

Education

Parenting SA



Parenting and Family Support Program

My Child and me

Connecting, Understanding, Guiding....Everyday parenting

The workshop runs over 3 weeks
Monday 12th, 19th & 26th October

Time 9:30—12:30

Venue: Avenues College Children's Centre
McKay Ave Windsor Gardens

Bookings are essential

Call Erica 8261 2733

Health



Sleep information

sensiblesleep.com

Nutrient

Do you have a fussy eater?
Maybe this resources could help

https://parenting.sa.gov.au/pegs/feeding_toddlers_-_parent_easy_guide.pdf

Babies



Mindfulness with Babies

A 6 week program focusing on the practice of Mindfulness while babies are present.

Commencing Monday 26th October

Venue: Avenues College Children's Centre

Time 1:30— 2:30pm

Bookings essential

Contact Erica 8261 2733

Play group



Playgroup

Avenues College Children's Centre
Friday

Session 1:
9.00 am – 10.00 am

Session 2:
11:00 am - 12:00pm

A supported playgroup for families with children 0-5 years.

Contact Nicole: 8261 2733

Booking are essential (limited space)

Supports



Ingle farm Family Zone

Offers a range of programs and parent supports such as Circle of Security, Bringing Up Great Kids and Dads Matters

Phone 8349 6099

Email: inglefarm@lccare.org.au

www.familyzone.lccare.org.au



Swimming lessons



The warmer months will be upon us very soon. Contact the ARC for swimming lessons, it just might save a life.

Infants 6 –12 months

Toddlers 1 15—30 months

Toddlers 2 24—36 months

Phone 8366 9350



WOMEN'S AND CHILDREN'S HEALTH NETWORK
Child and Youth Health

CaFHS

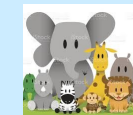
Early Parenting Group

Parenting for the first time

Attendance is referral based

call 1300 733 606

Baby Catch-up



If you are looking for a place to meet up with families with babies please

call Erica

8261 2733

Wednesday 1—2pm

Weekly starting 21st October

Coffee and Crafts

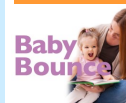


Community Linking Playgroup

Thursday
9:30—10:30
11:00—12:00

Avenues College Children's Centre
Take some time yo meet families living in your area
Bookings area essential
Contact Erica: 8261 2733

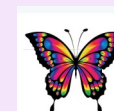
Greenacres Library



Monday 11:30
Wednesday 10:30



Tuesday 10:30
Friday 10:30



Breaking free from anxiety

A 4 week group program which will help you understand anxiety and how to manage anxiety

Commencing Tuesday 27th October

Time: 10am—12pm

Venue: Avenues College Children's Centre

Bookings essential;

Call Erica 8261 2733



CHILD CARE, PRESCHOOL AND PRIMARY SCHOOL

North East Community Childcare Centre

North East Community Children's Centre is a childcare service for children aged from 6 weeks to 5 years. They provide long day care and education in a welcoming and inclusive environment. Avenues College Preschool educator work with the centre to assist children to move between preschool and childcare.

<http://www.neccc.com.au/index.html>

For more information call 8261 8981

Avenues College Preschool and Primary School

Preschool is available for children who turn 4 years of age before the 1st May each year. Children are eligible 15 hour preschool per week for four terms before starting school. Early entry may be available to Aboriginal children, and children under the Guardianship of the Minister. The on-site Primary School caters for children from Reception

North East Community Assistance Project Inc.

Provides emergency assistance to families including; food hampers, thrift shop, furniture and more.

For more information call **82662780**

Maringga Turpandi – Aboriginal Health Service

GP Plus Super Clinic Gilles Plains

Clinics are held Monday 9 – 3:30, Wednesday 1- 3 30 Thursday 1 –3:30pm Fridays 9 – 3:30 pm as well as a range of family support programs. Call before attending as times and days may change

For more information call **74258900**

Early Childhood Development Services

GP Plus Super Clinic Gilles Plains

For Parents of children aged birth to four years who are concerned about their child's development or communication. You do not need a Doctor's referral anyone can book in for an assessment call **7425 8990**

Child and Family Health Service

Clinic and Early Parenting group held Thursday at Avenues College Children's Centre

To make an appointment or for more information call

1300 733 606

Women's & Children's Hospital – Antenatal Clinic

For women birthing @ WCH Shared Care

Tuesday – All day – 8.30 – 4:30 pm

Bookings through WCH - call **81617000**

Beyond Blue - Ph:1300 224 636

www.beyondblue.org.au

Parenting Helpline - Ph: 1300 364 100

www.parenting.sa.gov.au 24hr a day/7 days

The Avenues College Children's Centre complements the existing services, groups and programs at the Gilles Plains Community Campus.

Mckay Ave Windsor Gardens

Ph 8261 2733

Fax 8261 0827

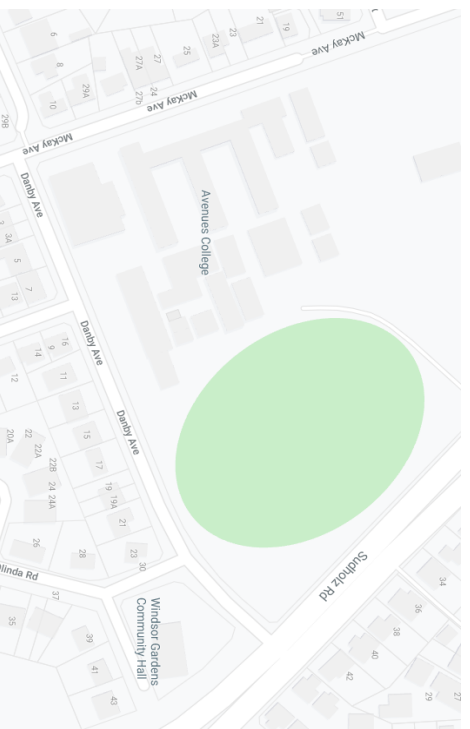
Email: Childrenscentre.centre717@schools.sa.edu.au

The Avenues College Community Campus is located with Avenues College School

The community and Family Programs have a geographical catchment area that includes:

Northfield, Northgate, Lightview, Greenacres, Oakden, Hillcrest, Windsor Gardens, Gilles Plains and Holden Hill. Referrals accepted to vulnerable families living out of this zone.

To access Avenues College Community Campus



If travelling by Public Transport

Stop 29B Sudholz Road, Windsor Gardens

Bus 506, 208, 273, 507 & 506