



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>PRESCHOOL</b> (Group 1) 8:45am to 2:45pm	<b>PRESCHOOL</b> (Group 2) 8:45am to 2:45pm	<b>PRESCHOOL</b> (Group 1) 8:45am to 2:45pm	<b>PRESCHOOL</b> (G1) 8:45am to 11:45am <b>PRESCHOOL</b> (G2) 12:00pm to 3:00pm	<b>PRESCHOOL</b> (Group 2) 8:45am to 2:45pm
<b>OCCASIONAL CARE</b> Under 2's and over 2's 8:45am - 11:45am	<b>OCCASIONAL CARE</b> Over 2 years 8:45am - 11:45am	<b>New Exciting Playgroup</b> <b>Exploring our Community Cultures</b> Starts Wednesday November 6th (6 weeks) 0-4 years 9:30am - 11:00am Join <b>Huong, Razia &amp; Rachel</b> for a fun trip around the world. <b>Activities, games, crafts, singing &amp; more!</b> For bookings call <b>Rachel 0448 832 580</b> or <a href="mailto:Rachel.kenny2@sa.gov.au">Rachel.kenny2@sa.gov.au</a>	<b>OCCASIONAL CARE</b> Under 2's and over 2's 8:45am - 11:45am Over 2's Only 12:00pm - 3:00pm	<b>MI-DBT</b> <b>Lives Lived Well</b> <b>Referral Process</b>
<b>Oh Baby!</b> Little baby, Big life change. Let's talk about it! With <b>Melissa Grierson</b> Mondays starts 14th October For babies 0-10 months old 1:00pm - 2:30pm Bring your baby, come as you are, and be welcomed to connect, chat and most importantly, tackle this parenting journey together. For bookings please call <b>Rachel 0448 832 580</b>	<b>Learning Together Playgroup</b> Starts Tuesday 15th October Tuesdays 0-4 years 9:30am - 11:00am <b>PLAY, SING &amp; READ</b> together in a fun, safe & supportive environment. <b>Mel 0484 759 412</b> <b>Darell 0427242387</b>	<b>Our Occupational Therapist Huong</b> offers parent information groups, 1:1 appointments to chat about queries or child concerns & provide professional referral where needed for children. Please call the centre on <b>8258 0666</b> for a confidential chat with <b>Huong (OT)</b>	<b>Infant/Child First Aid</b> Thursday October 31st 10:00am - 11:30am This session will cover the following: Allergies, Bandaging, Bites, Burns, choking, CPR, Head injuries, Rashes, Respiratory management / Asthma. <b>Rachel 0448 832 580</b>	<b>FREE Child Development Checks</b> <b>Lake Windemere Children's Centre</b> 0-5 years old This check gives parents and caregivers an idea of how your child is progressing. <b>PH Karen: 0487 368 940</b>
<b>Find out more about the Kimochi's Program</b> Monday 21st October 3:30pm - 5:30pm For more information call <b>8258 0666</b>	<b>MONDAY'S CaFHS Early Parenting Classes</b> Starts 18th November (4 weeks) 9:30am - 11:00am (5 weeks) <b>CaFHS Health Check</b> Appointments 0-5 years 12:00pm onwards Call <b>1300 733 606</b>	<b>Mumma's Me Time</b> 9:30am - 11:30am <b>Morning tea &amp; fun!</b> October 24th - <b>Mechanics for Mums</b> November 28th - <b>TBA</b> Creche available <b>Cassandra 0448 792 817</b>	<b>Autism Community Coffee and Chat</b> Friday 9:30am - 10:30am It is an opportunity to connect with other families and build a supportive network! Week 1 - 18th October Week 4 - 8th November Week 6 - 22nd November Week 8 - 6th December <b>Kitchen Garden with Megan</b> <b>Primary Special Education Teacher, Autism Lead Teacher.</b>	

# Other Services and Programs to help support your child.....

**Mobile FoodHUB  
SALISBURY**  
Monday's Fortnightly  
(Monday 22nd July week)  
The Grove Seventh-day  
Adventist Church  
**FREE Bread, Fruit & Veg &  
low cost groceries.**

146 Frost Road,  
Brahma lodge  
(Back car park)  
Open 10am - 12:00pm  
Please present your referral  
and ID on arrival  
(Referrals can be written on site)




Lake Windemere B-6 School  
Children's Centre

**Bagsters Road Community  
Centre**  
17 Bagsters Road,  
Salisbury North

Northern Food Hub - Puddle  
Jumpers Come along and enjoy  
fresh fruit and veg, bakery items,  
tea and coffee and children's  
activities!

**Mondays, 5pm to 8pm  
PH: 8487 1830**

**Bush Playgroup**  
Wednesday 23rd October  
Carisbrooke Park  
Main North Road, Salisbury  
Park

**10am - 1pm**

Please join us for a fun morning of  
exploring and adventure.

Please Bring: Hat & sunscreen,  
water, snacks/lunch. Appropriate  
clothing & footwear.

Link to book below:  
[https://www.facebook.com/  
share/1xJqSy7fwBcqT7kb/?  
mibextid=9VsGKo](https://www.facebook.com/share/1xJqSy7fwBcqT7kb/?mibextid=9VsGKo)

**Burton Community Centre**

Join us for a fun-filled  
**Community Playgroup.**  
Perfect for parents,  
Grandparents, care givers  
and little ones to come  
together, play, and  
socialize. Let your kids enjoy  
interactive playtime while  
you connect with others in  
the community. It's a great  
way to make new friends  
and create lasting  
memories.

**When:** Thursday  
(term time only)  
**Time:** 10am – 11.30 am  
**Ages:** 0-5 years  
No Bookings required

**Northern Area Midwifery  
Group Practise Clinic  
Lake Windemere Children's  
Centre**

Appointments can be made  
for Tuesday mornings and  
Thursday afternoons  
Offering one to one midwifery  
care and birthing options.

**Contact 8182 9000**

**Financial Counselling**  
**Meet Steve**  
**Thursdays**  
9:00am - 12:00pm

Would you like help paying off debts  
or bills? Organising a budget?  
Food Support? Financial Stress?

**ANGLICARESA**

Contact Anglicare for bookings  
1800 759 707

**Kindergym**  
Bagsters Road Community  
Centre  
Wednesdays (school term)  
10am - 12pm

For more information or to book  
your place Call Cassandra  
0448 792 817



**FOODBANK**  
**AVAILABLE in foyer**

**All A'Board Tabletop Games**  
A men's community  
boardgame group  
3rd Friday of every month  
6:00m –10:00pm

A place where men come  
together to play board  
games and make new friends.

**For more information or to  
register your interest text  
Shaun 0438 784 851**

**SATURDAYS**  
Kids, Blokes and Dad Jokes  
10:00am—12:00pm

A FREE playgroup for children  
and the significant blokes in  
their lives

Sessions held at Lake Windemere &  
Karrendi Primary School



**Contact Shaun for more  
information 0438 784 851**

