



Ardtornish Children's Centre
for Early Childhood Development and Parenting

2017 Term 4 Program

2 Saarinen Avenue St Agnes Street parking available



Government of South Australia

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
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 Primary School assembly 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 23 Oct 9:30-10:15 Call 0422667261 to book. \$30 Term fee.	Nthn Area Midwifery Group Practice One to one midwifery care and birthing options during pregnancy. Contact group practice at 81829000 for more information.	Bringing Up Great Babies Parenting insights & reflection with a focus on infant's behaviour & development, building resilience and self-esteem. A five-week program starting Wednesday 8 November 10:00-12pm, no charge, bookings essential		Learn 4 School A program for children with additional needs run by CanDo: 4Kids OT and Speech staff. Bookings via NDIS plan
Baby Playgroup A chance for carers, dads & mums of infants to meet & share stories, songs and play Mondays 10:30am-12pm	Mindfulness Course Coping in a Busy World A 5 week Mindfulness course. Starts Tue 31 October – two courses to choose from 10-11am & 7-8:15pm. Fee applies	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 Thursdays 10am - 12pm	Ardtornish Playgroup Wed & Friday school term Lutyens Ave - Children walking age & over 9:30 - 11:30am. Playgroup SA insurance & small fee
New Parent Group CaFHS Getting to Know Your Baby new parent's group are provided here.. By referral only Call 1300 733 606	Dad Time Occasional out of hours sessions for dads, male carers, and their children. See flyers or Facebook	Diabetes Support Group Peer support for families of children with diabetes. All welcome. Morning tea provided. Wednesday 22 November 8:45-10am	Dental Service Grow Up Smiling Dental services available this term – to register for a government subsidised service (no out of pocket costs) call now	Parent Info Sessions We provide on site counselling support, groups, speakers & sessions tailored to match parent's issues & ideas. Suggestions welcome
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	Big Feelings Starting kindy or school in 2018? Join Donna to better understand and to deal with young children's overwhelming emotions Tuesday 21 Nov 6-7:30pm	Vacation Play Wednesday 11 October 10am-12pm, Free Sausage Sizzle Bring fruit or salad to share Balmoral Reserve, call/sms 0409984495 or 82649828 to register	Twilight Play Free evening play sessions for kindy, JP children and siblings. Thursday 7 December Water Play (bring your bathers), 5:30-7pm. Child's meal provided.	Justin Coulson's On-Line Parenting Course Free for all families using Modbury Partnership early childhood services – call to find out more
Twilight Play Free evening play sessions for kindy, JP children and siblings. Wednesday 8 November <i>A Walk in the Park</i> , 5:30-7pm. Child's meal provided. Booking essential.		Mindful Men A 3 week introduction to mindfulness. 7-8:15pm Wednesdays 15, 22 & 29 November - men only, \$20		Cycle Saturday Develop cycling skills & confidence. Ride the circuit around the school 25 November 9:45 -12.00 BBQ snack It's free, Kindy & JP kids who can balance on a bike

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

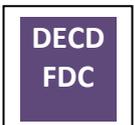


Government of South Australia
Department of Health

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



Modbury
Podiatry Care



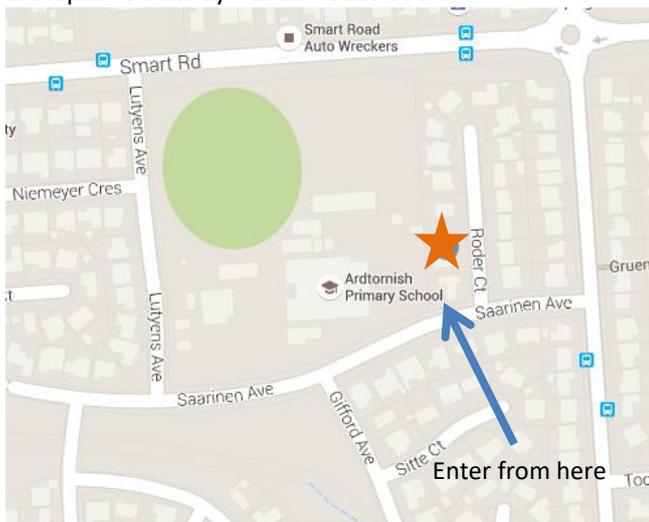
Programs

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.

Parenting Courses & Workshops

Free, facilitated opportunities for parents & carers to reflect on & share ideas & their experiences are run regularly. Book now for the evening Circle of Security (COS) program. Our Fussy Eaters and more as needed by our communities— crèche may be available enquire when you call.

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 0408 306 100

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.

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, 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.