



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>PRESCHOOL</b> (Group 1) 8:45am to 2:45pm</p>	<p><b>PRESCHOOL</b> (Group 2) 8:45am to 2:45pm</p>	<p><b>PRESCHOOL</b> (Group 1) 8:45am to 2:45pm</p>	<p><b>PRESCHOOL</b> (G1) 8:45am to 11:45am <b>PRESCHOOL</b> (G2) 12:00pm to 3:00pm</p>	<p><b>PRESCHOOL</b> (Group 2) 8:45am to 2:45pm</p>
<p><b>OCCASIONAL CARE</b> Under 2's and over 2's 8:45am– 11:45am</p>	<p><b>OCCASIONAL CARE</b> Over 2 years 8:45am– 11:45am</p>	<p><b>Play, Music and Movement</b> <b>Baptist Care SA with Tamar</b> <b>An Infant and Toddler Group for under 5 years - 1:30pm start</b> <b>Starting 4th February (7 weeks)</b> The Garden program - an opportunity for shared positive experiences &amp; sensory exploration activities through play, music and movement to support the relationship between you and your child. <b>Rachel 0448 832 580</b></p>	<p><b>OCCASIONAL CARE</b> Under 2's and over 2's 8:45am– 11:45am Over 2's Only 12:00pm–3:00pm</p>	<p><b>MIDBT</b> Referrals through Lives Lived Well</p>
<p><b>Baby Massage</b> <b>Baptist Care SA with Tamar</b> <b>16th–30th March (3 weeks)</b> <b>10:00am - 11:00am</b> Babies under 12 months Strengthen your connection and encourage communication with your baby while meeting other parents. <b>Rachel 0448 832 580</b></p>	<p><b>Baby Playgroup with Kerriane</b> Starts Tuesday 3rd February <b>0-18 months</b> <b>1:00pm - 2:00pm</b> Meet other Mother's in a safe, inclusive space.  <b>Kerriane 0417 138 870</b></p>	<p><b>What's the Fuss about Food?</b> <b>Starts Wednesday 18th March</b> <b>1:00pm–2:00pm</b> <b>(4 weeks)</b> For parents with children aged 8 months to four years experiencing difficulty eating a variety of foods. Includes an information session with creche, and three sessions with children and parents cooking and exploring food together. <b>Rachel 0448 832 580</b></p>	<p><b>Infant First Aid</b> <b>Thursday 26th March</b> <b>10:00am - 11:30am</b> This session will cover the following: Allergies Bandaging Bites Burns choking CPR Head injuries Rashes Respiratory management / Asthma <b>Rachel 0448 832 580</b></p>	<p><b>Mabel &amp; Friends</b> <b>Playgroup in the Garden</b> <b>0-4 years</b> <b>10:00am - 11:00am</b> <b>Starting Friday 13th February (6 weeks)</b> Come and explore the School Garden with Ms Jen and CDC Rachel <b>17 Uraidla Ave, Salisbury North</b> Meet the School chickens Mabel and her friends while Exploring, Gardening and so much more.  <i>Bring a hat and change of clothes as we get messy!!</i> <b>For more information call Rachel 0448 832 580</b></p>
<p><b>CaFHS Early Parenting Classes</b> <b>Starts 2nd February (4 weeks)</b> <b>9:30am –11:30am</b> CaFHS offer Early Parenting Groups for parents/carers of babies from <b>four weeks to four months of age</b>. It's a great way to meet other families, share ideas and find out about other support available. <b>Bookings: 1300 733 606</b> CaFHS Health Checks also available Mondays with Catherine</p>	<p><b>Learning Together Playgroup</b> Starts Tuesday 3rd February Tuesdays 0-4 years 9:30am -11:00am <b>Kerriane 0417 138 870 &amp; Trish 0402 893 773</b></p>	<p><b>My Child and Me</b> <b>Families Growing Together</b> <b>March 19th &amp; 26th (2 sessions)</b> <b>12:00pm - 2:30pm</b> <b>Recommended for 2-12 years</b> Topics • Brain and child development • Understanding behaviour • Parenting styles • Positive approaches to guiding children's behaviour. <b>Rachel 0448 832 580</b></p>		

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


**Mobile FoodHUB  
SALISBURY**  
Monday's Fortnightly  
T1 Monday 2nd Feb  
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  
(CDC Rachel can organise  
Referrals)



**FOODBANK**  
AVAILABLE in Lake  
Windemere foyer





**Little Launchpad**  
Early Intervention Service - Deaf/  
Hard of Hearing  
Now at Lake Windemere  
Come along, meet Teachers of the  
Deaf, parents with children of a  
similar age, access intervention in  
a group setting and secure some  
time to yourself!  
For more information email  
[education.dhh@sa.gov.au](mailto:education.dhh@sa.gov.au)

**Book Swap**  
Boobook the literacy Owl often  
visits Lake Windemere to  
encourage children to READ.  
Feel free to swap or take a book  
from our Book Nook  in  
the foyer

**Northern Food Hub  
Puddlejumpers**  
Monday nights 5pm - 8pm  
Bagster's Road Community  
Centre  
Dinner, Fresh Fruit and Veg,  
Bakery & Tea/Coffee.  
Children's Activities



  
**Inklings**  
Nurse Carmen is at Lake  
Windemere on Tuesday and  
Wednesdays  
Inklings is a program to  
support babies aged 6-18  
months who are showing  
early differences in their  
social interaction and  
communication  
development.



Bookings: 1300 030 655

**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?  
**ANGLICARE SA**  
Contact Anglicare for bookings  
1800 759 707

**Kindergym Novita**  
Bagsters Road Community  
Centre  
Wednesdays 10am- 12pm  
Contact Novita 0448 792 817

**Mumma's Me Time**  
Lake Windemere  
9:30am - 11:30am  
Morning tea & fun!!   
Thursday 12th  
February  
Thursday 12th March  
Creche available  
Contact Novita 0448 792 817

**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

**The HIVE Community  
Resource HUB**  
380 Waterloo Cnr Road,  
Burton  
Thursday Playgroup  
Contact 8487 1820



Lake Windemere B-6  
School  
Children's Centre

