



What's On Term 3

August, September and October



MONDAY

Coffee and Chat
 (Children's Centre Unit)
 9.15am to 10.45am
 20th July—21st September

A group session to chat informally with Huong and Suzy about the successes and challenges of parenting. Children welcome and supported

Bookings are required please call 8382 6161.

Learning Together
Sing & Move
 (Children's Centre)

10.00am to 10.45am
 20th July—21st September

Music and movement program for families with young children.

Bookings Essential

Contact: 8382 5950 or 8382 6161

Time for Toileting Session
 (Children's Centre Unit)
 1.00pm to 2.30pm
 7th September

Are you experiencing toileting trouble? Learn tips and tricks from our Occupational Therapist Huong and share your challenges and ideas.

Creche is available.

Bookings are essential

TUESDAY

My Time
 (Children's Centre Unit)
 9.15am to 11.15am
 28th July—15th September

A support group for parents and carers of a child with a disability, developmental delay or chronic health condition. Guest speakers, activities or just to have a laugh with others.

Bookings are essential. For more details call Sally on 0466 393 805. Creche provided please book with Karen on 8382 6161.

MAP

Mindfulness Awareness
Parenting Group Program
 (Children's Centre Unit)

12.30pm to 2.30pm
 4th August—22nd September

In MAP workshops you will learn:

- to notice what your child needs
- ways to help you stay calm with your children
- ways to look after yourself even when you are busy
- to have fun being a parent
- lifelong relationship skills

To register your interest please text or call Mel at AnglicareSA on 0438 322 497

WEDNESDAY

Kids and Dads Play Session
 (Children's Centre Unit)
 9.30am to 11.30am
 9th September

A group for children and the significant male in their life. For more details contact Malcolm 0437 232 124.

Strengthening the Inner Woman
 (Children's Centre Unit)
 1.00pm to 2.30pm
 5th August—9th September

Different approaches to improving stress, mood and quality of life in women affected by domestic violence. Transcendental Meditation and Group Support. Creche available.

For more information please contact Heather on 0416 108 476



THURSDAY

Kids and Dads Circle of Security
 (Children's Centre Unit)
 9.30am to 11.30am
 6th August—24th September

A group for parents who would like to explore and further develop their relationship with the child. Crèche available—bookings required. Please call 8382 6161.

Book a time with Melanie our
Speech Pathologist and/or Huong
our Occupational Therapist

Melanie our NEW Speech Pathologist is available to chat with you about your child's language, communication, understanding and socialising. She is available to answer questions or worries and offer possible referral options if needed.

Huong, our Occupational Therapist is also available to chat with you about your child's development including toileting, mealtimes, sleep, behaviour, big feelings, milestones, play, fine and gross motor skills.

No cost, available to all and confidential.

Call 8382 6161 to make a time that suits you

FRIDAY

Strengthening the Inner Woman
 (Children's Centre Unit)
 10.00am to 11.30am
 31st July—18th September

Different approaches to improving stress, mood and quality of life in women affected by domestic violence.

Transcendental Meditation and Group Support.

For more information please contact Heather on 0416 108 476 or visit the 'Strengthening the Inner Woman' Facebook Page.

SATURDAY

Saturday Family Playgroup
 (Children's Centre)
 10.00am to 11.00am
 Every Saturday

All families with under 5's welcome to enjoy our large and well equipped yard alongside other families from the community. Older siblings welcome.

Numbers are currently capped so booking are essential.

New Activities Weekly—Runs Holidays
 Contact 8382 6161

Childcare

Monday to Friday
7.00am to 6.00pm

Half days, full days or casual
bookings available

Preschool

Tuesday, Wednesday &
Thursday
8.30am to 1.30pm

Enrol Children Now for
2021

Bec is the Director of the Centre, Preschool and Childcare program; she supports the Educators with high quality curriculum and care within the service.

Andrea is the Assistant Director and Under 3's Team Leader. She supports Childcare with high quality curriculum and care.

Huong is the Occupational Therapist; she can help children who are experiencing difficulties in activities of daily living such as eating, coordination, toileting, fine motor skills. Drop in and appointments.

Melanie is the new Speech Pathologist; she is able to provide support about eating, play development, talking, understanding questions and instructions. Drop in and appointments.

Bronwen is the Family Practitioner and provides support to families within the centre.

Bel is the Community Development Co-ordinator; she develops partnerships with agencies and organisations for the coordination of family and community links and programs.

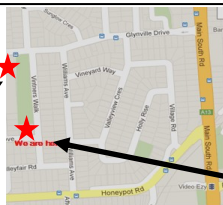
Karen is the Finance and Administration Officer and can provide parents with fee, budgeting and general information to support accessing Preschool or Childcare.

Contact us anytime to discuss your needs

Phone 8382 6161 email: dl.3638.leaders@schools.sa.edu.au

Coming by bus?

You can catch the 743 or 744 to Glynville Drive
Stop 59 for the Children's Centre
and **Stop 60** for Children's Centre Unit @ Hackham West R-7 School



We share our services over 2 main locations:

Children's Centre Unit
@ Hackham West R-7 School,
50 Glynville Drive

Children's Centre
9 Vintners Walk



What's On Term Three, 2020 August, September and October



Hackham West Children's Centre brings together care, education, health, community development activities and family services for families and their young children.

Services and programs at our Children's Centre reflect local community needs such as:

Preschool and Childcare
Playgroups
Parenting Groups
Community Activities
Allied Health and Family Support