



Hello!

Welcome to Para Vista PS Community Hub. We are here to work with you on projects, skill building and connecting with our community.

We value and encourage you to share any thoughts and ideas you have on developing our supportive and vibrant community.

ALL ACTIVITIES & WORKSHOPS ARE FREE

Presently we offer the following activities:

- Playgroup (0-5 Years)
- Yoga & Meditation
- English lessons for adults
- Sewing Sessions
- Tea & Coffee on Monday afternoons
- Financial Counselling



WHAT IS A COMMUNITY HUB?

The Community Hub offers a warm and inviting environment where people from many cultures come together to connect, share and grow, enabling everyone to strengthen friendships and create a wonderful community bond.

The Community Hub focuses on:

- English Language
- Early Years Development
- Family Support
- Health & Wellbeing
- Informal Skill Training
- Volunteer Engagement



**PARA VISTA
PRIMARY SCHOOL**

351 MONTAGUE RD,
PARA VISTA SA 5093
Ph: 8264 9588



Community Hub Opening Hours

Monday & Tuesday, Wednesday &
Thursday: 9:00am – 3:00pm

Contact:

Jude, Community Hub Leader
Ph: 8264 9588

EMAIL:

Jude.Bradshaw585@schools.sa.edu.au

Para Vista Primary School Community Hub Program Timetable Term 4 2021



Monday

**Yoga Sessions run by
Tahnee from
Wild Dragon Fly**

**Time: 9:30am - 10:30am
Located in the Hall
(Please bring your Yoga mat)**



**Tea and Coffee
Time: 2:30pm – 3:00pm
Located in the Community Hub, V8**

We are keen to get to know you!
You are welcome to drop by for a tea
or coffee and a chat!



Tuesday

**English Lessons - Beginners
Time: 10:00am to 12:00pm
Located in the Hub, V8**

**English Lessons - Intermediate
Time: 12.30pm to 2.30pm
Located in the Hub, V8**

Lessons are based on conversational
English and are delivered to improve
language skills.

Everyone is welcome

***Crèche available.**



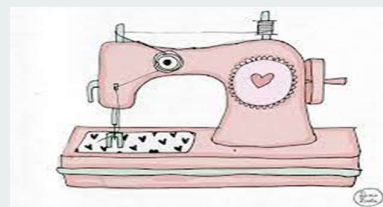
Wednesday

**Sewing session
Time: 1:00pm – 2:45pm
Located in the Hub, V8**



We provide informal training regarding
Sewing through this session. Sewing
machines and materials will be provided.

***Child Minding available**



Thursday

**Playgroup (0-5 Year)
Time: 9.00am to 10.30am
Located in the Pre School**



Children can enjoy different indoor
/ outdoor activities & stimulating
playtime. The session ends with
group storytelling and rhymes.

***Registered with Playgroup SA**

Community Hub Opening Hours

**Monday, Tuesday,
Wednesday & Thursday
9.00am-3.00pm**



Free Community Services

Financial Counselling

Information about Centrelink concessions & entitlements, school fees & childcare payments. Financial Counsellors provide options, advocacy & negotiation with hardship, bills and unmanageable debts. Assistance with budgeting is also available.

Personal Counselling services

Mental health / wellbeing counselling, parenting support, couple counselling
[Contact Jude for referral to a one on one confidential appointment](#)