



2017 Term 2 Program



2 Saarinen Avenue St Agnes Street parking available

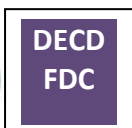
Director: Heather Fuss **CDC:** John Buckell **FSC:** Natalie Jager
For assistance & bookings call **82649828** or call/sms: **0409984495**

Monday	Tuesday	Wednesday	Thursday	Friday
Sessional Kindy During school term 8:15am -3:45pm	Sessional Kindy During school term 8:15am -3:45pm	Sessional Kindy During school term 8:15am -3:45pm	Sessional Kindy During school term 8:15am -3:45pm	Coffee Mornings All welcome catch up before school assembly weeks 3, 6, 9 - 8:45-10am in the Community Room no need to book Children welcome with supervision
Occasional Care Over two years old during school term 8:30 to 11:30am	Occasional Care Over two years old during school term 8:30 to 11:30am	Occasional Care Under & over two years old during school term 8:30 to 11:30am	Occasional Care Under & over two years old during school term 8:30 to 11:30am	
Making Music Music Teacher Melissa Burrow's 5 week program from 8 May 9:30-10:15 Call 0422667261 to book	Building Blocks Can:Do 4Kids - OT support for children with special rights. By referral only 10-11am	Tea Talk & Tots A Playgroup supporting children's self-esteem & positive relationships 9:30-11:30am, referral only	Let's Read Free resources to promote reading for children birth to five years. Speak with Heather or John	Ardtornish Playgroup Wed & Friday school term Lutyens Avenue, St Agnes Children walking age & over 9:30 -11:30am
Baby Playgroup A chance for dads & mums of infants to meet & share stories, songs and play 10:30am-12pm	Kindy Wheels Day Scooter or cycle about the carpark, parents welcome Safety gear essential - see notice later in term	Ardtornish Playgroup Wed & Friday school term Lutyens Ave - Children walking age & over 9:30 - 11:30am. Playgroup SA insurance & small fee	Baby Playgroup A chance for carers, dads & mums of infants to meet & share stories, songs and play 9:15am - 12pm	Learn 4 School A program for children with additional needs run by CanDo: 4Kids OT and Speech staff. Bookings via NDIS plan
New Parent Group CaFHS Getting to Know Your Baby new parent's group are provided here.. By referral only Call 1300 733 606	Vacation Play Join JP & kindy children & siblings – Wed 19 July in the Kindy 10am -12pm Bring a plate to share for lunch	Diabetes Support Group Peer support for families of children with diabetes. All welcome. Morning tea provided. Wednesday 7 June 8:45-10am	Big Feelings A free session addressing our responses young children's emotions Thurs 18 May 6:00-7:30pm, crèche & snack for children	Sleep Solutions Need help with your child's sleep routines? Settling at night? Friday 16 June 9:30- 11:30am. Morning tea from 9am. Gold coin donation
Can We Help? Do you or your child need some extra help? Speech, physical, dental or mental health issues? We can provide advice, referrals or specialist to assist	Mindfulness Course Coping in a Busy World Philip Altmann's Five week Mindfulness course May 16 - 20 June (no session 6 June) 7-8:15pm. Call Philip on 0408306100	Circle of Security A FREE 8 week course helping carers & parents to better understand young children & build their confidence. Term 2 full booking now for term 3. Crèche & meal provided.	Parent Info Sessions We support and work with families by providing groups, speakers and sessions tailored to meet issues and ideas raised by parents. Do you have any suggestions?	Family First Aid A course tailored to what you need to know. Free crèche and 3 hour course - Saturday 20 May 10am -1pm limited places \$20/person \$30 per couple
 Like us on facebook	Mindfulness Practice Support for practice First Tuesday in the month 7-8:15pm. Cost \$5	Mindful Men A 3 week intro to mindfulness, Wed 7- 8:15pm, 31May - 14 June	Financial Solutions Do you want you own home? Pam Carrington has 25 years experience in home financial & will show you how. Sat 3 June 10-12pm. Call/sms Pam on 0425 872 929	
Twilight Play Free evening play sessions for kindy, JP children and siblings. Monday 15 May Camping , Tuesday 20 June Walk in the Dark , 5:30-7pm. Child's meal provided	Dental 'Grow-up Smiling' onsite dental care 5-8 June for children 18 mths to school age - no out of pocket expense. Registration papers available now		Dad Time Occasional out-of-hours session for dads, male carers and their children – see flyers or Facebook	

We do our best but sometimes there are changes to this program. Up-to-date information is available on our Facebook page. For further information, to share your thoughts about activities or to suggest how we can better work with families and services call 8264 9828 or call/sms 0409984495. Call or drop in to book and sessions. Visitors are welcome between 9:30-11:30am and 1:30-3pm.

Kindy information sessions will be held in term 4 for those who have completed an expression of interest.

All session attract further concession if your family is experiencing financial hardship. Speak to John, Natalie or Heather



Can:Do 4Kids



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

wave yoga
with shauna

Modbury
Podiatry Care

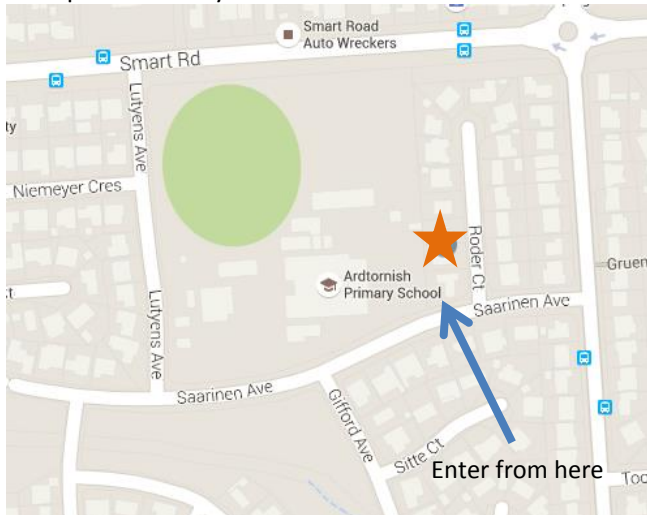
Programs

The Ardtornish Children's Centre for Early Childhood Development and Parenting opened in early 2014. We are an integrated early years' service working with early childhood and other professionals, families, and the local community to support children and families.

Together we design and provide programs and resources that support all busy dads and mums, families, and carers to improve young children's healthy development and wellbeing. Our program changes each term to reflect community identified needs.

How to Get here

Busses to St Agnes: alight at stop 43E on Smart Road – route 541, 541G, 541X, 556, 559 & N514 & stop 42 on Tolley Road – route 556



Enter from Saarinen Avenue. Please note that only street car parking is available during the day.

Kindy

15 hours of sessional kindy is offered to children in their eligible year. Two groups operate from 8:15am to 3:45pm, one on Mondays and Wednesdays, and a second on Tuesdays and Thursdays. Fees are \$150 a term.

Occasional care

Sessions run from 8:30-11:30, for two years and over Mondays to Thursdays, and for under twos on Wednesdays and Thursdays during school term. Priority is given to children not using other care and education services and bookings are made on an occasional basis. Fees: \$5 a session or \$1.50 with Health Care Card.

Twilight & Saturday Play

Free evening and weekend sessions usually held in the kindy or school grounds for families, kindy aged children, siblings and friends. Usually themed, with time for free play and food provided.

Making Music

Melissa Burrows is a qualified music teacher who works in schools, at libraries and provides a five week, fun and nurturing musical program for children under four years and their families. Parent supervision is essential. Cost - \$30 per child with a sibling discount. Bookings are essential call Melissa on 0422 667 261

Dad Time & Baby Playgroups

A fun time for younger children to explore with their senses, and for adults to share their ideas, knowledge and experiences with support from our staff. Groups are run

for dads & mums during the week with occasional weekend session just for male carers and fathers. These are free.

Playgroup

We recommend the Ardtornish Playgroup for toddlers up to school age. This playgroup has been operated on this campus by parents for over 30 years. There is a cost for insurance and a small fee for replacing material and the annual Christmas party.

Mum's and Bub's Yoga

Shauna has been running successful yoga classes here since 2014 and has more than 4000 teaching hours experience. Her Mum's and Bub's program is for children 8 weeks to 12 months. A fee of \$90 (concession \$80) is due prior to class. Booking and details contact Shauna on 0431 909 878 or info@waveyoga.com.

Bring a yoga mat and water for yourself, a soft blanket for bubs to lie on, comfort items, and bottle if not breastfeeding.

Parenting Courses & Workshops

Free, facilitated opportunities for parents & carers to reflect on & share ideas & their experiences are run regularly. Book for term 2's and 3's evening Circle of Security (COS) programs. Our Big Feelings session on 18 May – crèches & children's meal available for both.

Mindfulness Course

Philip's workshops introduce Mindfulness practice that with regular use has been scientifically proven to: reduce daily stress and anxiety; help relax our bodies and calm our mind; increase our attention and focus, and through this improve relationships with others. Cost: Parents \$60 Educators \$150. Regular monthly support groups are also provided for \$5 and the Mindful Men short course is only \$20. For more information see info@mindfulclassroom.com.au To book call 0408306100

Can: Do4Kids

Specialist Occupational Therapy and Speech support provided to children who have NDIS plans. Speak to us, your NDIS planner or call Can:Do 4Kids on 8100 8200.

Counselling Services

Natalie Jager our Family Service Coordinator provides counselling support for families with children birth to 8 years. For more information speak to one of our team.

First Aid

Leanne Sandery's popular program assumes no previous knowledge of First Aid, includes CPR, choking, head injuries, bleeding, burns, convulsions, poisons, & fractures plus those of specific interest to her audience. Call now to book for the three hour Saturday session with a free crèche. Cost \$20/person or \$30 for a couple.

Other Health Services For Children & Families

The Grow Up Smiling Dental service operates in terms two and four for all families. CaFHS nurses visit kindy children each term and Modbury Podiatry Care provides a free foot health check annually for kindy children.

Other services

Coffee mornings, free Financial Solution presentations run each term as needed. Contact us if you have any other ideas or comments about how we can work with & for you.

NB All session attract further concession if your family is experiencing financial hardship. Speak to John, Natalie or Heather.