

Welcome

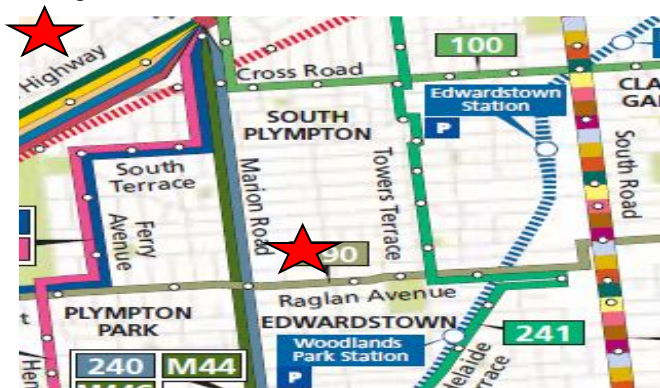
Forbes Children's Centre for Early Childhood Development and Parenting is an integrated early years service in which early childhood professionals, other professionals, families and the local community work together to meet the needs of children and families.

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

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, our OT, Speechie & 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)

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 & develop dispositions for learning like curiosity, resourcefulness, and confidence.

When: Thursday Mornings 9.30-11am during school term

Cost: Free

Rebuild your core & pelvic floor after Pregnancy

A Free Workshop to learn how to heal, feel stronger & return to exercise SAFELY

Are you wondering where your abdominal muscles have gone? Wearing pads in case you sneeze? No idea what postpartum exercise looks like after a GP clearance? Lost confidence in your body's weak core? Do you dehydrate yourself on days out so that you're not stressed about finding a toilet?

If you answered "Yes" to any of these, or have other questions about managing postpartum symptoms, join our 'beyond Kegel' interactive, non judgemental workshop!

Little one's is welcome – we'll have a small play area set up with resources to explore
Saturday 30th November 10am -11.30am

Cost – Free

Bookings Essential 82939000

Presented by Lara Jezeph - Pre and Postpartum Corrective Exercise Specialist
ALL WELCOME

Are you Looking for Childcare, Preschool or Parenting Support?

Would you like to know more about your options, what the differences are, what to look for when choosing the right childcare and when your child is eligible for preschool/kindy and tour through our ACEQUA rated "Exceeding" 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 our onsite services: CaFHS Clinic, Speech Pathology, Occupational Therapy)

Information Tours are 45+ mins

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

Join us on one of these dates:

Week 2 = Wed 23 Oct 5pm

Week 4 = 7 Nov 5pm

Week 6 = Friday 22 Nov 3pm

Week 8 = Monday 2 Dec 11am

School Holidays = Tues 17 Dec 12midday
Please meet promptly at the centre at the time stated **Bookings Essential: 8293 9000**

ALL WELCOME

My Child and Me Transitions to Childcare, Kindy and School Focus

Connecting, Understanding, Guiding....
Everyday Parenting Course

This FREE 2 part workshop helps you as parents and carers build an understanding of your child and how to support change and transitions for them. Sessions are full of helpful information with a choice of simple, practical strategies that each family can adapt for their own parenting situations.

Topics to support your parenting include: Brain & child development; Understanding behaviour; Parenting styles; and Positive approaches to guiding children's behaviour

Our sessions are based on the latest parenting research & use information from **Parenting SA.**

Light refreshments and crèche provided

When: Part 1- Tuesday 19 Nov & Part 2 - 26 Nov
Time 12pm – 2.30pm

Cost: Free plus Free crèche available (limited spaces available please book early)

Bookings Essential – 8293 9000

ALL WELCOME

MyTime

South Plympton Peer Support Group
For Mums, Dads and Carers of children (up to 16yrs) with a chronic illness, disability or developmental delay.

Tuesdays during the term 9.30 – 11.30am
Morning tea provided **Cost – Free**

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 the 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 during the school term from 10.45am to 11.45am**

to connect with other women while your little one plays!

No English (or just learning)...you're in the right place - we will make you feel welcome and help you practice!

Facilitated by qualified staff &

Supported by CaFHS Nurse

Cost: Free - Bookings preferred but not essential - Call 8293 9000

Please bring a fruit snack for your child
All Nationalities Welcome

If your child is a FUSSY OR PICKY EATER Then you need to come to WHAT'S THE FUSS ABOUT FOOD?

For parents of children aged from 6 months to 5 years old who would like to make mealtimes fun.

4 interactive sessions for parents of children aged 6 months to 4 years.

Week 1: Parent information session where a free creche is offered so you can learn about helping your child (Bookings Essential - Limited places - Please book early)

Week 2-4 : Parents and children exploring food together!

**Friday 25th Oct, Friday 1st Nov
Friday 8th Nov & Friday 15th Nov
10am - 11.30am**

Presented by Huong, our Occupational Therapist and Maria, our Speech Pathologist

Bookings Essential 82939000
(Limited places available in creche - please book early)
ALL WELCOME

LGBTQIA+ Rainbow Connection Playgroup

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

Cost: Free

**Every Monday during school Terms
10.30am - 12.30pm**

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 30th November 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

I'm Pregnant... Now What!?

(Or you're planning to conceive & want to learn about your options)

Join our FREE workshop where we'll guide you (& your support person or partner) through the different models of care available & help you to make the best decision for YOUR unique pregnancy journey.

We've got you covered.

Let us answer all the questions, so you can make informed choices for a safe and joyful pregnancy experience. Learn about choosing health care professionals, screening tests, public/private hospital or home birth options, birth plans & lots more!

Wed 6th Nov 6pm - 7.30pm

Cost - Free

Bookings Essential 82939000

Facilitated by Ros McDonough, private midwife, Hello Baby!

Please call 8293 9000 to book or 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 & well. This includes people with lived experience of CFSS services or 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 4 (October to December) 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
Long Day Care & Preschool	Long Day Care & Preschool	Long Day Care	Long Day Care & Preschool	Long Day Care & Preschool	
LGBTQIA+ RAINBOW CONNECTION PLAYGROUP 10.30am - 12.30pm 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. Cost - Free	MY TIME 9.30am-11.30am 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 ** TRANSITIONS FOCUS ** MY CHILD AND ME Focus on Transitions to school, kindy & childcare Part 1: 19 Nov / Part 2: 26 Nov 12.00pm – 2.30pm Does your child find transitions, or change difficult? Discover practical strategies to help their challenges, fears and worries! Topics include: Brain & child development; Understanding behaviour; Parenting styles; and Positive approaches to guiding children's behaviour Cost: Free +Free crèche Bookings Essential: 82939000	MUSIC FUN FOR EVERYONE Weekly during school term 10am sharp - 10.30am ½ hour of singing, dancing & movement fun for infants & young children. Cost – Free. Bookings Essential 8293 9000 ALL WELCOME MULTICULTURAL WOMEN & CHILDREN GROUP Weekly during school term 10.45am - 11.45am Our mums and grandmothers meet to connect with other women while your little one plays! No English (or just learning)?...you're in the right place – just come along! Facilitated by qualified staff. Supported by CaFHS Nurse Please bring a piece of fruit for your child to eat! Cost: Free. Bookings preferred: 8293 9000 ALL NATIONALITIES WELCOME CaFHS CLINIC at FORBES By Appointment Free Child & Family Health Service for infants and children 0 to 5 years, with a 0-3yrs focus Call 1300 733 606 to make an appointment Ask for Forbes Appt	LEARNING TOGETHER ALL AGES PLAYGROUP 9.30 – 11am Come and join us for this all ages playgroup! Your child will learn through play (and have lots of fun of course!) Cost free. Bookings Essential 8293 9000 ALL WELCOME LEARNING TOGETHER BABY PLAYGROUP 1pm – 2.30pm 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 CENTRE TOURS Call 8293 9000 to book Tours are 45+ mins long. 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) Please arrive promptly. Week 2 = Wed 23 Oct 5pm Week 4 = Thurs 7 Nov 5pm Week 6 = Fri 22 Nov 3pm Week 8 = Mon 2 Dec 11am School Holidays = Tues 17 Dec 12midday Cost: Free Bookings Essential - 8293 9000 END OF YEAR CELEBRATION! Date and venue to be Advised soon! Details about our annual end of year celebration for all our families will be out soon! Keep a lookout at Forbes and our Facebook page for details.	PLAYGROUP @ GLANDORE COMMUNITY CENTRE 9.30 – 11am Come and join us for this partnership playgroup! Sessions include indoor/ outdoor play, craft, story time, songs with a fenced & shaded outside area, large sandpit, play equipment & more. Cost:\$4 - For more Info: 7420 6400 WHAT'S THE FUSS ABOUT FOOD 25 Oct, 1, 8 & 15 Nov 10am – 11.30am For parents of children who are "fussy or picky eaters" aged 6mths to 4yrs who would like to make mealtimes fun and less stressful. Week 1 – Parent information session with free creche offered for your child. Week 2-4 – Parents and children exploring food together Cost: Free + Free crèche 30/11 (Limited numbers – please book early) Bookings Essential: 82939000 ALL WELCOME BABY CONNECTIONS Weekly during school term 1.30-2.30pm Join this group of new parents & carers, to learn about, wonder & delight in your baby. For dads and mums & carers who want to connect but are not yet ready for playgroup. Facilitated by Forbes OT Bookings preferred 8293 9000 Cost: Free ALL WELCOME LEN-Lived Experience Network Meet Every 2nd Friday 10-12pm 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	FIRST AID WORKSHOP FOR PARENTS, GRANDPARENTS and CARERS Sat 30 Nov 10am – 1pm 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 inside flier about attendance certificates or call the centre Bookings Essential: 8293 9000 ALL WELCOME (Sorry, no refunds for non-attendance) REBUILD YOUR CORE & PELVIC FLOOR AFTER PREGNANCY Sat 30 Nov 10am - 11.30am In just 1.5hrs learn how you can get your core muscles back to strong, confident, pain and worry free "sneeze leaking" through simple exercises at home! Babies & toddlers welcome (a play area will be set up in the room) Presented by Lara Jezeph - A Pre & Postpartum Corrective Exercise Specialist Cost - Free Bookings Essential 8293 900
OCCUPATIONAL THERAPIST & SPEECH PATHOLOGIST 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 WE'RE ON FACEBOOK & ONLINE!  www.facebook.com/ForbesChildrensCentre or www.forbescc.sa.edu.au Have you checked out Our Website or 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	DADS MOVING TOWARDS RESPONSIBILITY 6.30-8.30pm 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.	EARLY PARENTING GROUP For new dads and mums Courses start every 4 weeks Free 4 week CaFHS course for new dads, mums & their baby! Cost: Free - Bookings Essential: Call CaFHS on 1300 733 606 I'M PREGNANT – NOW WHAT!!!!?? Wed 6 Nov 6pm – 7.30pm An information session for pregnant mums and their support people. Join our FREE workshop where we'll guide you through the different models of care available & help you to make the best decision for YOUR unique journey so you can make informed choices for a safe & joyful pregnancy experience. Bookings Essential - 8293 9000 Cost: Free ALL WELCOME			

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

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