



## What's On in July, August and September 2019

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |   |
|--|---|---|--|--|---|
| <b>CHILD CARE</b><br>7.00am – 6.00pm   | <b>CHILD CARE</b><br>7.00am – 6.00pm<br><b>KINDY:</b><br>8.30am – 1.30pm  | <b>CHILD CARE</b><br>7.00am – 6.00pm<br><b>KINDY:</b><br>8.30am – 1.30pm  | <b>CHILD CARE</b><br>7.00am – 6.00pm<br><b>KINDY:</b><br>8.30am – 1.30pm   | <b>CHILD CARE</b><br>7.00am – 6.00pm   |   |
| <b>COFFEE AND CHAT</b><br><b>(CHILDREN'S CENTRE UNIT)</b><br>9.15am to 10:45am<br><b>July 22<sup>nd</sup> to Sept 23<sup>rd</sup></b><br>A group session to chat informally with our Family Practitioner Bronwen and our OT, Huong, about the successes and challenges of parenting. Children welcome and supported.   | <b>MYTIME</b><br><b>(CHILDREN'S CENTRE UNIT)</b><br>9.30am to 11.30am<br><b>July 23<sup>rd</sup> to Sept 10<sup>th</sup></b><br>A support group for parents and carers of a child with a disability, developmental delay or chronic health condition. Nibbles, guest speakers, activities or just to have a laugh with others.<br><b>Free crèche-Booking required to ensure space.</b><br>Call 8382 6161  | <br><b>New Playgroups coming to Wednesdays and Thursdays</b><br>Growing Together Garden Playgroup~<br>~Natural play and relationship building~<br>Pop up Playgroup in the Park:<br>~In the reserve on Vintners Walk~<br>For details contact the centre<br>8382 6161   |  | <b>FREE BREAD</b><br><b>(CHILDREN'S CENTRE)</b><br>Come and grab a loaf or two for your family or neighbour in need.<br>Available from 7.30am  |   |
| <b>LEARNING TOGETHER</b><br><b>SING &amp; MOVE</b><br><b>(OVER 3 ROOM CHILDREN'S CENTRE)</b><br>10.00am to 10.45am<br><b>July 29<sup>th</sup> to Sept 9<sup>th</sup></b><br>Music and movement program for families with young children.<br>Contact: 8382 5950 or 8382 6161<br>   | <b>GRANDPARENTS PROGRAM</b><br><b>NEW COMMUNITY BASED VENUE TBA</b><br>A coffee and chat session for grandparents raising their grandchildren.<br><b>Contact:</b> Trish 0414 761 045,   | <b>FEELING CONNECTED</b><br><b>(CHILDREN'S CENTRE UNIT)</b><br>9.30am to 11.00am<br><b>Fortnightly</b><br><b>July 31<sup>st</sup> to Sept 25<sup>th</sup></b><br>A group for all parents looking to grow a strong bond with their child through Baby Wearing<br><b>Contact:</b> Jess 0435 374 591 Or 8382 6161.   |  | <b>Facebook</b><br>Like us on Facebook<br>Hackham West Children's Centre<br>   | <b>SATURDAY FAMILY PLAYGROUP</b><br><b>10.00am to 11.30am EVERY SATURDAY (CHILDREN'S CENTRE)</b><br><b>FREE SNACK for all</b><br><br><b>RUNS SCHOOL HOLIDAYS</b><br> |
| <b>MINDFULNESS AWARENESS PARENTING</b><br><b>(CHILDREN'S CENTRE UNIT)</b><br>12.30pm to 2.30pm<br><b>July 22<sup>nd</sup> to Sep 19<sup>th</sup></b><br>An 8 week group supporting families and parents to use mindful awareness to focus on themselves with kindness.<br><b>Contact:</b> Tara on 8382 6161 to register your interest and<br><b>Book Free crèche</b> | <b>COOKING TOGETHER</b><br><b>(HACKHAM WEST COMMUNITY CENTRE)</b><br>1.00pm to 2.30pm<br><b>Aug 13<sup>th</sup> to Sept 10<sup>th</sup></b><br>A cooking group for children aged 2-4 and their parent or carer to make healthy, family friendly meals & have fun together.<br>Limited spaces.<br><b>Registration required:</b><br>8384 1065 or 8832 6161<br>In partnership with:<br> | <b>FAMILY SERVICES SUPPORT</b><br><b>Monday to Thursday</b><br>Bronwen and Ruth are here 4 days a week to offer support for you or your family in a wide range of ways. Drop in at the Centre or call up and see if we can help.<br>Navigating NDIS? Family concerns/worries? Unsure about finances? Informal 1:1 chats can make your life easier and suggest pathways to further support if needed.<br>Contact 8382 6161 or just pop by. |  | <b>INTEGRATED CHILD CARE</b><br>Under 3 room and Over 3 room<br>Looking for high quality Child Care? Need ½ days, full days or casual bookings? Come and take a tour of our Centre. Siblings learn together!<br> |   |
| <b>OCCUPATIONAL THERAPY &amp; SPEECH PATHOLOGY</b><br><b>Drop in's &amp; appointment (CHILDREN'S CENTRE UNIT)</b><br>Supporting Children's Development:<br><b>Contact:</b> Centre 8382 6161<br>   | <b>ENROL NOW FOR KINDY</b><br>1 <sup>st</sup> round offers go out in August. Register your interest NOW to secure a place.<br>   |   | <b>S.P.O.T</b><br><b>SPEECH AND OCCUPATIONAL THERAPY SESSION</b><br><b>During Saturday Playgroup: date TBC.</b><br>Do you have questions about how your child listens, talks, eats, sleeps or toilets? That's what Occupational Therapists and Speech Pathologists can help with. We will be discussing these things and more at our SPOT session. Join us for a hands on workshop as our specialist team answers your questions |  |   |

Program Key:

Disability Support

Parenting Group

Family Health & Wellbeing focus

Parents and Kids

Child Development

Community Engagement

Hackham West Children's Centre is a dynamic centre offering high quality care and education, health information and services as well as family support services for young children and their families.

Our dedicated team works in close partnership with families and a range of government, non-government and community agencies to provide programs which nurture and support healthy development and promote positive learning and life outcomes for all children and families.

We support mums, dads and carers through the early years parenting stage and offer a diverse range of opportunities to engage with other parents and to get support to cope with the challenges and delights of raising young children.

We have a variety of programs and events, including Child Care, Kindy, playgroups, health services and family and community programs. We share our services over 2 main locations:

At the **Children's Centre on Vintners Walk** we have our Child Care, Kindy/preschool, Family Playgroup and Learning Together Programs.

At **Hackham West R-7 School** we have our **Children's Centre Unit** where we hold our parenting courses and all other groups. We also connect with the **Hackham West Community Centre** for shared programs.

Participating in both the Children's Centre and the Children's Centre Unit helps you to connect with services for adults only, adults and children together as well as just for children.

We are excited to be part of this community and invite parents, community members and local organisations to get involved with the ongoing development of our centre.

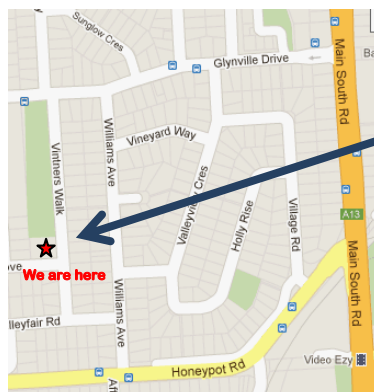
## WE ARE NOW ON FACEBOOK!

Like our page to keep up to date with what's happening in the Children's Centre.....  
search **Hackham West Children's Centre**



Like us on  
**Facebook**

**COMING BY BUS?** You can catch the 743 or 744 to Glynville Drive  
**Stop 59** for the Children's Centre and **Stop 60** for Children's Centre Unit @ Hackham West R-7 School



YOU CAN FIND US  
HERE.