



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PRESCHOOL (KINDY) 8.15am to 3.45pm	PRESCHOOL (KINDY) 8.15am to 3.45pm	PRESCHOOL (KINDY) 8.15am to 3.45pm	PRESCHOOL (KINDY) 8.15am to 3.45pm	Preschool Enquiries Contact: Preschool Director on 8443 7800
MANY CULTURES: ONE PLAYGROUP (KURLU ROOM) 9.30am to 11.00am School Term Only Weekly from 5 th February A fun playgroup for families with children 0-4 (not yet attending preschool) who are newly arrived to Australia or have English as a second language at home. Contact: 8352 5346. Cost: Free BABY PLAYGROUP & Learning Together (KURLU ROOM) 1.30pm to 3.00pm Weekly from 31 st July A playgroup for parents to engage with their babies in a range of activities including play, reading and singing. From birth to early walkers. Facilitated by Kelly from Learning Together and supported by Judy our OT Bookings required. Contact: 8352 5346 Cost: Free 	IMMUNISATION CLINICS (KARDI ROOM) 9.00am to 11.30am 3 rd Tuesday of the Month 20 th , February, 19 th March and 16 th April Immunisation Clinics are by appointment only, via City of West Torrens website cityofwesttorrens.simplybooking.me Clinic provided by HAIMS. Contact: 8152 0363 LITTLE EXPLORERS PLAYGROUP (KURLU ROOM) 9.00am to 11.00am School Term Only Weekly from 6 th February A fun playgroup for children 0-preschool age who live in the West Torrens council area. Facilitated by Mel Bookings required. Limited numbers. Please contact 8352 5346. Cost: Free OCCASIONAL CARE (KURLU ROOM) 12.15pm to 3.15pm School Term Only A now and then childcare service for children prior to preschool age. Bookings essential Contact: 8352 5346	FunSPOT (KARDI ROOM) 10.00am to 12.00pm 7 th February to 6 th March A targeted playgroup for children 1-4 years of age, not yet attending preschool, with developmental concerns. This group is co-ordinated by our Occupational Therapist and Speech Pathologist, Judy & Maria Bookings essential Contact: 8352 5346. LITTLE BIG BOOK CLUB Ask one of our staff about the FREE Baby Reading Packs.	OCCASIONAL CARE (KURLU ROOM) 8.45am to 11.45am and 12.15 to 3.15pm School Term Only A now and then childcare service for children prior to preschool age. Bookings essential Contact: 8352 5346 	PHYSIOTHERAPY PLAYGROUP (KURLU ROOM) 9.00am to 9.45am 0-2 year old Group 1 10.00am to 10.45am 3-5 year old group 11.00am to 11.45am 0-2 year old Group 2 A playgroup for parents/carers with babies and toddlers, who are looking for support to help their children develop balance, coordination and motor skills. Facilitated by physiotherapy students under the supervision of a UniSA Physiotherapist. For more information contact Denise on 8302 4013 . Bookings essential. PLAYGROUP (KINDY BUILDING) 9.00am to 11.00am During the School Term (except the last week of term) A interactive playgroup for children 0-5. Come along and enjoy various play based activities and meet new families in your neighbourhood. Walk in's welcome for families who live in the West Torrens council area. Cost: Free Contact: 8352 5346 BANANA SPLITZ (KARDI ROOM) SATURDAYS A fun and exciting group program for children aged 6-12 years who have separated parents. Facilitated by AnglicareSA. Contact: 8301 4201
CHILD and FAMILY HEALTH SERVICE (CaFHS) Self Weigh and Measure – Self weigh station facilities are available Mon-Friday during business hours. Developmental Checks – CaFHS nurses can offer health and developmental checks by appointment. Early Parenting Groups – If you are a first time parent you can enquire to join one of the groups for parents with new babies. Bookings essential. For more information about CaFHS services or to book an appointment or into a group please phone 1300 733 606.			 Cowandilla Children's Centre	

Here are some other playgroups happening in our local community...

Session information is provided as a guide only.

Please contact the group contact for more information on the session including cost and program details.

Monday	Tuesday	Wednesday	Thursday	Friday
Learning Together Playgroup When: 9.30am to 11am (during school term) Where: Lockleys Children's Centre, 57 Malurus Ave, Lockleys Cost: Free Please call for more information. Contact: 8443 5758 Bookings required	Baby Time When: 10.30am to 11am Where: Hamra Centre Library, 1 Brooker Tce, Hilton Cost: Free Contact 8416 6228	Story Time When: 10.30am to 11.30am Where: Hamra Centre Library, 1 Brooker Tce, Hilton Cost: Free Contact: 8416 6228	Baby Time When: 10.30am to 11am Where: Hamra Centre Library, 1 Brooker Tce, Hilton Cost: Free Contact 8416 6228	Jean Horan Kindergarten Playgroup When: 12.30pm to 1.30pm (during school term) Where: Jean Horan Kindergarten, Ross Avenue, Flinders Park Contact: 8346 1668 Cost: \$2.50 per visit
Learning Together Baby Playgroup When: 1pm to 2.30pm (during school term) Where: Lockleys Children's Centre, 57 Malurus Ave, Lockleys Cost: Free Contact: 8443 5758 for bookings/enquiries	Toddler Time When: 11.15am to 11.45am Where: Hamra Centre Library, 1 Brooker Tce, Hilton Cost: Free Contact : 8416 6228		Toddler Time When: 11.15am to 11.45am Where: Hamra Centre Library, 1 Brooker Tce, Hilton Cost: Free Contact : 8416 6228	Mums with toddlers Play, Coffee and Chat When: 9.30am to 12pm Where: Forbes Children's Centre, 80 Thomas Street, South Plympton Cost: Free Bookings required Contact: 8293 9000
	Findon Community Playgroup When: 9.15am to 11am (during school term) Where: Findon Community Centre, 222 Findon Rd, Findon Cost: Free Contact: Alicia B 1800 171 882		Fulham Community Centre Playgroup Tuesday and Thursday When: 9.30am to 11.30am (during school term) Where: Fulham Community Centre 19 Fitch Road, Fulham Cost: \$2 per visit Attendance welcome Contact: 8235 1644	Baby Connections When: 1.30pm to 2.30pm Where: Forbes Children's Centre, 80 Thomas Street, South Plympton Cost: Free Bookings required Contact: 8293 9000
			Richmond Minis Welcoming parents, carers & little ones for a chat, cuppa & playtime to connect When: 9am-11am Fortnightly from 1 st February Where: Richmond Baptist Church 141 Richmond Road Richmond FB/Insta - richmond_minis	



We welcome everyone at Cowandilla Children's Centre