

## Welcome

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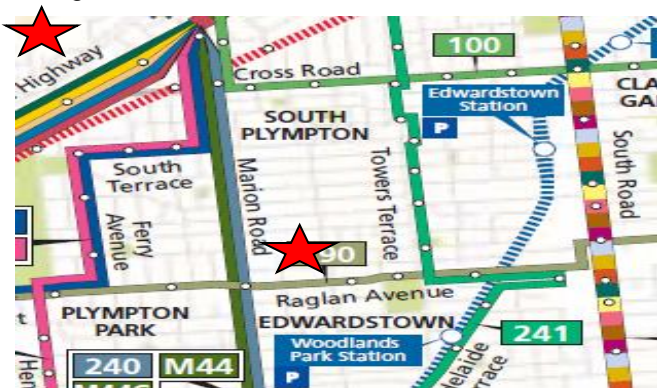
Forbes Children's Centre for Early Childhood Development and Parenting is an integrated early years service in which early childhood professionals, other professionals, families and the local community work together to meet the needs of children and families.

Children's Centres support children's development, health, learning and wellbeing. Forbes Children's Centre offers programs and services for families in partnership with a number of organisations and agencies identified through discussions with the community and families.

Forbes Children's Centre provides a caring, inclusive and welcoming environment where children can engage in their learning and families can access a range of services to meet their needs or participate in a variety of programs.

Forbes Children's Centre is Breastfeeding Friendly and is situated on the site of Forbes Primary School.

Forbes Primary School and Children's Centre is diverse, drawing from a range of families who come from linguistic, socio-economic and cultural backgrounds. The community is justly proud of its diversity, it's commitment to meeting the current and future needs of students and to participatory decision-making where staff, students & parents work together to meet goals.



Forbes Children's Centre and Primary School at 80 Thomas Street, South Plympton, SA. 5038 (Just off Marion Road. Turn at the lights nearest the Forbes Shopping Centre)

### **Forbes Children's Centre for Early Childhood Development and Parenting**

Phone: 8293 9000 Fax: 8351 0470

### **Services and Partners:**

**Sessional Preschool** for children, up to 15 hours per week, in the year prior to starting school. Sessions are Monday & Tuesday, or Thursday & Friday 8am – 4pm where vacancies permit

**Long Day Care Child Care** Please contact the Centre for further information about age group vacancies

**SA Health Services** CaFHs Clinics and programs for mums, dads and carers of children.

**Child Protection** programs for eligible children and their families

**Learning Together At Home** A family home visiting program for eligible families in the inner south west

**Develop Therapy** Assessment and intervention by appointment

**UCWB** Services to help create positive futures

**Anglicare** Supporting the important role of parents

**Foodbank SA** Provides fresh fruit and vegetables to families who need food assistance

**Governing Council** Get involved in the decision making processes of the centre. Ask us how!

**Family by Family** Connecting Families

**Volunteers** welcome. Please contact the centre.

**Tours:** Centre tours are conducted regularly; please see our Tour Schedule for date and time details.

### **Public transport to Forbes Children's Centre and Primary School:**

**Marion Road:** (from City or Marion Shopping Centre) Take Bus number **M44** and get off at **Stop 15 Marion Rd.** Walk to 80 Thomas Street

**Glenelg or Unley:** Bus number **190** get off at **Stop 15C Raglan Avenue.** Then walk for about 5 minutes to 80 Thomas Street

### **Current services and program timetable:**

Please see inside and timetable on back page or visit: [www.forbescc.sa.edu.au/](http://www.forbescc.sa.edu.au/) or [www.forbes.sa.edu.au](http://www.forbes.sa.edu.au)

### **Forbes Primary School**

Phone: 8293 4343 Fax: 8297 0604



# DAD FACTOR

Fathers have a unique role in the emotional, psychological, social and physical development of their children.

Dad Factor is a **six week** course for fathers, grandfathers, uncles & other male carers that aims to emphasise the important role that Dads play in the lives of their children, & to assist participants in developing their own parenting style.

**When: Wednesday Evenings**  
**Starts 20<sup>th</sup> Oct – 24<sup>th</sup> November**  
**Time: 6.00 to 8.00pm.**

**Cost: Free.**

To book please call George on 8186 8900  
Presented in partnership with Anglicare

## Music Fun for Everyone

Singing and dancing fun for infants and young children under the guidance of an experienced facilitator.

Bring your little one (or your grandchild) along for a lovely morning filled with singing, dancing, movement, rhyming and interactive fun!

**School Term Wednesdays at 10am SHARP!**  
**in the Group Room Resumes 13<sup>th</sup> October**  
**Cost – Free. Bookings Essential ALL WELCOME**



## Looking for Childcare or Preschool or Parenting Support?

Would you like to know more about our centre?

We offer regular comprehensive walk around tours explaining our Not-For-Profit Long Day Care Childcare service, Government Preschool (also called Kindergarten or 'Kindy') and the Centre's Parenting Support Programs and Services (including onsite Speech Pathology, Occupational Therapy, Financial and Family Counselling and Family by Family)

Join us on one of these dates:  
**Thursday 14<sup>th</sup> Oct @ 4pm**  
**Monday 25<sup>th</sup> Oct @ 11.30am**  
**Tuesday 9<sup>th</sup> Nov @ 2.30pm**  
**Friday 19<sup>th</sup> Nov @ 5pm**  
**Wednesday 8<sup>th</sup> Dec @ 5pm**

**Bookings Essential: 8293 9000**  
**ALL WELCOME**

## Baby, Coffee & Chat

Are you looking for a group where you can just chat with other parents? Would you like to connect with others who have a baby? Do you have an online group that you'd like to meet up with in person?

**Suitable for parents with babies who want to their babies to get to know other babies who are not yet ready for a busy playgroup. Venture out, make new friends in person & share in the wonders & challenges of being a parent!**

**Help grow our group NOW!!**

Speakers and special interest information sessions available on request

**When: Fridays during the term**  
**Time: 1pm – 2pm (facilitated by one of our staff)**  
**plus an additional hour for chat**

**Resumes Friday 15<sup>th</sup> October. Cost: Free**  
**All parents and babies Welcome**



Assessment & Intervention appointments and groups for children who show functional difficulties, incl. developmental delays, disorders & disabilities.

We provide assessment and intervention to children of all ages and their families from hospital inpatient, outpatient & community based services.

**Bookings Essential Please call Sonya 0418 857 137 or Alison 0403 307 019 for a friendly chat about what we can offer, more information, and fees**

## Little Chatterbox

A **FREE** group for parents/carers & their children aged 0 - 4yrs (not yet attending preschool).

This group provides a wonderful opportunity for shared positive experiences & sensory exploration activities through play, music & movement to support the relationship between you & your child. Little chatterboxes is a targeted playgroup for children needing support in any of the following areas: **Communication; motor skills; sensory processing; Mealtime (fussy eating); social skills and play .**

**Please note, this is a "Referral only" group – please call Maria for more info.**

Facilitated by our centre's Speech Pathologist and Occupational Therapist.  
**Please call Maria at the centre on 8293 9000 for more information and bookings**

 **Join us on Facebook!**

Parenting hints, tips & links to parenting resources  
[www.facebook.com/forbeschildrenscentre](http://www.facebook.com/forbeschildrenscentre)

or check out our website:

[www.forbescc.sa.edu.au](http://www.forbescc.sa.edu.au)

Forbes Children's Centre is a **Little Big Book Club** community partner providing age-specific resources to families to support reading with their children. **Contact a staff member for more info or come into the centre during business hours to collect your free book pack!**

## A Free CaFHS Clinic

is held at Forbes Children's Centre every Wednesday offering:

feeding, settling and child development support parenting support and information to parents and carers and up-to-date health information for parents and their children aged 0-5 years.

Please contact CaFHS to make an appointment at Forbes on **1300 733 606**.

You are welcome to contact CaFHS if you need help or advice regarding your baby or child's health, development or wellbeing.

Parent Helpline: 1300 364 100

**Please contact CaFHS for more information**  
**Appointments 1300 733 606**



## Food for families

Pushed for time?

Let us do the cooking for you!

Come in and purchase a delicious, nutritious meal for a very reasonable price!

**Please ask our front desk staff today**

Available fresh or frozen for your convenience

**1 \$13.00 Meal feeds approximately 2 adults and 2 children**

Prices subject to change - please check with reception

## MyTime

**South Plympton Peer Support Group**

For Mums, Dads and Carers of children (up to 16yrs) with a chronic illness, disability or developmental delay. Morning tea provided.

**Tuesdays 9.30 – 11.30am.**

**Resumes Tuesday 19<sup>th</sup> October**  
**Contact: Silvana on 0488 151 789 for more information**

Free crèche available for children 0-5yrs  
**Bookings Essential**  
**Cost: Free**



**MyTime PROVIDER**  
supporting parents of children with disabilities

# Free Financial Counsellors at Forbes!

Free financial counselling service, with qualified, independent, and compassionate financial counsellors, can put you back in control of your money. In a caring and non-judgemental way, the counsellors will listen to you and help you understand your available options. They can help you with budgeting and managing your money and provide you with information about your rights as a consumer. They can support and advocate for you, which may include helping you to speak with your creditors, or speaking with them on your behalf.



You will always maintain control. Financial counselling can help you if you are:

- Understanding our struggles and successes with our children.
- In arrears with bill or loan payments.
- Unable to make credit card repayments
- Under threat of repossession or being evicted
- Facing utility disconnection, court action or bankruptcy

**Cost: Free**

Call Juliet or Irena to find out when they will be in the centre next on 8245 7177 or email

[financialhealthmailbox@ucwb.org.au](mailto:financialhealthmailbox@ucwb.org.au)  
Confidential appointments available

Presented in partnership with UCWB

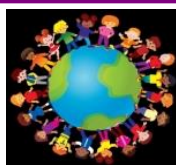
## FAMILY BY family

We link up families who have come through tough times with families who want things to change.

Family Events and Link ups are free

Want to be involved in Family by Family?? We are currently looking for people willing to share their time with another family or have something they would like to change for their family.

Contact Family Coach Leanne 0432043537 or Tristan 0478109701 for a confidential chat



# Multi-cultural Women and Children Group

Our mums and grandmothers meet **Wednesdays from 10.45am to 11.45am during school terms**

to cook, have fun, practice English, learn new skills and chat!

**Supported by CaFHS Nurse and an Occupational Therapist from Develop OT**  
**Cost: Free.**

**Bookings Essential**  
**Please bring a fruit snack for your child**  
**Resumes Wednesday 13<sup>th</sup> October**  
**All Nationalities Welcome**

# Toilet Training Workshop

Why a workshop on toileting?

A chance to discover ideas to help your child learn to go to the toilet

Who's it for?

Anyone who wants their child to learn to use the toilet.

This includes children with special needs and functional difficulties

**Tuesday 9<sup>th</sup> November 9.30am – 11.30am**  
**Presented by Develop Therapy. Bookings Essential 82939000**

**Cost – Free Plus free crèche available**  
**(Limited spaces – Please book early)**  
**ALL WELCOME**

# FIRST AID FOR MUMS, DADS GRANDPARENTS AND CARERS

3 Hours of practical "what do I do when

**!This! happens"**

Would you know what to do if your child needed CPR?; or if your child was choking; had a head injury; was bleeding; burnt themselves; had a convulsion; came into contact with, or swallowed poison; or fractured a bone? If you answered "No" to any of these then this workshop is for you!!

**Saturday 6<sup>th</sup> November 10am – 1pm**  
**Cost: \$30 per person (no refunds for non attendance)**

**Bookings Essential: 8293 9000**

**Presented by a qualified First Aid Trainer**

Please note: The Certificate of Attendance is NOT suitable for workplace competency requirements

**Book in NOW!! All Welcome**



# Circle of Security

## 8 Week Parenting Course

"Being a parent may be the hardest job on the planet"

The COS-P approach gives parents clear choices in parenting. When your child feels more secure their behaviour will change.

**Circle of Security invites parents to explore and develop a shared understanding of:**

- The circle of Security as a roadmap for understanding and responding to our children's needs
- The impact of our own experiences of being parented on our parenting
- The steps involved in building security with our children.
- New ideas for supporting our children's big feelings and behaviour to connect.
- Understanding our struggles and successes with our children.

An 8 Week Course with FREE crèche

Presented in Partnership with Uniting Communities

**When: Friday 15<sup>th</sup> October to 3<sup>rd</sup> December**

**Time: 10am - midday**

**Bookings Essential – Limited spaces.**

**please book early**

**Please call Angela on 0408 891 536**

**to secure your place . Cost: Free**

# STRENGTHENING THE INNER WOMAN

A research project inviting women who have been affected by domestic or family violence.

Researchers at the University of South Australia are looking for volunteers to participate in a study comparing two different approaches to improving stress, mood and quality of life in women affected by domestic or family violence –

**The 2 approaches are the Transcendental Meditation® technique and Group Support.**

**When: Thursday 14<sup>th</sup> October to 2<sup>nd</sup> December**

**Time: 10 - 11.30am or 1 – 2.30pm**

**Bookings Essential – call Heather on 0416 108 476**

**Free crèche - Limited spaces, please book early**

**Cost: Free**

For more information, contact Project Manager, Heather Lorenzon E: [hlorenz@tm.org.au](mailto:hlorenz@tm.org.au)  
Ph: 0416 108 476 or

Associate Professor Matthew Leach on 0407 111 561.

Visit the [Strengthening the Inner Woman Facebook Page](#)

*This study has been approved by the University of South Australia Human Research Ethics Committee*



# Families in Focus

- Marriage and relationships
- Pre-marriage/commitment counselling
  - Parenting counselling
- Child and adolescent counselling
  - Individual counselling
  - Anxiety and Depression
- Domestic and Family Violence

**Call to make an enquiry or appointment at Forbes please contact us at Hindmarsh: 8301 4200 or Christies Beach: 8186 8900**



# Forbes Children's Centre Term 4 (October - December) 2021 Program at a glance

Forbes Children's Centre for Early Childhood Development and Parenting. 80 Thomas Street, South Plympton. SA 5038 Ph 8293 9000

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
<b>Long Day Care &amp; Preschool</b>	<b>Long Day Care &amp; Preschool</b>	<b>Long Day Care</b>	<b>Long Day Care &amp; Preschool</b>	<b>Long Day Care &amp; Preschool</b>	
<p><b>"Little Chatterbox" Playgroup. Resumes Term 4</b></p> <p>A playgroup for aunts/carers and their children 0 to 4yrs (who are not attending preschool)</p> <p>This group provides wonderful opportunity for children needing support in any of the following areas:</p> <p><b>Communication; motor skills; sensory processing; Mealtime (fussy eating); social skills and play.</b> Please note, this is a "Referral only" group</p> <p>Please call Maria on 8293 9000 for more information</p> <p><b>Cost: Free. Bookings Essential</b></p>	<p><b>MY TIME</b></p> <p>Resumes 19<sup>th</sup> October 9.30am-11.30am</p> <p>For Mums, Dads and Carers of children (up to 16yrs with a chronic illness, disability or developmental delay). Morning tea provided.</p> <p><b>Free crèche for children 0-5yrs</b> Contact Silvana 0488 151 789 <b>Cost: Free. Bookings Essential</b></p>	<p><b>MUSIC FUN FOR EVERYONE</b></p> <p>Resumes 13<sup>th</sup> October 10 – 10.30am</p> <p>½ hour of singing and dancing fun for infants &amp; young children.</p> <p><b>Cost – Free</b> <b>Bookings Essential</b> <b>ALL WELCOME</b></p>	<p><b>STRENGTHENING THE INNER WOMAN</b></p> <p><b>STUDY GROUPS</b></p> <p>Starts 14<sup>th</sup> Oct</p> <p><b>AM and PM Sessions</b></p> <p>Are you stressed? Have you experienced anxiety or stress as a result of any form of Family or Domestic Violence in the past? <b>Uni SA and Transcendental Meditation SA are researching the effectiveness of 2 approaches to improve stress, mood, and quality of life for women who have experienced Family or Domestic Violence in the past.</b></p> <p>Please call Heather Lorenzon on 0417 108 476 for more information</p> <p><b>Free crèche available</b></p>	<p><b>CIRCLE OF SECURITY PARENTING COURSE</b></p> <p>15<sup>th</sup> October to 3<sup>rd</sup> December</p> <p>10am – 12midday</p> <p><b>Based on decades of research about how secure parent-child relationships can be supported and strengthened.</b></p> <p>Topics include: learning to read emotional needs; Successfully managing emotions; enhancing the development of self-esteem; helping your child to feel secure</p> <p><b>Cost: Free + Free crèche (Limited numbers in crèche please book early)</b></p> <p><b>Bookings Essential: Call Angela on 0408891536</b></p> <p><b>Limited numbers – Please book early!</b></p>	<p><b>FIRST AID WORKSHOP FOR PARENTS, GRANDPARENTS AND CARERS</b></p> <p>6<sup>th</sup> NOVEMBER</p> <p>10am – 1pm</p> <p>3 Hours of practical "what do I do when <b>!This!</b> happens"</p> <p><b>Cost: \$30</b> <b>(Sorry no crèche available)</b> <b>(No refunds for non attendance)</b> <b>Bookings Essential: 8293 9000</b> <b>ALL WELCOME</b></p>
<p><b>FAMILY by FAMILY</b></p> <p>Linking families with families</p> <p>Award winning Free "Family by Family" link up program where families who want to make changes to their lives link up with families who have ideas to share to help you make change happen successfully.</p> <p>For more info contact <b>Leanne 0432 043 537 or Tristan on 0478 109 701</b></p>	<p><b>TOILET TRAINING WORKSHOP</b></p> <p>Tuesday 9<sup>th</sup> November</p> <p>9.30 - 11.30am</p> <p>Ideas for teaching your child to use the toilet.</p> <p>Suitable for all aged children, including special needs and children with functional difficulties.</p> <p><b>Cost: Free</b> <b>Plus Free crèche</b> <b>Bookings Essential 8293 9000</b> <b>ALL WELCOME</b></p>	<p><b>MULTICULTURAL WOMEN &amp; CHILDREN GROUP</b></p> <p>Resumes 13<sup>th</sup> Oct 10.45 – 11.45am</p> <p>For mums, grandmothers and their young children from diverse cultures to meet, chat, cook, play &amp; have fun!</p> <p><b>Cost: Free Please bring a piece of fruit for your child to eat!</b></p> <p><b>Bookings Essential</b> <b>ALL NATIONALITIES WELCOME</b></p>	<p><b>TOURS OF THE CENTRE</b></p> <p>Please call 8293 9000 to book in</p> <p>Tour includes the Child Care Centre, Government Preschool/Kindergarten, Consulting, Group &amp; Parent Education rooms.</p> <p><b>Thursday 14<sup>th</sup> Oct @ 4pm</b> <b>Monday 25<sup>th</sup> Oct @ 11.30am</b> <b>Tuesday 9<sup>th</sup> Nov @ 2.30pm</b> <b>Friday 19<sup>th</sup> Nov @ 5pm</b> <b>Wednesday 8<sup>th</sup> Dec @ 5pm</b></p> <p><b>Bookings Essential: 8293 9000</b> <b>ALL WELCOME</b></p>	<p><b>BABY PLAY</b></p> <p><b>COFFEE &amp; CHAT GROUP</b></p> <p>Resumes 15<sup>th</sup> October</p> <p>1pm – 2pm (Facilitated)</p> <p>Then 1 hr free chat 2-3pm</p> <p>Come and join this new group of parents and their young children for a chat.</p> <p>Suitable for parents who want to connect, but whose babies who are not yet ready for a busy playgroup.</p> <p><b>Cost: Free</b> <b>Bookings Essential 8293 9000</b> <b>ALL WELCOME</b></p>	<p><b>WE'RE ON FACEBOOK &amp; ONLINE!</b></p> <p></p> <p><a href="http://www.facebook.com/ForbesChildrensCentre">www.facebook.com/ForbesChildrensCentre</a> or <a href="http://www.forbescc.sa.edu.au">www.forbescc.sa.edu.au</a></p> <p>Have you checked out our Facebook page yet?</p> <p>Find this program, any last-minute program changes and updates, other local community parenting courses, support and information as well as lots of helpful parenting hints, tips and links to parenting resources</p>
<p><b>FAMILIES IN FOCUS</b></p> <p><b>FAMILY AND INDIVIDUAL THERAPY/COUNSELLING</b></p> <p>By appointment at Forbes</p> <ul style="list-style-type: none"> <li>• Marriage and relationships</li> <li>• Pre-marriage/commitment counselling</li> <li>• Parenting counselling</li> <li>• Child and adolescent counselling</li> <li>• Individual counselling</li> <li>• Anxiety and Depression</li> <li>• Domestic and Family Violence</li> </ul> <p>Call to make an appointment or enquiry please contact us at Hindmarsh: 8301 4200 or Christies Beach: 8186 8900</p>	<p><b>FINANCIAL COUNSELLING AVAILABLE AT FORBES</b></p> <p>Financial counsellors will be available at various times especially for families</p> <p>Free Independent financial counselling service with qualified and compassionate financial counsellors who can put you back in control of your money!</p> <p>Individual appointments and Financial literacy groups avail.</p> <p><b>Cost: Free</b></p> <p><b>Ask our reception staff when Juliet or Irena will be at the centre for you to have a chat with or call them on: 8245 7177</b> <b>ALL WELCOME</b></p>	<p><b>CaFHS CLINIC at FORBES</b></p> <p>By Appointment Every Wednesday</p> <p>Free Child and Family Health Service for infants and children 0 to 5 years, with a 0-3yrs focus</p> <p><b>Please call 1300 733 606 to make an appointment (Enter your postcode then ask to be booked in at Forbes)</b></p>	<p><b>DEVELOP THERAPY GROUPS</b></p> <p>For children of all ages</p> <p><b>Various times</b></p> <p><b>Chaos and Calm!</b></p> <p>Focussing on being in &amp; part of a group, experiencing new activities &amp; developing skills</p> <p><b>Sibling crèche available</b> <b>Enquiries Welcome</b> Call Sonya 0418 857 137 or Alison 0403 307 091</p>	<p><b>FOOD FOR FAMILIES MEALS TO PURCHASE</b></p> <p>Only \$13 for a ready to HEAT and EAT family meal</p> <p>Nutritious meals prepared onsite by our chef: 1x\$13 meal/container will serve approx. 2 adults &amp; 2 young children. This service is available to all families in the community, please pop in anytime during office hours to purchase a delicious nutritious meal for the whole family!</p> <p><b>Pre order your meal at reception or see what's available in our freezer for your family's dinner tonight!</b></p>	
		<p><b>EARLY PARENTING GROUP</b></p> <p>Starts 11<sup>th</sup> Nov 1.30pm – 3.30pm</p> <p>Free 4 week CaFHS course for new parents &amp; their bubs!</p> <p><b>Bookings Essential 1300 733 60</b></p>			
		<p><b>THE DAD FACTOR</b></p> <p>Starts 20<sup>th</sup> October 6 - 8pm</p> <p>6 week course for Dads exploring the important role of Dads</p> <p><b>Cost: Free. Bookings Essential</b> <b>Call George on 8186 8900</b></p>			
		<p><b>OCCUPATIONAL THERAPIST AND SPEECH PATHOLOGIST @ Forbes</b></p> <p>Groups, opportunities for a chat about queries or concerns about your child &amp; provide professional referral where needed. <b>Please call our Speech Pathologist or Occupational Therapist at the centre on 8293 9000 for a confidential chat or information</b></p>			

For more information about any program or event listed, or for copies of more detailed individual fliers please see the inside of this program or contact:

Merridee Dangerfield, Community Development Coordinator. Phone: 8293 9000 or Mobile: 0400 263 567 Email: [merridee.dangerfield@sa.gov.au](mailto:merridee.dangerfield@sa.gov.au)