

Welcome

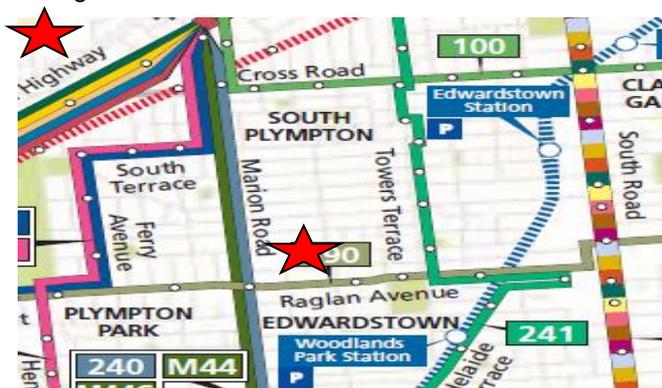
Forbes Children's Centre for Early Childhood Development and Parenting is an integrated early years service in which early childhood professionals, other professionals, families and the local community work together to meet the needs of children and families.

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

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.cyh.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, Speechie and other staff 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 other centre staff) 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

Sleep & your child

Sleep is essential for growth, development and well-being of both children and parents.

Explore and learn about typical sleep patterns, positive sleep practices, and some common sleep disorders.

Presented by Forbes Children's Centre OT

Huong Nguyen

Friday 14th June

10am - 12midday

Bookings Essential 82939000

Cost – Free

Plus free crèche available

(Limited spaces – Please book early)

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:

9am Tues 7th May

5pm Wed 22nd May

2pm Mon 3rd June

5pm Thurs 20th June

1pm Fri 5th July

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

Bookinas Essential



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

Children's Dispositions for Learning

Learn how to help your child become an effective learner for success!

Learning Dispositions are habits of mind that we develop. They are the usual ways that we respond to people and situations.

Some dispositions help us to be more effective at learning...

Come along to this parenting course to learn about these dispositions, and how to support your child to develop the most effective way to learn through play and everyday experiences.

With Elise – Learning Together Communities Teacher

Thursdays 9th May – 13th June

10-11.30am

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 from 10.30 – 12.30pm 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.

DADS MOVING TOWARDS RESPONSIBILITY

This free 24 week program starts with understanding the many forms of abusive behaviour including physical, sexual, emotional, financial & psychological actions or threats & has a focus on practical ways of helping dads choose to be respectful fathers & partners.

Experienced counsellors help dads work on ways to improve relationships with their partner & children & keep them safe.

Presented by Anglicare

Call Phil on 8186 8900 for more info or a confidential chat about your situation

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 July 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

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.

Date to be advised

Bookings Essential 82939000

Cost – Free Plus free crèche available

Limited spaces – Please book early

Facilitated by Maria, our centre's Speech Pathologist

Please call 8293 9000 for more information All Welcome

LEN Meeting Group (Lived Experience Network)

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.

Forbes Children's Centre Term 2 (April to July) 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>	
LGBTQIA+ RAINBOW CONNECTION PLAYGROUP 10.30 – 12.30pm	MY TIME 9.30am-11.30am	MUSIC FUN FOR EVERYONE Every Wednesday 10am sharp - 10.30am	LEARNING TOGETHER ALL AGES PLAYGROUP 9.30 – 11am	PLAYGROUP @ GLANDORE COMMUNITY CENTRE 9.30 – 11am	FIRST AID WORKSHOP FOR PARENTS, GRANDPARENTS and CARERS Sat 6 th July 10am – 1pm
Do you identify with, or want to connect with, the LGBTQIA+ community through a term time weekday playgroup? Contact Katherine through "Pink Parents" on Facebook Messenger or on 0438 536 346 to book into this great playgroup or for more information.	Group for Mums, Dads and Carers of children up to 16yrs with a chronic illness, disability or developmental delay. Morning tea provided. Cost: Free + Free crèche. Contact Silvana on 0488 151 789 for start date Bookings Essential	½ hour of singing, dancing & movement fun for infants & young children. Weekly during Term times Cost – Free. Bookings Essential ALL WELCOME	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. Cost free. Bookings Essential 8293 9000 ALL WELCOME	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. Cost – \$4 Bookings Essential 7420 6400	3 Hours of practical "what do I do when !This! happens" 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 Bookings Essential: 8293 9000 ALL WELCOME (Sorry, no refunds for non-attendance)
OCCUPATIONAL THERAPIST & SPEECH PATHOLOGIST	DADS MOVING TOWARDS RESPONSIBILITY 6.30-8.30pm	MULTICULTURAL WOMEN & CHILDREN GROUP 10.45am - 11.45am	CHILDREN'S DISPOSITIONS FOR LEARNING 9 May-13 June 10-11.30 am	Helping your child become a "LITTLE CHATTERBOX" Date to Be Advised 10am-12pm	
Our OT and Speechie offer 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 8293 9000 for a confidential chat with Huong (OT) or Maria (Speech Pathologist) or for more information	This free 24 week program starts with understanding the many forms of abusive behaviour including physical, sexual, emotional, financial & psychological actions or threats & has a focus on practical ways of helping dads choose to be respectful fathers & partners. Experienced counsellors help dads work on ways to improve relationships with their partner & children & keep them safe. Call Phil on 8186 8900 for more info or a confidential chat.	For mums, grandmothers and their young children from diverse cultures to meet, chat, cook, practice English, play & have fun! Weekly during term times Cost: Free. Please bring a piece of fruit for your child to eat! Bookings Essential 8293 9000 ALL NATIONALITIES WELCOME	Learning dispositions are habits of mind we develop. Come along to learn how to help your child become an effective learner through play and everyday experiences. Cost – Free Plus free creche available (Limited places available) Bookings Essential ALL WELCOME	An information session for parents of children aged from birth to 3yrs to help turn them into little chatterboxes! Cost: Free + Free crèche limited places available - please book early! Bookings Essential 8293 9000 ALL WELCOME	
CENTRE TOURS Call 8293 9000 to book	WORDS GROW MINDS! Watch this space!	CaFHS CLINIC at FORBES By Appointment	LEARNING TOGETHER BABY PLAYGROUP 1pm – 2.30pm	SLEEP AND YOUR CHILD 14 June 10am – 12pm	WE'RE ON FACEBOOK & ONLINE! 
Tours are 45+ mins long. Please consider when booking. Tours through children's learning & 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) 9am Tues 7 May 5pm Wed 22 May 2pm Mon 3 June 5pm Thurs 20 June 1pm Fri 5 July	Have you seen the advertising for Words Grow Minds ? We're partnering with the City of Marion and other Early Childhood services to bring you some great free opportunities to help grow your child's brain! Want to be involved, or volunteer to help spread the latest research about children's brain development? Call Merridee on 8293 9000 for more information	Free Child & Family Health Service for infants and children 0 to 5 years, with a 0-3yrs focus Please call 1300 733 606 to make an appointment (Enter your postcode then ask to be booked in at Forbes)	BABY playgroup provides opportunity to learn early socialisation, motor development & open-ended sensory activities for learning through play Bookings Essential 8293 9000 Cost – Free ALL WELCOME	Explore & learn about typical sleep patterns, positive sleep practices, common sleep disorders Cost: Free + Free crèche available Bookings Essential 8293 9000 ALL WELCOME	www.facebook.com/ForbesChildrensCentre or www.forbescc.sa.edu.au
		EARLY PARENTING GROUP For new dads and mums Call CaFHS for the next group starting date	Are you or your partner Pregnant? Watch this space! We're looking at offering Groups and Information Sessions for Soon-To-Be & New Parents!	BABY CONNECTIONS 1.30 – 2.30 (ish) pm facilitated by our OT & Other Staff	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
		Free 4 week CaFHS course for new dads, mums & their baby! 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	Some suggested groups include Birthing Options in Australia, Optimal Birthing Positions, Hypnobirthing, Breastfeeding/lactation and more! Contact us for more info!	Come & join this group of new parents/carers, their to connect, wonder, learn & delight in your baby. For parents who want to connect, but whose babies are not yet ready for playgroup. Weekly during term times Cost: Free Bookings Essential 8293 9000 ALL WELCOME	DADS! Yes...DADS!
				LEN – Lived Experience Network Meet Every 2 nd Friday 10 – 12pm	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
				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	

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