



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PRESCHOOL (Group 1) 8:15am to 3:45pm	PRESCHOOL (Group 2) 8:15am to 3:45pm	PRESCHOOL (Group 1) 8:15am to 3:45pm	OCCASIONAL CARE Under 2's and over 2's 8:45am - 11:45am	PRESCHOOL (Group 2) 8:15am to 3:45pm
OCCASIONAL CARE Under 2's and over 2's 8:45am - 11:45am Over 2's - 12:15pm - 3:15pm	OCCASIONAL CARE Over 2 years 8:45am - 11:45am	Infant First Aid With Heather Palmer Wednesday 2nd September 10:00am - 11:30am This session will cover the following: Allergies Bandaging Bites Burns choking CPR Head injuries Rashes Respiratory management / Asthma Rachel 0448 832 580	NEW MyTime Supporting Carers and Parents with a child under 18 yrs with a disability Thursdays (6 weeks) Starting 30th July MyTime is a place where you can unwind, and share ideas and experiences with others who understand.  Kerryn 0409 937 956	MIDBT Referrals through Lives Lived Well
Mini Wiggle with Mel Greison 5 weeks/ 0-2 years Monday August 10th 10:30am - 11:30am Let's Dance, Sing, Explore and Connect  Rachel 0448 832 580	Baby Playgroup with Kerriane Starts Tuesday 21st July 0 years -Walking 1:00pm - 2:00pm Meet other Mother's in a safe, inclusive space. Kerriane 0417 138 870	Toilet Time Workshop Wednesday 9th September 10:00am - 11:30am Rachel 0448 832 580	Mumma's Me Time w' Novita Monthly sessions Morning Tea and Fun For more information contact; caragh.larsen@novita.org.au	Fun with Food Looking for NEW Junior Chefs 1-4 years 10:00am - 11:00am Starting Friday 31st July (6 weeks) Come and explore different cooking activities with Jen Rachel & Shayleigh 17 Uraidla Ave, Salisbury North School Kitchen Garden Prepare food with your child Learn ways to help your fussy eater Enjoy trying different foods each week! Limited Spaces call Rachel 0448 832 580
CaFHS Early Parenting Classes Monday & Wednesday (4 weeks) Morning & Afternoon Sessions CaFHS offer Early Parenting Groups for parents/carers of babies from four weeks to four months of age. CaFHS Health Checks also available on Mondays For more information call 1300 733 606	Learning Together Playgroup Starts Tuesday 21st July Tuesdays 0-4 years 9:30am - 11:00am Casey from Kudos is attending Playgroup this term. Pop by to ask her any questions regarding your child's development. Kerriane 0417 138 870 & Trish 0402 893 773	Connect & Unwind Starting Wednesday 5th August (6 weeks) 1:30pm - 3:00pm Afternoon Tea and a self care activity each week with Huong and Diane. Creche available for some sessions Rachel 0448 832 580	 Lake Windemere B-6 School Children's Centre	

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

Food Relief

Foodbank NEW Salisbury

Location opening soon

For a referral speak with Community Development Coordinator Rachel

0448 832 580

Morella Community Centre

Easy Feast Meal Packs

First Time

Mothers Morning Tea

The HIVE Burton

Thursday 10th September

10:00am – 11:30am

Are you a first time Mother living with in the City of Salisbury with a baby under 12 months?

Come and meet local services and other new Mums at morning tea.

FREE goodie bag and professional photo for each Mother.

For bookings call

Rachel 0448 832 580 or

Cassi 0406 013 256



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

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

Man with a Pram

Father's Day Morning

Howie Bowie Park

September 6th

9:30am - 11:00am

This family event brings awareness to perinatal mental health for both parents. Join us for **FREE** children's activities, breakfast, coffee, Vilis Donuts and a lovely walk.

Dad's are encouraged to participate in the Inflatables race!



Scan QR code here or head to <https://www.trxbushins.com/1602730>

Northern Food Hub
Puddlejumpers
Monday nights 5pm - 8pm
Bagster's Road Community Centre

Dinner, Fresh Fruit and Veg,
Bakery & Tea/Coffee.
Children's Activities



Kinder Gym Novita

Bagster's Road Community Centre

Wednesdays 10am- 12pm

Contact Novita 0448 792 817

FREE Child Development

Checks at Lake Windemere

1-5 years old

This check gives parents and caregivers an idea of how your child is progressing.



Bagster's Road

Nunga Playgroup

Tuesdays 10am -11:30am

During School Term

Imagine that! Come & Play

Fridays 10am -11:30am

Toy Library - Hire Toys

Refer to City of Salisbury What's on Guide

Please note: Some Preschool and Occasional Care times and days have changed for Term 3

NEW Preschool times

8:15am - 3:45pm

NEW Occasional Care Days

Monday, Tuesday & Thursdays

For more information

call 8258 0666

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 0438 784 851

