

## COMMUNITY

### FLEURIEU HOMELESSNESS SUPPORT SERVICES -

Provides short to medium term support for families & individuals who are homeless or at risk of becoming homeless.

**When:** Monday to Friday 9am—5pm—8555 3277

**Where:** Victor Harbor, Alexandrina & Yankalilla council areas.

### PARENT STUDY GROUP— 8555 2509

**When:** 9am—12pm Tuesdays Creche Provided

**Where:** Goolwa Childrens Centre. Bookings essential

### UNFINISHED PROJECTS CRAFT GROUP

**When:** Monday's 1—4pm Creche provided Start. Jan 22nd

**Where:** VHarbor Baptist Church, Sutherland St, Hayborough

**Cost:** Gold coin Donation—Creche will be provided. BYO supplies

## FOR GRANDPARENTS

### ARE YOU A GRANDPARENT LOOKING AFTER GRAND-CHILDREN? - Deana 8551 0543

Fleurieu Families is wanting to develop a new program to help support you in your journey

## FOR WOMEN

### CENTACARE - Counselling Services - 8215 6310

Aldinga, Goolwa and Victor Harbor

**Cost:** Sliding scale depending on income, Concession for card holders. **Financial Counselling Free**

### FLEURIEU DOMESTIC VIOLENCE—Junction Australia

Supporting women, children and young people who are living with, or escaping from domestic and family violence.

**Contacts:** 1300 694 961 or 8555 0817

**Emergency (Domestic Violence Help Line):** 1800 800 098

**Police Attendance:** 131 444

### YOUNG MUMS GROUP—8555 2509

**When:** Tuesdays Fortnightly 10—11.30am

**Where:** Goolwa Childrens Centre, Brooking St, Goolwa

### SOCIAL BUTTERFLIES—8551 0542

Group for women looking to connect with others.

### BUTTERFLIES—8551 0542 Support group for women who

wish to explore the effects of violence and abuse on their lives.

Phone to book into a group.

## FOR MEN

### DAD FACTOR— 8555 3941

**When:** Thursdays 12.30—2.30pm

**Where:** Goolwa Community Centre, 37a Gardiner St, Goolwa

### Dads & Kids Dinner' R.A.M.S.' (Responsible Adult Males)

**When:** 3rd Monday of each month at 6:30—8pm

**Where:** Goolwa Children's Centre, Brooking Street, Goolwa

**Contact:** David Hammond 8555 2509

### CENTACARE- Counselling - 8215 6310 for appointment

Couples, Children, Individuals. Goolwa/Victor Harbor/Aldinga

### MEN'S SHED—Fridays at the Encounter Centre 8552 2995

### MENS'S ENGAGEMENT NETWORK M.E.N.

**Contact:** 0422 469 660

## LIBRARY

### YANKALILLA LIBRARY SERVICE

**Yankalilla**

**Where:** Yankalilla Community Centre, Main Road Yankalilla

**Contact:** 8558 2043

**Story time** 10am on Wednesdays

### ALEXANDRINA LIBRARY SERVICE

**Goolwa—11 Cadell Street, Goolwa**

**Service:** Baby Bounce and Rhyme

**When:** Tuesday 10.30am -10.50am (during school term)

**Service:** Story telling & Craft activities for children 0-10 years

**When:** Tuesday 10.50—11.20am

**Contact:** 8555 7000

**Strathalbyn-1 Coleman Terrace, Strathalbyn—8555 7000**

**Services:** Baby Bounce and Rhyme

**When:** Thursday 10.30am - 10.50am (during school term)

**Services:** Story telling & Craft Activities for children 0-10 years

**When:** Thursday 10.50—11.20am

**Mt Compass—8555 7000**

**Where:** Mt Compass Area School, Peters Terrace, Mt Compass

**Hours:** Mon to Frid 8:45am—4:15pm during school terms, Wed.

10am—12pm during school holidays

**Port Elliot - 16 Strand, Port Elliot—8555 7000**

**Hours:** Wed. 2pm—4:30pm & Sat. 9:30am—12noon

**Milang Coxe St Milang - 8555 7000**

**Hours:** Monday 3-5pm and Friday 9.30 -12pm (Wednesday 10am-12pm if public holiday falls on either Monday or Friday.)

### VICTOR HARBOR LIBRARY SERVICE

**Where:** Victor Harbor Library Corner of Bay Road

**Service:** Encounter Rhyme and Storytime

**When:** Tuesdays 9:45—10:30am Wednesdays 10:30—11:15am

**Contact:** 8551 0730

**Service:** Encounter Book Crew

### Helpline (24 hours)

Alcohol & Drug Info Service 24/7	1800 198 024
Beyond Blue (Support for Depression 24/7)	1300 224 636
Child Abuse Report Line	13 14 78
Domestic Violence Help Line 24/7	1800 800 098
Domestic Violence Crisis Service	8223 2200
Gambling Helpline 24/7	1800 060 757
HealthDirect 24/7	1800 022 222
Kids Help Line 24/7	1800 551 800
Life Line Counselling 24/7	13 11 14
Men's Line 24/7	1300 789 978
Parent Helpline 24/7	1300 364 100
Poisons Info centre	13 11 26
Pregnancy, Birth & Baby 24/7	1300 368 820
Post Natal Support 24/7	1800 182 232
SIDS & Kids 24/7	1300 308 307
Suicide Call Back Service 24/7	1300 659 467
Sexual Health (Shine SA)	1800 188 171
The Line (Relationship support) 24/7	1300 363 622
Youth Healthline	1300 131 719
Quitline	13 78 48

# Fleurieu Families

'Fleurieu Families is a Father Friendly Program'

## Parenting Calendar February ~ April 2018



Further information is available from

Kerry Ph: 8551 0553

Email

kpomery@victor.sa.gov.au

Fleurieu Families

Deana Constable

8551 0543

Leann Symonds

8551 0542

Kerry Pomery

8551 0553



Fleurieu Families is a partnership between the City of Victor Harbor, Alexandrina Council, District Council of Yankalilla, the Australian Government Department for Social Services and the South Australian Government Department for Communities and Social Inclusion.

## HEALTH

### **Onkaparinga IMMUNISATION CLINIC - 8384 0666**

**Goolwa** (Lg Meeting Room, Alexandrina Council, Cadell St)

**Strathalbyn** (Community Centre, 1 Coleman Tce) ph for dates & times

### **CHILD and FAMILY HEALTH SERVICE—1300 733 606**

**Victor Harbor** - 15 Victoria St VH Council in the CAMHS building

**Goolwa** - Goolwa Children's Centre Mondays by appointment only

**Strathalbyn:** CWA Building, Sunter Street.

### **CHILD & ADOLESCENT MENTAL HEALTH SERVICE**

Counselling & Support for children 0 - 15years & their families

**Where:** 15 Victoria St, Victor Harbor **Ph: 8552 9874**

**Where:** 23 Victoria Crescent, Mount Barker **Ph: 8391 3922**

### **'EARLY PARENTING GROUP' - 1300 733 606**

Helpful sessions for first time mums on feeding and settling your baby by a CaFHS nurse. **FREE Phone for details of when & where**

### **SOUTHERN FLEURIEU HEALTH SERVICE— 8552 0600**

**What:** Early Intervention, Mental Health Team, Clinical Psychology, Dieticians, Speech Pathology, Occupational Therapy, Physiotherapy, Youth Mental Health,

**Where:** Harborview Terrace, Victor Harbor (behind hospital)

### **FREE SPEECH AND OCCUPATIONAL THERAPY**

### **SCREENING ASSESSMENTS 0—5YEARS**

**When:** Thursdays & Fridays

**Where:** Goolwa Children's Centre

**Contact:** 8555 2509 Phone for an appointment

### **FAMILY MENTAL HEALTH SERVICES (0-18YR) FREE**

*Are you concerned about the Mental Health of your child?*

**Contact:** 8202 5200. Victor Harbor, KI & Alexandrina Council areas.

### **CONNECTING THE DOTS— 0499 373 148**

support group for people suffering depression and anxiety.

**When:** Tuesdays or Wednesdays 1—3pm to be confirmed

**Where:** Strathalbyn

## GENERAL PARENTING

### **THE GARDEN— a FREE 8 week program for 0 -4yrs olds.**

**When:** Thursdays during school terms 9.30—11am. Start, 8th Feb

**Where:** Goolwa Childrens Centre

**Contact:** Janette 82156320

### **SING & PLAY—Music & Movement for 0—3yr olds—FREE**

**When:** Thursdays 9.30—11am

**Where:** Goolwa Childrens Centre , Brooking St, GOOLWA

**Contact:** Jo Carroll 85552509 or 0427858271

### **MY TIME - Fleurieu Families—FREE**

A Support group that offers local support for mums, dads, grandparents and anyone caring for a child (under 16) with a disability or chronic illness.

**Where:** Victor Harbor Childcare & Ed. Centre (next to the hospital)

**When:** Fortnightly Wed 9.30am-12.30pm, starting 7th Feb

**Contact:** Fleurieu Families Kerry 8551 0553 (creche available)

### **'Our Time' (formerly P.O.D's) - 8551 0543—FREE**

A group for parents of children with a disability who would like to meet with other parents in similar circumstances

**When:** Monthly 10am—12pm,

**Where:** Emmanuel House, 2 Chapel Street, Strathalbyn

## PLAYGROUPS

### **SOUTH COAST**

### **MULTI-JOY (multiple birth Group) - FREE**

*Connect with other families of multiple births & share invaluable info*

**Where:** Port Elliot Kindergarten, Wright Street, Port Elliot

**When:** Tuesdays Fortnightly 10am- 12:30pm. Start 6th Feb

**Contact:** 8551 0553

### **PORT ELLIOT PLAYGROUP—8554 2962**

**Where:** Port Elliot Kindergarten 5 Wright Street Port Elliot

**When:** Fridays 9am—12pm

### **GREAT START PLAYGROUP—FREE**

Focusing on play activities from DECD 'GreatStart' Everyday Ideas for learning website. For 0—5year olds

**When:** Fridays 9:30—11

**Where:** Goolwa Children's Centre

**Contact:** 8555 2509.

### **LITTLE STEPS—8552 2675**

**When:** Wednesday 9.30—11am

**Where:** Victor Harbor Baptist Church 74-76 Sutherland Ave V.H

**Cost:** \$3 per family. Bring fruit to share

### **BUB HUB—Babies Playgroup during school terms—FREE**

**Victor Harbor Investigator College:** Thurs 9.30—10.30am

**Goolwa Investigator College:** Wed 9.30—10.30am

### **LITTLE INVESTIGATORS PLAYGROUP**

### **Goolwa & Victor Harbor**

**Where:** Goolwa Investigator College , 2 Glendale Grove. 8555 7500

**When:** Wednesdays during school terms 9am—10:30am

**Where:** V Harbor Investigator College , Bacchus Rd 8551 0900

**When:** Fridays during school terms 9am—10:30am

**Cost:** \$2 per family—bring fruit to share

### **GOOLWA COMMUNITY PLAYGROUP- 8555 2509**

**When:** Monday 9.30 -11.30am

**Where:** 'Open Door' Activity Hall Collingwood Street Goolwa

**Cost:** Contact for fees

### **BUSY BUGS ACTIVE KIDS PLAYGROUP**

**When:** Thursdays 10am—12pm

**Where:** Bayside Church, 10 Commerce Crs, Hayborough/Pt Elliot

**Cost:** \$5 per session per family (up to 3 children) 8552 6789

### **FOOTLOOSE ON FRIDAYS— 8552 8377 FREE**

**When:** 10—11.30am Fridays during school terms

**Where:** Adare Uniting Church Hall, 3—5 Adare Ave McCracken

### **MONTESSORI PLAYGROUP**

**When:** Mon, Tues, Wed & Frid 9.30—11.30

**Where:** Mill Road, Victor Harbor

**Cost:** Contact 0410 309 874 for info and costs

### **NEW PARENT GROUP—8555 2509 FREE**

**When:** Mondays 12—2pm or 2—4pm

### **EASTERN FLEURIEU**

### **MILANG PLAY CENTRE - 8537 0181**

**When:** Tuesday Morning 9.30am-11.30am at Milang School

**Cost:** \$1 per child or \$1.50 for 2 children

### **LANGHORNE CREEK PLAY CENTRE - 8536 4277**

**When:** Monday morning 9.30-11.30

**Cost:** Contact for fees

## PLAYGROUPS

### **STRATHALBYN PLAYGROUP— 0487881645**

**When:** Monday's 9:30 - 11:30am

**Where:** Strathalbyn CWA Hall (next to C&YH)

**Cost:** First two visits free. Contact for fees

### **STRATHALBYN KINDERGYM -**

**When:** Tuesdays & Wednesday 9.30-10.30 & 10.30 -11.30

**Where:** Show Hall, Coronation Road, Strathalbyn

**Cost:** First Session Free, Contact for fees

### **MOUNT COMPASS -**

### **MOUNT COMPASS PLAYGROUP - 8556 8342**

**When:** Friday 9:30 - 11:30

**Where:** Mount Compass Preschool, Oval Rd, Mount Compass

**Cost:** Contact for fees

### **MOUNT COMPASS PLAYGYM - 8556 4592**

**When:** Tues 9:30 - 11am

**Where:** War Memorial Hall, Peters Tce, Mount Compass

**Cost:** Contact for fees

### **YANKALILLA**

### **YANKALILLA PLAYGROUP - 8558 2387**

**When:** Fridays 9:30 - 11:30am

**Where:** Yankalilla Children's Centre

**Cost:** \$2 per family

### **WIGGLE & GIGGLE—8551 0553 FREE**

*Music and Movement for children 0—5*

**When:** Tuesday Mornings 9.30—10am during school terms

**Where:** Yankalilla Community Centre

## CHILDREN'S ACTIVITIES

### **BOOKS IN THE BURROW**

*2.5 to 5 years - song, rhymes, stories and craft*

**When:** Tuesdays during school term Tuesdays 9 -10am

**Where:** Encounter Lutheran College, Adelaide Rd, Victor Harbor

**Cost:** \$10 per term or \$2 per session, per family.

### **BABES IN THE BURROW**

*0 to 2.5 years—song, rhymes and stories*

**When:** Wednesdays of the school term 9—945am

**Where:** Encounter Lutheran College, Adelaide Rd, VH

**Cost:** \$10 per term or \$2 per session, per family.

### **MAINLY MUSIC—A fun interactive music & craft session for**

*parents/caregivers of children 0-5*

**When:** Thursdays 9:30—10:45

**Where:** 30 East Tce, STRATHALBYN 8536 2004

**When:** Mondays 9.30am

**Where:** Salvation Army Hall, Cnr Crozier and Torrens St, V. Harbor

**Cost:** \$5 per session per family (first session free)

### **AFTER SCHOOL LEGO**

### **VICTOR HARBOR PUBLIC LIBRARY**

**When:** Mondays 3.45—4.30pm 5—18yrs

### **YANKALILLA LIBRARY**

**When:** Monday's 2.30—3.30pm 5+

**Cost:** Gold Coin Donation

### **LEGO CLUB—for Autism Spectrum families**

**When:** Saturdays fortnightly 1—2.30pm

**Where:** Anglican Church Hall, Crocker St Goolwa

**Cost:** Gold Coin Donation—0423 533577 or 0421491 927