's exploration of the world and managing their feelings through relationships.

Journaling

The journaling component provides Mothers with an opportunity to reflect on, explore and discover their parenting strengths and struggles through creative writing, art and collage.

In 2020 Acorn groups will be held at various locations across Greater Adelaide.

If you would like:

- more information about the Acorn groups
- to make a Request for Service into the Acorn groups
- to volunteer as a member of the Acorn support teams

Please contact:

Acorn

Acorn Coordinator
08 8131 3485 or acorn@anglicaresa.com.au

Semester One 2020 Acorn Locations & Start Dates

Windsor Gardens

Monday 9.30am – 11.30am
Starts Monday 17 February
The Avenues Children's Centre
McKay Ave, Windsor Gardens

Darlington

Monday 9.30am – 11.30am
Starts Monday 16 March
Darlington Children's Centre
12A Kurrajong Place, Seacombe Gardens

Aldinga

Tuesday 9.30am – 11.30am
Starts Tuesday 3 March
Aldinga Children's Centre
Evans St, Aldinga

Mount Barker

Tuesday 9.30am – 11.30am
Starts Tuesday 10 March
'The Willows' Children's Centre
Charles St, Mt Barker

Salisbury North

Wednesday 9.30am – 11.30am
Starts Wednesday 4 March
Lake Windermere Children's Centre
Holstein Dr, Salisbury North

Norwood

Thursday 9.30am – 11.30am
Starts Thursday 12 March
Norwood Unitarian Church
99 Osmond Terrace, Norwood

Pennington

Friday 9.30am – 11.30am
Starts Friday 20 March
Pennington Children's Centre
Butler Ave, Pennington

Parafield Gardens

Friday 9.30am – 11.30am
Starts Friday 6 March
Parafield Gardens Children's Centre
9 Casuarina Drive, Parafield Gardens

For more details or to make a referral please contact the Acorn Coordinator at AnglicareSA **08 8131 3485** or email acorn@anglicaresa.com.au