Cowandilla Children's Centre for Early Childhood Development and Parenting

Term 4 2018

15th October to 14th December

Cowandilla Children's Centre
Cnr Jenkins & Wilson Streets, Cowandilla
Postal address: 34 Wilson St, Cowandilla 5033
General Enquiries: 8352 5346
Preschool (Kindy): 8443 7800
Child & Family Health: 1300 733 606

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PRESCHOOL (KINDY) 8.45am to 11.45am 12.15pm to 3.15pm	**PRESCHOOL (KINDY)** 8.45am to 11.45am 12.15pm to 3.15pm	**PRESCHOOL (KINDY)** 8.45am to 11.45am 12.15pm to 3.15pm	**PRESCHOOL (KINDY)** 8.45am to 11.45am 12.15pm to 3.15pm	***Preschool Enquiries Contact:*** Preschool Director on 8443 7800
OCCASIONAL CARE (KANGAROO ROOM) 9.00am to 12.00pm **School Term Only** A now and then childcare service for children prior to preschool age. **Bookings essential** **Contact:** 8352 5346	**IMMUNISATION CLINICS (EMU ROOM)** 9.00am to 11.30am **3rd Tuesday of the Month** **16th October, 20th November, 18th December** Drop in clinic provided by City of West Torrens. Vaccinations for Babies, Children, & Adults.	**LEAPS AND BOUNDS (KANGAROO ROOM)** 11.00am to 12.00pm A playgroup for parents 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. Numbers are limited. To register your interest. please contact 8352 5346.	**OCCASIONAL CARE (KANGAROO ROOM)** 9.00am to 12.00pm **School Term Only** A now and then childcare service for children prior to preschool age. **Bookings essential** **Contact:** 8352 5346	**PLAYGROUP (KINDY BUILDING)** 9.00am to 11.00am **School Term Only** A fun playgroup for children 0-5 who live in the West Torrens council area. Enjoy songs and activities such as painting, play dough and puzzles. Please bring a piece of fruit to share. **Contact:** 8352 5346
CHILD AND FAMILY HEALTH SERVICE (CaFHS) **Drop in Clinic** 1.30pm to 4.00pm Come in to see a CaFHS nurse for a growth review. No appointments necessary.	**LITTLE EXPLORERS PLAYGROUP (KANGAROO ROOM)** 9.00am to 11.00am **School Term Only** **ODD & EVEN Week Groups** A fun and messy playgroup for children 0-preschool age who live in the West Torrens council area. **Bookings required**. Please contact 8352 5346.	**FunSPOT PLAYGROUP (KANGAROO ROOM)** 1.00pm to 3.00pm **7 Weeks** **17th October to 28th November** A targeted playgroup for children 0-3yrs with developmental concerns. The group is coordinated by our centre's Occupational Therapist and Speech Pathologist. Numbers are limited and a **referral is necessary** to attend the group. Please contact the centre for further information. **Contact:** 8352 5346	**CHILD AND FAMILY HEALTH SERVICE (CaFHS)** **Drop in Clinic** 9.00am to 11.30am Come in to see a CaFHS nurse for a growth review. No appointments necessary.	**ACORN PARENT-INFANT ATTACHMENT GROUP (KANGAROO ROOM)** 9.30am to 11.30am **17th August to 30th November** Attachment based group for mums with mental health struggles and their child/ren aged birth to 3. To register contact 8131 3485.
EARLY PARENTING GROUP First time parents **(EMU ROOM)** By appointment with CaFHS **Ph: 1300 733 606**	**DAD FACTOR (EMU ROOM)** 10.00am TO 12.00pm **6 weeks** **Commencing 23rd October** Aims to provide support, education, promote self reflection and self growth; as well as inspire fathers to value their unique role. Facilitated by AnglicareSA. **Contact:** 8352 5346		**COME & CONNECT PLAYGROUP (KANGAROO ROOM)** 1.30pm to 3.00pm A fun playgroup for families who want to strengthen their connection with their children. Supported by the Family Services Coordinator. **Referral necessary**. Please contact Deb on 8352 5346.	**EARLY PARENTING GROUP** First time parents **(EMU ROOM)** By appointment with CaFHS **Ph: 1300 733 606**
BABY PLAYGROUP (KANGAROO ROOM) 1.30pm to 3.00pm **Fortnightly** **15th & 29th October** **12th & 26th November** **10th December** A playgroup for parents to engage with their babies 12months and under. **Contact:** 8352 5346	**OCCASIONAL CARE (KANGAROO 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			***LITTLE BIG BOOK CLUB reading packs.*** ***Ask one of our staff about the FREE Baby and Toddler Reading Packs.***
MUMMYLINK (KANGAROO ROOM) 1.00pm to 2.30pm **22nd October** **5th & 19th November** **3rd December** A friendship based support group for young and expecting mums under 25yrs. The group is held fortnightly during school terms and offer various activities. **To register** your interest please contact **Deb on 8352 5346.**	**THE FATHER'S JOURNEY (EMU ROOM)** 6.00pm TO 8.00pm **30th October** **27th November** **18th December** An opportunity for fathers to share their unique experiences and journey as a father with other dads. Facilitated by AnglicareSA. **Contact:** 8352 5346			

SATURDAY DAKS!
A play and fun time for dad's, step dads, grandads and male carers with their children, babies to 8yr olds. A light lunch is provided.
10.30am to 12.30pm

13th October – Mile End Common
10th November – Weigall Oval Reserve
8th December – Location to be advised

Bookings required for catering purposes, please contact 8352 5346.

FOR MORE INFORMATION PLEASE PHONE 8352 5346

Government of South Australia

Cowandilla Children's Centre for Early Childhood Development and Parenting

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Cowandilla 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 and dads 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.

There are a variety of programs and events, including Occasional Care, playgroups, health services and family and community programs in one convenient location on the same grounds as Cowandilla Primary School.

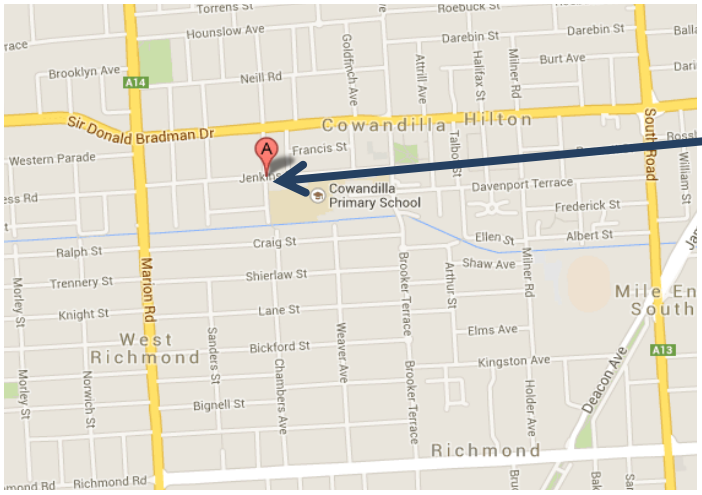
We are excited to be part of this vibrant community and invite parents, community members and local organisations to get involved with the ongoing development of our centre.

WE ARE ON FACEBOOK!

Like our page to keep up to date with what's happening in the Children's Centre…..www.facebook.com/cowandillacc

Like us on Facebook

COMING BY BUS? You can catch the J1 or J2 which travels along Sir Donald Bradman Drive and get off at stop 6A (walk down Wilson St) OR catch the 100 bus that travels along Marion Rd and get off at stop 8D (walk down Jenkins St).



YOU CAN FIND US HERE.