

Welcome

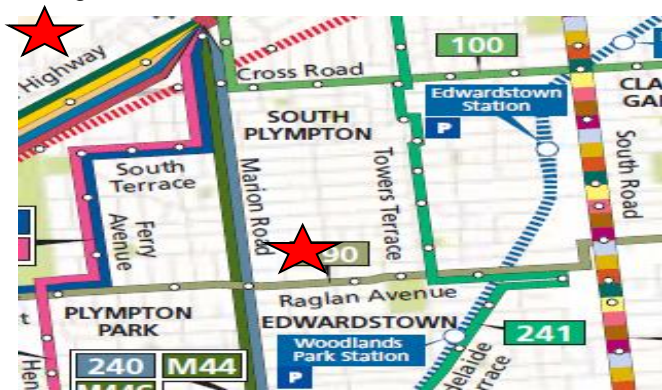
Forbes Children's Centre for Early Childhood Development and Parenting is an integrated early years service in which early childhood professionals, other professionals, families and the local community work together to meet the needs of children and families.

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 Clinic, Health and Wellbeing programs for dads, mums and carers of children.

Learning Together Communities supporting children's development through play

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!

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/ or www.forbes.sa.edu.au

Forbes Primary School

Phone: 8293 4343 Fax: 8297 0604



Music Fun for Everyone

Singing and dancing fun for infants & 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 (Don't be late – we start on time!).

Cost – Free. Bookings Essential

ALL WELCOME



Learning Together Baby Playgroup

Playgroup

At Baby Playgroup we will provide a safe environment with open ended activities that support learning through play. This is an opportunity for babies to learn early socialisation, develop motor skills and start to become familiar with routines

We have a focus on developing dispositions for learning such as confidence, curiosity, and communication through exploratory play, reading together and singing together.

When: Thursday Afternoons 1- 2.30pm during school term

Cost: Free

Bookings: Essential 8293 9000



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

Parent Helpline: 1300 364 100 website:
www.cvh.com

Baby Connections

Are you looking for a group where you can chat with other new mums and dads? Would you like to connect with others who have a baby and connect with our OT and Speechie about all things "baby"?

Suitable for dads and mums with babies who want their babies to begin socialising, have some sensory experiences and play but are not yet ready for a busy playgroup. Venture out, make new friends & share in the wonders & challenges of being a parent!

When: Fridays during the term

Time: 1.30pm – 2.30pm

(facilitated by our OT and Speechie) plus an additional hour for chat

Cost: Free

Bookings Preferred: 8293 9000

All dads, mums and babies welcome



Learning Together Playgroup

All Ages

Come and join us for playgroup! Your child will learn through play (and have lots of fun of course!)

Playgroup will give your child the opportunity to develop the following skills– literacy, numeracy, social/emotional, fine and gross motor. It will also help them become familiar with routines and develop dispositions for learning like curiosity, resourcefulness, and confidence.

When: Thursday Mornings 9.30-11am during school term

Cost: Free

Bookings: Essential 8293 9000

Big Feelings Workshop!

All children have feelings.

This workshop is for parents who want to learn how to help their child manage and express their emotions

In this 2-part workshop you will learn about the brain's role in child development & ways to support you & your child when emotions get tricky for our little ones.

Part 1 – Monday 18th March

Part 2 – Monday 25th March

10am – midday

Cost - FREE

Bookings Essential – 8293 9000

Free creche available Limited spaces, please book early

Presented by Forbes Children's Centre OT
Huong Nguyen
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 known as Kindergarten or 'Kindy') and the Centre's Parenting Support Programs and Services (including onsite CaFHS Clinic Speech Pathology, Occupational Therapy, Nutritionist/Dietitian)

Tours are 45+ mins long.

Please consider this when booking.

Tours through children's learning and sleep areas is restricted to respect children's wellbeing. Tours view these rooms through glass internal walls unless all children in the room have left for the day (usually after 5.45pm - at the end of our 5pm tours)

Join us on one of these dates:

Fri 9/2 @ 1.30pm

Wed 21/2 @ 5pm

Thurs 14/3 @ 5pm

Mon 25/3 @ 11.30am

Tues 9/4 @ 3pm

Please meet promptly at the centre at the time stated

Bookings Essential: 8293 9000

ALL WELCOME

Join us on Facebook!

Parenting hints, tips & links to parenting resources

www.facebook.com/forbeschildrenscentre

or check out our website:

www.forbescc.sa.edu.au

Forbes Children's Centre is a

Little Big Book Club

community partner providing a baby reading pack 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!

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.

Please call for start date

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

Glandore Playgroup

Playgroup is a great way for children to learn about the world, make new friends & develop social skills. Join this inclusive group that allows your 0-5 year olds the opportunity to meet other children & adults & opportunities to connect with others. Includes indoor/ outdoor play, craft, stories & toys, fenced and shaded outside area with sandpit, play equipment and more.

When: Friday Mornings 9.30-11am during school term

Where: Glandore Community Centre, 25 Naldera St, Glandore

Bookings Essential: 7420 6400

Cost: \$4 per family

ALL WELCOME



Multi-cultural Women and Children Group

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

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

Facilitated by qualified staff Supported by CaFHS Nurse

Cost: Free

Weekly during school term

Bookings Essential: 8293 9000

Please bring a fruit snack for your child

All Nationalities Welcome



Developing Differently

Positively parenting children with a disability

Developing Differently is a **FREE** workshop that aims to support parents or caregivers to positively and confidently raise children and young people with disability.

Our workshops are welcoming and supportive, full of helpful information, including take-home resources each family can adapt for their own parenting situation.

Topics to support your parenting include:
Coping with feelings about your child's disability?

- Understanding the rights of children with disability
- Practical strategies to support you with meeting your child's needs
- When, where, and how to find the supports you need

Our workshops are based on the latest parenting research and use information from **Parenting SA**.

Light refreshments provided

Part 1 – Friday 15th March

Part 2 – Friday 22nd March

Time: 10am – 12pm Cost: FREE

Bookings Essential – 8293 9000

Limited spaces, please book early

Free crèche for your child is also available (care for your child by qualified Educators, in the next room, while you attend the workshop) but please book early as places are limited

All Welcome

LGBTQIA+ RAINBOW CONNECTION PLAYGROUP

Do you identify with, or want to connect with, the LGBTQIA+ Community? Then come to our Monday Morning Playgroup with your children 9.30 – 11.30am to meet other parents you identify with!

Contact Katherine through "Pink Parents" on 0438 536 346

Or via Facebook Messenger to book into this Dynamic, Fun, Welcoming Playgroup Or for more information.

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 6th April 10am – 1pm

Cost: \$30 per person

(sorry, 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

Helping your child become a Little Chatterbox

A Free information workshop session for mums and dads of children aged from birth to 3 years of age.

We will be covering a range of language stimulation activities that will enhance your child's brain development, talk about the value of play and how your child's vocalisations become words, turning them into little chatterboxes.

We encourage families to attend on time to get the most out of this group.

Friday 1st March 10am – 12 midday

Bookings Essential 82939000

Cost – Free Plus free crèche available

(Limited spaces – Please book early)

Facilitated by Maria, our centre's Speech Pathologist

Please call Maria at the centre on

8293 9000 for more information

All Welcome

LEN (Lived Experience Network) Meeting Group

LEN is a group of people of diverse ages, cultures & backgrounds who have experienced significant stress on their families & needed the support of services to keep their families safe and well. This includes people with lived experience of CFSS services and involvement with the Department for Child Protection (DCP).

The Department of Human Services are working on changes to services to support more children to be safe & well living in their families, communities & culture.

To make sure these changes are right, you're invited to apply to join the LEN group as an Advisor to share your knowledge and experiences once a fortnight on Friday mornings 10am-12pm at Forbes Children's Centre.

See link to LEN info on the DHS website:

<https://dhs.sa.gov.au/how-we-help/child-and-family-support-system-cfss/about-cfss/early-intervention-research-directorate/community-engagement>

Contact Paula - LEN Coordinator on 0435 366 394 for more information & how to become an Advisor. LEN System Advisors are reimbursed \$30 per hour for their time & contribution.

A free crèche is available for children under school age while you attend the meetings. Please contact Paula for more information.

Forbes Children's Centre Term 1 (January to April) 2024 Program

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
<i>Long Day Care & Preschool</i>	<i>Long Day Care & Preschool</i>	<i>Long Day Care</i>	<i>Long Day Care & Preschool</i>	<i>Long Day Care & Preschool</i>	
<p>BIG FEELINGS WORKSHOP Mon 18th & 25th March 10am – 12pm</p> <p>For parents who want to learn how to help their child manage and express their emotions. In this 2-part workshop you will learn about the brain's role in child development & ways of support when emotions get tricky for our little ones.</p> <p>Cost: Free + Free crèche Bookings Essential 8293 9000 ALL WELCOME</p>	<p>MY TIME 9.30am-11.30am</p> <p>Group for Mums, Dads and Carers of children up to 16yrs with a chronic illness, disability or developmental delay. Morning tea provided.</p> <p>Cost: Free + Free crèche. Contact Silvana on 0488 151 789 for start date Bookings Essential</p>	<p>MUSIC FUN FOR EVERYONE Every Wednesday 10am sharp - 10.30am</p> <p>½ hour of singing, dancing & movement fun for infants & young children.</p> <p>Weekly during Term times Cost – Free. Bookings Essential ALL WELCOME</p>	<p>LEARNING TOGETHER ALL AGES PLAYGROUP 9.30 – 11am</p> <p>Come and join us for this all ages playgroup! Your child will learn through play (and have lots of fun of course!) Weekly during term</p> <p>Cost – Free. Bookings Essential 8293 9000 ALL WELCOME</p>	<p>PLAYGROUP @ GLANDORE COMMUNITY CENTRE 9.30 – 11am</p> <p>Come and join us for this joint partnership playgroup! Sessions will include indoor/ outdoor play, craft, reading time and toys, with a fenced & shaded outside area, large sandpit, play equipment & more.</p> <p>Weekly during term times Cost – \$4 Bookings Essential 7420 6400</p>	<p>FIRST AID WORKSHOP FOR PARENTS, GRANDPARENTS and CARERS Sat 6th April 10am – 1pm</p> <p>3 Hours of practical “what do I do when !This! happens”</p> <p>Cost: \$30 per person Sorry no crèche available (pre-mobile/non walking babies are welcome to attend with you) Please see flier about attendance certificates or call the centre</p> <p>Bookings Essential: 8293 9000 ALL WELCOME (Sorry, no refunds for non-attendance)</p>
<p>LGBTQIA+ RAINBOW CONNECTION PLAYGROUP 9.30 – 11.30am</p> <p>Do you identify with, or want to connect with, the LGBTQIA+ community through a term time weekday playgroup?</p> <p>Contact Katherine through “Pink Parents” on Facebook Messenger or on 0438 536 346 to book into this great playgroup or for more information.</p>	<p>TOURS OF THE CENTRE Please call to book 8293 9000</p> <p>Tour our Child Care Centre, Government Preschool (Kindy/Kindergarten), Consulting/Group & Parent Education rooms.</p> <p>Tours are 45+ mins long. Please consider this when booking.</p> <p>Tours through children's learning & sleep areas is restricted to respect children's wellbeing. Tours view these rooms through glass internal walls unless <u>all</u> children in the room have left for the day (usually after 5.45pm - at the end of our 5pm tours)</p>	<p>MULTICULTURAL WOMEN & CHILDREN GROUP 10.45am - 11.45am</p> <p>For mums, grandmothers and their young children from diverse cultures to meet, chat, cook, practice English, play & have fun!</p> <p>Weekly during term times Cost: Free. Please bring a piece of fruit for your child to eat! Bookings Essential 8293 9000 ALL NATIONALITIES WELCOME</p>	<p>LEARNING TOGETHER BABY PLAYGROUP 1pm – 2.30pm</p> <p>BABY playgroup provides opportunity to learn early socialisation, motor development & open-ended and sensory activities for learning through play</p> <p>Cost – Free. Weekly during term Bookings Essential 8293 9000 ALL WELCOME</p>	<p>“LITTLE CHATTERBOX” 1st March 10am-12pm</p> <p>An information session for parents of children aged from birth to 3yrs to help turn them into little chatterboxes!</p> <p>Cost: Free + Free crèche limited places available - please book early! Bookings Essential 8293 9000 ALL WELCOME</p>	<p>WE'RE ON FACEBOOK & ONLINE! </p> <p>www.facebook.com/ForbesChildrensCentre or www.forbescc.sa.edu.au</p>
<p>Are you or your partner Pregnant? Watch this space! We're looking at offering Groups and Information Sessions for Soon-To-Be & New Parents!</p> <p>Some suggested groups include Birthing Options in Australia, Optimal Birthing Positions, Hypnobirthing, Breastfeeding/lactation and more! Contact us for more info!</p>	<p>Term 1 Tour Dates: Fri 9/2 @ 1.30pm Wed 21/2 @ 5pm Thurs 14/3 @ 5pm Mon 25/3 @ 11.30am Tues 9/4 @ 3pm</p>	<p>CaFHS CLINIC at FORBES By Appointment</p> <p>Free Child & Family Health Service for infants and children 0 to 5 years, with a 0-3yrs focus</p> <p>Please call 1300 733 606 to make an appointment _(Enter your postcode then ask to be booked in at Forbes)</p>	<p>OCCUPATIONAL THERAPIST & SPEECH PATHOLOGIST At Forbes</p> <p>Out OT and Speechie offer parent information groups, 1:1 appointments where you can chat about queries or concerns about your child and provide professional referral where needed for children.</p> <p>Please call the centre on 8293 9000 for a confidential chat with Huong (OT) or Maria (Speech Pathologist) or for more information</p>	<p>DEVELOPING DIFFERENTLY PARENTING COURSE 15TH & 22ND Mar 10 -12pm</p> <p>FREE 2 part workshop that aims to help parents & carers to positively & confidently raise children & young people who have a disability. Topics to support your parenting include: Coping with feelings about your child's disability; Understanding the rights of children with disability; practical strategies to support you with meeting your child's needs; and when, where, & how to find supports you need.</p> <p>Cost: Free + Free crèche (places limited) Bookings Essential: 82939000</p>	<p>Have you checked out our Facebook page yet? Find this program, last-minute program changes, updates, other community parenting courses, support & information as well as lots of helpful parenting hints, tips and links to parenting resources</p>
		<p>EARLY PARENTING GROUP For new dads and mums Call CaFHS for the next group starting date</p> <p>Free 4 week CaFHS course for new dads, mums & their baby!</p> <p>Cost: Free - Bookings Essential: Call CaFHS on 1300 733 606 and enter your postcode when prompted for more information Courses start every 4 weeks – call for next start date</p>	<p>BABY CONNECTIONS 1.30 – 2.30 (ish) pm facilitated by our OT & Speech Pathologist</p> <p>Come & join this group of new parents/carers, their babies and our OT & Speechie to connect, wonder, learn & delight in your baby. Great for parents who want to connect, but whose babies are not yet ready for a busy playgroup.</p> <p>Weekly during term times Cost: Free Bookings Essential 8293 9000 ALL WELCOME</p>	<p>LEN – Lived Experience Network Meet Every 2nd Friday 10 – 12pm</p> <p>LEN System Advisors meet fortnightly to advise DHS on how to improve the Child and Family Support System. If you have experienced significant family stress, needed support services and want to become an advisor in this meeting - Contact Paula, LEN Coordinator, for more info & how to apply (\$30 per hour time reimbursement) M: 0435 366 394 - free crèche available</p>	<p>DADS! Yes...DADS!</p> <p>Calling all local Dads to meet with their kids at the Jervois Street Reserve on a Saturday morning, or want to join a “Dads Only” Group? Text Merridee:0400 263 567 (or call her on 8293 9000) and leave your contact details</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