



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
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 Fri assemblies 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 Five week program for children from 9 months to 3 years (casuals OK). Mon 9:30-10:15am from 29 Oct, \$30 per child (sibling discount available). Bookings essential call or sms Melissa 0422 667 261	 For up to date information about our programs & local activities for young children visit the Ardtornish Children's Centre on Facebook	Bringing Up Great Babies A free five week course for dad's and mums to support their infant's self-esteem and resilience 9:30-11:30am Wed from Nov 14. By referral only. Call Natalie on 8264 9828 for details	On-Line Parenting Course 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 8264 9828 to find out more	Midwifery Support One to one midwifery care and birthing options during pregnancy. Contact North Adelaide Midwifery Group Practice at 8182 9000 for more information.
Baby Playgroup A chance for carers, dads & mums of infants up to two years to meet & share stories, songs and play Mon 10:30am-12pm during school term	Free Resources http://www.startingblocks.gov.au/ or Google Great Start DECD - great activities, ideas and resources for your young children	Ardtornish Playgroup Wed & Fri during school term Lutyens Ave - Children walking age & over 9:30 -11:30am. Playgroup SA insurance & small sessional fee	Baby Playgroup A chance for carers, dads & mums of infants up to two years to meet & share stories, songs and play Thurs 9:30am-12pm during school term	Ardtornish Playgroup Wed & Fri during school term Lutyens Ave - Children walking age & over 9:30 -11:30am. Playgroup SA insurance & small sessional fee
New Parent Group CaFHS <i>Getting to Know Your Baby</i> – a five week new parent's group provided each term by CaFHS. Referral only Call on 1300 733 606 to book or find your local group	Can We Help? We offer referrals & on site counselling support, groups, speakers & sessions addressing parent's issues & ideas. Callus, suggestions are always welcome	Mindfulness <i>Coping in a Busy World</i> A five-week Mindfulness course exploring ways to better respond to life. Wed 9-10:15am or 7-8:15pm 17 Oct to 14 Nov. \$50pp, \$100 for educators.	Mindfulness Practice for Men Mindful Men – a short introduction to practices designed to benefit your parenting, state of mind and general health. Three Thurs 25 Oct, 1 & 7 Nov 7-8:15pm. \$20 fee	Dad Time Occasional out-of-hours sessions for dads and male carers, and their young children. See flyers, Facebook or call if you are interested in starting a new group
Partners wanted Are you an individual, business or services interested in working with local families & their young children? Consultation and meeting rooms, play materials & presentation equipment available, Call John or Heather on 8264 9828 to discuss how we could work together.	Positive Parenting Program A series of three, free seminars promoting positive parenting, and confident, competent & resilient children. For parent of children aged 3-12 years. 5:45-7:45pm, Tues 6, 13 & 20th Nov. Limited crèche space available from 5:30pm Bookings essential	Twilight Play Free themed evening play sessions for family & carers to join their kindy and JP aged children and siblings, 5:30-7pm Wed 31 Oct Kite Making & flying – bring your expertise. Child's meal provided.	Twilight Play Free themed evening play sessions for dads and mums and & carers to join their kindy and JP aged children and their siblings, Thurs 29 Nov – Theme to be decided 5:30-7pm. Child's meal provided.	Family First Aid Leanne will tailor her training to suit what your family needs to know. 27 Oct & 8 Dec 9:30a - 12:30p. \$20/person \$30/couple. Free for concession card holders. Sorry no crèche
New School New Kindy				
Starting kindy or school can be an anxious time for children & parents. Social Worker Ali Friedrich shares her insights about making the move a more positive experience for all – one session only, Wed, Nov 28th 5:45 – 7:45pm. Crèche from 5:30pm.				

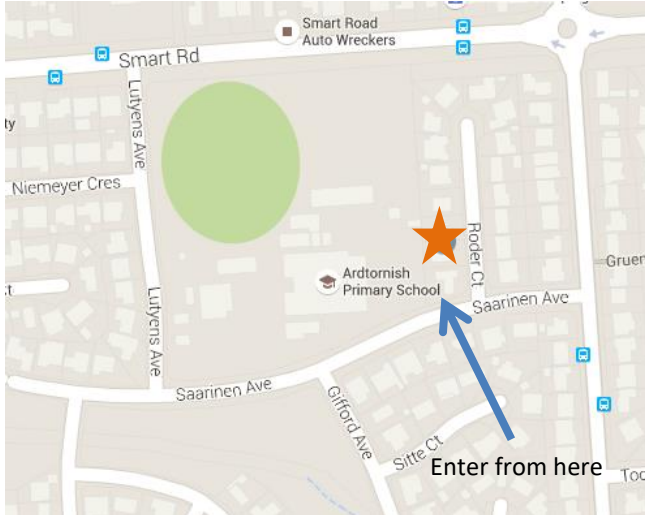
Programs

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 sessions usually held in the kindy or school grounds for families, kindy aged children, siblings and friends. Usually themed, with time for free play. Child's meal provided.

Making Music

Melissa Burrows is a qualified music teacher who works in schools, at libraries. She provides a fun and nurturing, five-week musical program for children under four years and their families. Parent supervision is required. 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 four's three week, evening **Positive Parenting Program** that explores our understanding of children's basic social and emotional needs and how to positively influence our relationship with our children & build their resilience. Limited crèche spaces available.

Mindfulness Course

Philip introduces practices that have 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 \$50 Educators \$100. 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



Counselling Services

Natalie Jager our Family Service Coordinator provides counselling support for families with children birth to 8 years - call or 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 next six monthly visit from the **Grow Up Smiling Dental** service will be in February 2019. 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.