

Monday	Tuesday	Wednesday	Thursday	Friday
<b><u>Preschool</u></b> <b>8.30am- 3.15pm</b>	<b><u>Preschool</u></b> <b>8.30am- 3.15pm</b>	<b><u>Preschool</u></b> <b>8.30am- 3.15pm</b>	<b><u>Preschool</u></b> <b>8.30am- 3.15pm</b>	<b><u>Preschool</u></b> <b>8.30am - 11.30am</b> <b>alternate Friday's</b>
<b><u>Steiner playgroup</u></b> Welcoming families with children under 5 years of age.  <b>Starting 6<sup>th</sup> February</b> <b>9.00am – 11.00am</b> Contact: <a href="mailto:trinitysteinerplaygroup@gmail.com">trinitysteinerplaygroup@gmail.com</a>	<b><u>Occasional Care</u></b> A now and then childcare service for children prior to preschool age  <b>Starting 31<sup>st</sup> January</b> <b>8.30am – 11.15am</b> Contact: 8333 2557	<b><u>Wednesday Playgroup</u></b> <b>Learning Together</b> Community playgroup for families with toddlers and children under 5  <b>Starting 1<sup>st</sup> February</b> <b>9.00am – 10.30am</b> Contact: 8333 2557	<b><u>Occasional Care</u></b> A now and then childcare service for children prior to preschool age  <b>Starting 2<sup>nd</sup> February</b> <b>8.30am – 11.15am</b> Contact: 8333 2557	<b><u>Friday Playgroup</u></b> Community playgroup for families with toddlers and children under 5  <b>Starting 3<sup>rd</sup> February</b> <b>9.00am – 10.30am</b> Contact: 8333 2557
<b><u>Baby Playgroup</u></b> <b>Learning Together</b> A supported playgroup for families with children from birth to confident walker  <b>Starting 30<sup>th</sup> January</b> <b>1.00pm – 2.00pm</b> Contact :8333 2557	<b><u>Occasional Care</u></b> A now and then childcare service for children prior to preschool age  <b>Starting 31<sup>st</sup> January</b> <b>12.00pm – 2.45pm</b> Contact: 8333 2557	<b><u>My Time</u></b> Support group for parents and carers who are caring for a child with a disability, medical condition or developmental delay  <b>Starting 8<sup>th</sup> February</b> <b>12.00pm – 2.00pm</b> Contact Silvana: 0488 151 789	<b><u>Midwife Clinic</u></b> <b>8.30am- 4.30pm</b> Contact the pregnancy SA Referral line on  <b>1300 368 820</b> <a href="http://www.childrenscentres.sa.gov.au/antenatal">www.childrenscentres.sa.gov.au/antenatal</a>	<b><u>Multiple Births Playgroup @ Trinity Gardens</u></b>  <b>A safe and supportive space for families with twins and triplets &amp; more to play and connect</b>  <b>11.00am - 12.30pm</b> Contact: <a href="mailto:sarahkatedodd@gmail.com">sarahkatedodd@gmail.com</a>
<b><u>Child Wellbeing Service</u></b> Annemarie Monck Alternate Mondays during the School term  <b>Starting 30<sup>th</sup> January</b> <b>8.30am- 4.30pm</b>  For further information contact: 0488 016 586 or <a href="mailto:amonck@actnowpsychology.com">amonck@actnowpsychology.com</a>		<b><u>Babies Music Journey</u></b> Bringing parents and Babies together with music. <b>Birth to confident walker</b>  Presented by Lizzie Holbert Specialist Music Educator  <b>5 Week program</b> <b>Total cost \$10</b>  <b>Starting 1<sup>st</sup> March 2023</b> <b>3.30pm- 4.30pm</b> Contact: 8333 2557	<b><u>Early Parenting Group (5 Week program)</u></b>  Facilitated by Child and Family Health Service staff (CaFHS)  <b>1300 733 606</b>	
<b><u>Links to Wellbeing</u></b> Peri Natal Wellbeing Counselling for Mothers and Fathers who have child 1 year and younger  Alternate Mondays during the School term <b>Starting 23<sup>rd</sup> January</b> <b>9.00am- 4.30pm</b>  For further information contact: 8326 3591	 <a href="http://www.adultssupportingkids.com.au">www.adultssupportingkids.com.au</a>	<a href="http://www.facebook.com/trinitygardens.childrenscentre">www.facebook.com/trinitygardens.childrenscentre</a>  and more information about our services and what we offer on  <a href="http://www.trinitygardenscc.sa.edu.au">www.trinitygardenscc.sa.edu.au</a>		
<b><u>Dad's Playgroup</u></b> An opportunity for Dads (any male caregiver) and children to interact and socialise with other Dads in play-based setting.  Birth to 6 years <b>Saturday</b> <b>4th Feb, 4th March, 1st April</b> <b>10.00am to 12.00pm</b>  Call on 8333 2557 to register your interest in this group		<b><u>Mum's Wellbeing Group</u></b> A support group for Mum's with babies 0-12 months old  <b>Saturday</b> <b>4th March and 1st April</b> <b>10.00am to 11.30am</b>  Contact: <a href="mailto:postnatalmumswellbeing@gmail.com">postnatalmumswellbeing@gmail.com</a>		