

# WESTERN FAMILIES FORUM ACTIVITIES AND SERVICES GUIDE

Produced by North West Adelaide Communities for Children

ISSUE 18 / 2018

**UNITING SA**

Communities  
for Children



## PLAYGROUND PROFILE

Allenby Gardens Reserve  
Accessible Playground

Oozes imagination, creativity and huge spaces for sports play. Playground is an inclusive play space, all abilities can enjoy with custom designed equipment by Willplay, their first wheelchair friendly accessible play space.

## Where

95 William Street Beverley

**Suitable for** Toddler +

## Facilities

Wheelchair access; big oval with soccer goals; toilets onsite; BBQ facilities; tennis court; interactive game stations; toddler and baby swings; castles; pirate ships; rock wall climbing; ramps for limited mobility; car parking.

## What's missing?

Fencing; no shade over main play area; limited pram access between play areas; limited seating.

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# Children and families

## ADELAIDE

### **Centacare Adelaide Developing Resilience**

**Who is it for:** Parent/Caregivers

**Where is it:** Centacare Catholic Family Services, 45 Wakefield Street, Adelaide

**Time/Day:** varied

**Description:** Teaching your children to be resilient and robust, especially in times of difficulty

**Supporting Organisation:** Centacare, Adelaide

**Contact:** Bookings essential 8215 6700

## ANGLE PARK

### **Parks Baby Bounce**

**Who is it for:** Families & children 0-2 yrs

**Where is it:** Parks Library, 46 Trafford Street, Angle Park

**Time/Day:** 10.30–11.00am Monday

**Description:** Baby Bounce sessions are designed specially for children aged 0-2 years. Support your baby's early learning by sharing nursery rhymes, music & songs, stories & books and sensory development.

**Supporting Organisation:** City of Port Adelaide, Enfield Libraries

**Contact:** 8405 6530

Website: [www.cityofpae.sa.gov.au](http://www.cityofpae.sa.gov.au)  
[cityofpae.evanced.info/signup](http://cityofpae.evanced.info/signup)

### **Parks Story Time**

**Who is it for:** Families & children 2-5 yrs

**Where is it:** Parks Library, 46 Trafford Street, Angle Park

**Time/Day:** 10.15–11.00am Weds

**Description:** Story Time sessions are designed for children 2-5 years. Your child will love joining in with stories, puppets, rhymes, songs and regular themed sessions.

**Supporting Organisation:** City of Port Adelaide, Enfield Libraries

**Contact:** 8405 6530

Website: [www.cityofpae.sa.gov.au](http://www.cityofpae.sa.gov.au)  
[cityofpae.evanced.info/signup](http://cityofpae.evanced.info/signup)

// You're never too old, too wacky, too wild, to pick up a book and read to a child. *Dr Seuss*

### **Living and Learning Well Through Literacy Parks Children's Centre**

**Who is it for:** Women who would like to improve their written and spoken English

**Where is it:** Parks Children's Centre, 50 Trafford Street, Angle Park

**Time/Day:** 9.00am–12.00pm Tues

**Criteria:** Women only. School Term only. Conditions apply. Please contact our office to discuss course suitability and crèche requirements.

**Description:** English for living and working in Australia for women of all non-English speaking backgrounds. A partnership with Thebarton Senior College. Funded through the Government of South Australia's WorkReady initiative.

**Supporting Organisation:**

Thebarton Senior College

**Contact:** Carlye 8243 5599

Website: [www.parkscs.sa.edu.au](http://www.parkscs.sa.edu.au)

Facebook: Parks Children's Centre

### **Sensory Playgroup Parks Children's Centre**

**Who is it for:** Children under 5 years and their families

**Where is it:** Parks Children's Centre, 50 Trafford Street Angle Park

**Time/Day:** 10.00am–11.15am Weds

**Criteria:** All welcome! Fathers Mothers Grandparents and Carers with children under 5 years of age.

Gold coin donation

**Description:** Supported by our Occupational Therapist Margot. Wear old clothes. Be prepared to have fun and get messy. Fruit time at 10am.

**Supporting Organisation:**

Parks Children's Centre

**Contact:** Carlye 8243 5599

Website: [www.parkscs.sa.edu.au](http://www.parkscs.sa.edu.au)

Facebook: Parks Children's Centre

### **Young Parents Program**

**Who is it for:** Young Pregnant and Parenting People under 20 years and their children

**Where is it:** 40–44 Trafford Street, Angle Park

**Time/Day:** Activities and services provided over a range of days/times

**Criteria:** Young pregnant and Parenting People under 20 years

**Description:** Group activities, antenatal services and groups, health services and case management support

**Supporting Organisation:**

Metropolitan Youth Health Service–WCHN

**Contact:** Michel 8243 5694

### **The First 12 months Parks Children's Centre**

**Who is it for:** Parents/carers with children 0–12 months

**Where is it:** Parks Children's Centre, 50 Trafford Street Angle Park

**Time/Day:** 10.45am–12.00pm Mon

**Criteria:** children under 12 months School term only.

**Description:** Sharing information about being a parent and supporting children to grow and learn. Facilitated by an occupational therapist and family support worker.

**Supporting Organisation:**

Parks Children's Centre

**Contact:** Tracy 8243 5599

Website: [www.parkscs.sa.edu.au](http://www.parkscs.sa.edu.au)

Facebook: Parks Children's Centre

# Children and families

## Parks Children's Centre Friday Playgroup

**Who is it for:** Parents/carers with children 0–5 years

**Where is it:** Parks Children's Centre, 50 Trafford Street, Angle Park

**Time/Day:** 10.00am–11.30am Friday

**Criteria:** All welcome! Fathers Mothers Grandparents and Carers with children under 5 years of age. Bring a gold coin and a piece of fruit to share

**Description:** Supported by our Speech Therapist and qualified Early childhood Workers. Developing social and language skills through singing, stories and play. A time to join in with your child and learn together.

**Supporting Organisation:**

Parks Children's Centre

**Contact:** Carlye 8243 5599

Website: [www.parkscc.sa.edu.au](http://www.parkscc.sa.edu.au)

Facebook: Parks Children's Centre

## Kidstuff

**Who is it for:** Young Pregnant and Parenting People Under 25 years

**Where is it:** 40-44 Trafford Street Angle Park

**Time/Day:** 12.30—2.00pm Fridays

**Criteria:** Young pregnant and Parenting People under 25 years

**Description:** Kidstuff is an interactive youth focussed weekly group for young pregnant and parenting people—covering themes of: nutrition, self—care, health, child development, play, positive parenting strategies, and safety in the home

**Supporting Organisation:** Metropolitan Youth Health Service WCHN; Communities for Children UnitingSA

**Contact:** Michel 8243 5694

## Talking Realities Young Parenting Program

**Who is it for:** Young Pregnant and Parenting Program

**Where is it:** 40–44 Trafford Street, Angle Park

**Time/Day:** Tues, Weds & Fri

**Criteria:** Young Pregnant and Parenting People Under 25 years

**Description:** The unique community based program aims to improve the health outcomes for young pregnant and parenting people under 25 years old and their children. The program supports young parents to make informed choices regarding their health, pregnancy and parenthood. Case management, psychosocial support, and early access to relevant services are provided through the program.

Accredited training is a key aspect of the program which involves peer education, leadership and early childhood development, empowering young parents to develop pathways towards education and future employment, and to support the learning of their children.

**Supporting organisation:**

Metropolitan Youth Health Service Women's and Children's Health Network

**Contact:** Michel 8243 5694

Website: [www.cyh.sa.gov.au](http://www.cyh.sa.gov.au)

## BIRKENHEAD

### Lefevre Kindergarten Playgroup

**Who is it for:** Children & families

**Where is it:** 14 Hughes Street, Birkenhead

**Time/Day:** 1.00–2.45pm Friday

**Criteria:** all welcome

**Description:** Playgroup for children 0–5 years and their parent/carer

**Supporting Organisation:** DECD

**Contact:** 8449 4580

## BLAIR ATHOL

### Learning Together Playgroup

**Who is it for:** Children aged 0–5 and their parent/career

**Where is it:** Blair Athol North B–7 Children's Centre 5 Marmion Ave, Blair Athol

**Time/Day:** 9.00–11.00am Weds & Fri

**Criteria:** Children aged 0–5 and their parent/career

**Description:** Playing with your child in a safe and friendly environment. Helping your child build relationships and learn from others. Discovering how your child learns.

**Supporting Organisation:** DECD, Learning Together

**Contact:** 8168 0700

### Baby Playgroup

**Who is it for:** Babies aged 0–1 (non walking) and their parent/career

**Where is it:** Blair Athol North B–7, Children's Centre, 5 Marmion Ave, Blair Athol

**Time/Day:** 10.00–11.30am Monday

**Criteria:** Babies aged 0–1 and their parent/career

**Description:** Playgroup for babies and their parent/ carer

**Supporting Organisation:** DECD, Learning Together

**Contact:** 8168 0700

## COWANDILLA

### Friday Playgroup

**Who is it for:** Families of children aged 0–5

**Where is it:** Cowandilla Preschool, Cnr Jenkins and Wilson Streets, Cowandilla

**Time/Day:** 9.00–11.00am Friday

**Criteria:** all welcome—school term only Please bring a piece of fruit to share.

**Description:** A fun playgroup for pre-school children. Enjoy songs, painting, play dough and puzzles.

**Supporting Organisation:**

Cowandilla Children's Centre

**Contact:** 8352 5346

// Every day is another chance to become the person we want to be

# Children and families

## ENFIELD

### What's Cool After School —Creative Kids Enfield

**Who is it for:** Children 5–13 years  
**Where is it:** Enfield Library 1 Kensington Cres, Enfield  
**Time/Day:** 3.30–4.30pm Wednesday  
**Description:** Creative kids is a space where kids can gather to create, invent and learn. Enjoy working with lots of different stuff, make friends and most of all—have fun. All activities held fortnightly during term time.  
**Supporting Organisation:** City of Port Adelaide Enfield Libraries  
**Contact:** 8405 6530  
Website: [www.cityofpae.sa.gov.au](http://www.cityofpae.sa.gov.au)  
[www.cityofpae.evanced.info/signup](http://www.cityofpae.evanced.info/signup)

### Enfield Library Preschool Story time

**Who is it for:** Families and children 0-5 years  
**Where is it:** Enfield Library, 1 Kensington Cres, Enfield  
**Time/Day:** 10.15–11.00am Wednesday  
**Description:** This session introduces children and caregivers to a wide variety of books. Come and join in with others to enjoy stories, felt board books, songs, finger rhymes and craft activities.  
**Supporting Organisation:** City of Port Adelaide Enfield Libraries  
**Contact:** 8405 6530  
**Website:** [www.cityofpae.sa.gov.au](http://www.cityofpae.sa.gov.au)  
[www.cityofpae.evanced.info/signup](http://www.cityofpae.evanced.info/signup)

### Enfield Library Baby Bounce

**Who is it for:** Families & children 0–2 yrs  
**Where is it:** Enfield Library, 1 Kensington Cres, Enfield  
**Time/Day:** 10.30–11.00am Thursday  
**Description:** Baby Bounce sessions are designed specially for children aged 0–2 years. Introduce your child to the joys of language by sharing with Nursery rhymes, Finger plays, Music and songs and Stories.  
**Supporting Organisation:** City of Port Adelaide Enfield Libraries  
**Contact:** 8405 6530  
Website: [www.cityofpae.sa.gov.au](http://www.cityofpae.sa.gov.au)  
[www.cityofpae.evanced.info/signup](http://www.cityofpae.evanced.info/signup)

## EXETER

### Pink Parent Playgroup

(for gay families)  
**Who is it for:** Children & families  
**Where is it:** Semaphore Uniting Church 146 Semaphore Road, Exeter  
**Time/Day:** 9.30–11.30am Friday  
**Criteria:** All welcome  
**Description:** Playgroup for children 0–5 years and their parent/carer  
**Supporting Organisation:** Uniting Church  
**Contact:** 8449 3746

### Semaphore Uniting Church Paint, Make & Create Playgroup

**Who is it for:** Children & families  
**Where is it:** Semaphore Uniting Church 146 Semaphore Road, Exeter  
**Time/Day:** 10.00–11.30am Monday  
**Criteria:** All welcome  
**Description:** Playgroup for children 0–5 years and their parent/carer  
**Supporting Organisation:** Uniting Church  
**Contact:** 8499 3746

### Bub's group Baby Playgroup

**Who is it for:** Children & families  
**Where is it:** Semaphore Uniting Church 146 Semaphore Road, Exeter  
**Time/Day:** 1.30–3.00pm Monday  
**Criteria:** All welcome  
**Description:** Playgroup for babies 0–18 months and their parent/carer  
**Supporting Organisation:** Uniting Church  
**Contact:** Val 0400 499 860

## FINDON

### Fun Moves—Nazareth Catholic Community

**Who is it for:** Families and children 3–5 years  
**Where is it:** Nazareth Catholic Community—Findon Campus, Catherine Community Centre, Crittenden Rd, Findon  
**Time/Day:** 9.15–10.00am Thursdays  
**Description:** A dynamic program for 3-5 year olds aimed at integrating pre-schooler activities, friendships and learning! Funmoves is the ideal program to give your child a balanced exposure to a whole range of activities whilst building their confidence, imagination, motor and social skills and language development.  
**Criteria:** Cost \$40 per term. Booking essential. One free trial session  
**Supporting Organisation:** Nazareth Catholic Community  
**Contact:** Nicole Carey 8406 5038  
Email: [nicole.carey@nazareth.org.au](mailto:nicole.carey@nazareth.org.au)  
Website: [www.nazareth.org.au](http://www.nazareth.org.au)

# Children and families

## Nazareth Catholic Community Playgroup

**Who is it for:** Families & children 0–5 yrs

**Where is it:** Nazareth Catholic Community–Findon Campus, Catherine Community Centre, Crittenden Rd, Findon

**Time/Day:** 9.00–10.30am Tues & Fri

**Description:** For all families focussing on skill development, free play, craft, sensory activities, songs and stories. Suitable for babies, crawlers, walkers and toddlers. New families and friends welcome!

**Criteria:** Please bring \$4 and a piece of fruit to share

### Supporting Organisation:

Nazareth Catholic Community

**Contact:** Nicole Carey 8406 5038

[nicole.carey@nazareth.org.au](mailto:nicole.carey@nazareth.org.au)

Website: [www.nazareth.org.au](http://www.nazareth.org.au)

## Storytime @ Nazareth

**Who is it for:** Children aged 0–5 years with their parent/ carer

**Where is it:** Nazareth Catholic Community–Findon Campus, Catherine Community Centre, Crittenden Rd, Findon

**Time/Day:** 9.15–10.00am Wednesdays

**Criteria:** Cost \$4

**Description:** Storytime sessions are a fun way to introduce children to books and reading. Through storytelling, songs and craft it allows children to hear rhymes, stories and language, and broaden their creativity and imagination.

### Supporting Organisation:

Nazareth Catholic Community

**Contact:** Nicole Carey 8406 5038

Email: [nicole.carey@nazareth.org.au](mailto:nicole.carey@nazareth.org.au)

Website: [www.nazareth.org.au](http://www.nazareth.org.au)

## Playgroup @ Findon

**Who is it for:** Families & Children 0–5 years with their parents/caregivers

**Where is it:** Findon Community Centre 222 Findon Road, Findon

**Time/Day:** 9.00–11.00am Tuesday

**Criteria:** All welcome–school term only  
**Description:** Discover Playgroup ... fun and learning for babies, toddlers and pre-schoolers.

**Supporting Organisation:** Playgroup SA; Communities for Children UnitingSA

**Contact:** Free Call 1800 171 882

[info@playgroupsa.com.au](mailto:info@playgroupsa.com.au)

## FLINDERS PARK

### Flinders Park Primary School Vacation Care

**Who is it for:** Children 5–12 years

**Where is it:** 70 Holbrooks Road, Flinders Park

**Time/Day:** 9.00–4.30pm Mon–Fri

**Criteria:** All welcome

**Description:** Vacation Care for school aged children

**Supporting Organisation:** DECD

**Contact:** 8443 9356

### Flinders Park Primary School Playgroup

**Who is it for:** Children & families

**Where is it:** 70 Holbrooks Road, Flinders Park

**Time/Day:** 9.00–11.00am Friday

**Criteria:** All welcome

**Description:** Playgroup for children 0–5 years and their parent/carer

**Supporting Organisation:** DECD

**Contact:** 8443 9356

## GREENACRES

### What's Cool After School —Creative Kids Greenacres

**Who is it for:** Children 5-13 years

**Where is it:** Greenacres Library, 2 Fosters Road Greenacres

**Time/Day:** 3.30–4.30pm Tues & Fri

**Description:** Creative Kids is a space where kids can create, invent and learn. Enjoy working with lots of different stuff, make friends and most of all—have fun. All activities held fortnightly during term time.

### Supporting Organisation:

City of Port Adelaide Enfield Libraries

**Contact:** 8405 6540

Website: [www.cityofpae.sa.gov.au](http://www.cityofpae.sa.gov.au)

[cityofpae.evanced.info/signup](http://cityofpae.evanced.info/signup)

### Greenacres Library Preschool Storytime

**Who is it for:** Families with children 0–5

**Where is it:** Greenacres Library, 2 Fosters Road, Greenacres

**Time/Day:** 10.15–10.45am Tues & Fri

**Description:** Storytime takes place weekly during school term. Library sessions introduce children and caregivers to a wide variety of books. Come and join in with others; enjoy stories, felt board stories, songs, finger rhymes and craft activities.

### Supporting Organisation:

City of Port Adelaide, Enfield Libraries

**Contact:** 8405 6540

Website: [www.cityofpae.sa.gov.au](http://www.cityofpae.sa.gov.au)

[cityofpae.evanced.info/signup](http://cityofpae.evanced.info/signup)

### Greenacres Library Baby Bounce

**Who is it for:** Families with children 0-2

**Where is it:** Greenacres Library, 2 Fosters Road Greenacres

**Time/Day:** 11.30–12.00pm Weds


**Description:** Baby Bounce sessions are designed specially for children aged 0-2 years. Introduce your child to the joys of language by sharing nursery rhymes, finger plays, stories, music and songs.

**Supporting Organisation:** City of Port Adelaide Enfield Libraries

**Contact:** 84056540

Website: [www.cityofpae.sa.gov.au](http://www.cityofpae.sa.gov.au)

[cityofpae.evanced.info/signup](http://cityofpae.evanced.info/signup)

 It is easier to build up a child than it is to repair an adult

# Children and families

## HENLEY BEACH

### Fitness boxing

**Who is it for:** Youth aged 11–16

**Where is it:** Henley & Grange Community Centre 196a Military Road Henley Beach

**Time/Day:** 5.00–6.00pm Thursdays

**Criteria:** Cost \$10

**Description:** Boxing for exercise, incorporating fun cardio and strength exercises—and all in a relaxed environment. It's a full body workout. All abilities welcome.

**Supporting Organisation:**

City of Charles Sturt

**Contact:** Brian 0410 663 873

[www.charlessturt.sa.gov.au/page.aspx?u+45](http://www.charlessturt.sa.gov.au/page.aspx?u+45)

## HINDMARSH

### KidsAreFirst groups

**Who is it for:** Parents who are separated, their children, new parents, extended family members

**Where is it:** Anglicare SA, 184 Port Road, Hindmarsh SA 5007

**Time/Day:** Various

**Criteria:** All welcome

**Description:** KidsAreFirst groups are for parents who are separated and are designed to support parents to develop strategies to effectively respond to the many challenges associated with separation, in particular with regards to the co-parenting relationship and conflict.

**Supporting Organisation:** Anglicare SA

**Contact:** KidsAreFirst 8301 4200

### Banana Splitz groups

**Who is it for:** Parents who are separated, their children, new partners, extended family members

**Where is it:** Anglicare SA, 184 Port Road Hindmarsh SA 5007

**Time/Day:** Various

**Criteria:** all welcome

**Description:** Banana Splitz is a program for children designed to support children to effectively adjust to separation, to reduce their sense of isolation, and to develop an understanding of their experience and associated feelings.

**Supporting Organisation:** Anglicare SA

**Contact:** KidsAreFirst 8301 4200

## KILKENNY

### Paint the Parks & Gardens & Paint the Westside Reading @ Armada Arndale Shopping Centre

Torrens Road Kilkenney

January 15, 11.00am–12.30pm

January 17, 11.00am–12.30pm

January 22, 11.00am–12.30pm

Come along and listen to reading, singing and see our mascots Parker the Reading Pelican, Lizzie the Literacy Lizard near the food court and Optus.

## LARGS BAY

### Largs Bay Primary School Playgroup

**Who is it for:** Children & families

**Where is it:** 215 Fletcher Rd, Largs Bay

**Time/Day:** 8.45–10.20am Tuesday

**Criteria:** all welcome

**Description:** Playgroup for children 0–5 years and their parent/carer

**Supporting Organisation:** DECD

**Contact:** 8449 2000

### Largs North Kindergarten Playgroup

**Who is it for:** Children & families

**Where is it:** Kybunga Terrace Largs North

**Time/Day:** 9.30–11.00am Friday

**Criteria:** All welcome

**Description:** Playgroup for children 0–5 years with their parent/carer

**Supporting Organisation:** DECD

**Contact:** 8248 1353

### Kura Yerlo Inc.

**Who is it for:** Nunga Playgroup for children Birth–5 years

**Where is it:** 208 Lady Gowrie Drive Largs Bay

**Time/Day:** 10.00–12.00pm Friday

**Criteria:** Nunga Playgroup for children Birth–5 years

**Description:** Playgroup for children with their parent/ caregiver with singing, craft, story telling

**Organisation:** Kura Yerlo

**Contact:** 8449 7367

## LOCKLEYS

### Community Playgroup @ Lockleys Children's Centre

**Who is it for:** Families with children 0–5

**Where is it:** Lockleys Children's Centre, 57 Malurus Avenue, Lockleys

**Time/Day:** 9.15–11.15am Monday

**Criteria:** Gold coin donation.

Bring a piece of fruit to share

**Description:** Loads of fun exploring our senses in messy and movement based play!

**Supporting Organisation:** Lockleys Children's Centre

**Contact:** 8443 5758

 Somewhere inside all of us is the power to change the world" – Ronald Dahl

# Children and families

## MANSFIELD PARK

### Playgroup @ St Patrick's Catholic School

**Who is it for:** Children aged 0–5 and their families from Cultural and Linguistic Diverse Backgrounds

**Where is it:** St Patrick's School, 33a Dudley Street, Mansfield Park

**Time/Day:** 9.30–11.30am Weds & Fri

**Criteria:** Children and families from CALD background

**Description:** We provide a range of opportunities for child-centred early learning activities, and parent centre activities and services, including support, networking, modelling and community support and involvement appropriate to the needs of the CALD communities.

**Supporting Organisation:** St Patrick's Catholic School; Communities for Children UnitingSA

**Contact:** Chau 8445 1147

## NEW PORT

### Portlife Church Green Monkeys Playgroup

**Who is it for:** Children & families

**Where is it:** Portlife Church, Causeway Road New Port

**Time/Day:** 9.30–11.30am Weds & Fri

**Criteria:** All welcome

**Description:** Playgroup for children 0-5 years with their parent/carer Level indoor playground and cafe

**Supporting Organisation:** Portlife Church Contact: 8341 5099

## NORTH HAVEN

### North Haven Pre School Playgroup

**Who is it for:** Children & families

**Where is it:** 27–33 Sir Ewen Waterman Ave, North Haven (cnr Hone Ave)

**Time/Day:** 9.00–11.30am Friday

**Criteria:** all welcome

**Services:** Playgroup for children 0–5 years and their parent/carer

**Supporting Organisation:** DECD

**Contact:** 8248 4519

## OSBORNE

### North Haven Community Playgroup

**Who is it for:** Children 0–5 and their parent/carer

**Where is it:** LeFevre Rec Centre, cnr Victoria Rd & Mamora Tce, Osborne

**Time/Day:** 9.30–11.30am Monday

**Criteria:** All welcome

**Description:** Playgroup for children 0–5 years and their parent/carer

**Supporting Organisation:** Community run

**Contact:** Pam 0413 331 380

## OTTOWAY

### Junction Playgroup

**Who is it for:** Families & children 0–5 yrs

**Where is it:** Junction Community Centre 2A May Tce Ottoway

**Time/Day:** 10.00–12.00pm Wednesdays

**Criteria:** Children and families – school term only

**Description:** Playgroup for children and their parents/ caregivers

**Supporting Organisation:**

Junction Community Centre

**Contact:** 8341 1334

Website: [junctioncommunity.org.au](http://junctioncommunity.org.au)

Facebook: Junction community Centre

## PORT ADELAIDE

### Port Library Baby bounce

**Who is it for:** Families with children 0-2

**Where is it:** Port Library, 2-4 Church Street, Port Adelaide

**Time/Day:** 10.30–11.00am Weds

**Description:** Baby Bounce sessions are designed specially for children aged 0–2 years. Introduce your child to the joys of language by sharing Nursery rhymes; Music and songs; Finger plays; Stories.

**Supporting Organisation:**

City of Port Adelaide Enfield Libraries

**Contact:** 8405 6580

Website: [www.cityofpae.sa.gov.au](http://www.cityofpae.sa.gov.au)

[www.cityofpae.evanced.info/signup](http://www.cityofpae.evanced.info/signup)

### Port Library Preschool Storytime

**Who is it for:** Families & children 2-5

**Where is it:** Port Library, 2-4 Church Street Port Adelaide

**Time/Day:** 10.15–10.45am Monday

**Description:** Storytime takes place at each libraries weekly during school term. These sessions are for 2-5 year olds, and offer stories, songs, rhymes, and a simple craft activity. We aim to encourage the enjoyment of reading and libraries

**Supporting Organisation:** City of Port Adelaide Enfield Libraries

Contact: 8405 6580

Website: [www.cityofpae.sa.gov.au](http://www.cityofpae.sa.gov.au)

[www.cityofpae.evanced.inf/signup](http://www.cityofpae.evanced.inf/signup)

### Port Adelaide Uniting Church Port Playgroup

**Who is it for:** Families with children 2–5

**Where is it:** Port Adelaide Uniting Church 169 Commercial Road, Port Adelaide

**Time/Day:** 10.00–11.30am Tuesday

**Description:** A small child explores the world through their senses, so by providing a range of experiences we can maximise the learning for our children and babies in ways they enjoy. Playgroup is a great time to socialise and share experiences with your child and you'll meet other parents and carers with young children.

**Criteria:** Please bring a piece of fruit to share. \$2 donation per family

**Supporting Organisation:**

Port Adelaide Uniting Church

**Contact:** Brenda 0402 895 836

Church 8240 0200

Email: [pauc@chariot.net.au](mailto:pauc@chariot.net.au)

[www.portadelaide.unitingchurch.org.au](http://www.portadelaide.unitingchurch.org.au)

# Children and families

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## Port Adelaide Playgroup

**Who is it for:** Children aged 0-6 and their families

**Where is it:** 58 Dale Street Port Adelaide

**Time/Day:** 10:00–11:30am Thursday

**Criteria:** all welcome

**Description:** We provide a fully supported playgroup that offers a range of early learning activities for children aged 0 to 5 years. All activities are designed to assist with the development of reading, writing and fine motor and social skills.

**Supporting Organisation:** Uniting-Care Wesley Bowden; Communities for Children UnitingSA

**Contact:** Dianne 0477 709 821

## What's Cool After School–DigiKids Port Adelaide

**Who is it for:** Children 8 years and over

**Where is it:** Port Adelaide Library 2–4 Church Street, Port Adelaide

**Time/Day:** 3.30–4.30pm Tuesday

**Description:** Are you curious about coding, interested in robots or keen to learn about new tech with other kids? Then come along and check out Digi Kids for children aged 8 and above who are excited about technology and looking to explore new & exciting gadgets and gizmos.

**Supporting Organisation:**

City of Port Adelaide Enfield Libraries

**Contact:** 8405 6580

Website: [www.cityodpae.sa.gov.au](http://www.cityodpae.sa.gov.au)

[www.cityofpae.evanced.info/signup](http://www.cityofpae.evanced.info/signup)

## QUEENSTOWN

### Monday Playgroup at Kalaya

**Who is it for:** Families with children 0–5

**Where is it:** Kalaya Children's Centre, 50 Webb Street, Queenstown

**Time/Day:** 10.00–12.00pm Monday

**Description:** Families are invited to come along and join in free play with their children. Activity zones are centred around different developmental outcomes, with a sensory play area, gross-motor and fine-motor activities, literacy zone, and a space for children to be imaginative.

**Supporting Organisation:**

Kalaya Children's Centre

**Contact:** Eliza 8447 6519

## RENOWN PARK

### Renown Park Children's Centre Playgroup

**Who is it for:** Families with children 0–5

**Where is it:** Renown Park Children's Centre, 11-17 Napier Street, Renown Park

**Time/Day:** 9.00–10.30am Tuesday

**Description:** Everyone welcome. Mums Dads grandparents and carers with children 5 years and under. Come along for a fun and interactive playgroup.

Please bring a piece of fruit to share

**Supporting Organisation:**

Renown Park Children's Centre DECD

**Contact:** 8346 4306

## ROYAL PARK

### Play 2 Learn

**Who is it for:** Children 0–5 and their families

**Where is it:** United Church Royal Park, 50-52 Tapleys Hill Road, Royal Park

**Time/Day:** 9.30–11.30am Tuesday

**Criteria:** All welcome

**Description:** Join in with other children and parents, create, play, sing, listen to a story and make new friends.

**Supporting Organisation:** Save the Children Australia; Communities for Children UnitingSA

**Contact:** Carmella 0437 790 875

## Hendon Playgroup

**Who is it for:** Children 0–5 and their parent/carer

**Where is it:** Hendon OSHC Room, Hendon Primary School Cedar Ave, Royal Park

**Time/Day:** 9.00–11.00am Friday

**Criteria:** Children 0-5 and their parent/carer

**Description:** Playgroups are for children 0-5 and their families. They provide social interaction for both children and their carers, offering a wide range of activities for children assisting in their development, a chance for carers to meet other carers and form friendships.

**Supporting Organisation:** Playgroup SA; Communities for Children UnitingSA

**Contact:** Free Call: 1800 171 882

[info@playgroupsa.com.au](mailto:info@playgroupsa.com.au)

## SEATON

### Cafe Tuesday

**Who is it for:** Parents/carers, crèche provided

**Where is it:** Seaton North Neighbourhood Centre Cnr Pedlar St & Cairns Ave Seaton North

**Time/Day:** 9.00–11.30am Tuesday

**Criteria:** Parents/carers

**Description:** This group aims to support parents / carers in their parenting role, build confidence, form new friendships, learn new skills, gain access to and learn more about early childhood development and increase community participation. It's a great way to find out what is happening in your community and to meet other parents/carers of young children

**Supporting Organisation:** Uniting-Care Wesley Bowden; Communities for Children UnitingSA

**Contact:** Dianne 0477 709 821



# Children and families

## Sunday Funday

**Who is it for:** Families with children 0–12

**Where is it:** Seaton North Neighbourhood Centre, Cnr Pedlar St & Cairns Ave Seaton

**Time/Day:** 10.00–12.00pm

**Description:** Sunday Funday is a free monthly program for families with children 0–12 years. Each month there is a wide range of indoor and out-door activities to suit all ages. There is a different theme each month.

**Supporting Organisation:** Uniting-Care Wesley Bowden; Gowrie SA; Communities for Children UnitingSA

**Contact:** Dianne 0477 709 821

## Sunday Fun

**Who is it for:** Men and their children aged 0–12 **Where is it:** Seaton North Neighbourhood Centre Cnr Cairns Ave & Pedlar Street, Seaton

**Time/Day:** 10.00–12.00pm Sunday

**Criteria:** Men & their children aged 0–12

**Description:** A range of indoor and outdoor activities are provided, suitable for children aged 0–12 and their Dad; Grandad; Uncle; Carer or other special bloke in their life. Games, making things, sports, cooking, woodwork, painting, kites.... You never know what might be happening!

**Supporting Organisation:** Gowrie SA; Communities for Children UnitingSA

**Contact:** Michael 8234 5219  
michael.hocking@gowriesa.org.au  
Website: www.gowriesa.org.au

## Circle of Security Parenting for Fathers

**Who is it for:** Fathers & Male Caregivers

**Where is it:** Seaton North Neighbourhood Centre Cnr Cairns Ave & Pedlar Street, Seaton

**Time/Day:** 6.00–7.30pm Wednesday

**Description:** Circle of Security Parenting for Fathers provides men with a practical roadmap to assist them in building stronger relationships with their children.

**Supporting Organisation:** Gowrie SA; Communities for Children UnitingSA

**Contact:** Michael or Pam 8234 5219  
michael.hocking@gowriesa.org.au  
Website: www.gowriesa.org.au

## Seaton Community Children's Centre

**Who is it for:** Families who have children aged 6 weeks to school age

**Where is it:** 37 Glenburnie St, Seaton

**Time/Day:** 6.30am–6.00pm Mon to Fri

**Description:** The service provides education and care for children aged between 6 weeks and school age, including school holidays. Included is education programs with a range of learning opportunities for all children

**Supporting Organisation:** Seaton Community Children's Centre  
**Contact:** Carrie Johnson 8347 1839  
seatoncommunitychildrenscentre.org.au

## Seaton Children's Centre Community Playgroup

**Who is it for:** All children and families welcome

**Where is it:** Seaton Children's Centre, Squires Avenue, Seaton

**Time/Day:** 9.30–11.00am Fridays

**Criteria:** Cost \$2 per family

**Description:** A fun and engaging learning space for children and their families of all ages. Come and connect with other local families from our community, share in messy and sensory fun, create some works of art and share some stories and songs together.

**Supporting Organisation:** Seaton Children's Centre  
**Contact:** 8235 9958

## SEMAPHORE

### What's Cool After School —Creative Kids Semaphore

**Who is it for:** Children 5–13 years old

**Where is it:** Semaphore Library, 14 Semaphore Road, Semaphore

**Time/Day:** 3.30–4.30pm Monday

**Description:** Creative kids is a space where kids can gather to create, invent and discover. Enjoy working with lots of different stuff, make friends and most of all—have fun!

**Supporting Organisation:** City of Port Adelaide Enfield Libraries  
**Contact:** 8405 6570  
Website: www.cityofpae.sa.gov.au

### Semaphore Library Preschool Storytime

**Who is it for:** Families with children 1–5

**Where is it:** Semaphore Library, 14 Semaphore Road, Semaphore

**Time/Day:** 10.15–10.45am Thursday

**Description:** This session introduces children and caregivers to a wide variety of books. Come and join in with others to enjoy stories, felt board stories, songs, finger rhymes and craft activities.

**Supporting Organisation:** City of Port Adelaide, Enfield Libraries  
**Contact:** 8405 6570  
Website: www.cityofpae.sa.gov.au  
cityofpae.evanced.info/signup

### Semaphore Library Baby Bounce

**Who is it for:** Families with children 0–2

**Where is it:** Semaphore Library, 14 Semaphore Road, Semaphore

**Time/Day:** 10.30–11.00am Friday

**Description:** Baby Bounce sessions are designed specially for children aged 0–2 years. Introduce your child to the joys of language by sharing with: Nursery rhymes, Finger plays, Music and songs, Stories.

**Supporting Organisation:** City of Port Adelaide Enfield Libraries  
**Contact:** 84056570  
Website: www.cityofpae.sa.gov.au  
cityofpae.evanced.info/signup

# Children and families

## TAPEROO

### LeFevre Uniting Church Playtime

**Who is it for:** Children & families  
**Where is it:** 63 Gedville Road Taperoo  
**Time/Day:** 10.30–12.00pm Thursday  
**Criteria:** All welcome  
**Services:** Playtime for children 0–5 years and their parent/carer  
**Supporting Organisation:** Uniting Church  
**Contact:** 8248 0066

### Sing and Grow @ Ocean View Children's Centre The Hub

**Who is it for:** Families with children 0–4  
**Where is it:** Ocean View Children's Centre, 23 Gedville Road, Taperoo  
**Time/Day:** 10.00am Thursday  
**Criteria:** Referral only. Families who have been identified to have one or more concerns that may impact on a child's development and family relationships  
**Description:** Sing&Grow is a community-driven music therapy project, working to reduce the impact of early adversity. The project focuses on the parent-child-connection in early childhood, creating opportunity for shared music participation and reflective parenting discussions that encourage celebration of daily parenting events.  
**Supporting Organisation:** Sing&Grow Australia and Ocean View Children's Centre DECD  
**Contact:** Annalise 8248 2593

### Our Lady of the Visitation School Playgroup

**Who is it for:** Children 0–5 and their parent/carer  
**Where is it:** Our Lady of the Visitation School, 433 Victoria Road, Taperoo  
**Time/Day:** 9.00–10.30am  
Wednesday during school term  
**Criteria:** Children 0–5 and their parent/carer,  
**Description:** Playgroups are for children 0-5 and their families. They provide social interaction for both children and their carers, offering a wide range of activities for children assisting in their development, a chance for carers to meet other carers and form friendships.  
**Supporting Organisation:** Our Lady of the Visitation School  
**Contact:** 8248 5535

### Talk, Stay and Play

**Who is it for:** Children 2–4 years with their family  
**Where is it:** The HUB–Ocean View College 23 Gedville Terrace Taperoo  
**Time/Day:** 9.30am–11.00am Friday  
**Criteria:** Children and families 2–4 years  
**Description:** A fun and engaging chance for children 2–4 years and their families/ carers to 'TALK, STAY AND PLAY' at a playgroup supported by our Family Services Coordinator and Community Development Coordinator. A great opportunity to engage with other families and children within our community and support your child's wellbeing and development whilst at it.  
**Supporting Organisation:** Ocean View Children's Centre  
**Contact:** Annalise 0418 216 481 or Community Development Coordinator 8248 2598

## WOODVILLE GARDENS

### Learning Together Playgroup

**Who is it for:** Children with families 0–4  
**Where is it:** Woodville Gardens Preschool Ridley Grove, Woodville Gardens  
**Time/Day:** 9.30–11.00am Wednesday, Thursday, Teal building  
**Description:** A supported playgroup recommended for children aged 0–4 yrs  
**Supporting Organisation:** DECD  
**Contact:** Clara 0418 844 516

### Playgroup for Aboriginal Families

**Who is it for:** Carers of Aboriginal or Torres Strait Islander Children Mum; Dad; Grandparent; Aunt; Uncle or Carer  
**Where is it:** Woodville Gardens Children's Centre, Ridley Grove, Woodville Gardens  
**Time/Day:** 12.00–1.00pm Monday  
**Criteria:** Children and families  
**Description:** Playgroup for Aboriginal & Torres Strait Islander Children and their carers providing early learning activities.  
**Supporting Organisation:** DECD  
**Contact:** Family Services Coordinator 0439 535 096

### Learning Together Baby Playgroup

**Who is it for:** Families with Children 0 to confident walker stage  
**Where is it:** Woodville Gardens Preschool Ridley Grove Woodville Gardens  
**Time/Day:** 12.30–2.00pm Thursday Teal building  
**Description:** A supported playgroup recommended for children aged 0 to confident walker stage  
**Supporting Organisation:** DECD  
**Contact:** Clara 0418 844 516

### Autism Support Group

**Who is it for:** Families with children 0–10 years  
**Where is it:** Woodville Gardens Children's Centre, Ridley Grove, Woodville Gardens  
**Time/Day:** 1.30–3.00pm Fri fortnightly  
**Description:** For caregivers of children living with ASD 0-10 years  
**Supporting Organisation:** DECD  
**Contact:** Gloria 8414 8688

# Children and families

## Saturday DAKS!

**Who is it for:** Dads, Granddads, male carers or special blokes

**Where is it:** Rotating venue. Apex Park; Lindfield Reserve; Foreshore behind Harold & Cynthia Anderson Reserve; Mile End Common; Dove Street Reserve

**Time/Day:** Saturday monthly 10.30–12.30pm Rotating venue

**Criteria:** Dads/ male caregivers and their children

**Description:** A play and fun time for dad's with their children, babies to 8 year olds. Lunch provided

**Supporting Organisation:** Cowandilla Children's Centre; Lockleys children's Centre

**Contact:** Bookings required for catering purposes Amy 8352 5346 Briana 8443 5758



## Harts Mill Little Free Library

Take book Return a book

Mundy Street Port Adelaide

## Community and Children's Centres

### COMMUNITY CENTRES

#### Junction Community Centre

2a May Terrace, Ottoway

**Contact:** 8341 1334

#### Findon Community Centre

222 Findon Road, Findon

**Contact:** 8408 1310

#### West Lakes Community Centre

West Lakes Boulevard & Brebner

Drive, West Lakes

**Contact:** 8408 1144

#### Cheltenham Community Centre

62 Stroud Street North, Cheltenham

**Contact:** 8408 1390

#### Seaton North

#### Neighbourhood Centre

Cnr Cairns & Pedlar Ave Seaton

**Contact:** 8408 1122

#### Headspace Port Adelaide

80/78 St Vincent Street Port Adelaide

**Contact:** 8215 6340

### CHILDREN'S CENTRES

#### C.A.F.E Enfield Children's Centre

Pateela Street, Enfield

**Contact:** 8342 3329

#### Cowandilla Children's Centre

Corner Jenkins & Wilkins Street, Cowandilla

**Contact:** 8352 5346

#### Kalaya Children's Centre

50 Webb Street, Queenstown

**Contact:** 8447 6519

#### Lockleys Children's Centre

57 Malurus Avenue Lockleys

**Contact:** 8443 5758

#### Parks Children's Centre

50 Trafford Street, Angle Park

**Contact:** 8243 5582

#### Pennington Children's Centre

Butler Avenue, Pennington

**Contact:** 8268 1200

#### Renown Park Children's Centre

11-17 Napier Street, Renown Park

**Contact:** 8346 4306

#### Seaton Children's Centre

53 Squires Avenue Seaton

**Contact:** 8345 4525

#### Woodville Gardens Children's Centre

Ridley Grove, Woodville Gardens

**Contact:** 8414 8600

# Children's fun physical activities



## Walk the line

**Aim** To improve balance skills

**Age** 3–5 years

**Equipment** Markers, chalk, masking tape, balance board or beam

**Area required** Indoor or outdoor space of suitable size

**Time** 10 minutes

**How?** Using chalk or tape, mark one line on the ground for each child. Demonstrate the movement activity and then ask children to complete each of the following actions along their line (or balance beam): Pretend to be walking along a tight-rope Walk different ways: forwards, backwards, sideways Step over beanbags on the beam or line Jump along the line and back Hop or side-sliding.

**Easier** Use only the easier movement skills. Make the length of the line shorter. Use a wide balance board (approx 20cm) placed on the ground instead of a chalk line.

**Harder** Ask the children to jump, side slide and run along the line in different ways (forwards, backwards, side-wards). Place beanbags on the line that children have to step over. Ask children to walk heel to toe along the line (this is harder than taking a step). Use a narrow balance board placed on the ground or raised a short distance.

**Key points** Children should face forward looking at the line, with arms out to the side for added balance. Children to place one foot in front of the other slowly, ensuring each foot is positioned along the line. Children to try to keep body upright as they walk along line, rather than wobbling from side to side.

## Musical statues

**Aim** To develop jumping and galloping skills

**Age** 3–5 years

**Equipment** Music player and music that the children are familiar with

**Area required** Indoor or outdoor space of suitable size

**Time** 10 minutes

**How?** Use a suitable area so the children have room to move without bumping into each other. You will need to demonstrate each skill and the children may need to practise before adding the music. Next, ask the children to move around the space to the music using a skill that you call out (e.g. jumping like a kangaroo or galloping like a horse). When the music stops, the children must freeze on the spot like a statue. When the music starts they move around again using a different skill. Make this activity non-competitive so all children remain in the game. You could ask each child, in turn, to pick the movements that the other children should copy.

**Easier** Use music with a slower beat and ask the children to do the actions slowly.

**Harder** Ask the children to change direction when doing the locomotor skills e.g. jumping forwards, then sideways etc.

**Key points** Skills involved in jumping: Stand with feet shoulder-width apart on the line Bend the knees Bring arms behind the body Push off with the feet Extend the legs with force Swing the arms forward and upwards for the jump and land with them out in front for balance. Skills involved in galloping: Arms bent and lifted to waist level at takeoff Step forward with the lead foot followed by a step with the trailing foot to a position next to or behind the lead foot There needs to be a brief period where both feet are off the floor Maintain a rhythmic pattern for at least four consecutive gallops.



# Other activities and services

## ADELAIDE

### Centacare Adelaide Developing Resilience

**Who is it for:** Parents/Caregivers

**Where is it:** Centacare Catholic Family Services, 45 Wakefield Street, Adelaide

**Time/Day:** Thursday

**Criteria:** Parents/Caregivers

**Description:** Teaching your children to be resilient and robust, especially in times of difficulty.

**Supporting Organisation:**

Centacare Adelaide

**Contact:** Bookings essential 8215 6700

## BLAIR ATHOL

### Blair Athol North B-7 Children's Centre

**Who is it for:** Families with children aged 0–5 years

**Where is it:** Blair Athol North Children's Centre, 5 Marmion Ave, Blair Athol

**Time/Day:** 9.00am–5.00pm Mon–Fri

**Criteria:** Families with children aged 0–5 years

**Description:** Preschool Occasional Care. Family Day Care Educators Playgroup (referral only). Northern Health Network Family Wellbeing Program (referral only). Watto Purrunga Under 5's ear Health Project Occupational Therapist.

**Supporting Organisation:**

DECD; Health

**Contact:** 8168 0720

## BOWDEN

### UnitingCare Wesley Bowden

**Who is it for:** Families & Individuals

**Where is it:** 77 Gibson Street, Bowden

**Time/Day:** 9.00–4.00pm

Mon, Tues, Wed, Thurs, Fri

**Criteria:**

**Description:** Children's, Family and Youth, and Direct Care Services

**Contact:** 8245 7100

Website: [www.ucwb.org.au](http://www.ucwb.org.au)

## ENFIELD

### C.A.FE Enfield Children's Centre

**Who is it for:** Families & children 0–5 yrs

**Where is it:** C.a.FE Enfield Children's Centre, Pateela St, Enfield

**Time/Day:** Monday–Friday various times

**Criteria:** For families living in; Enfield, Blair Athol, Clearview, Broadview, Gepps Cross

**Description:** Various children and parent programs for families in our local community

**Supporting Organisation:** C.A.FE Enfield Children's Centre & Learning together

**Contact:** Jill Meldrum–Community Development Coordinator 83423329 [jill.meldrum@sa.gov.au](mailto:jill.meldrum@sa.gov.au)

## HINDMARSH & PORT ADELAIDE

### Family Youth Mental Health Support Service FYMHSS

**Who is it for:** Multicultural & Aboriginal and Torres Strait Island children, young people and families

**Where is it:** Milner Road, Hindmarsh, or Butler Street Port Adelaide

**Time/Day:** 9.00–5.00pm Mon–Fri

**Criteria:** We work with Multicultural and Aboriginal and Torres Strait Island young people from birth to 24 years, living in the North West Adelaide council regions

**Description:** Our aim is to improve the emotional and mental wellbeing of multicultural and Aboriginal and Torres Strait Islander youth who may have worries, and/or experience emerging mental health issues. We offer a broad range of services tailored to the needs of the young person and their family

**Supporting Organisation:** Relationships Australia SA

**Contact:** 82458100

## LOCKLEYS

### Lockleys Children's Centre

**Who is it for:** Families & children 0–5 yrs

**Where is it:** Lockleys Children's Centre 57 Malurus Avenue, Lockleys

**Time/Day:** Monday–Friday various times

**Criteria:** For families living in Lockleys area

**Description:** Various children and parent programs for families in our local community

**Supporting Organisation:**

Lockleys Children's Centre

**Contact:** Community Development Coordinator 84455758

Website: [www.decd.sa.gov.au](http://www.decd.sa.gov.au)

## OTTOWAY

### Community Lunches

**Who is it for:** All welcome

**Where is it:** Junction Community Centre, 2A May Tce, Ottoway

**Time/Day:** Last Friday of each Month 12.30–2.30pm

**Criteria:** Held during school term only. Bookings essential by calling 8341 1334

**Description:** 3 Course Meal, \$5 per person. Community Lunch followed by some form of entertainment to provide a comfortable, cheap social outing to the locals.

**Supporting Organisation:** Local businesses who regularly donate ingredients

**Contact:** Admin 8341 1334 or [admin@junctioncommunity.org.au](mailto:admin@junctioncommunity.org.au)

Facebook: The Junction Community Centre

# Other activities and services

## PORT ADELAIDE

### Family Centre UnitingSA

**Who is it for:** Families & Individuals

**Where is it:** 58 Dale Street, Port Adelaide

**Time/Day:** 9.00–1.30pm Mon, Tues, Wed, Thurs, Fri

**Description:** Financial Counselling, Emergency Assistance, No Interest Loans, Playgroups, Legal Services (by appointment Thursdays)

**Supporting Organisation:** UnitingSA

**Contact:** 84402290

### Headspace Port Adelaide

**Who is it for:** Young People 12–25 yrs

**Where is it:** 80/78 St Vincent Street, Port Adelaide

**Time/Day:** 9.00–5.00pm Mon–Fri

**Criteria:** 12–25 years

**Description:** Headspace Port Adelaide is a free health service for young people aged from 12–25 years. Headspace Port Adelaide can help young people and their families with: Mental health; General health; Relationship support; Alcohol and other drug services; Education, employment and training. Have you or someone you know been feeling: Sad, depressed or anxious; worried about alcohol and/or other drug issues; overwhelmed by school or work; tired or sleeping too much; unhappy with your relationships; bullied, hurt or harassed; like you're just not coping?

**Supporting Organisation:** Headspace Port Adelaide; UnitingSA Youth Services; Worskil; Centacare Catholic Services—Navigate and PACE; Mission Australia; SA Mental Health Services; MIND Australia

**Contact:** 82437900

[www.headspace.org.au](http://www.headspace.org.au)

### Men & Family Relationships Counselling Program

**Who is it for:** Men & family relationship

**Where is it:** UnitingSA Family Centre, 58 Dale Street, Port Adelaide

**Time/Day:** 9.30am–3.00pm Mon; Tues; Thurs

**Criteria:** Men and family relationship counselling provides support to those who are dealing with separation, divorce, re-parenting, co-parenting and fathering, parenting and/or communicating skills, and other partner & / or significant other issues. **Description:** The service can work with either partner on one-to-one basis, and also as couples in shared sessions. The service provides highly experienced counsellor/s that are skilled to assist clients dealing with a range of concern/issues affecting their well-being and relationships

**Supporting Organisation:** UnitingSA

**Contact:** Reception on 8440 2299

for more information or Referrals

[www.unitingsa.com.au](http://www.unitingsa.com.au)

### Through the Open Door

**Who is it for:** Families with children up to 12 years

**Where is it:** Western Adelaide

**Time/Day:** Mon–Weds various times

**Criteria:** For families living in Western Adelaide

**Description:** Through the Open Door provides a mechanism for families experiencing adverse, complex circumstances. Support is offered on a short term basis to connect families with identified needs.

**Supporting Organisation:**

Lutheran Community Care

**Contact:** 8349 6099 or 0439 998 163

### Western Adelaide DV Service

**Who is it for:** Women who have lived with or are ex- experiencing domestic or family violence

**Where is it:** Western area please call 8268 7700

**Time/Day:** 10.00am–1.00pm Thursday

**Criteria:** Women living with or fleeing DV, living in the Western area.

**Description:** DV information session offered every school term for women wanting to learn more or get support around DV.

**Supporting Organisation:** Western Adelaide DV Service

**Contact:** 8268 7700

[www.womenssafetyservices.com.au](http://www.womenssafetyservices.com.au)

### Family by Family

Are looking for families wanting support and families wanting to help others? At Family by Family we think that no family should have to struggle alone or rely on services that just don't get it. So we link-up families who are experiencing hard times with families who know what it's like and have ideas to share.

**Contact:** 72354949

Email: [hello@familybyfamily.org.au](mailto:hello@familybyfamily.org.au)

Website: [familybyfamily.org.au](http://familybyfamily.org.au)

If you would like your program promoted in this guide, please contact North West Adelaide Communities for Children on [cfc@unitingsa.com.au](mailto:cfc@unitingsa.com.au)

# Important numbers

## The Smith Family Learning Club Tutors Looking for volunteer tutors

Learning Clubs provide a safe and supportive out-of-school learning environment where primary or secondary students can participate in activities that develop their academic and social skills.

- Are you keen to make a contribution through donation of time?
- Do you want to make a difference to young people in need, through education?
- Are you looking to meet new people and see the impact of your volunteering first-hand? Becoming a volunteer tutor gives you the chance to support students in their educational and personal development.

The Smith Family is currently recruiting Learning Club volunteer tutors.

### Can you help?

**For more information/to register:**

visit: [thesmithfamily.com.au](http://thesmithfamily.com.au)

**Contact:** 1300 397 730

[volunteer@thesmithfamily.com.au](mailto:volunteer@thesmithfamily.com.au)

The Smith Family is a national children's charity that helps disadvantaged young Australians to succeed at school, so they can create better futures for themselves.

Emergency Free Call .....	000
Or from mobiles .....	112
Queen Elizabeth Hospital .....	8222 6000
Beyond Blue .....	1300 224 636
Child Abuse Report Line .....	131478
Crisis Care (24hrs).....	131611
Domestic and Aboriginal Family Violence Gateway Service .....	1800 800 098
Western Adelaide Domestic Violence Service .....	8268 7700
Drug and Alcohol Service (24hrs).....	1300 131 340
Gambling Helpline .....	1800 858 858
Health Direct Australia .....	1800 022 222
Kids Helpline .....	1800 551 800
Lifeline (24hrs).....	131 114
Mensline Australia (24hrs) .....	1300 789 978
Mental Health Triage.....	131 465
Parent Helpline .....	1300 364 100
Poisons Information .....	131 126
Rape and Sexual Assault Service .....	1800 817 421
Reconnect (Homeless Youth Service).....	1800 448 999
SA Power Networks .....	131 366
SA Water .....	1300 650 950
SES .....	132 500
Women's Health Line.....	1300 882 880
Youth Helpline .....	1800 551 800

# Contributing organisations

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Junction Community Centre



If you would like to provide any feedback for this publication, please email [cwoodward@unitingsa.com.au](mailto:cwoodward@unitingsa.com.au)