

Community Family Programs

Calendar Term 3 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CAFHS NURSE ON-SITE Melaleuca Park Hub</p> <p>Available for appointments (birth to 6 years) *Excludes immunisations</p> <p>9:00am—12:00pm</p> <p>To book an appointment or enquiries call Melaleuca Park School Ph: 87251404</p>	<p>CIRCLE OF SECURITY Mount Gambier Children's Centre 9:30 -11:30 am 31st July—4th September</p> <p>Adult parenting, relationships and attachment program Enquires Ph: 87257375</p> 	<p>I AM WOMAN Mount Gambier Children's Centre 9:15am—11:15 am 1st August—19th Sept</p> <p>Busy taking care of everyone else in your life and forgotten to take care of you? Join us for some sharing, caring and prioritising of your dreams and aspirations and of course some fun! Kelly Williams Ph: 87257375</p> 	<p>MOBILE FAMILY & ACTIVITY SUPPORT Penola</p> <p>*Includes Wattle Range Toy Library*</p> <p>9:00am — 12:00 noon During Term times Enquiries Ph.: 87240500</p>  	<p>COME AND PLAY PLAYGROUP Mount Gambier Children's Centre 9:00am—11:00 am</p> <p>Friday's during term time (weeks 1-9) Cost: FREE</p> <p>program for children birth—5 years Dress for mess Enquiries Ph: 87257375</p> 
<p>MOBILE FAMILY & ACTIVITY SUPPORT Millicent</p> <p>*Includes Wattle Range Toy Library*</p> <p>9:00am—12:00pm During Term times Enquiries Ph: 87240500</p> 	<p>ABORIGINAL PARENTING PROGRAM 22 Kurrajong St, Mt Gambier 10:00am - 12:00pm During Term Times Enquiries Ph: Laura 87236015</p> 	<p>ART JOURNALING Melaleuca Park Hub 9.15 – 11.15am 22nd Aug—26th Sept</p> <p>Join Deb Rogers for Art Journaling and catch up each week at the Hub. Celeste Ph: 87251404</p> 	<p>CHILDREN IN FOCUS Information Sessions (one off sessions) Mount Gambier Family Relationship Centre</p> <p>MORNING SESSIONS 9:30-12noon 26th July, 9th August, 23 August, 6th Sept, 20th Sept, 4th Oct</p> <p>NIGHT SESSIONS 5:30-8:00pm 16th Aug & 27th Sept</p> <p>Child focused information session for parents and families post separation. For enquires Ph:87213500</p>  	<p>CAFHS NURSE ON-SITE Mount Gambier Children's Centre</p> <p>Available for appointments (birth to 6 years) *Excludes immunisations on the last Wednesday of every month During Term Times</p> <p>29th Aug, 26th Sept For Appointments Phone Bec: 87257375</p> 
<p>PARENTING TEENS Melaleuca Park Hub 6th Aug & 3rd Sept Parenting program Enquiries Ph: 87257375</p> 	<p>BLAST OFF ac.care White Ave 3:45pm—5:54pm 21st Aug—25th Sept</p> <p>Children's therapeutic program re: post family separation for children aged 6-12 years For enquires Ph: 87213500</p>  	<p>BRINGING UP GREAT KIDS Mount Gambier Family Relationship Centre 9:30am—11:30am 8th August— 29th August</p> <p>Parenting Program Enquires Ph: 87213500</p>  	<p>SEASONS FOR GROWTH Mount Gambier Family Relationship Centre 9:30-12noon 5th Sept—26th Sept</p> <p>Therapeutic program for those who have experienced grief and loss For Enquires Ph: 87213500</p>  	<p>mind. Help, hope and purpose</p> <p>Service information and referral Mind Connect 1300 286 463</p> 
<p>Learning Together</p>  <p>Pangula Mannamurna Aboriginal Community Our Health In Our Hands</p>  <p>Mount Gambier Children's Centre For Early Childhood Development and Parenting</p> 	<p>CIRCLE OF SECURITY Mount Gambier Children's Centre 1:30 –3:00 pm 31st July—4th September</p> <p>Adult parenting, relationships and attachment program Enquires Ph: 87257375</p> 	<p>IN BALANCE Centacare Office 13 Penola Road, Mount Gambier Term 2 (weeks 2-9) 2:00pm start Cost—FREE</p> <p>Share a walk through the neighbourhood with sociable group. All you need is a comfortable pair of walking shoes and suitable attire (dress for the weather) Enquiries Ph:87240500</p> 	<p>headspace Mount Gambier</p> 	<p>Mind Australia is offering a new early intervention service targeting children and young people (0-18 years of age) who may be showing early signs of, or are at risk of mental ill-health.</p> <p><i>Always in Mind - children, young people and families</i></p>
<p>ac.care 30 years opportunities for life... for rural people</p>  <p>Centacare Catholic Family Services</p>  <p>MyTime supporting parents of children with disabilities</p> 	<p>THE DAD FACTOR Mount Gambier Family Relationship Centre 5:30pm-7:30pm 7th Aug—11 Sept</p> <p>Parenting Program Enquires Ph: 87213500</p>  	<p>CIRCLE OF SECURITY Family Relationship Centre 6:00pm-8:00pm 6 weeks 15th August—19th September</p> <p>Adult parenting, relationships and attachment program Enquires Ph: 87213500</p>  	<p>Mount Gambier provides health services for young people aged 12 - 25 years.</p> <p>At headspace Mount Gambier we offer a confidential, non-judgemental, youth friendly service.</p> <p>Coming to see us is free - you can phone us 87250443, email us at headspacemountgambier@unitingcommunities.org or just walk in at 171 Commercial Street East, or find us on Facebook . We are open from Monday to Friday.</p>	<p>hupa Helping Young People Achieve</p>  <p>HELPING YOUNG PEOPLE ACHIEVE Job Prospects and Training Prospects 5 Percy Street Mount Gambier 87240620</p>