

# Acorn



## 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 child/ren aged birth to three years.

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

### Dance – Play

Mother and child 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 child'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 2017 Acorn groups will be held at various locations across Greater Adelaide. There is also a group specifically for Aboriginal families called 'Sacred Little Ones'.

If you would like:

- More information about the Acorn or Sacred Little Ones groups
- To make a referral into the Acorn or Sacred Little Ones groups
- To volunteer as a member of the Acorn or Sacred Little Ones support teams



Please contact the Acorn Coordinator at  
AnglicareSA 08 8131 3485 or  
email [acorn@anglicaresa.com.au](mailto:acorn@anglicaresa.com.au)



Government  
of South Australia

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## Semester Two 2017 Acorn Locations & Start Dates

### Gilles Plains

Mondays 9.30am – 11.30am  
Starts Monday 21st August  
Gilles Plains Children's Centre  
Beatty Ave, Hillcrest

### Darlington

Mondays 10am – 12pm  
Starts Monday 21st August  
Darlington Childrens Centre  
12A Kurrajong Place, Seacombe Gardens

### Mount Barker

Tuesdays 10.00am – 12.00pm  
Starts Tuesday 22nd August  
Mt Barker Baptist Church  
13 Victoria Rd, Mt Barker

### Aldinga

Tuesdays 9.30am – 11.30am  
Starts Tuesday 22nd August  
Aldinga Children's Centre  
Evans St, Aldinga

### Gawler

Wednesdays 10am – 12pm  
Starts Wednesday 23rd August  
Gawler District Children's Centre  
Barnet Rd, Evanston

### Salisbury North

Wednesdays 9.30am – 11.30am  
Starts Wednesday 23rd August  
Lake Windermere Children's Centre  
Holstein Dr, Salisbury North

### Sacred Little Ones – Salisbury North

Thursdays 12.00pm – 2.30pm  
During School Term  
Bagster Road Community Centre  
17 Bagster Road, Salisbury North

### Cowandilla

Fridays 9.30am – 11.30am  
Starts Friday 25th August  
Cowandilla Children's Centre  
21 Jenkins St, Cowandilla

### Norwood

Fridays 1.00pm – 3.00pm  
Starts Friday 25th August  
Norwood Unitarian Church  
99 Osmond Terrace, Norwood

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