

PARENTING & RELATIONSHIP COURSES – TERM 1 2017

Email: r.earles@rasa.org.au



SOUTH AUSTRALIA

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PARENTING AFTER SEPARATION

| Organisation | Program | Service delivery | Program details |
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| CENTRAL | | | |
| <p>Centacare Adelaide P: 8210 8200 33 Wakefield St, Adelaide 5000</p> | <p><u>Mum's House Dad's House</u></p> | <p>Single 3 hour session Cost \$5 08 February 2017 (9.30-12.30 pm) 16 February 2017 (6.00-9.00 pm) 01 March 2017 (9.30-12.30 pm) 16 March 2017 (6.00-9.00 pm) 28 March 2017 (9.30-12.30 pm)</p> <p>Please call for bookings</p> | <p>A workshop for separated parents wanting to understand and manage the changes in their family. The workshop will enable participants to:</p> <ul style="list-style-type: none"> Share with others about what is different now that the family has changed Learn about what their children need from them Learn about communicating respectfully with the other parent Identify what gets in the way of working together as parents Develop strategies to deal with what gets in the way Understand the developmental attachment needs of their children. Bookings are essential. <p>Additional courses also run regularly based on demand.</p> |
| <p>Adelaide FRC Relationships Australia P: 8419 2000 161 Frome St, Adelaide 5000</p> | <p><u>Child Focused Information Session</u></p> | <p>Single 3 hour session Courses run regularly Tuesday mornings & Thursday evenings</p> | <p>An overview of the family law system with a particular focus on post separation parenting and the impact of conflict on children. It is recommended that FDR clients complete this session as a precursor to mediation.</p> |

| WESTERN SUBURBS | | | |
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| <p>Anglicare SA P: 8301 4200 159 Port Rd, Hindmarsh 5007</p> | <p><u>Kids Are First</u> <u>Parenting Orders</u> <u>Program</u></p> | <p>15 hour program spread across 3 – 6 sessions. \$30, \$15 concession. Groups run from Hindmarsh this Term.</p> | <p>Group program targeting separated/divorced parents, particularly in complex or high conflict families. The program focuses on the impact of separation and parental conflict on children and is aimed at building communication, reducing conflict and court action, and achieving ongoing child focused co-operative parenting.</p> |
| <p>Anglicare SA P: 8392 3100 159 Port Rd, Hindmarsh 5007</p> | <p><u>Fatherhood and</u> <u>Separation</u></p> | <p>Single 2 hour session Contact Michael on 8301-4200 to register your interest in this group. No Cost.</p> | <p>A Chance to meet others with similar experiences to share stories and practical parenting ideas:</p> <ul style="list-style-type: none"> • Been through a separation? • Want to connect with other dads? • Want to explore your new role as a separated dad? <p>Keen to make the most of your relationship with your kids?</p> |
| SOUTHERN SUBURBS | | | |
| <p>Anglicare SA P: 8301 4200 159 Port Rd, Hindmarsh 5007</p> | <p><u>Kids Are First</u> <u>Parenting Orders</u> <u>Program</u></p> | <p>Group being run in Christies Beach. May be booked. Please enquire for waiting list times.</p> | <p>Group program targeting separated/divorced parents, particularly in complex or high conflict families. The program focuses on the impact of separation and parental conflict on children and is aimed at building communication, reducing conflict and court action, and achieving ongoing child focused co-operative parenting.</p> |
| <p>Uniting Communities – Noarlunga Family Relationships Centre 38 Beach Road, Noarlunga Ph: 08 8202 5223</p> | <p><u>Child Focussed</u> <u>Information</u> <u>Sessions</u></p> | <p>These sessions are held at the various offices:</p> <ol style="list-style-type: none"> 1. Christies Beach every 2nd Tuesday at 10am & every alternate Thursday 6pm | <p>An overview of the family law system with a particular focus on post separation parenting and the impact of conflict on children. It is recommended that FDR clients must attend this session as a precursor to mediation. Please</p> |

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| | | <ol style="list-style-type: none"> 2. Aldinga Office- every 2nd Wednesday at 9:30am 3. Marion Office (Westfield) every 2nd Thursday evening at 6:00pm and monthly Friday at 9:30am 4. Victor Harbour monthly Tuesdays at 9:30am 5. Kingscote- on request | <p>contact Centre for further details and to make bookings.</p> |
| <p>Relationships Australia Ph: 1300 735 492</p> | <p><u>Child Focused Information Session</u></p> | <p>Single 2 hour session held at Noarlunga Family Relationship Centre: Port Adelaide (ph: 8340 2022) and Marion and Victor Harbour. Contact 1300 735 492 for bookings</p> | <p>Facilitated by Relationships Australia and in partnership between the Family Relationship Centres and Community Legal Centres SA. The session includes information about Mediation (Family Dispute Resolution) and the Family Law in Austral, Post Separation Parenting and how best to support children and protect them from adult conflict. FDR clients must this session as a precursor to mediation. Approximately 2 hours in length.</p> |
| NORTHERN SUBURBS | | | |
| <p>Relationships Australia</p> | <p><u>Child Focused Information Session</u></p> | <p>Single 2 hour session. Free of charge. First 3 Thursdays in the month from 6.30pm at Elizabeth Ph: 8255 3323</p> <p>Salisbury Ph: 8285 4499</p> <p>Single 2 hour session on the 1st Friday of each month at 10.00am at Clare – may change please call office to confirm</p> | <p>Facilitated by Relationships Australia and in partnership between the Family Relationship Centres and Community Legal Centres SA. The session includes information about Mediation (Family Dispute Resolution) and the Family Law in Austral, Post Separation Parenting and how best to support children and protect them from adult conflict. FDR clients must this session as a precursor to mediation.</p> |

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| | | <p>Single 2 hour session on the 1st Wednesday of each month at 10.00am at Gawler</p> <p>Single 2 hour session on the 2nd and 4th Thursday of each month at 10.00am at Nuriootpa - may change please call office to confirm</p> <p>For CIFS at all outreach locations please call 8255 3323 to book.</p> | |
| <p>Anglicare SA P: 8301 4200 159 Port Rd, Hindmarsh 5007</p> | <p><u>Kids Are First</u> <u>Parenting Orders</u> <u>Program</u></p> | <p>15 hour program spread across 3 – 6 sessions. \$30, \$15 concession. Group held in Elizabeth on week days – dates and times on request.</p> | <p>Group program targeting separated/divorced parents, particularly in complex or high conflict families. The program focuses on the impact of separation and parental conflict on children and is aimed at building communication, reducing conflict and court action, and achieving ongoing child focused co-operative parenting.</p> |
| <p>Relationships Australia P: 8285 4499 Shop 8 Salisbury Cinema Complex Cnr Gawler and James Streets, Salisbury</p> | <p><u>Child Focused</u> <u>Information Sessions</u></p> | <p>Single 2 hour session Every second Wednesday from 10.00am at Salisbury.</p> | <p>An overview of the family law system with a particular focus on post separation parenting and the impact of conflict on children. It is recommended that FDR clients must this session as a precursor to mediation.</p> |

REGIONAL – MURRAY BRIDGE and SOUTH EAST

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| <p>FRC Mount Gambier AC Care P: 8721 3500 1 Helen St, Mount Gambier 5290</p> | <p><u>Parenting after Separation</u></p> | <p>4 hour group workshop held every 3 weeks on Thursday mornings from 9:30am – 1:30pm.</p> <p>A night group is also held every 6 weeks on Thursday evening from 5:30-9:30pm.</p> <p>Fee: \$10 if eligible cardholder or income less than \$50,000 per annum; \$25 if income more than \$50,000 per annum.</p> <p>Case Management support also available.</p> | <p>Group program designed to help separated parents in conflict stay focused on their children’s needs. Parents will learn about the effects of separation and conflict on children, find out how to reduce conflict and improve communication, be part of an information session with parents who share similar experiences, and be offered ongoing support/services. FDR and CCS clients must complete program - which is also available to the general public. The workshop includes an introduction to the Family Law System delivered by a local legal practitioner.</p> |
| <p>Centacare P: 8210 8200 55 Adelaide Rd, Murray Bridge 5000</p> | <p><u>Mum’s House Dad’s House</u></p> | <p>Single 2.5 hour session Cost \$5 07 February 2017 (9.30-12.00 pm) 07 March 2017 (9.30-12.00 pm) 04 April 2017 (9.30-12.00 pm)</p> <p>Please call for bookings</p> | <p>A workshop for separated parents wanting to understand and manage the changes in their family. The workshop will enable participants to:</p> <ul style="list-style-type: none"> Share with others about what is different now that the family has changed Learn about what their children need from them Learn about communicating respectfully with the other parent Identify what gets in the way of working together as parents Develop strategies to deal with what gets in the way Understand the developmental attachment needs of their children. <p>Additional courses also run regularly based on demand.</p> |

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| REGIONAL – RIVERLAND | | | |
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| <p>Relationships Australia Berri P: 8582 4122 9 Kay Ave, Berri 5343</p> | <p><u>Working it out for the Kids</u> <u>Post Separation Cooperative Parenting</u></p> | <p>Free 3 hour workshop Course run fortnightly with evening and day sessions available Course may be offered in Murray Bridge, Mallee Region and other major towns in the Riverland. Call for details.</p> | <p>Program for separated parents who are finding it difficult to manage their emotions and keep conflict with their ex-partner away from their children. It seeks to help parties stay focused on the needs of their children; manage emotions such as anger, grief, disappointment and jealousy; avoid or get out of a cycle of blame and conflict with their ex-partner; and be the best parent they can. Workshops are offered regularly and include video clips, discussion and activities. Counselling and other support is also available.</p> |
| REGIONAL – NORTH | | | |
| <p>Uniting Care Wesley Country SA P: 8649 4367 for bookings in Whyalla, Port Pirie and Port Augusta or contact Ruth: 0407972317 Gail: 0419165526</p> | <p><u>Building Connections Seminar/ Strengthening Separated Families</u></p> | <p>3 hour seminar. Course run in small groups in Whyalla, Port Augusta, Port Pirie and surrounding areas. Individual seminars also offered as required. Port Augusta: once per month, on the 4th Thursday of each month. Please check with Service for details and times</p> | <p>Building Connections is for separated parents and assists parents to have strong healthy relationships with their children. This program helps parents to understand the effects that family separation has on children, the impact of parental conflict upon children, how to improve their communication with the other parent and how to be a more effective parent to become child focused.</p> |
| PARENTING COURSES GENERALLY | | | |
| Organisation | Program | Service delivery | Program details |
| CENTRAL /HILLS AND ALL SUBURBS | | | |
| <p>Anglicare SA 8131 3400</p> | <p><u>SPRING (Early Intervention Family Support</u></p> | <p>Where: Home service in Outer North and Southern regions of Adelaide</p> | <p>The SPRING Early Intervention Family Support Service provides preventative and early intervention support to families experiencing</p> |

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| <p>lcollins@anglcairesa.com.au</p> | <p><u>program)</u></p> | <p>Weekly or fortnightly visits for 2 hours. Call the Supporting Families Coordinator to discuss eligibility and service availability on 8131 3400 or email lcollins@anglcairesa.com.au</p> | <p>challenges that at impacting their children aged 0-16. For Families with children who live in the Outer Northern or Southern Adelaide regions that are seeking support to improve their parenting abilities and achieve a nurturing family environment for the healthy development, safety and well- being of their children. Family Support Practitioner provide a child focused and family inclusive home visiting service. Please call to check availability and eligibility .</p> |
| <p>Centacare P: 8210 8200 33 Wakefield St, Adelaide 5000</p> | <p><u>How to Talk so Kids will Listen</u></p> | <p>2 Hour presentation City Office 04 April 2017 Time: 9.30-11.30 am Fennessey House, 33 Wakefield Street, Adelaide, SA 5000 Australia</p> | <p>This is a two hour workshop which can be offered as two discrete sessions for parents of teens and parents of younger children. Both explore the skills associated with successful communication for parents. This includes how we listen, as well as what we say. Both workshops consider the importance of assisting children to develop emotional intelligence as part of successful communication. Bookings are essential.</p> |
| <p>Centacare P: 8210 8200 33 Wakefield St, Adelaide 5000</p> | <p><u>Inside Their Heads- Understanding Teen Boys & Girls</u></p> | <p>2 hour presentation City Office 08 March 2017 Time: 6.30-8.30 pm Please call for bookings Fennessey House, 33 Wakefield Street, Adelaide, SA 5000</p> | <p>Inside Their Heads' is a two hour presentation which draws on course content for the 'Inside Her Head' and 'Inside His Head' courses. Addresses the difficulties in families around adult/teen relationships, development of self-concept and self-esteem in the pre-teen/teen years. Strong connectivity before and during adolescence is a protective factor against early sexual activity, schooling problems and social problems. Bookings are essential</p> |

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| <p>Centacare P: 8210 8200 33 Wakefield St, Adelaide 5000</p> | <p><u>Living in a Blended Family</u></p> | <p>1 ½ hour presentation City Office 05 April 2017 Time: 7.00-8.30 pm Fennessey House, 33 Wakefield Street, Adelaide, SA 5000 Australia</p> | <p>A workshop for re-partnered parents and step-parents wanting to understand the new dynamics in their family, the impact on parents, step-parents, children and step-children.</p> |
| <p>Centacare P: 8210 8200 33 Wakefield St, Adelaide 5000</p> | <p><u>Circle of Security</u></p> | <p>City Office All 9.30-11.30 am 14 February 2017 21 February 2017 28 February 2017 07 March 2017 14 March 2017 21 March 2017 Fennessey House, 33 Wakefield Street, Adelaide, SA 5000 Australia</p> | <p>A course to help parents have supportive reactions to their children's emotions, and to help parents have more understanding of their child's behaviour. Parents will be better able to help their child organise their feelings so that the parent/child relationship can be enjoyed more fully, helping children feel secure both now and in the future.</p> |
| <p>Centacare(in conjunction with CAMHS) P: 8210 8200 33 Wakefield St, Adelaide 5000 P: 215.6700 Held at CAMHS, 23 Victoria Crescent, Mt Barker</p> | <p><u>Who's in Charge</u></p> | <p>2 ½ hour presentation All 12.30-3.00 pm</p> | <p>A seven week course for parents whose children are abusive towards them. The course is for parents of children aged between 8 and 18 who feel constantly challenged by their</p> |

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| | | <p>16 February 2017 23 February 2017 02 March 2017 09 March 2017 16 March 2017 23 March 2017 30 March 2017</p> <p><u>Held at CAMHS, 23 Victoria Crescent, Mt Barker</u></p> | <p>children's behaviour. Based on the work of Eddie Gallagher, the course aims to:</p> <ul style="list-style-type: none"> • Reduce parents' feelings of isolation • Challenge parents' feelings of guilt • Create belief in possibility of change • Clarify boundaries of acceptable and unacceptable behaviour • Examine strategies for creating meaningful and practical consequences for unacceptable behaviour • Reinforce progress and provide emotional support while they attempt to be more assertive parents • Explore anger, both children's and parents' • Develop safety plans for families and <p>Help parents to look after themselves</p> |
| <p>Effective Living Centre 26 King William Road Wayville Ph: 8271 0329 www.effectiveliving.org email: office@effectiveliving.o</p> | <p><u>Variety of programs and courses for parents</u></p> | <p>Cost: \$15 per adult, \$10 per Concession, \$20 per couple. Contact Centre or check out website for more details.</p> | <p>Effective Living Centre hold a range of courses and events each terms for parents of children.</p> |
| <p>Office for Children and Young People Department for Education and Child Development 7 th Floor 31 Flinders St Adelaide Ph 82264293</p> | <p><u>Learning Together program</u></p> | <p>Offers a range of services located at base schools in SA with outreach to surrounding areas: Please call local area provider: Christie Downs: 8352 3266 Enfield: 8343 6555 Para West: 8254 6300 Millicent: 8733 2864</p> | <p>Learning Together is a family learning and support program for families with children aged 0-3 years. Family members work with early children teachers and in child and family friendly settings to support children's learning. Offers a wide range of programs, including playgroups, Circle of Security Parenting and other programs.</p> |

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| | | <p>Murray Bridge: 8531 3090 Port Augusta: 8642 6504 Port Pirie 8632 2633</p> | |
| <p>Office for Children and Young People Department for Education and Child Development 7 th Floor 31 Flinders St Adelaide Ph 82264293</p> | <p><u>Learning Together @ home program</u></p> | <p>Offers an <u>outreach service</u> in home. Please call nearest program provider:</p> <p>Christie Downs: 8382 5950 Inner North West Adelaide- Enfield: 82627399 Inner South West:82939090 Northern Adelaide: 8284 2011 Millicent: 8733 2368 Lower Yorke Peninsula: 88323053 Murray Bridge: 8531 3090 Port Augusta: 8642 2117 Port Lincoln: 8682 6305 Port Pirie/Clare: 8632 2633 Victor Harbour: 8552 4160 Whyalla: 8645 7776</p> | <p>This is a program for families with children aged from birth to four years. The purpose of the program is to support families abilities to be involved with their children’s learning, through play.</p> <p>This is for families who are eligible and need support due to social isolation, mental health issues or learning difficulties, a disability, a disability or developmental delay, a new arrival in Australia, being young parents, family pressures such as illness or multiple birth, poverty or geographic isolation.</p> <p>Aboriginal and Torres strait Islander families and children under guardianship of the Minister For Families are given priority when [possible]. Workers may offer home visits or group experiences and work closely together with a range of other early childhood and community services. The length of time that families will be learning varies, depending on the needs of the child and family and on availability of field workers. Families may be referred by service providers. Waiting list. Every effort will be made to connect families as soon as possible.</p> |
| <p>Junction Australia www.junctionaustralia.org.au Ph: 8384 7877</p> | <p><u>Who’s in Charge</u></p> | <p>Commences Friday 10 February 2017, 9:30-12noon Being held at the Klemzig Community Hall, 242 North East Road, Klemzig in Term 1</p> | <p>Parents are not the problem, but part of the solution. Parenting strategies for coping with difficult situations and behaviours! An 8 session</p> |

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| | | 2017 | course for those struggling with children or adolescents that use violence and abuse towards them and other family members. |
| <p>Uniting Communities Pitt Street Adelaide Ph: 8202 5190</p> | <p><u>Women's Domestic Violence Survivors Group</u></p> | <p>Held every 2nd Thursday of the month 10-12noon Free Location will be provided on registration</p> | <p>This is a free group facilitated by a Uniting Communities counsellor and typically consists of no more than 10 participants. The group offers women an opportunity to explore the effect of violence and abuse in a safe, non-judgemental setting. Women are also invited to share strategies that are helpful in regaining a sense of identity and self-confidence. For information including location details, please call 8202 5190 during business hours.</p> |
| <p>Women's Community Centre SA P: 8362 6571 64 Nelson St, Stepney 5069</p> | <p><u>Range of support and courses available</u></p> | <p><u>Please contact service for further details or visit the website www.wccsa.asn.au</u></p> | |
| WESTERN SUBURBS | | | |
| <p>UCW Port Adelaide P: 84402246 64 Dale St, Port Adelaide Port Adelaide</p> | <p><u>Strengthening Families West</u></p> | <p>Free service to Aboriginal or disadvantaged families who live in the Western region Referral can come through many sources, including schools, agencies and families.</p> <p>Call Team leader Jasmin on 8281 4137 or email: jkollias@ucwpa.org.au</p> | <p>This service aims to help parents to access the support they need by:</p> <ul style="list-style-type: none"> • Referral to specialist and non specialist services • Developing family and other relationships • Case management • Support |
| <p>UCW Bowden</p> | | <p>Uniting Care Westley Bowden</p> | <p>The program aims to strengthen early childhood development and the wellbeing of children and their families by:</p> |

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| <p>P: 8245 7100 77 Gibson St, Bowden 5007 cfss@ucwb.org.au</p> | <p><u>The Child and Family Foundations Program</u></p> | <p>Call UCWB on 8245 7100</p> <p>Includes a number of other parenting programs, such as Circle of Security Parenting, playgroups and men's groups to assist and support parenting.</p> <p>Covers inner North & Western suburbs and the Tea Tree Gully council area(office also at Modbury)</p> | <ul style="list-style-type: none"> • Providing access to high quality learning opportunities for young children • Providing information to parents about child development and learning • Supporting families to gain parenting knowledge and skills • Providing early identification and support for children at risk of developmental and behavioural problems • Connecting families to social and community supports <p>Child development issues and concerns which can be addressed include:</p> <ul style="list-style-type: none"> • Behavioural issues • Social skills difficulties • Parenting difficulties and concerns • Social isolation |
| <p>UCW Bowden P: 8245 7100 77 Gibson St, Bowden 5007 cfss@ucwb.org.au</p> | <p><u>Circle of Security Parenting</u></p> | <p>Being held at the Blair Athol Community Centre in <u>Term 1 2017</u> Please contact Centre for more details.</p> | <p>Circle of Security helps guide parents towards building healthy attachments with their children. 50 years of research on attachment demonstrates that children with healthy attachments to parents are more likely to have positive lives and relationships in the future.</p> |
| <p>Cowandilla Children's Centre Cnr Jenkins and Wilsons St, Cowandilla Ph: 8352 5346</p> | <p><u>Circle of Security Parenting</u></p> | <p>Thursdays 1-3pm Commencing 16 February 2017- 6 April 2017 Crèche places limited Venue- Cowandilla Children's Centre- Emu Room</p> | <p>Circle of Security is a parenting group designed to help parents and carers of young children recognise and respond to their children's needs. Children who feel secure in their relationships with their parents have higher self esteem, fewer behavioural problems, know how to be kind and enjoy more happiness with their parents.</p> |

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| | | | Call Shaun on 8443 5758 or Kathryn on 8352 5346 to book. |
| <p>Cowandilla Children's Centre Cnr Jenkins and Wilsons St, Cowandilla Ph: 8352 5346</p> | <p><u>The Fathers Journey</u></p> | <p>28 February 2017 & 28 March 2017 6-8pm Emu Room Facilitated by Anglicare (Call Amy 8352 5346)</p> | <p>An opportunity for fathers to share their unique experiences and journey as a father with other dads. Facilitated by Anglicare. Call Amy 8352 5346</p> |
| <p>Cowandilla Children's Centre Cnr Jenkins and Wilsons St, Cowandilla Ph: 8352 5346</p> | <p><u>Saturday Daks!</u></p> | <p>4 February 2017 (Apex Park Reserve) 4 March 2017 (Linfield Reserve) 8 April 2017(Mile End Common) 11:30- 1:30pm</p> | <p>A play and yarn time for dads/special blokes with their children and babies to 5 year olds. Lunch provided. Bookings required.</p> |
| <p>Cowandilla Children's Centre Cnr Jenkins and Wilsons St, Cowandilla Ph: 8352 5346</p> | <p><u>Acorn Parent – Infant Attachment Group</u></p> | <p>Commences 24 February 2017 9:30-11:30am Kangaroo Room</p> | <p>Attachment based group for mums with mental health struggles and their children to 3.</p> |
| <p>Cowandilla Children's Centre Cnr Jenkins and Wilsons St, Cowandilla Ph: 8352 5346</p> | <p><u>Tuning into Kids</u></p> | <p>6 weeks 28 February 2017- 4 April 2017 1-3pm Emu Room</p> | <p>A group for parents t gain a better understanding of how to manage their child's emotions. Crèche available.</p> |

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| <p>Darlington Children's Centre 12a Kurrajong Place Seacombe Gardens PH: 8296 2686 dl.3624.leaders@schools.sa.edu.au</p> | <p><u>Circle of Security Parenting</u></p> | <p>Please contact Centre.</p> | <p>Develop a better understanding of your children's needs through the Circle of Security Parenting. Call Emily or Jane.</p> |
| <p>Communities for Children North West Adelaide (via Uniting Care Wesley Port Adelaide) United Church Royal Park 50-52 Tapleys Rd Royal Park (formerly Seaton Central)</p> | <p><u>Range of playgroups, support groups, courses and other services</u></p> | <p><u>Please check website for details:</u> <u>www.ucwpa.org.au</u></p> | <p>Range of playgroups, support groups, courses and other services for children with special needs, parents struggling with post natal depression etc.</p> |
| <p>Forbes Children's Centre (in conjunction with Anglicare) 8 Thomas St South Plympton Ph: 8293 9000</p> | <p><u>The Dad Factor</u></p> | <p>Wednesday 8 February 2017- 22 March 2017 7 weeks 6-8pm Free Contact George 8186 8900</p> | <p>A seven week course for fathers, grandfathers, uncles and other male carers that can assist participants develop their own parenting style. Topics include communicating with children, helping children to develop self confidence, children's behaviour and how to deal with it, handling stress as a parent.</p> |
| <p>Forbes Children's Centre 8 Thomas St South Plympton Ph: 8293 900</p> | <p><u>Circle of Security</u></p> | <p>Commences 20 February 2017 Free Creche Available 10-12 midday 7 weeks</p> | <p>Circle of Security is a parenting group designed to help parents and carers of young children recognise and respond to their children's needs. Children who feel secure in their relationships with their parents have higher self esteem, fewer behavioural problems, know how to be kind and enjoy more happiness with their</p> |

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| <p>Forbes Children’s Centre 8 Thomas St South Plympton Ph: 8293 900</p> | <p><u>Bringing up Great Kids</u></p> | <p>Commences Saturday 25 February 2017 10-12midday 4 weeks Free</p> | <p>Explore how as children we receive message from our parents and as parents, we send messages to our children. Creche available.</p> |
| <p>Kalaya Children’s Centre 50 Webb St QUEENSTOWN SA 8447 6519</p> | <p><u>Connected Families Program</u></p> | <p>Wednesdays 10:30am-12 noon Call Director: Lynette Callaghan Phone: 8447 6519 Fax: 8447 6036</p> | <p>A program connecting and supporting Aboriginal families. Run with UCW Port Adelaide. Light lunch provided.</p> |
| <p>Junction Community Centre Inc 2A May Tce Ottoway SA 5013 8341 1334</p> | <p><u>Family Support</u></p> | <p>Phone 8341 1334 for details (Contact Kay)</p> | <p>The Family Support Worker can assist parents to enhance their parenting skills by offering support through short term counselling, home visits and parenting information and support groups.</p> |
| <p>Gowrie SA 39a Dew Street Thebarton SA 8352 5144 www.gowriesa.org.au</p> | <p><u>Through the Looking Glass</u></p> | <p>Possible for Term 1 2017 For bookings or enquires, please contact Michael Hocking on 8352 5144 or visit www.gowriesa.org.au</p> | <p>A 10 week intensive parenting support program suited to families wishing to improve their relationship with their children. The course provides group based therapeutic and educational sessions, plus supported play sessions for families and children aged 0-5. Through the Looking Glass aims to assist both parent and child by providing environments and experiences which will support their interactions and enrich relationships.</p> |

PARENTING & RELATIONSHIP COURSES – TERM 1 2017

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| <p>Gowrie SA 39a Dew Street Thebarton SA 8234 5219 www.gowriesa.org.au</p> | <p><u>Circle of Security</u></p> | <p>Thursdays 16 February 2017- 6 April 2017 5:30-7pm Free</p> | <p>An 8 week 1 ½ hour program, the Circle of Security approach is a roadmap for understanding and responding to your children's needs. Supports our children to have higher self-esteem, solve problems on their own and get along better with their friends.</p> |
| <p>Gowrie SA 39a Dew Street Thebarton SA 8234 5219 www.gowriesa.org.au</p> | <p><u>Circle of Security Parenting (for parents of children living with Autism)</u></p> | <p>8 week Course Free Tuesdays 10-11:30am 14 February 2017- 4 April 2017 Contact Cecilia Ebert and Marie Littlewood 8234 5219 or visit www.gowriesa.org.au</p> | <p>An 8 week parenting course especially designed to assist parents with children living with autism to use the Marte Meo approach to address the specific needs of their children.</p> |
| <p>Gowrie SA 39a Dew Street Thebarton SA 8234 5219 www.gowriesa.org.au</p> | <p><u>Circle of Security Parenting for Fathers</u></p> | <p>Wednesday 6-7:30pm 8 February- 9 March 2017 Seaton North Neighbourhood Centre Free</p> | <p>8 Week program that runs for 1 ½ hours per week, run especially for fathers. The Circle of Security approach is a roadmap for understanding and responding to ur children's needs. Supports our children to have higher self-esteem, solve problems on their own and get along better with their friends.</p> |
| <p>Gowrie SA 39a Dew Street Thebarton SA 8234 5219 www.gowriesa.org.au</p> | <p><u>Sunday Fun for Dads and Kids</u></p> | <p>First Sunday of the month 10-12pm Venue; Seaton North Neighbourhood Centre, Cnr Cairns Ave and Pedlar Street Free</p> | <p>A monthly session of Sunday fun and activities in an environment suited to men & their children aged 0-12, facilitated by Gowries Fatherhood Support Worker. Free</p> |

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| NORTHERN SUBURBS | | | |
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| <p>Aboriginal Family Support Services 39A Anderson Walk Smithfield 8254 1077</p> | <p><u>Circle of Security</u></p> | <p>Please call or email AFSS: csw@afss.com.au or 8254 1077</p> | <p>Focusses on attachment which is what make a child feel safe and protected in a culturally safe environment.</p> |
| <p>C.a.F.E Enfield Children’s Centre Pateela St Enfield Ph: 8342 3329</p> | <p><u>Circle of Security Parenting</u></p> | <p>Held Mondays Contact Centre for further details.</p> | <p>An 8 week program to explore the emotional world of children and parenting. This course will enable you to enjoy a more positive relationship with your kids. Mums, Dads and carers with children aged 0-12 are welcome. Crèche available for under 5 year old children.</p> |
| <p>Centacare 34 Yorktown Road ELIZABETH PARK SA P: 08 8252 2311 F: 08 8255 6625 W: www.centacare.org.au</p> | <p><u>Kids in Focus</u></p> | <p>Call Centre for details</p> | <p>Works with families where there is substance misuse and, at the same time, enhancing the family's parenting ability through intensive support and education.</p> |
| <p>Centacare 34 Yorktown Road ELIZABETH PARK SA P: 08 8252 2311 F: 08 8255 6625 W: www.centacare.org.au</p> | <p><u>The Dads Business</u></p> | <p>Call Centre for details</p> | <p>The Dad's Business program delivers a range of informal and inclusive fathering activities to enhance family health and promote inclusive fathering.</p> |

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| <p>Clovercrest Baptist Church 2 Famechon Cres Modbury North SA 5092 Ph: 8397 9400</p> | <p><u>The Early Years (0-6years)</u></p> | <p>Thursday 16 February – 23 February 2017 7.30-9.30pm</p> | <p>This course covers parent types, tools to engage cooperation, making memories, developmental stages, discipline and being the parent your child needs.</p> |
| <p>Ingle Farm Family Zone P: 8349 6099 2 Belalie Rd, Ingle Farm 5098 familyzone@lccare.org.au http://www.salisburyc4c.org.au/familyzone.php Ph: 8349 6099</p> | <p><u>Circle of Security Parenting</u></p> | <p>Commences Friday 10 February 2017 TIME: 10.00am to 12.00pm FACILITATORS: Aaron COST: Free Call Aaron 8349 6099</p> | <p>8 week program where you explore the emotional world of children and parenting. This course will enable you to enjoy a more positive relationship with children. Mums, Dads and carers with children aged 0-12 are welcome. Crèche available for under 5's.</p> |
| <p>Ingle Farm Family Zone P: 8349 6099 2 Belalie Rd, Ingle Farm 5098 familyzone@lccare.org.au http://www.salisburyc4c.org.au/familyzone.php Ph: 8349 6099</p> | <p><u>Children's Activities & Playgroups</u></p> | <p>Move & Groove Monday 10.00am to 11.00am Playgroup for All Tuesday 9.30am to 11.30am Friday 9:30- 11:30am Multiple Birth Support & Playgroup Wednesday 9.30am to 11.30am Dad's Playgroup Saturday 9:30- 11:30am</p> | <p>Parents are encouraged to come along with their children and connect for fun and educational activities. Contact Centre for more details.</p> |
| <p>Ingle Farm Family Zone P: 8349 6099 2 Belalie Rd, Ingle Farm 5098 familyzone@lccare.org.au http://www.salisburyc4c.org.au/familyzone.php Ph: 8349 6099</p> | <p><u>Parent Support Groups</u></p> | <p>Parents of Premature Babies Monday 9.30am to 11.00am Multiple Birth Support & Playgroup Wednesday 9.30am to 11.30am Mums & Bubs Group Thursday 12.30pm to 2.30pm</p> | <p>Specialised support groups for Parents. Also great for mums, dads and carers needing to get out of the house and connect with other adults.</p> |

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| <p>Ingle Farm Family Zone P: 8349 6099 2 Belalie Rd, Ingle Farm 5098 familyzone@lccare.org.au http://www.salisburyc4c.org.au/familyzone.php Ph: 8349 6099</p> | <p><u>Being with Baby & Preparing for Baby</u></p> | <p>Being with Baby Commencing Monday 10.00am to 11.30am</p> <p>Preparing for Baby Commencing fortnightly 10.00am – 11.30am</p> | <p>Support new skills for women experiencing pre and post natal depression. Contact Kathlene at Family Zone for referrals.</p> |
| <p>Ingle Farm Family Zone P: 8349 6099 2 Belalie Rd, Ingle Farm 5098 familyzone@lccare.org.au http://www.salisburyc4c.org.au/familyzone.php Ph: 8349 6099</p> | <p><u>Fatherhood- Dads Matter</u></p> | <p>When: 14 February 2017- 28 March 2017 5-7pm Please call Aaron 8349 6099</p> | <p>Discussion topics include: . Topics include:</p> <ul style="list-style-type: none"> • Role of fathers, • Communicating with kids, • Developing children's coincidence • Dealing with behaviour • self and relationships • stress and anger. |
| <p>Gawler and District College Children's Centre Barnet Road, Evanston SA 5116 8522 3626 (in conjunction with Anglicare)</p> | <p><u>Dads Matter- Workshop for Blokes</u></p> | <p>Tuesday evenings Fourth Tuesday of the month 7-9pm Call Scott 0418 142 572 Facilitated by Anglicare.</p> | <p>A course for dads adapting to the role of being a father. Topics include:</p> <ul style="list-style-type: none"> • Role of fathers, • Communicating with kids, • Developing children's coincidence • Dealing with behaviour, relationships, stress and anger. |
| <p>Gawler and District College Children's Centre Barnet Road, Evanston SA 5116 8522 3626 (in conjunction with Anglicare)</p> | <p><u>Dads and Blokes</u></p> | <p>Held Wednesdays mornings 8:30- 10am Commences 1/2/2017 During school terms Free cuppa and breakfast</p> | <p>Dads only get together for a chat and coffee.</p> |

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| <p>Gawler and District College Children’s Centre Barnet Road, Evanston SA 5116 8522 3626</p> | <p><u>Family Support</u></p> | <p>Call Jayne to register 9522 3626</p> | <p>A free service offering one on one support for families and carers in supported positive parenting programs.</p> |
| <p>Gawler and District College Children’s Centre Barnet Road, Evanston SA 5116 8522 3626</p> | <p><u>Circle of Security</u></p> | <p>Commences Friday 10 February 2017 10-12noon Or Wednesdays 12-3pm 6 weeks Contact Jayne: 8522 3626 Venue: Gawler & District B-12 Children’s Centre No child care available</p> | <p>6 week course in a friendly environment that will help you explore and learn how to support your children’s emotional needs. A relationship based intervention program designed to enhance attachment security between parents and children.</p> |
| <p>Gawler and District College Children’s Centre Barnet Road, Evanston SA 5116 8522 3626</p> | <p><u>Bringing Up Great Kids</u></p> | <p>Thursdays 1-3pm Call 8522 3626 to make booking</p> | <p>A 6 week positive parenting program in a friendly and relaxed environment focussing on children’s emotions. Facilitated by Jayne or Megan</p> |
| <p>Gawler and District College Children’s Centre Barnet Road, Evanston SA 5116 8522 3626</p> | <p><u>Acorn Parent- Infant Group</u></p> | <p>Wednesdays Commences 8 February 2017 10-12noon</p> | <p>A safe and support program for mothers and children aged 0-3 years. Facilitated by Anglicare. Call 8131 3400</p> |

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| <p>Gawler and District College Children’s Centre Barnet Road, Evanston SA 5116 8522 3626</p> | <p><u>Saturday Dads</u></p> | <p>2nd Saturday of the month in Term 1 2017. 9-11am Call Kim 0408 192 143 Free hot breakfast provided.</p> | <p>A supported informal playtime for dads, uncles, pops and male carers and kids aged 0-10 years. Supported by Anglicare Family Support Services.</p> |
| <p>Gawler and District College Children’s Centre Barnet Road, Evanston SA 5116 8522 3626</p> | <p><u>Being with Big Feelings</u></p> | <p>31 January 2017, 7 February 2017 and 14 February 2017 Free 10-11:30am</p> | <p>A series of workshops focussing on parents understanding the emotional world of children.</p> |
| <p>Reconnect (in conjunction with City of Port Adelaide/Enfield</p> | <p><u>Who’s in Charge</u></p> | <p>Commences Friday 10 February 2017, 9:30-12noon Being held at the Klemzig Community Hall, 242 North East Road, Klemzig in Term 1 2017 Call Nicole 8405 6867 or Kay 8210 8200 Free</p> | <p>An 8 week program for parents and carers of young people aged 8-18 who are beyond control, violent or defiant. The group aims to provide a supportive environment to share experiences and ideas; reduce the guilt and shame most parents feel; offer ideas to help develop strategies for managing child’s behaviour; help understanding of power in relationships and feel less stressed; explore ways of increasing safety and well- being.</p> |
| <p>Lake Windemere B-7 School Children’s Centre Holstien Drive Salisbury North Call Miriam or Nicky on 8258 0666</p> | <p><u>Kids, Blokes and Dad Jokes</u></p> | <p>Saturdays 10-12:30am Free</p> | <p>Group for blokes and kids every Saturday. Excursions, cooking, messy play and more. Light lunch provided</p> |

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| <p>Lutheran Community Care 19 Edward St Magill Tel: 8331 3111 or Email: magill@lccare.org.au</p> | <p><u>Variety of parenting courses and workshops available</u></p> | <p>Contact the Centre for Learning for further information or check website for dates and times of courses. http://www.lccare.org.au/course-calendar-2.html <i>Counselling services also available.</i></p> | <p>Toolbox Parenting and ABCDs of Parenting are just a few of the frequently run workshops for parents, grandparents and carers. They aim to provide basic tools to create happy families, build memories and raise great kids.</p> |
| <p>Lutheran Community Care 19 Edward Street Magill Tel: 8331 3111 or Email: magill@lccare.org.au</p> | <p><u>Couples Workshops</u></p> | <p>Contact Centre for further details or check website for further details. http://www.lccare.org.au/course-calendar-2.html</p> | <p>Happy & healthy family life is strengthened by taking timeout from day to day stresses and reflecting on whilst is important in your relationship with your partner. Time for Us is a relaxed workshop run by our qualified relationship educator for couples of all ages wanting to build a healthy relationship. Includes morning and afternoon tea, lunch and dinner at a local restaurant.</p> |
| <p>Mark Oliphant College B-12 Children's Centre 99 Douglas Drive Munno Para Ph: 8209 1600</p> | <p><u>Get Set Go Playgroup</u></p> | <p>Monday mornings 9:30-11am Mark Oliphant College Children's Centre</p> | <p>Playgroup for children eligible for preschool in 2017 but not an enrolment for preschool.</p> |

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| <p>Mark Oliphant College B-12 Children's Centre 99 Douglas Drive Munno Para Ph: 8209 1600</p> | <p><u>Circle of Security Parenting</u></p> | <p>Wednesdays Call Tracey to book</p> | <p>The course will cover :</p> <ul style="list-style-type: none"> • Understanding your child's needs • How to help your child organise their feelings • How to help your child feel secure • How to help your child engage more in play and learning • How to meet the emotional needs through tough times (challenging behaviours) • How to manage your thoughts and feelings |
| <p>The Park's Children Centre, Building 11, Gate 5 Traftord Street, Angle Park 5010 P:) 8243 5772</p> | <p><u>Baby Play and Connect</u></p> | <p>Held Mondays during the school term Time: 10:30- 12pm Call Centre to book.</p> | <p>A group for parents/caregivers and their babies under 12 months supporting them to build their relationships through play, understanding appropriate stages of development and through exploration of their environment.</p> |
| <p>The Park's Children Centre, Building 11, Gate 5 Traftord Street, Angle Park 5010 P: 8243 5772</p> | <p><u>Parenting Support</u></p> | <p>On demand basis. Please contact 8243 5517</p> | <p>The Parks Children's Centre also provides parenting and family wellbeing and support as a service, though prioritise families with children 0-8. Please contact Catherine for further details.</p> |

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| <p>The Park's Children Centre, Building 11, Gate 5 Traftord Street, Angle Park 5010 P: 8243 554</p> | <p><u>Circle of Security Parenting</u></p> | <p>Evening course commences second week after school holidays 5:30 - 7:30 Please call Centre to book.</p> | <p>Free 8 week course on “Circle of Security Parenting” for young children. What your child’s behaviour might mean. How to help your child organise their feelings. How to help your child feel secure in their relationships. How to help your child to engage more in play and learning. How to support you in your role as a parent when times are tough. How to support your child in managing difficult behaviours: tantrums, attention seeking, being clingy.</p> |
| <p>Relationships Australia SA 13 Elizabeth Way, Elizabeth SA Ph: 8255 3323</p> | <p><u>Therapeutic Parenting with Relationship and Regulation</u></p> | <p>Tuesday 10 January- 14 February 217 4-6pm Cost: \$80 (\$50 concession) Please call Relationships Australia Elizabeth office for bookings No childcare available.</p> | <p>This program was developed in recognition that parents are in the best position to help their children to heal from earlier experiences. This program will facilitate new understanding about yourself, help you understand your child’s perception of relationship and safety and explores the support, skills and information you need to parent your child therapeutically.</p> |
| <p>Relationships Australia SA Shop 8a Salisbury Cinema Complex Salisbury Ph: 8255 3323</p> | <p><u>Making Step Families Work</u></p> | <p>Thursdays, 12 January to 23 February (6 weeks) No group on Australia Day, 26 January 2017 Time: 5.30pm – 8.00pm Where: Relationships Australia SA, Shop 8a, Salisbury Cinema Complex, Cnr James and Gawler Streets Cost: \$80 per person or \$130 per couple (concession rates \$50 per person or \$100 per couple) Places are limited and registration is essential. Phone 8255 3323 to register today.</p> | <p>Making step families work can be complex. Couples with children from previous relationships may need to develop strategies around communication, discipline, and on handling competing demands that are different from traditional families. This course can help.</p> <p>The six-week course covers: The differences and uniqueness inherent in step families; the need to let go of the past in order to devise mutual expectations; strategies for improving communication, the roles and challenges within the step family, including biological and step-parent roles; the experience of children and how they cope in step families; strategies for nurturing the couple bond and</p> |

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| | | | development of conflict resolution skills and charting of step family stages and the building of new step family traditions. |
| <p>Relationships Australia SA Shop 8a Salisbury Cinema Complex Salisbury Ph: 8255 3323</p> | <p><u>Women Managing Anger</u></p> | <p>Tuesdays, 7 March to 18 April 2017 (inclusive) Time: 1.30pm - 3.30pm Creche unavailable.</p> <p>Where: Relationships Australia SA Shop 8, Salisbury Cinema Complex Cnr James and Gawler Street, Salisbury</p> <p>Cost : No charge (conditions apply) Registration essential. An assessment may be required before participating. To book call Relationships Australia SA, Elizabeth on 08 8255 3323.</p> | <p>This anger management program for women is a group course that helps women explore and understand their emotions, including anger, in a supportive, caring environment. Getting angry is normal and healthy, but acting with anger can damage relationships. In this course, you explore how to manage your anger in healthy and appropriate ways. The course is designed to provide the opportunity for women to explore and understand the impact of their anger on themselves, their relationships and loved ones, including children. The program explores the origins of anger. It takes a look at society's messages and influences on women's beliefs. It teaches communication, assertiveness skills and supports women in the process of change.</p> |
| <p>Spark Services (In conjunction with Centacare) Wandana Community Centre 14 Blacks Rd Gilles Plains Ph: 8261 0993 (Wednesday s- Fridays)</p> | <p><u>Relationship Class (Part 2)</u></p> | <p>Commences Friday 3 February 2017 10-12 pm Cost: 8 sessions: \$20 includes book / \$10 (if have book)</p> | <p>Exploring both negative and positive relationships and methods of developing healthy boundaries and communication. (Class continuing from last term—new participants welcome.) Taught by Kath Silard OAM</p> |

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| <p>Spark Services (In conjunction with Centacare) Wandana Community Centre 14 Blacks Rd Gilles Plains Ph: 8261 0993. (Wednesday s- Fridays)</p> | <p><u>Mother of Sons Workshop</u></p> | <p>Thursday 16 February 2017 10am – 1pm. Cost: Gold coin</p> | <p>Often mothers struggle in parenting their boys: during this workshop we will explore common issues and strategies to improve relationships. Led by Kath Silard OAM.</p> |
| <p>Spark Services (In conjunction with Centacare) Wandana Community Centre 14 Blacks Rd Gilles Plains Ph: 8261 0993. (Wednesday s- Fridays)</p> | <p><u>The Impact of Separation and Divorce on Children</u></p> | <p>Thursday 2 March 2017 10am – 1pm. Cost: Gold coin</p> | <p>Children react in a variety of ways depending on their age when parents separate . This workshop will include ideas to handle the situation. Led by K.ath Silard OAM.</p> |
| SOUTHERN SUBURBS | | | |
| <p>Anglicare SA 111 Beach Rd Christies Beach South Australia 8186 8900 www.anglicaresa.com.au</p> | <p><u>Dads Moving Towards Responsibility</u></p> | <p>Thursday 6-8:30pm Please call for an Intake Appointment 111 Beach Rd Christies Beach Intake process is essential George Garcia or Shirley Callaghan</p> | <p>This interactive group program respectfully challenges men to face up and take responsibility for unacceptable behaviour and attitudes. Significant time is given to development of skills to stop the abuse and violence toward their women partners and/ ex partners and their children.</p> |
| <p>Anglicare SA 111 Beach Rd Christies Beach South Australia 8186 8900 www.anglicaresa.com.au</p> | <p><u>Be Kind and Unwind</u></p> | <p>22 February 2017 9:30am-2:30pm Lunch Provided Gold Coin Donation Venue: Morphett Vale Neighbourhood House</p> | <p>A workshop to ensure personal wellbeing, avoid emotional overload, work at relaxation and give thought to mindfulness. For enquires or bookings, call Joy Ephraums 8186 8900</p> |

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| <p>Anglicare SA 111 Beach Rd Christies Beach South Australia 8186 8900 www.anglicaresa.com.au</p> | <p><u>Healthy Hearts</u> <u>Healthy Homes</u></p> | <p>Monday 20 March 2017 6:30-9pm Gold Coin Donation Supper provided but not childcare For Couples and individuals</p> | <p>A new evening workshop developed by the Anglicare SA, Families in Focus Team. The workshop will discuss a range of research based relationship principles. These include the ingredients of healthy relationships, basic conflict management skills and ideas to improve the underlying friendship base. The effect of power and control will be discussed. For enquires or bookings, call Joy Ephraums 8186 8900.</p> |
| <p>Aldinga Community Centre P: 8556 5940 Symonds Reserve Hall, Stewart Ave, Aldinga Beach</p> | <p><u>Variety of courses</u> <u>and parenting</u> <u>groups</u></p> | <p>Contact Centre for details.</p> | |
| <p>Aldinga Beach Children’s Centre Evans St Aldinga Beach SA 5173 Phone: 8557 6208 Fax: 8557 7612</p> | <p><u>Variety of courses</u> <u>and parenting</u> <u>support groups</u></p> | <p>Contact Centre for details</p> | <p>Offers a variety of parenting support groups including Young Parents Play and Connect, Multiple Birth Playgroup; My Time (for parents with a child with a disability) and Autism Playgroup. All groups/courses are free</p> |
| <p>Christies Downs Community Centre (in conjunction with Aboriginal Family Support Services) 30 Taunton Parade Christies Beach SA 5000</p> | <p><u>Dads Matter</u></p> | <p>Every Wednesday Six Week Program 2:30- 4:30pm Cnr Morton & Flaxmill Road Christies Downs</p> | <p>Discover and share creative ways to care for yourself and your children. Meet other Dad’s from the community and yarn about mindful parenting. A safe and comfortable environment for fathers to express their feelings, ideas, concerns and aspirations relating to their parenting experience.</p> <p>Discussion Topics Include: The Role of Fathers; Communicating with children; Helping children develop confidence; Dealing with behaviour; Stress and anger. Contact Shaun Russell : 0417 877 292</p> |

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| <p>Hackham West Children's Centre 9 Vintners Walk Hackham West R-7 School Glynville Drive HACKHAM WEST SA 5163 Ph: 8382 6161 Email: dl.3638.leaders@schools.sa.edu.au</p> | <p><u>Circle of Security</u></p> | <p>Commences 7 February 2017-28 March 2017 4-6pm Free crèche Bookings required</p> | <p>The course will cover :</p> <ul style="list-style-type: none"> • Understanding your child's needs • How to help your child organise their feelings • How to help your child feel secure • How to help your child engage more in play and learning • How to meet the emotional needs through tough times (challenging behaviours) <p>How to manage your thoughts and feelings</p> |
| <p>Hackham West Children's Centre 9 Vintners Walk Hackham West R-7 School Glynville Drive HACKHAM WEST SA 5163 Ph: 8382 6161 Email: dl.3638.leaders@schools.sa.edu.au</p> | <p><u>Feeling Connected</u></p> | <p>1st Wednesday of the month Commences Wednesday 1 February 2017 9:30-11am</p> | <p>A group for parents looking to grow a strong bond with the children through baby wearing</p> |
| <p>Hackham West Children's Centre 9 Vintners Walk Hackham West R-7 School Glynville Drive HACKHAM WEST SA 5163 Ph: 8382 6161 Email: dl.3638.leaders@schools.sa.edu.au</p> | <p><u>Community Foodies</u></p> | <p>Commences 15 February 2017- 8 March 2017 11:30-1:30pm</p> | <p>A healthy eating program aimed at improving healthy cooking skills. You will enjoy shared cooking and mealtimes through this program.</p> |

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| <p>Family Connections Hackham P:8186 6944 72 Collins Parade, Hackham</p> | <p><u>Dads Making a Difference</u></p> | <p>Held each Saturday during Term 4 2016</p> | <p>An exciting activity program for Dads & their kids on the weekends for low or no cost.</p> |
| <p>Junction Australia c/- Community Connections Hackham 72 Collins Parade, Hackham SA 5163 8392 3000</p> | <p><u>Who's In Charge?</u></p> | <p>Commences Monday 13 February 2017- 27 March 2017 Morning tea provided 10-12pm Facilitator : Sheila Davidson Free</p> | <p>Parent strategies for coping with difficult behaviours and situations. A 7 session course for those struggling with children or adolescents who use violence and abuse towards them and their family members.</p> |
| <p>Parents Beyond Breakup Trott Park Neighbourhood Centre 34 Hessing Cres, Trott Park Ph: David Rechner 0408308293</p> | <p><u>Parents Beyond Breakup- Dads in Distress</u></p> | <p>Trott Park Neighbourhood Centre 34 Hessing Cres, Trott Park. Every Thursday evening in 2017 7pm to 9pm Contact: David Rechner 0408308293</p> | <p>Dads In Distress is a peer support group for fathers facing separation and divorce. The group provides a safe place to share your story, and hear the experiences of other at various stages in the separation and divorce process.</p> |
| <p>Southern Domestic Violence Service (in conjunction with Relationships Australia, Anglicare SA and Centacare) Ph: 8215 6310</p> | <p><u>Women Are Strong</u></p> | <p>Commences 10 February 2017 8 weeks 10-12:30pm Hackham area(address provided on registration)</p> | <p>This group is offered throughout each school term of the year and will provide a confidential and safe space to explore: being a person for yourself rather than someone else; how to connect with personal strengths; the effects of abusive relationships, how to manage overwhelming emotions, women's role in society and developing strategies for personal safety.</p> |

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| <p>O'Sullivan Beach 51a Galloway Road O'Sullivan Beach SA 5166 Ph: 8382 2850</p> | <p><u>Circle of Security Parenting</u></p> | <p>Community Room 7 February- 4 April 2017 1-3pm Free Crèche available but bookings essential Call Leanne or Mandy 8382 2850</p> | <p>A group for parents who would like to explore and develop their relationship with their child. The group invites parents to explore and develop a shared understanding of the Circle of Security as a roadmap for understanding and responding to children's needs, the impact of our own experiences of being parented on our parenting, steps involved in building security with our children and supporting children with big feelings.</p> |
| <p>O'Sullivan Beach Children's Centre P: 8382 2850 51A Galloway Road, O'Sullivan Beach 5166</p> | <p><u>Blokes n Kids</u></p> | <p>Saturdays Term 1 2017 9:30-11am</p> | <p>If you're a dad, step dad, uncle, brother, opa or pop, family friend or any other important male figure in a child's life, then come along and enjoy and easy going play time with other blokes. Cooked breakfast provided. For children aged from birth – 8 years. For more inform, contact Sue or Leanne on 8382 2850</p> |
| <p>O'Sullivan Beach Children's Centre P: 8382 2850 51A Galloway Road, O'Sullivan Beach 5166</p> | <p><u>Fun N Friends</u></p> | <p>Roopena Building 4-5pm Free</p> | <p>A group for young children and their parent/carer to enjoy activities to support children's social skills and development.</p> |
| <p>O'Sullivan Beach Children's Centre P: 8382 2850 51A Galloway Road, O'Sullivan Beach 5166</p> | <p><u>Men's Monday</u></p> | <p>Monday afternoons Free</p> | <p>What's important to you? What do you want for your child, yourself and family? How can playing, being a great bloke and having fun with children and young people support children's development? Have your say about programs for men at the centre and being involved.</p> |
| <p>O'Sullivan Beach Children's Centre P: 8382 2850 51A Galloway Road, O'Sullivan Beach 5166 (in conjunction with Anglicare)</p> | <p><u>Mindfulness Awareness</u></p> | <p>Thursdays 9 February- 30 March 2017 1-3pm Book with Mandy on 8382 2850</p> | <p>Mindfulness Parenting is about paying attention to what is going on in the present moment. Learning and using mindful awareness helps us to focus on ourselves and others with kindness and acceptance.</p> |

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| <p>O'Sullivan Beach Children's Centre P: 8382 2850 51A Galloway Road, O'Sullivan Beach 5166</p> | <p><u>Variety of other supported children's group and parenting programs</u></p> | <p>Please enquire with Centre</p> | <p>Programs include My Time; Learning Together Playgroup and Multiple Birth Support Group.</p> |
| <p>Woodcroft Heights Children's Centre 25 Investigator Drive Woodcroft (next to Woodcroft High School) Ph: 8381 8005</p> | <p><u>Circle of Security</u></p> | <p>Monday mornings Gold coin donation accepted Call 8381 8005 or email bonnieyates2@sa.gov.au or sara.burgess2@sa.gov.au</p> | <p>A group for parents who would like to explore and develop their relationship with their child. The group invites parents to explore and develop a shared understanding of the Circle of Security as a roadmap for understanding and responding to children's needs, the impact of our own experiences of being parented on our parenting, steps involved in building security with our children and supporting children with big feelings.</p> |
| <p>REGIONAL</p> | | | |
| <p>Aboriginal Family Support Services 1st Floor, 47 Commercial Rd, Port Augusta 8641 0907</p> <p>3 Gloucester Tce Port Lincoln 8683 1909</p> | <p><u>Circle of Security</u></p> | <p>Please call for details.</p> | <p>Focuses on attachment, which is what makes a child feel safe, secure and protected.</p> <p>You'll learn about:</p> <ul style="list-style-type: none"> · The natural connection between parents, caregivers and children · Feelings – and understanding your children's struggles with theirs · How not to blame ... and much more! |

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| <p>Gowrie SA 39a Dew Street Thebarton SA 8234 5219 www.gowriesa.org.au</p> | <p><u>Circle of Security Parenting in Whyalla</u></p> | <p>Thursdays 9 February 2017- 6 April 2017 Nicholson Ave Primary School 91-93 Nicholson Ave Whyalla Norrie Free Please call William 0498 352 059/ email : William.binnie@gowriesa.org.au or Carmen 0499 507 887 or carmen.collins@gowriesa.org.au</p> | <p>8 Week program that runs for 1 ½ hours per wee, run especially for fathers. The Circle of Security approach is a roadmap for understanding and responding to ur children’s needs. Supports our children to have higher self-esteem, solve problems on their own and get along better with their friends.</p> |
| <p>Relationships Australia Berri P: 8582 4122 9 Kay Ave, Berri 5343</p> | <p><u>Variety of courses</u></p> | <p><u>1. Circle of Security-</u> Wednesdays 1, 8,15 and 22 March 2017 at 10am <u>2. How to Build Resilience with your Children-</u> Wednesday 8 February 2017 at 6pm <u>3. How to Help your Kids Settle At School-</u> Wednesday 15 February 2017 at 6pm <u>4. How to help your Kids with big worries and fears-</u> 22 February 2017 at 6pm <u>5. Bringing Up Great Kids-</u> Friday 3 and 10 March 2-17 at 10am <u>6. Emotion Coaching and Sorting Behaviour –</u> Wednesday 15 and 22 March</p> | <p>Relationships Australia SA in Berri holds a variety of parenting courses throughout the year. Please contact FRC Berri for further information. Contact office 8582 4122 for enquires, bookings & registrations</p> |

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| | | 2017 at 6pm | |
| <p>Relationships Australia Berri P: 8582 4122 9 Kay Ave, Berri 5343</p> | <p><u>In it Together</u></p> | <p>Free 4 week program Times to be agreed Access to the program is by self referral. Contact BERRI office on 85 824 122, for more information or to make an Intake and Assessment appointment Additional sessions are an option.</p> | <p>In it Together is a four week program where children and parent see individual practitioners concurrently. The information they discuss is mirrored in each session so that parent and child have a shared language which promotes dialogue long after leaving the therapy room. Material used in the program has been sourced from research and other therapeutic parenting courses.</p> |
| <p>Relationships Australia Berri P: 8582 4122 9 Kay Ave, Berri 5343</p> | <p><u>I am Me</u></p> | <p>Free <u>Monday 6, 13 and 20 March 2017</u> 10am-1pm Lunch provided</p> | <p>This 3 week program is for women as a therapeutic group to build identity, value and self-worth. To register, please call 8582 4122</p> |
| <p>Uniting Care Wesley Country SA Contact: Gail: 0419 165 526 for Port Pirie and Port Augusta or Paul: 0408 423 302 for Whyalla and Port Augusta Referrals from Wednesday – Friday</p> | <p><u>Strengthening Separated Families Program</u></p> | <p>Providing on a needs basis: Building Connections Parenting Seminar Keeping Kids in Mind Post Separation Course Rocky Road School Holidays program for Children of Separated Parents Child Focussed Sessions and General Support to Separated Parents in Port Pirie, Port Augusta, Whyalla and the Flinders District. Contact: Gail: 0419 165 526 for Port Pirie and Port Augusta or Paul: 0408 423 302 for Whyalla and Port Augusta Referrals from Wednesday –Friday</p> | <p>Keeping Kids in Mind is a 2 day seminar for separated parents who are experiencing conflict. The course is designed to assist parents to see through their eyes the experience of separation and develop and greater understanding about how to support children following separation.</p> <p>The course covers the following topics:</p> <p>Greif and Loss after separation; the hidden world of children; rebuilding resilience; bridging the gap and looking back and moving forward.</p> <p>All participants must register their interest in attending the course and participate in a pre-group interview before the course.</p> |

| | | | Building Connections is a 3 Hour Child Focused Program supporting separated parents' healthy and strong relationships with their children. Seminar includes: ways of communicating with the other parent; impact of separation and conflict on children; setting goals for future parenting and support services available. |
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| CHILDREN'S and YOUNG PEOPLE'S GROUPS | | | |
| Organisation | Course | Service Delivery | Course Details |
| ACROSS METROPOLITAN AREA | | | |
| <p>Anglicare SA P: 8301 4200 159 Port Rd, Hindmarsh 5007</p> | <p><u>Banana Splitz</u></p> | <p>Term 1 2017: (Waiting list applies – may need to book for Term 2 2017)</p> <p>Group offered at Elizabeth on Thursdays And Hindmarsh on Saturdays</p> <p>Being Held at Christies Beach and Prospect. Call to book</p> <p>Please call Amanda at Anglicare on 8301 4200 for bookings and dates.</p> <p>Cost: \$30 per child (Concession available)</p> | <p>Banana Splitz is a group based support program for separated children aged 5-12. Groups typically run for 6 x 2 hour sessions and are offered on afternoons and weekends.</p> |
| <p>Anglicare P 8301 4200 159 Port Rd Hindmarsh 5007</p> | <p><u>Banana Bites</u></p> | <p>Call Anglicare for details on 8301 4200</p> | <p>A 4.5 hour educational program for children aged 5-12 years who have experienced parental separation. The program consists of three 1.5 hour sessions delivered by qualified and experienced group facilitators.</p> |

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| | | | Banana Bites is a group program designed to give children an opportunity to be supported, express their thoughts and feelings, let their families know what they need, and learn new skills to cope with family changes. Please call Anglicare on 8301 4200 or Taikurrendi on 8186 1102 |
| Relationships Australia P: 8419 2000 | <u>iKiDs</u> | Adelaide, Hindmarsh, Marion and Salisbury. Waiting list. Contact Centre to register and/or for further details | Program for separated children aged 4-18 involving individual counselling and group work. |
| Relationships Australia P:8377 5400 Level 5, Westfield Shopping Centre, 297 Diagonal Road, Oaklands Park 5046 | <u>Clear as Mud (iKiDs)</u> | Course held based on demand. Contact Centre to ascertain dates and times. | Free one hour education workshop for children aged 8 to 12 years. This workshop helps children explore common experiences of separation from a child's perspective. Bookings essential contact 8377 5400 |
| REGIONAL – IRON TRIANGLE AND SOUTH EAST | | | |
| Uniting Care Wesley Country SA and Centacare Port Pirie P: 8649 4367 | <u>Rocky Road</u> | On as needs basis during school holidays Contact Centre for details in the next holidays. | Rocky Road is a group based support program for children aged 7-12 who are living with parental separation. The aim of the program is to teach children the skills to cope with the changes to their family when parents separate, to build communication and to provide parents with information about how to best support their children. Morning tea and lunch provided. Introductory Interview conducted. Parenting Orders requested. |
| | <u>Blast Off</u> | | Blast off is a group based support program for |

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| <p>FRC Mount Gambier AC Care P: 8721 3500 1 Helen St, Mount Gambier 5290</p> | | <p>Term 4 2016 Commencing 27 October – 1 December 2016 3:45- 5:45pm 6 week program \$30 per family</p> | <p>children aged 5-12 whose parents have separated.</p> |
| <p>Uniting Care Wesley Country SA Port Lincoln P: 8682 7900 (Marie)</p> | <p><u>Introduction to Rocky Road</u></p> | <p>Contact Centre for further details. Port Lincoln For more information contact Centre \$30 per child</p> | <p>Rocky Road is a group based support program for children aged 7-12 who are living with parental separation. The aim of the program is to teach children the skills to cope with the changes to their family when parents separate, to build communication and to provide parents with information about how to best support their children. Morning, afternoon tea and lunch provided. Introductory Interview conducted. Parenting Orders requested.</p> |
| FAMILY LAW LEGAL INFORMATION SESSIONS/SUPPORT CENTRES | | | |
| Organisation | Course | Service Delivery | Course Details |
| CENTRAL | | | |
| <p>Legal Services Commission P: 8111 5555</p> | <p><u>Free Family Law Information Sessions</u></p> | <p>Dates to be advised</p> | <p>Free Family Law Information Sessions Have you recently separated? Do you wish you understood more about family law? Do you know about options for dispute resolution before applying to court? Are you wondering how the Family Law Courts decide what is in the “best interest of children?” Would you like to understand how children’s views can be put to the Family Law Courts? Would you like to understand how your property will be divided? An experienced family lawyer will provide an</p> |

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| | | | introduction to family law for members of the public and community workers. |
| <p>Family Law Duty Service Legal Services Commission Family Court Level 1 Room 1.12 or 1.17 0434 079 388 or 0434 079 387</p> | <p><u>General family law advice</u></p> | <p>Hours are Monday to Friday from 9:00am to 5:00pm.</p> <p>Call in advance to make an appointment</p> <p>For other enquires, call the Legal help line: 1300 366 424</p> | <p>This service provides advice, general information, help, referrals, interpreters etc for people who are self represented and who have a hearing date in the Family Court or Federal Circuit Court. The service can be used once for general family law advice. The service cannot represent people who have interim hearings, contravention applications and final hearings.</p> |
| <p>Women’s Community Centre SA P: 8362 6571 64 Nelson St, Stepney 5069</p> | <p><u>Please see website for further information</u></p> | <p>Call Centre for appointment held on Friday afternoons.</p> | <p>A low cost legal service every Friday afternoon for women with family law issues. Available to women from all areas. Please contact Centre for further details and make a booking. Appointments are approximately 45 mins.</p> |
| <p>Women’s Information Service Ground Floor Chesser House 91-97 Grenfell Street Adelaide Phone: 8303 0590</p> | <p><u>Family Court Support</u></p> | <p>Opening hours are Monday, Tuesday, Thursday and Friday (closed Wednesday)</p> | <p>Family Court Support is a free and confidential service provided by trained volunteers to accompany women to the Adelaide Family and Federal Circuit Court.</p> <p>This service can provide information about the Family Court or the Federal Circuit Court and its processes; liaise with security staff when arriving and leaving the Court precinct, provide support/comfort during Court hearings, as well as provide further information and/or referrals to other relevant services.</p> <p>Phone: 8303 0576 or free call 1800 188 15</p> |
| SOUTHERN SUBURBS | | | |
| <p>Southern Women’s Primary Health</p> | <p>Free Legal advice and information</p> | <p>Every second Friday from 10:00am – 4:00pm by appointment only.</p> | <p>Meet with or contact a qualified lawyer to discuss</p> |

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| <p>P: 8384 9555 20 Alexander Kelly Drive, Noarlunga Centre 5168</p> | <p>clinic for women in conjunction with the Women's Legal Service (SA) Inc</p> | <p>Venues Southern Women's Primary Health.</p> | <p>family violence, family law, including children and property matters, victims of crime compensation, child protection, debt etc. Please phone for further information/bookings on: 8221 5553 or 1800 81634</p> |
| <p>COMMUNICATION, MENTAL HEALTH and DRUG & ALCOHOL COURSES/SERVICES</p> | | | |
| <p>Organisation</p> | <p>Course</p> | <p>Service Delivery</p> | <p>Course Details</p> |
| <p>ALL SUBURBS</p> | | | |
| <p>Baptist Care Family and Mental Health Service Salisbury & Adelaide Central Service Areas Salisbury: Ph: 8209 5040 Address: 2/107 Salisbury Highway, Salisbury SA 5108 Adelaide Central: Ph: 8118 5240 Address: 200 Wright St, Adelaide 5000 Email: fmhss@baptistcaresa.org.au</p> | <p><u>Family Mental Health Service- Parent Café Program</u></p> | <p><u>Across three locations during the school term:</u> Salisbury (Thursday, 9:30-11:30AM), Rostrevor (Wednesday, 9:30-11:30AM) Marion (Fridays, 9:30-11:30AM)</p> | <p>A free family counselling and early intervention service, highly skilled in working with children, young people and their families. The aim is to provide long term coping skills and strategies to face challenges, and assist in finding ways for individuals to express themselves through difficult emotions like anger and stress. The Parent Café is an initiative to assist parents in sharing experiences and obtaining support.</p> |
| <p>Uniting Communities 27 Gresham Street Adelaide P: 8202 5950</p> | <p><u>Alcohol and other Drug Program</u></p> | <p>Eligibility: for young People between the ages of <u>12-25</u> years. Contact Centre for dates and times</p> | <p>This service aims to assist young people establish goals for treatment, improve confidence, deal with poor relationships. Program includes developing more effective community responses to drug and alcohol misuse.</p> |
| <p>Uniting Communities 16 Pitt Street Adelaide P: 8202 5690</p> | <p><u>Outreach Counselling for Drug and Alcohol</u></p> | <p>Contact Centre for bookings The program is for people who are seeking support for alcohol and other drug problems, but who do not wish to take part in the Residential Program. In house outreach counselling is based on an eligibility assessment. Contact Centre for more</p> | <p>Uniting Communities' Outreach Counselling is for people who are experiencing problems with alcohol or other drugs. The New ROADS program provides centre based counselling in the city, at Smithfield and Christies Beach. In home outreach counselling is also available in some circumstances All New ROADS counselling and</p> |

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| | | information. | case management is free. Contact Centre for further details. |
| <p>Centacare 413 Grange Road, Seaton P: 8159 1400</p> | <p><u>Drug and Alcohol Service</u></p> | <p>Eligibility:</p> <p>The service is targeted at families in the Adelaide Metropolitan area who have a young person who has a substance use problem.</p> <p>Additional services are also available for substance users between <u>10 and 30</u> years of age. CDAS can work with family members even if the young person does not want to engage.</p> <p>Contact Centre for further details.</p> | <p>Outreach services individuals and family members where there is a young person who is a substance user either in the immediate family or related to those residing in the same dwelling.</p> <p>Offers home detoxification; drug and alcohol counselling to young people and young adults 10 – 30 years of age with a substance use problem.</p> <p>Provides a service across the metropolitan area.</p> <p>Families and young people can either self refer or be referred by a third party.</p> |
| <p>SA Heath (Drugs and Alcohol Services)</p> | <p><u>Drug and Alcohol Services</u></p> | <p>Phone: 1300 13 1340</p> | <p>Phone counselling, advice and information provided in South Australia for people experiencing drug, alcohol or other substance abuse. Also see website at sahealth.gov.au. Provides links to variety of services in South Australia relating to drug and alcohol.</p> |

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| <p>Drug ARM SA 07 3620 8880 intake@drugarm.com.au www.drugarm.com.au</p> | <p><u>Drug and Alcohol Counselling</u></p> | <p>A one on one counselling program providing information, assessment, support and referrals for people aged 16+ concerning alcohol and other drug issues. Free</p> <p>Support offered within Adelaide Metro area based from Hillbank and Warradale offices (other locations may be negotiated)</p> | <p>Service which offers drug and alcohol counselling for individuals and their families who are worried about their use of drugs and/or alcohol</p> |
| <p>Mental Health Fellowship of SA (MIFSA) Ph: 8378 4100</p> | <p><u>Emotional Wellbeing</u></p> | <p>3 February 2017- 10 March 2017 Fridays 10.30am – 12.30pm MIFSA Wayville 5 Cooke Terrace</p> <p>Or</p> <p>Tuesdays 1pm – 3pm (TBC) 7 February 2017- 14 March 2017 Family Connections (Junction Australia) 72 Collins Parade, HACKHAM Free Creche available</p> <p>To register, call 8378 4100 or Email carersupport@mifsa.org</p> | <p>Group for people experiencing depression and/or anxiety</p> |
| <p>Mental Health Fellowship of SA (MIFSA) Ph: 8378 4100</p> | <p><u>Balancing Bipolar Support Group</u></p> | <p>Tuesdays 6.30pm – 8.30pm 31 January 2017 to 7 March 2017</p> <p>Call 8378 4100 or Email carersupport@mifsa.org</p> | <p>An evening support group for people experiencing bipolar.</p> |

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| <p>Mental Health Fellowship of SA (MIFSA) 5 Cooke Tce Wayville SA 5034 Ph: 8378 4100</p> | <p><u>Family & Carers</u></p> | <p>1. 2 February 2017-16 March 2017 6-9pm 5 Cooke Tce, Wayville No cost Call : 8378 4100</p> <p>2. 7 February 2017- 21 March 2017 6-9pm MIFSA Parnangga 64 Elgin Ave Christies Beach</p> <p>To register, call 8378 4100 or Email carersupport@mifsa.org</p> | <p>Discussion and practical activities in a relaxed group setting over 7 weeks offering practical insights and helpful interventions for carers.</p> |
| <p>Mental Health Fellowship of SA (MIFSA) 5 Cooke Tce Wayville SA 5034 Ph: 8378 4100</p> | <p><u>Journey to Recovery Program</u></p> | <p>Wednesday 15 February 2017- 5 April 2017 6-8pm Cost: Single \$40 or \$60 per couple/family Single concession \$15 or \$25 per family MIFSA Wayville 5 Cooke Tce Wayville</p> <p>To register, call 8378 4100 or Email carersupport@mifsa.org</p> | <p>This 8 week program is designed to help people living with mental illness and their support person to move forward and manage their health more effectively. This program is for the carer and the person they care for. Both parties will experience growth within themselves and within their relationship and develop ways to support each other.</p> |