

Whats on Term 3, 2026?

Monday



A Playgroup for families with children who are 2.5-4 years, facilitated by Early Childhood Teachers/Educators

9:30am to 11am

Contact:

Andrea 0408 290 807
or Mary 0403 570 057



FAMILY BY family

Family by Family is a family support program facilitated by professional coaches and lived experienced volunteers.

To find out more, please go to

www.unitingcommunities.org/service/families-and-young-people/family-by-family
or scan the below QR code



Tuesday

**Helen Mayo House
(WCH Health Network)
MI -DBT program
Strictly by referral only**



**Growing Learners-
Developing Dispositions
5 week program,
commencing 4th August.**

1:15pm to 2:30pm

**Bookings are essential
Contact:
Dale 0423 024 284**

Wednesday



Child and Family Health Service (CaFHS)

For a children's health check with a CaFHS nurse or
CaFHS Early parenting group for first time parents.

Groups run for 4 weeks

Please call 1300 733 606 or go to
www.cafhs.sa.gov.au

Thursday



Child and Family Health Service (CaFHS) Clinic

For a childrens health check with a CaFHS nurse, please call **1300 733 606**

or go to

www.cafhs.sa.gov.au to
book an appointment



Little Movers

A supported Playgroup for families with children who are confident movers 2-3 yrs

9:30-11:00am

Baby Playgroup

A supported Playgroup for families with children Birth to 2 yrs.

1pm -2pm

**Bookings essential
Contact:**

**Michelle 0427 856 906 or
Mary 0403 570057**

Friday

My Time

Peer support program for parents/carers of a child with a disability, chronic medical condition or or any other other additional need.

Please call **Silvana
0488 151 789
9:30am to 11:30am**

Occasional Care

An integrated program for children aged 2-4 years.

9am to 12noon

Eligibility criteria exists.
Bookings are essential

Please phone
8261 2733 and ask to
speak with the Children's
Centre team for
information and bookings