

# Australian Dental Foundation proudly offers FREE dental treatment at Family Zone

Tuesday September 29  
Wednesday September 30

To participate in this program please contact Family Zone to complete an application

## DIARY DATES

Please keep an eye on the Family Zone noticeboard for further events this school term

**Volunteer Support Meeting**  
10am-12noon  
July 3  
August 7  
September 4



*"Treat a child as though they are already the person they are capable of becoming"*  
- KATHLENE WILSON, MANAGER

## FIND US

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

Bus Line 481 or 565  
Bus Stop 36D

## CONTACT US Ph 8349 6099

Email - [inglefarm@lccare.org.au](mailto:inglefarm@lccare.org.au)  
[www.familyzone.lccare.org.au](http://www.familyzone.lccare.org.au)



*'LCC would like to thank all contributing partners'*

# INGLE FARM FAMILY ZONE



**TERM 3, 2020**





## MONDAY

**10am-11am**  
Supported by LCC

**MOVE AND GROOVE**  
Music, movement and fun for children and parents

**3pm-4.30pm**

**GIRLS GROUP**  
Supported by LCC

## TUESDAY

**3pm-4.30pm**  
Supported by LCC

**HOMEWORK CLUB**  
Assistance with homework

## WEDNESDAY

**10am-12 noon**  
Supported by LCC

**CONVERSATIONAL ENGLISH**  
Facilitated group to support language and community

**12pm-2pm**  
Supported by LCC  
**BOOKINGS ESSENTIAL**

**BUDGET COOKING**  
Healthy budget cooking  
Share ideas, share a meal

**3pm-4.30pm**  
Supported by LCC

**BOYS GROUP**  
Teaching young boys valuable skills - booking is required

## THURSDAY

**10am-12 noon**  
Supported by LCC

**MIDDLE EASTERN WOMEN'S SUPPORT GROUP**  
Women and children who speak Dari, Farsi, Arabic, Persian and English

**4pm-6pm**  
Fortnightly

**AUTISM SUPPORT GROUP**  
Commencing Thurs July 23  
Aug 6, Aug 20, Sep 3, Sep 17

## FRIDAY

**10am-11am**  
Sponsored by LCC

**ACTIVE KIDS PLAYGROUP**  
Facilitated group for parents and children with an emphasis on being active

## PARENTING SUPPORT

Please phone to register your interest

**CIRCLE OF SECURITY**  
**BRINGING UP GREAT KIDS**  
**DADS MATTER**

## COVID-19 AWARENESS

Please remember to follow government guidelines to help against the spread of coronavirus. This includes practising good hygiene (e.g washing hands regularly), practising social distancing (e.g 1.5 metres) and staying home if you feel unwell.



## BY APPOINTMENT

### NDIS APPLICATION ASSISTANCE

Support in filling out the NDIS application form (supported by LCC)

### BEING WITH BABY

Support and learning new skills for women experiencing postnatal and prenatal depression - contact Kathlene for referral (supported by C4C and LCC)

### CLINICAL PSYCHOLOGIST

For those experiencing difficulties, such as depression, anxiety, overcoming relationship problems, eating disorders, learning problems and parenting issues (must have Medicare)

### MENTAL HEALTH SOCIAL WORKER

### MEN'S SUPPORT AND/OR GROUPS

### SUPPORTED ACCESS

### COURT REPORTING

### MOBILE CRECHE

### FINANCIAL COUNSELLING

### ART THERAPY

### HOME VISITING BY NEGOTIATION

