

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Preschool/Kindy</u> 8.00am - 3.00pm Cassowary Group</p>	<p><u>Preschool/Kindy</u> 8.00am - 3.00pm Cassowary Group</p>	<p><u>Preschool/Kindy</u> 8.00am - 3.00pm Emu Group</p>	<p><u>Preschool/Kindy</u> 8.00am - 3.00pm Emu Group</p>	<p><b>TOILET TIME SESSION</b> <b>10.00AM—12PM</b> <b>Friday 10th November</b></p>
<p><u>Learning Together Playgroup</u> <u>Monday</u> <u>NEW TIME OF</u> <b>09.30 am –11.00am</b> A free universal group to enjoy play, engagement and learning together with your children. Facilitated by a qualified Early Childhood Worker. Lauren Robertson This program requires bookings. Contact: 8443 5758 Cost: FREE</p> 	<p><u>Occasional Care</u> 8.30am - 11.30am Affordable now and then care offered to children aged 6 months and older, not attending other early childhood and childcare services. Bookings required. \$1.50 health care card holders \$5 no health care card Contact: 8443 5758 for more information</p> <p>Please Like our Facebook page to receive up to date notices on what's on and new at Lockleys Children's Centre and the community.</p>  <p>Lockleys Children's Centre</p>	<p><u>BUBS ON THE WAY.</u> <u>MUM GROUP</u> For expecting mums. Delivered by Australian Breast feeding Association trained volunteer's and breast feeding councillor Wednesday 22ND November weekly 1.30pm-2.30pm Coffee ,Catch up and connect. Is your baby due soon? In a welcoming friendly Or do you have a newborn? Come along to make new friendships, Find out about welcoming a newborn in the early days. Afternoon tea provided. For questions or to book in Contact: 84435758 or 0498 442371</p>	<p><u>Occasional Care</u> 8.30am - 11.30am Affordable now and then care offered to children aged 6 months and older, not attending other early childhood and childcare services. Bookings required. \$1.50 health care card holders \$5 no health care card Please contact 8443 5758 for more information. <b>Bringing up Great Kids (BUGK)</b> <b>Thursday 19th</b> <b>October - 6 weeks</b> <b>12.45pm-2.45pm</b> 6 Week program for parents/carers to:</p>	<p>Toilet training strategies for children starting toilet training or those experiencing difficulties with learning to use the toilet. Pre school and occasional care and local community families. Cost: FREE Spaces limited <b>BOOK NOW</b> Contact: 84435758 Creche provided</p> <p><u>Playgroup Connect Plus</u> <b>1030am –1230pm</b> An interactive weekly group for children who have a newly identified disability or any developmental concerns including autistic characteristics. Facilitated by Playgroup SA. Diagnosis is not required. Contact : 1800 171882 Cost: FREE</p>
<p><b>Governing Council – Parent Committee</b> We welcome parents and carers to join our Governing Council for 2023 ! A great opportunity to have your say and contribute your ideas to our centre . Contact 8443 5758 <u>Looking to get here using public transport?</u> Both the H22 and H22L bus routes travel along Henley Beach Road and stop at <b>Stop 12 Pierson Street</b>. Walk from Stop 12 down Malurus Avenue and you will find our centre. <b>FOODBANK Now at Lockleys Childrens Centre</b></p>	<p><u>Learning Together</u> <b>Baby Playgroup</b> <b>1.00pm — 2.30pm</b> <b>A Baby Playgroup for 0-12 months/ pre walkers.</b> <b>Facilitated by qualified Teacher and Early Childhood Worker. In Partnership with Learning Together.</b> <b>Bookings required</b> <b>Please call 8443 5758</b> <b>Cost: FREE</b></p> 	<p><b>Managing Big Feelings</b> Lockleys Children's Centre <b>Wednesday 8th November</b> <b>09.00am—10.00am</b> Parent and caregiver information session. Supporting emotional regulation skills Strategies to help you and your child remain calm and regulated. How to respond to your children when they are experiencing big feelings. Re connect with your child after big feelings. Lockleys Children's Centre Wednesday 8th November 09.00am—10.00am To enquire call 8443 5758 RSVP AND TO BOOK www.trybooking.com/CLZUR</p>	<p>Build positive relationships. Understand and respond to children's needs. Understand brain development in children and its influence on their thoughts, feelings, learning, behaviour, and more Bookings essential Contact Rachael— Community Development Coordinator Contact: 8443 5758 Or 0498 442371 CRECHE AVAILABLE SPACES LIMITED <u>Greek Language Class</u> Wednesdays( school term) 3:45pm - 5:30pm A Greek language program for children aged 5+. Please contact 8231 4307 to find out more -Greek Orthodox Community of SA (GOC SA) to discuss fees</p>	<p><u>Speech and Occupational Therapy</u> The Central Early Childhood and Family Services(CECFS) Allied Health team is on site Monday to Friday providing allied health services such as speech pathology and occupational therapy for 0-4 year old children. Contact 8161 7381 to see if you are eligible for this service. <i>Appointment only</i></p> <p><u>CaFHS Early Parenting Group</u> Are you a first time parent? You can enquire to join one of the groups for parents with new babies . To find out more please contact CaFHS on 1300 733 606. Bookings essential</p>



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<p><b>Many Cultures: One Playgroup</b></p> <p>When 09.30-11.00am</p> <p>A fun playgroup for families with children 0-4 (not yet attending pre school)</p> <p>Where: Cowandilla Children's centre</p> <p>Contact: 8352 5346</p>	<p><b>Baby Time</b></p> <p>Tuesdays</p> <p>When: 10.30am to 11am</p> <p>Where: Hamra Centre Library, 1 Brooker Tce, Hilton</p> <p>Cost: Free</p> <p>Contact 8416 6228</p>	<p><b>Story Time</b></p> <p>Wednesdays</p> <p>When: 10.30am to 11.30am</p> <p>Where: Hamra Centre Library, 1 Brooker Tce, Hilton</p> <p>Cost: Free</p> <p>Contact 8416 6228</p>	<p><b>Baby Time</b></p> <p>Thursdays</p> <p>When: 10.30am to 11am</p> <p>Where: Hamra Centre Library, 1 Brooker Tce, Hilton</p> <p>Cost: Free</p> <p>Contact 8416 6228</p>	<p><b>Grandies Playgroup</b></p> <p>Grandparent /Intergenerational Playgroup</p> <p>When: 09.30am– 11.00am</p> <p>Where: Findon Community Centre, 222 Findon Road, Findon</p> <p>Cost: Free</p> <p>Contact Luca Wang 0499 849 978</p>
<p><b>Children's Centres close by</b></p> <p>Cowandilla Children's Centre–</p> <p>Cowandilla - 8352 5346</p> <p>Pennington Children's Centre—8268 1200,</p> <p>Renown Park Children's Centre—8346 4306,</p> <p>Seaton Children's Centre—8235 9958,</p> <p>Woodville Garden's School Children's Centre—8414 8688</p> <p>Raising Children Network</p> <p><b>Raisingchildren.net.au</b></p> <p>Provides ad-free parenting videos, articles and apps backed by Australian experts.</p>	<p><b>Toddler Time</b></p> <p>Tuesdays</p> <p>When: 11.15am to 11.45am</p> <p>Where: Hamra Centre Library, 1 Brooker Tce, Hilton Cost:</p> <p>Free Contact :81466228</p> <p><b>Findon Playgroup</b></p> <p>When: Tuesdays 9.15am –11.15am</p> <p>Where: Findon Community Centre 222 Findon Road</p> <p>Cost: Free</p> <p>Contact 180071882</p> <p>  like us on facebook         </p> <p>Search for our page:</p>	<p><b>Would you like a tour of our Children's Centre at Lockley's?</b></p> <p>Please contact 8443 5758</p> <p>Come and meet our team!</p> <p>  </p> <p>  </p> <p>The ASK website is a website that will connect you to information, free local support services or someone you can talk to.</p> <p>It's ok to ASK for help, so ASK early and ASK often.</p> <p>www.adultssupportingkids.com.au</p> <p>The ASK website is a website that will connect you to information, free local support services or someone you can talk to.</p> <p>It's ok to ASK for help, so ASK early and ASK often.</p> <p>www.adultssupportingkids.com.au</p>	<p><b>The CaFHS Parent Helpline</b> provides telephone information and support for parents and carers of children from birth to five years living in South Australia.</p> <p>Staff are qualified nurses, social workers and community health workers who all receive ongoing training and support.</p> <p>Calls received between 7.15 am - 9.15 pm will be answered by local Parent Helpline staff; calls received outside these hours will be automatically redirected to the national <i>health direct</i> helpline.</p> <p>A range of webinars are available for South Australian parents and carers to discuss key topics for babies and toddlers.</p> <p><b>www.cafhs.sa.gov.au/resources/virtual-parenting-support</b></p>	<p><b>Jean Horan Kindergarten Playgroup</b></p> <p>When: 12.30pm to 1.30pm (school term only except the last week of term)</p> <p>Where: Jean Horan Kindergarten, Ross Avenue, Flinders Park</p> <p>Contact: 83461668</p> <p>Cost: \$2.50 per visit</p> <p><b>PHYSIOTHERAPY PLAYGROUP (KANGAROO ROOM)</b></p> <p>Cowandilla Children's Centre</p> <p>Weekly 9.00am to 9.45am</p> <p><b>0–2-year-old Group 1</b></p> <p>10.00am to 10.45am</p> <p><b>3–5-year-old group</b></p> <p>11.00am to 11.45am</p> <p><b>0–2-year-old Group 2</b> 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 <b>8302 4013</b>. Bookings essential</p>