



Ardtornish Children's Centre
for Early Childhood Development and Parenting



Dads, Mums, Infant & Babies Program July – Sept 2018
Call 82649828 or call/sms 0409984495 to book



First Aid for Dads & Mums

Three Hour Course
Saturday 9:30am-12:30pm
23 June, 22 September
& 8 December 2018

- Assumes no previous knowledge of First Aid
- For parents and carers of children that do not require assessment
- Includes CPR, choking, head injuries, bleeding, burns, convulsions, poisons, & fractures

Registration essential call 8264 9828 or call/SMS John on 0409 984 495

Cost /Venue

- \$35 now \$20 (concession available) \$30 per couple
- Ardtornish Children's Centre Community Room, 2 Saarinen Avenue, St Agnes SA 5097

'Making Music'

Fun, nurturing musical experiences for children under four and their families

Five week program (casual attendance OK)
Mondays 9:30-10:15am from 6 Aug
\$30 per child (sibling discount)

NB no session on 13 August

Street parking available

Yoga for Mums to Be

With Shauna from Wave Yoga
www.waveyoga.com

Tuesdays 10-11am
31 July- 7 & 14 August
\$5 for each introductory sessions



Bring a yoga mat, water and a flat pillow or blanket to sit on – mums under 10-12 weeks should consult a medical professional before engaging in any class

Coping in a Busy World

A five-week Mindfulness course
Wednesdays 22 Aug - 19 Sept
9-10:15am or 7-8:15pm

Cost for local families \$30,
\$100 for teachers

A three-week Mindful Men course
Thursday 23 & 30 August
and 6 September 7-8:15pm

Cost \$20

Philip Altmann, B.Ed. Grad.Dip.T., Mindfulness Dip.,
Grad.Dip.Ed. Counselling, Mind Based Stress
Reduction Trained

www.mindfulclassroom.com.au

Dads & mums, grandparents and relatives
Do you want to explore new developmental play experiences with your young child? Pregnant & interested in your fitness? Want to meet local parents? To reflect on your own parenting? Parenting courses, activities, playgroups and speakers for infants & their family – call to find out more

For infants under two years their dads, mums and carers

Babies Sensory Play Day

Monday 30 July
10am-12pm

With guest Sarah Harry
Occupational Therapist

Edible finger paint & dough, water, sand, and other sensory experiences using sight, sound and light - activities indoors & out

Dress for (some) mess
Bring your child's water & snack

Baby Playgroup

For dads & mums and their children to walking age



Mondays
10:30 – 12pm
&
Thursdays
9:30-12:00pm
School term

Share experiences, questions and ideas, develop your child's skills, hear occasional speakers, play and sing with your baby and local parents

Ardtornish Children's Centre
2 Saarinen Avenue
St Agnes
Call Jo or John on 82649828
or call/sms 0409984495



Dads, mums, family & carers, are you interested in better understanding your child and building their confidence? Reflecting on your parenting? Learning new skills?

Book now for a free, eight week

Circle of Security Workshop

Focusing on children
birth – 8years



Thursdays
2 Aug – 20 Sept
6-7:30pm
Crèche from 5:30pm



Light meal provided for all
Limited Places – call to discuss!