



Ardtornish  
**Children's  
Centre**  
for Early Childhood  
Development and Parenting

# What's on Term 2 2018



Government  
of South Australia

2 Saarinen Avenue St Agnes

Street parking available

**Director:** Heather Fuss    **CDC:** John Buckell    **FSC:** Natalie Jager  
For assistance & bookings call **8264 9828** or call/sms: **0409 984 495**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Sessional Kindy</b> During school term 8:15am -3:45pm	<b>Sessional Kindy</b> During school term 8:15am -3:45pm	<b>Sessional Kindy</b> During school term 8:15am -3:45pm	<b>Sessional Kindy</b> During school term 8:15am -3:45pm	<b>Coffee Mornings</b> All welcome catch up before Primary School assembly 8:45-10am, in the Community Room. No need to book. Children welcome with supervision
<b>Occasional Care</b> Over two years old during school term 8:30 to 11:30am	<b>Occasional Care</b> Over two years old during school term 8:30 to 11:30am	<b>Occasional Care</b> Under & over two years old during school term 8:30 to 11:30am	<b>Occasional Care</b> Under & over two years old during school term 8:30 to 11:30am	
<b>Baby Playgroup</b> A chance for carers, dads & mums of infants to meet & share stories, songs and play Mondays 9:30am-12pm	<b>Vegan Snacks for Lunch</b> Ever wondered how to make animal free food for your child? Learn how with Kindy parent Amy. 3 Wednesdays 9-11am, 16, 23 & 30 May. FREE	<b>Bringing Up Great Babies</b> A FREE five week course for parents of infants. 9:39-11:30 Wednesdays from June 6. By referral only. Call Natalie for details	<b>Baby Playgroup</b> A chance for carers, dads & mums of infants to meet & share stories, songs and play Thursdays 9:30am - 12pm	<b>Midwifery Support</b> One to one midwifery care and birthing options during pregnancy. Contact group practice at 8182 9000 for more information.
<b>New Parent Group</b> CaFHS <i>Getting to Know Your Baby</i> new parent's group are provided here. By referral only Call CaFHS on 1300 733 606	<b>Staying Safe</b> Support children to be safe & assert that right. It's free - Tues 8 May 5:30-7:30pm Crèche & child's meal provided	<b>Ardtornish Playgroup</b> Wed & Friday school term Lutyens Ave - Children walking age & over 9:30 - 11:30am. Playgroup SA insurance & small fee	 <b>Find us on Facebook</b> For up to date information about our programs see Ardtornish Children's Centre on Facebook	<b>Ardtornish Playgroup</b> Wed & Friday school term Lutyens Ave - Children walking age & over 9:30 - 11:30am. Playgroup SA insurance & small fee
<b>On-Line Parenting</b> Justin Coulson's <i>21 days to Happier Families</i> On- line course - Free for all families within the Modbury early childhood services Partnership – call to find out more	<b>Twilight Play</b> Free evening play sessions for kindy, JP children and siblings. Tuesday 22 May, Camping 5:30-7pm. Child's meal provided. Please book	<b>Positive Parenting</b> A series of three FREE seminars promoting positive parenting, and confident, competent & resilient children aged 3-12 years. Wednesdays 23, 30 May & 6 June 6- 8pm, crèche from 5:30p Bookings essential	<b>Twilight Play</b> Free evening play sessions for kindy, JP & siblings, Thurs 14 June <i>A Walk in the Dark</i> , 5:30- 7pm. (if rain forecast - postpone a week) Child's meal provided.	<b>Dad Time</b> Occasional out-of-hours sessions for dads and male carers, and their young children. See flyers, Facebook or call if you are interested
<b>Can We Help?</b> Do you or your child need some extra help? Speech, physical, dental or mental health issues? Child care or early childhood education? We can provide advice, referrals or specialist to assist. We offer on site counselling support, groups, speakers & sessions tailored to match parent's issues & ideas. Suggestions always welcome		<b>Mindfulness Course</b> <i>Coping in a Busy World</i> A short Mindfulness course. Wednesday 2, 9 & 16 May 7-8:15pm. \$30 fee applies, concession available	<b>Free Resources</b> <a href="http://www.startingblocks.gov.au/">http://www.startingblocks.gov.au/</a> or Google <i>Great Start</i> DECD - great activities, ideas and resources for your young children	<b>Family First Aid</b> Tailored to what you need to know. Free crèche (if needed). Late June (date tbc) 9:30a -12:30p limited places, \$20/person \$30/ couple. Health care & pension card concessions

**Dental Outreach**  
'Grow-up Smiling' onsite dental care Tues to Thurs 26-28 June for children 18 mths to school age, no out of pocket expense. To register - call or drop in



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

**Can:Do 4Kids**



DECD  
FDC



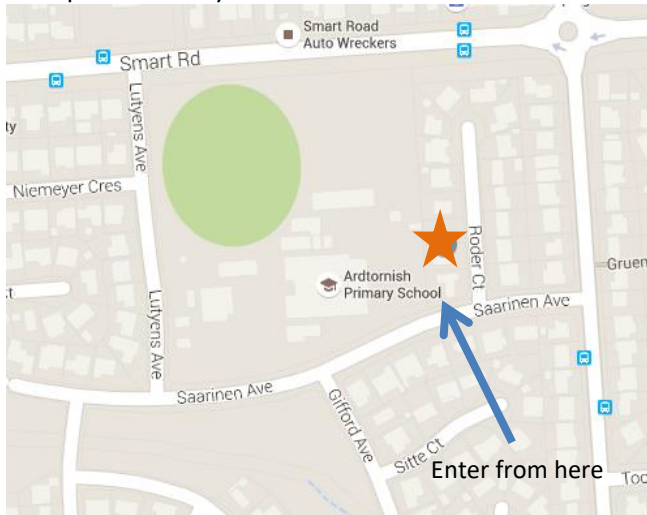
## Programs

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 complement the work of 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 – watch the signage, parking fines are irritating.

## Kindy

15 hours of sessional kindy is offered over four terms to children in their eligible year. Two groups operate from 8:15am to 3:45pm, one on Mondays & Wednesdays, and a second on Tuesdays & Thursdays. Fees are 3 x \$200 paid in the first three terms.

## 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 sessional fee for materials and the annual Christmas party.

## Parenting Courses & Workshops

Free, facilitated opportunities for parents & carers to reflect on & share ideas & their experiences. Book term two's three week, evening *Positive Parenting Program* – explore: 5 key principles for Positive Parenting, building blocks for raising confident and competent children & ways to build their resilience. Crèche available.

## 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. To book call 0408 306 100. For more information see [info@mindfulclassroom.com.au](mailto:info@mindfulclassroom.com.au)

## 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 run a *Getting to Know your Baby* course each term. Modbury Podiatry Care provides a free foot health check annually for kindy children.

Northern Area Midwifery Group Practice offers community based one to one midwifery care and birthing options. Contact group practice at 81829000 for more information.

## Other services

Coffee mornings, and 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.**