

# Community Family Programs

## Calendar Term 4 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>CAFHS NURSE ON-SITE</b> Melaleuca Park Hub Available for appointments (birth to 6 years) *Excludes immunisations</p> <p><b>9:00am—12:00pm</b></p> <p>To book an appointment or enquiries call Melaleuca Park School Ph: 87251404</p>	<p><b>FUN FRIENDS</b> Mount Gambier Children's Centre <b>9:30—10:00am</b> 23rd October—4th December</p> 	<p><b>ART GROUP</b> Melaleuca Park Hub <b>9.15 – 11.15am</b> 17th October—12th December catch up each week at the Hub Celeste Ph: 87251404</p> 	<p><b>MOBILE FAMILY &amp; ACTIVITY SUPPORT</b> Penola *Includes Wattle Range Toy Library*</p> <p><b>9:00am — 12:00 noon</b> During Term times Enquiries Ph.: 87240500</p>  	<p><b>COME AND PLAY PLAYGROUP</b> Mount Gambier Children's Centre <b>9:00am—11:00 am</b> Friday's during term time Cost: FREE</p> <p>program for children birth—5 years Dress for mess Enquiries Ph: 87257375</p> 
<p><b>MOBILE FAMILY &amp; ACTIVITY SUPPORT</b> Millicent *Includes Wattle Range Toy Library*</p> <p><b>9:00am—12:00pm</b> During Term times Enquiries Ph: 83036630</p> 	<p><b>BRINGING UP GREAT KIDS</b> Ac.care Millicent <b>9:30am—11:30am</b> 27th November— 18th December</p> <p>Parenting Program Enquires Ph: 87213500</p>  	<p><b>SEASONS FOR GROWTH</b> Mount Gambier Family Relationship Centre <b>9:30-12noon</b> 7th November—28th November Therapeutic program for those who have experienced grief and loss For Enquires Ph: 87213500</p>  	<p><b>CHILDREN IN FOCUS Information Sessions (one off sessions)</b> Mount Gambier Family Relationship Centre</p> <p><b>MORNING SESSIONS 9:30-12noon</b> 18th Oct, 1st Nov, 15th Nov, 29th Nov, 13 Dec</p> <p><b>NIGHT SESSIONS 5:30-8:00pm</b> 8th November</p> <p>Child focused information session for parents and families post separation. For enquires Ph:87213500</p>  	<p><b>CAFHS NURSE ON-SITE</b> 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>31st Oct &amp; 28th Nov For Appointments Phone Bec: 87257375</p> 
<p><b>STRONGER FAMILIES</b> Register Interest</p> <p>To find out more and to register your interest please contact Ph: 83036630</p> 	<p><b>BLAST OFF</b> 6th Nov—11th Dec Children's therapeutic program re: post family separation for children aged 6-12 years For enquires Ph: 87213500</p>  	<p><b>THERAPEUTIC PARENTING</b> Mount Gambier Children's Centre 31st October—5th December <b>9:30—12:00pm</b> Parenting Program Enquiries Kelly Williams Ph: 87257375</p> 	<p><b>ART JOURNALING</b> Mount Gambier Children's Centre <b>12:30—2:30 pm</b> 7th November—12th December Join Deb Rogers for Art Journaling and catch up each week at the Hub. Bec Ph: 87257375</p> 	<p><b>Play, Learn and Grow... Together!</b> <b>PARENTING TOOLBOX</b></p> 
<p><b>headspace</b> Mount Gambier</p> <p>Mount Gambier provides health services for young people aged 12 - 25 years. At headspace Mount Gambier we offer a confidential, non-judgemental, youth friendly service. 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><b>CIRCLE OF SECURITY</b> Melaleuca Park Kindergarten <b>1:30 – 3:00 pm</b> 30th October—27th November</p> <p>Adult parenting, relationships and attachment program Enquires Ph: 87235513</p> 	<p><b>ABORIGINAL PARENTING PROGRAM</b> 22 Kurrajong St, Mt Gambier <b>1:00pm - 3:00pm</b> During Term Times Enquiries Ph: Laura 87236015</p> 	<p><b>HELPING YOUNG PEOPLE ACHIEVE</b> Job Prospects and Training Prospects 5 Percy Street</p> 	<p><b>Learning Together</b></p> 
<p><b>KELLY WILLIAMS IS AVAILABLE FOR APPOINTMENTS</b> To make an appointment please call <b>87251404 or 87257375</b></p> 	<p><b>CIRCLE OF SECURITY</b> Mount Gambier Children's Centre <b>1:30 – 3:00 pm</b> 23rd October—27th November</p> <p>Adult parenting, relationships and attachment program Enquires Ph: 87257375</p> 	<p><b>IN BALANCE</b> Centacare Office, 13 Penola Road, Mount Gambier Term 4 (weeks 2-9) <b>2:00pm start</b> 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:83036630</p> 	<p><b>MY TIME</b> Melaleuca Park Hub <b>12:30 pm</b></p> <p>During Term Time Crèche available children 0—5 years For parents and carers of children with a disability, developmental delay or chronic medical condition</p> <p>Enquires Ph. Heather Robertson <b>0408599760</b></p> 	<p><b>ac.care</b> opportunities for life... for most people</p>  <p>Mount Gambier Children's Centre for Early Childhood Development and Parenting</p> 
	<p><b>mind</b> Help, hope and purpose Service information and referral Mind Connect 1500 286 465</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><b>Centacare</b> Catholic Family Services</p> 