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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | WEEKENDS |
| Preschool  8.45am – 2.45pm  (Group 1) | **Preschool**  8.45am – 2.45pm  (Group 2) | **Preschool**  8.45am – 2.45pm  (Group 1) | **Preschool**  8.45 – 11.45am (Group 1)  12.00pm – 3.00pm (Group 2) | **Preschool**  8.45am – 2.45pm  (Group 2) | 10.00am – 12.30pm  Kids, Blokes  and Dad Jokes  A group for blokes and kids every Saturday during the term  FREE!  Light lunch provided  Contact Andrew on  0423 509 493  or email  Kidsblokesanddads  [jokes@gmail.com](mailto:jokes@gmail.com)  *For more information on our groups and programs please see the back of this flyer….* |
| Occasional Care  8.45am – 11.45am  Under 2s and Over 2s  To book, call Kim 8258 0666  9.00am – 10.00am  Music and Movement with Learning Together  For toddlers - 4 year olds.  Bubbles, shakers, songs, games and stories.  Phone Lesley on  0409 631 775  10.00am – 12.00pm  Learning Together  Playgroup  Ages birth to 4 years.  During school terms.  Please bring a piece of fruit.  **PARENT PAMPER NIGHT**  **Monday,**  **February 25**  **PUPIL FREE DAY**  **Tuesday,**  **March 12** | Occasional Care  8.45am – 11.45am  Over 2s only  To book, call Kim 8258 0666  9.00am – 11.00am  Learning Together Playgroup  Ages birth to 4 years. During school terms. Please bring a piece of fruit    Northern Area Midwifery Group Practice Clinic  Offering one to one midwifery care and birthing options. Available Tuesday mornings and Thursday afternoons.  To make an appointment contact Jo Clarke: 8182 9000  1.00pm – 2.30pm  Circle of Security  Come and learn how to increase positive communication & promote respectful family interactions.  6 weeks starting Feb 2, 2019  Bookings essential  Crèche available  Call Lesley 0409 631 775 | 9.30am – 11.30am  Acorn Parent-Infant Attachment Group  Referral required.  Phone Louise Byrne at Anglicare: 8131 3485  1.00pm- 2.30pm  Connect & Play  *Referral required.*    …and keep up to date with what’s on at  Lake Windemere  B-7 School Children’s Centre! | Occasional Care  8.45am – 11.45am  Under 2s and Over 2s  12.00pm – 3.00pm  Over 2s only  To book, call Kim 8258 0666    9.00am– 11.00am  Financial Counselling  *By appointment.*  Phone Anglicare 8209 5492 to book your appointment.  9.30am – 11.30am  Family by Family  A network of families helping other families make the changes they want to make.  Phone Julia 0429 260 453  1.00pm – 2.30pm  Baby Playgroup  January 31 – March 7  Opportunities for babies and parents to explore and connect through play.  For babies from birth to  pre-walkers.  Facilitated by Occupational Therapist – Belinda Jonkowiak, Community Development Coordinator – Caroline Goldstone, and Family Services Coordinator – Eliza Neander | 9.30am – 12.30pm  Mother Infant- DBT  *Session Full*    1.30am – 2.30pm  Keeping Life Simple  A 6-week course to help bond mum and baby through communication, massage, connection and play. Are you interested in learning how to release tension, strengthen your body, improve posture and restore energy through yoga and mindfulness? Then this class is for you!  Facilitated by Tammy Pahl – Blooming Hearts Yoga and Wellness  $10 for the 6-week block  March 1 – April 5, 2019  Limited spaces. Bookings essential  Phone Caroline or Eliza – 82258 0666 |

**Occasional Care** “Now and then” care for children whose parents or carers need to attend appointments, meetings, or just to have a break! Occasional Care is $5.00 per session, or $1.50 if you have a Health Care Card. Bookings are essential. See Kim at Children’s Centre Reception for more information or if you’d like an enrolment pack for your child.

**Learning Together** Playgroups for children birth to four years. Learning Together groups are free and there is no need to book. Please bring a piece of fruit to playgroup.

Music and Movement Group is for toddlers to four years. Everyone is welcome, preference given to families in the Lake Windemere community. Groups run every week during the school term. Call Lesley on 0409 631 775 if you’d like more information, or if you have any questions. Children’s brains grow rapidly in the first three years and what families do every day affects how children develop and learn. Join a Learning Together playgroup, and sing, play, look, laugh, read, dance, learn, talk, explore and enjoy with your child!

**Baby Playgroup** A free supported playgroup for babies from birth to pre-walkers with a focus on development and play through songs, stories, sensory activities and information. For more information contact Belinda, Caroline or Eliza on 8258 0666.

**Parent Pamper Night** Parenting can be the hardest job in the world! You can’t parent at your best if you’re cup is empty, so why not take some time out for yourself and come along to our parent pamper night. Mini massages, foot spas, dinner and a presentation on understanding the reasons behind, and finding solutions for, tricky mealtime behaviour, fussy eating and feeding difficulties. Creche available for $2per child. Limited places – BOOKINGS ESSENTIAL. Phone 8258 0666 to register.

**Sewing and Craft** Have you got a craft project on the go? Bring it along and chat while you work. Have you been meaning to hem those pants, re-attach that button, or mend that hole? Not sure how? Feel free to come along and learn how! Want some time for you? Want to connect with others? Everyone is welcome. Every Tuesday during the school term.

**Acorn Parent-Infant Attachment Group** The aim of the Acorn group is to provide an opportunity for parents who have experienced some mental health struggles to come together and be supported in their relationship with their child aged birth to 3 years. The Acorn group is structured to strengthen your relationship with your child through experiences of shared play, music and movement, and some parent only time for reflection. Referral required. If you would like to know more about the group or referral process, please call Louise Byrne at Anglicare on 8131 3485

**Financial Counselling** Sometimes we all need a little help with our finances! Do you need support with budgeting, bills, concessions, Centrelink, Child Support, debts or loans? Financial Counsellor Vanessa visits Thursday mornings. This is a free service. Appointment required. To make an appointment or to find out more, call Anglicare on 8209 5492

**Family by Family** Family by Family links up families who are experiencing hard times with families who know what it’s like and have ideas to share. If your family needs support, or if you think your family has something to offer another family, call 7325 4949, email hello@familybyfamily.org.au, or visit www.familybyfamily.org.au or facebook.com/familybyfamily

**Better Goodbyes** Does your child become very upset when you leave the room, or when you are dropping them off into someone else’s care? Come along to hear some information about the topic of separation anxiety and strategies to support your child, in a friendly environment over afternoon tea! Crèche included. Places limited so book

**Circle of Security Parenting** An 8 week relationship based parenting program based on over 50 years of attachment research. Come and connect with other parents, learn about what makes your child tick, and how you can enhance your relationship with your child. Bookings for this group are essential

**Kids, Blokes and Dad Jokes** A Saturday playgroup for children and the important blokes in their lives. Dads, uncles, step dads, grandpas, poppas all welcome! *Please see program flyer for proposed activities, dates and locations*

**Mother Infant DBT** A group therapy program for mothers to support mother/ infant relationship. Referral only

**Connect & Play** A small supported playgroup to assist parents with connecting with their child through play. Referral only. Please call Sarah on 0448 904 557 for more details.

**Keeping Life Simple** Want to learn how to release tension, strengthen your body, improve posture and restore energy through yoga and mindfulness? Join Tammy for this 6-week Mums and bubs course to help build the bond between mum and baby through communication, massage, connection and play. BOOKINGS ESSENTIAL – LIMITED SPACES!