



What's on Term 1 2018

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	Sessional Kindy	Sessional Kindy	Sessional Kindy	Coffee Mornings
During school term 8:15am -3:45pm	During school term 8:15am -3:45pm	During school term 8:15am -3:45pm	During school term 8:15am -3:45pm	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	Occasional Care	Occasional Care	Occasional Care	
Over two years old during school term 8:30 to 11:30am	Over two years old during school term 8:30 to 11:30am	Under & over two years old during school term 8:30 to 11:30am	Under & over two years old during school term 8:30 to 11:30am	
Making Music	Midwifery Support	Diabetes Support Group	Dad Time	Learn 4 School
Music Teacher Melissa Burrow's 5 week program from 12 Feb 9:30-10:15 Call 0422 667 261 to book. \$30 Term fee.	One to one midwifery care and birthing options during pregnancy. Contact group practice at 8182 9000 for more information.	Peer support for families of children with diabetes. All welcome. Morning tea provided. Wednesday 7 March 8:45-10am	Occasional out-of-hours sessions for dads, male carers, and their children. See flyers or Facebook	A program for children with additional needs run by CanDo: 4Kids OT and Speech staff. Bookings via referral (call for more information) or a NDIS plan
Baby Playgroup	Vacation Play	Ardtornish Playgroup	Baby Playgroup	Ardtornish Playgroup
A chance for carers, dads & mums of infants to meet & share stories, songs and play Mondays 10:30am-12pm	Tues 23 Jan 10am-12pm, Free Sausage Sizzle Bring fruit or salad to share Balmoral Reserve, call/sms 0409 984 495 or 8264 9828 to register	Wed & Friday school term Lutyens Ave - Children walking age & over 9:30 - 11:30am. Playgroup SA insurance & small fee	A chance for carers, dads & mums of infants to meet & share stories, songs and play Thursdays 10am - 12pm	Wed & Friday school term Lutyens Ave - Children walking age & over 9:30 - 11:30am. Playgroup SA insurance & small fee
New Parent Group	Twilight Play	Twilight Play	Circle of Security	Cycle Saturday
CaFHS <i>Getting to Know Your Baby</i> new parent's group are provided here. By referral only Call CaFHS on 1300 733 606	Free evening play sessions for kindy, JP children and siblings. Tuesday 20 Feb <i>Messy Play</i> 5:30-7pm. Child's meal provided. Bookings essential	Free evening play sessions for kindy, JP & siblings. Wed 21 March <i>Teddy Bear's Picnic</i> , 5:30- 7pm. Child's meal provided. Booking essential	A FREE 8 week course helping carers & parents to better understand young children & build their confidence. Thurs 22 Feb – 12 April 6- 7:30pm, crèche from 5:30pm. Light meal provided for all Limited Places– call to discuss	Develop cycling skills & confidence. Ride the school circuit. Sat 24 March 9:45 - 12.00 BBQ snack & It's free - best for children kids who can balance on a bike
On-Line Parenting	Mindfulness Course	Mindful Men		Family First Aid
Justin Coulson's <i>21 days to Happier Families</i> On- line course - Free for all families using Modbury Partnership early childhood services – call to find out more	<i>Coping in a Busy World</i> A 5 week Mindfulness course. Starts Tue 13 Feb 10-11am or 7-8:15pm. Fee applies	A three week introduction to mindfulness. 7-8:15pm Wednesdays 28 Feb, 7 & 14 March - men only, \$20, concessions available		Tailored to what you need to know. Free crèche (if needed). Early April (date tbc) 9:30a -12:30p limited places, \$20/person \$30/ couple. Health care & pension card concessions
Free Resources		Can We Help?		
http://www.startingblocks.gov.au/ or Google <i>Great Start</i> DECD - great activities, ideas and resources for your young children		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 We offer on site counselling support, groups, speakers & sessions tailored to match parent's issues & ideas. Suggestions welcome		



Can:Do 4Kids



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



Government of South Australia
Department of Health



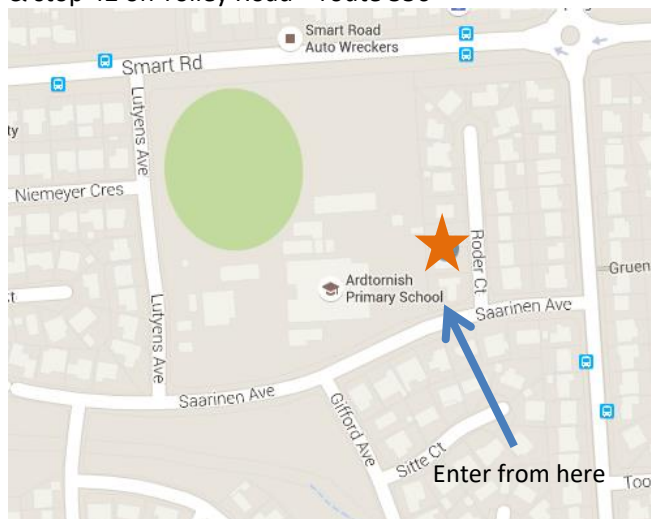
Programs

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 are run regularly. Book now for the evening *Circle of Security* program, a relationship based early intervention program designed to enhance attachment security between parents and children.

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

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.