



THE GARDEN PROGRAM

The Garden program is an 8 week course which has been designed specifically for parents of children 0-4 years of age who have experienced complexities that could affect parenting. The garden program uses sensory exploration and shared positive experiences to strengthen their relationship and attachment.

BEING WITH BABY

The program provides opportunity for mums to develop interpersonal, social and emotional skills in working with their children. Providing Social and community support for women who identify with, or are at-risk of developing postnatal depression, and their families.

All Family Zone programs are free, but we do ask that you please book.

Watch the noticeboard for workshops and news.

FIND US

Located in Ingle Farm
Primary School
Corner Belalie Rd &
Montague Rd
Ingle Farm

Bus Line 565
Bus Stop 36D

CONTACT US

Ph 8349 6099

Email: inglefarm@lutherancare.org.au
www.lutherancare.org.au/family-zone



LUTHERAN
CARE

LC would like to thank all contributing partners.



INGLE FARM FAMILY ZONE

TERM 2, 2022

MONDAY

10AM-11AM

Supported by
Lutheran Care

MOVE AND GROOVE

Music, movement and fun
for children and parents.

TUESDAY

3PM-4.30PM

Supported by
Lutheran Care

HOMEWORK CLUB

Helping children in the
community with homework.

WEDNESDAY

10AM-11AM

CONVERSATIONAL ENGLISH

Facilitated group to support
language and community.

THURSDAY

10AM-12PM

Supported by
Lutheran Care

MIDDLE EASTERN WOMEN'S GROUP

Social and community support
for women from the Middle East.

FRIDAY

10AM-11AM

ACTIVE KIDS' PLAYGROUP

Facilitated group for parents and
children with an emphasis on
being active.

10AM-12PM

First Friday of the term

VOLUNTEER SUPPORT/ TRAINING

4PM-6PM

Alternate Fridays

AUTISM SUPPORT GROUP

Support for families, activities
and shared light meal:
13/5 | 27/5 | 10/6 | 24/6



PARENTING SUPPORT

Please phone to
register interest

CIRCLE OF SECURITY

BRINGING UP GREAT KIDS

DADS MATTER

BEING WITH BABY

THE GARDEN PROGRAM

BRINGING UP GREAT KIDS

(In conjunction with
Relationships Australia SA)

BOYS' AND GIRLS' PROGRAMS

Schools are
invited to phone
to register interest

GIRLS/BOYS IN SCHOOLS

Hosted by Northern areas schools,
programs for boys and girls to help
with identifying and managing
emotions.

BY APPOINTMENT

MENTAL HEALTH SOCIAL WORKER

MEN'S SUPPORT AND/OR GROUPS

FINANCIAL COUNSELLING

HOME VISITATION BY REFERRAL