

COMMUNITY

FLEURIEU HOUSING SUPPORT SERVICES - 8555 3277

We provide short to medium term support for families and individuals who are homeless or at risk of becoming homeless.

When: Monday to Thursday 9am—5pm Fridays 9am—12pm

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

FUN ON THE FLEURIEU 0—5YEARS—FREE EVENT

Fun activities provided free by local services in our community.

When: Friday 4th November 9.30—11.30am

Where: Investigator College, performing arts & sports centre, Bacchus Rd, Victor Harbor

FAMILY FITNESS— Renee 0437 655 502

When: Mondays 9:15—10:30am

Where: Yankalilla Children's Centre . Creche provided

FOR GRANDPARENTS

GRANDPARENTS-RAISING GRANDCHILDREN

VICTOR HARBOR—Deana 8551 0543 (Fleurieu Families)

Where: Old school Building, Hindmarsh Rd, V. Harbor, next to KFC

When: 10:30am - 12pm, 1st Tuesday of the month

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

WOMEN'S SUPPORT GROUP—0499 373 148

When: Mondays 9:30am

Where: Good Shepherd Hall, 1 Chapel St, Strathalbyn

FOR MEN

DAD FACTOR—6 week program—for males to get together and discuss their roles and build supports around parenting.

Where: Goolwa Children's Centre 8555 2509 for more info

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

MENS SUPPORT GROUP—0499 373 148

When: Thurs 1—3pm

Where: Good Shepherd Hall, 1 Chapel St, Strathalbyn

LIBRARY

YANKALILLA LIBRARY SERVICE

Yankalilla

Where: Yankalilla Community Centre, Main Road Yankalilla

Contact: 8558 0264

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

When: 3.45pm Wednesdays fortnightly starting 4th May

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

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 July ~ September



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 - 2 George Main Rd, opp. VH Council at carpark level.

Mon & Wed by appt. 'Open Time' no appt. needed Wed 10 - 12pm

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 Ph 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, Women's Health Counselling.

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 Ph: for an appointment

FAMILY MENTAL HEALTH SERVICES (0-18YRS)

Are you concerned about the Mental Health of your child. FREE

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

CONNECTING THE DOTS— 0499 373 148

support group for people suffering depression and anxiety.

When: Wednesdays 12:30pm

Where: Good Shepherd Hall, 1 Chapel St, Strathalbyn.

GENERAL PARENTING

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 Wednesday 9.30am-12.30pm, starting 3 Aug

Contact: Fleurieu Families Kerry 8551 0553 (creche available)

'Our Time' (formerly P.O.D's) - 8551 0553

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

When: Monthly last Monday of the month 10am—12pm,

Where: Emmanuel House, 2 Chapel Street, Strathalbyn

PARENT STUDY GROUP— 8555 2509

When: 9am—11:30am

Where: Goolwa Childrens Centre. Creche Provided

Ph: 8551 0542 Creche Provided, Bookings Essential

BRINGING UP GREAT KIDS—Parenting Program—FREE

Building positive, respectful relationships with your child.

When: Tuesdays 4 weeks Aug 16 to Sept 6 12.30—3.30pm

Where: Goolwa Childrens Centre, Brooking Street, Goolwa

Contact: 8555 2509 Creche available, bookings essential.

PLAYGROUPS

EASTERN FLEURIEU

MILANG PLAY CENTRE - 8537 0181

When: Tuesday Morning 9.30am-11.30am

Where: 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

Where: Langhorne Creek

Cost: Contact for fees

STRATHALBYN PLAYGROUP— 0417 160 551

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 - 0458 936 493

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 10—10:30am

Where: Yankalilla Community Centre

SOUTH COAST

KIDS BUSYNESS PLAYGROUP - 8552 5789

When: Wednesday 9.30-11am

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

Cost: \$2 per child

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 PLAYGROUP—8552 6789

When: Thursdays 10am—12pm

Where: Bayside Church, 10 Commerce Crescent, Hayborough/Pt Elliot

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

COMMUNITY PLAYGROUP—Goolwa & Victor Harbor

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

When: Friday's during school terms 9am—10:30am

Where: victor Harbor Investigator College, Bacchus Rd. 8551 0900

When: Mondays during school terms, 9am—10:30am

Cost: \$2 per session per family

PLAYGROUPS

SOUTH COAST

MULTI-JOY (multiple birth Group) - 8551 0553

When: Tuesdays Fortnightly 10am- 12:30pm. Start 3rd May
Play helper provided to watch children while caregivers participate in craft activities. Light Lunch provided. Free

Where: Port Elliot Kindergarten, Wright Street, Port Elliot

PORT ELLIOT PLAYGROUP - 8554 2962

Where: Port Elliot Kindergarten 5 Wright Street Port Elliot

When: Fridays 9am—12pm **Gold Coin Donation**

NEONATAL MUMS PLAYGROUP - 0418 890 848

When: Thursday's 10am monthly

Where: Victor Harbor Childcare & Education Centre, Bay Rd, VHarbor

Cost: Free (We have a strict sickness policy)

GREAT START PLAYGROUP—GOOLWA—FREE

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

When: Fridays 9:30—11:30

Where: Goolwa Children's Centre

Contact: 8555 2509.

BABY PLAYGROUP—8555 2509 (babies 0—18m)

Where: Goolwa Children's Centre

When: Thursdays 9:30—11am

WIGGLE & GIGGLE- 8551 0553. FREE. Music & Movement

When: Mondays 10—10:30am starting August 1st.

Where: Victor Harbor Yacht Club, 22 Bridge Tce, Victor Harbor

GIGGLE & GROW—Young Parents Group, helping parents to

connect with other young parents.

When: Friday 9.30—11.30am

Where: Fridays during school terms

Contact: Kerry 8551 0553 0439824812

CHILDREN'S ACTIVITIES

BOOKS IN THE BURROW—8552 8880

When: Tuesdays during school term starting

Where: Encounter Lutheran College, Adelaide Rd, Victor Harbor

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

MAINLY MUSIC—8536 2004—STRATHALBYN

A fun interactive music session for parents/caregivers of children 0-5

When: Thursdays 9:30—10:45

Where: 30 East Tce, STRATHALBYN

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

P.E.C.K (Port Elliot Computer Kids) 4—15yrs

When: Tuesdays & Thursdays 3:30—5pm

Where: Port Elliot Uniting Church Cnr North Tce & William St

Cost: Contact for details 0411 725 425

SAILABILITY—Sailing for the Disabled

When: Saturdays once a month 9:30—3pm

Where: Goolwa Regatta Yacht Club, Barrage Rd, Goolwa

Cost: Contact for details 0408 553 210

Cost: \$5 with DSP concession or otherwise \$10

FAMILY MOVIE NIGHT—8555 2509

When: Friday 26th August 6.30 start

Where: Goolwa Children's Centre