

PARENTING & RELATIONSHIP COURSES – TERM 4 2018

Email: pathways@rasa.org.au



SOUTH AUSTRALIA

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PARENTING AFTER SEPARATION

Organisation	Program	Service delivery	Program details
CENTRAL			
<p>Centacare Adelaide P: 8215.6700 45 Wakefield St, Adelaide 5000</p>	<p><u>Post Separation Parenting Course</u></p>	<p>Single 2-3 hour session Cost \$5</p> <p>23 October 2018 (9.30-11.30 am) 8 November 2018 (6.00-9.00 pm) 20 November 2018 (9.30-11.30 am) 6 December 2018 (6.00-9.00 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>Bookings are essential. Additional courses also run regularly based on demand.</p>
<p>Adelaide FRC Relationships Australia Ph: 1800 182 325 (country callers) 1300 364 277 (metropolitan area)</p>	<p><u>Child Focused Information Session Online</u></p>	<p>Available at www.rasa.org.au/cfis</p> <p>In certain circumstances, additional support or one on one sessions can be arranged at the various Relationships Australia sites.</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>

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WESTERN SUBURBS			
<p>Anglicare SA P: P: 1300 368 894 or 83014200 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</p> <p>An online version of Kids R First is also available to suitable clients.</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>
SOUTHERN SUBURBS			
<p>Anglicare SA P: 1300 368 894 or 8301 4200 159 Port Rd, Hindmarsh 5007</p>	<p><u>Kids Are First</u> <u>Parenting Orders</u> <u>Program</u></p>	<p>Group run in Christies Beach. May be booked. Please enquire for waiting list times.</p> <p>An online version of Kids R First is also available to suitable clients.</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</p> <p>Other Offices:</p> <p>Marion – Westfield Office Tower Level 8/297 Diagonal Road, Oaklands Park</p>	<p><u>Child Focussed</u> <u>Information</u> <u>Sessions</u></p>	<p>These sessions are held at the various offices:</p> <p>Christies Beach – every 2nd Tuesday at 10am, and once a month Thursday evening at 6pm</p> <p>Aldinga – every 2nd Wednesday at 10am</p> <p>Marion (Westfield) – once a month Thursday evening at 6pm and monthly Friday at 9.30am</p> <p>Victor Harbour – monthly Tuesdays at 10am</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 attend this session as a precursor to mediation. Please contact Centre for further details and to make bookings.</p>

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<p>Aldinga - Unit 4/101-103 Rowley Rd, Aldinga Beach</p> <p>Victor Harbour – Torrens House 55 Torrens St, Victor Harbour 5211 Phone 85526697</p> <p>Kangaroo Island - Community Services Centre, 16 Telegraph Road, Kingscote, KI 5223</p> <p>Uniting Communities 08 8202 5200 Uniting Communities toll free 1300 735 492</p>		<p>Kingscote – on request</p>	
NORTHERN SUBURBS			
<p>Relationships Australia Elizabeth Ph: 8255 3323</p> <p>Salisbury Ph: 8285 4499</p>	<p><u>Child Focused</u> <u>Information Session</u> <u>Online</u></p>	<p>Available online at www.rasa.org.au/cfis</p> <p>In certain circumstances, additional support or one on one sessions can be arranged at the various Relationships Australia sites</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>
<p>Anglicare SA P: 1300 368 894 or 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>

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<p>Relationships Australia P: 8285 4499 Shop 8 Salisbury Cinema Complex Cnr Gawler and James Streets, Salisbury</p>	<p><u>Child Focused Information Session</u> <u>Online</u></p>	<p>Available online at www.rasa.org.au/cfis</p> <p>In certain circumstances, additional support or one on one sessions can be arranged at the various Relationships Australia sites</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 attend this session as a precursor to mediation.</p>
<p>REGIONAL – MURRAY BRIDGE and SOUTH EAST</p>			
<p>FRC Mount Gambier AC Care P: 8721 3500 1 Helen St, Mount Gambier 5290</p>	<p><u>Child Focused Information Session</u></p>	<p><u>Day Sessions:</u> Thursdays from 9:30am to 12pm Dates TBA</p> <p><u>Night Sessions:</u> Thursdays from 5:30pm to 8pm. Dates TBA</p> <p>Fees may be involved Held at the Mt Gambier FRC</p> <p>Case Management support also available following.</p>	<p>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: 8215 6320 or email: murraybridge@centacare.org.au U6/2 Sturt Reserve Rd, Murray Bridge</p>	<p><u>Post Separation Parenting Course</u></p>	<p>Single 2-3 hour session Cost \$5</p> <p>29 October 2018 (10.00am-1.00 pm) 26 November 2018 (10.00am-1.00 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

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		To book, call 8215 6320 or email: murraybridge@centacare.org.au	<p>Identify what gets in the way of working together as parents</p> <p>Develop strategies to deal with what gets in the way</p> <p>Understand the developmental attachment needs of their children.</p> <p>Additional courses also run regularly based on demand.</p>
REGIONAL – RIVERLAND			
<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</p> <p>Course run fortnightly with evening and day sessions available</p> <p>Course may be offered in Murray Bridge, Mallee Region and other major towns in the Riverland.</p> <p>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 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.</p> <p>Port Augusta: once per month, on the 4th Thursday of each month.</p> <p>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>

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PARENTING COURSES GENERALLY

Organisation	Program	Service delivery	Program details
CENTRAL /HILLS AND ALL SUBURBS			
<p style="text-align: center;">Anglicare SA 8131 3400 icollins@anglcairesa.com.au</p>	<p><u>SPRING</u> (<u>Early Intervention</u> <u>Family Support</u> <u>program)</u></p>	<p>Where: Home service in Outer North and Southern regions of Adelaide</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 icollins@anglcairesa.com.au</p>	<p>The SPRING Early Intervention Family Support Service provides preventative and early intervention support to families experiencing challenges that at impacting their children aged 0-16.</p> <p>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 style="text-align: center;">Centacare Adelaide P: 8215.6700 45 Wakefield Street, Adelaide 5000</p>	<p><u>Circle of Security</u> (<u>Oct-Nov</u></p>	<p style="text-align: center;">2 hour presentation</p> <p style="text-align: center;">All 1.30-3.30 pm</p> <p style="text-align: center;">30 October 2018 6 November 2018 13 November 2018 20 November 2018</p> <p style="text-align: center;">Please call for bookings</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 style="text-align: center;">Centacare Adelaide P: 8215.6700 45 Wakefield Street, Adelaide 5000</p>	<p><u>Circle of Security</u> (<u>Nov- Dec</u></p>	<p style="text-align: center;">1 ½ hour presentation</p> <p style="text-align: center;">All 10.00-11.30 am</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</p>

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		<p>27 November 2018 4 December 2018 11 December 2018 18 December 2018</p> <p>Please call for bookings</p>	<p>the parent/child relationship can be enjoyed more fully, helping children feel secure both now and in the future.</p>
<p>Centacare P: 8215 6700 45 Wakefield St, Adelaide 5000</p>	<p><u>Developing Resilience</u></p>	<p>2 hour presentation 18 October (2.00-4.00 pm)</p> <p>Please call for bookings</p>	<p>Teaching your children to be resilient and robust, especially in times of difficulty.</p>
<p>Centacare P: 8215 6700 45 Wakefield St, Adelaide 5000</p>	<p><u>Inside Their Heads</u></p>	<p>2 hour presentation 18 October 2018 (6.00-8.00 pm)</p> <p>Please call for bookings</p>	<p>What do teens think about:</p> <ul style="list-style-type: none"> • School and learning • Peer relationships • Resilience/Boundaries • Relationships • Bullying/dealing with conflict • The future and careers • Sport • Parents • Drugs/alcohol <p>Consider the important roles that parents play in the life of their teenage sons and daughters.</p>
<p>Centacare P: 8215 6700 45 Wakefield St, Adelaide 5000</p>	<p><u>Mindfulness & Self Care for Parents and Carers</u></p>	<p>2 hour presentation 16 October 2018 2.00-4.00 pm</p>	<p>This 2 hour workshop aims to give parents the opportunity to learn some mindfulness techniques and self-care skills for their role as parents and carers of others in their daily lives. It aims to raise awareness and gain</p>

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		<p>Please call for bookings</p>	<p>understanding how personal stress levels impact on children and how we can better respond to their own needs as well as being better able to respond to the family's stresses and needs</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 Murray Bridge: 8531 3090 Port Augusta: 8642 6504 Port Pirie 8632 2633</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>
<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: 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</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.</p>

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		Whyalla: 8645 7776	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.
Uniting Communities Pitt Street Adelaide Ph: 8202 5190	<u>Women's Domestic Violence Survivors Group</u>	Held every 2nd Thursday of the month 10-12noon Free Location will be provided on registration	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.
Women's Community Centre SA P: 8362 6571 64 Nelson St, Stepney 5069	<u>Range of support and courses available</u>	<u>Please contact service for further details or visit the website www.wccsa.asn.au</u>	
WESTERN SUBURBS			
UCW Bowden P: 8245 7100 77 Gibson St, Bowden 5007 cfss@ucwb.org.au	<u>The Child and Family Foundations Program</u>	Uniting Care Westley Bowden Call UCWB on 8245 7100 Includes a number of other parenting programs, such as Circle of Security Parenting, playgroups	The program aims to strengthen early childhood development and the wellbeing of children and their families by: <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

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		<p>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"> • 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>Positive Parenting Program (Triple P)</u></p>	<p>TBA</p> <p>To book please call Alison James or Tania James on 8346 4306 or email: alison.mulree763@schools.sa.edu.au</p>	<p>Positive Parenting (Triple P) teaches simple and practical strategies to confidently tackle parenting challenges. Please join us for three FREE sessions where we will discuss and learn strategies relating to:</p> <ul style="list-style-type: none"> • Positive parenting • Raising confident and competent children • Raising resilient children <p>Everyone is welcome to join us for these engaging and informative sessions, however bookings are essential.</p>
<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>TBA</p> <p>For bookings call Ellen 8168 0745 or Shaun 8168 0720</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,</p>	<p><u>The Fathers Journey</u></p>	<p>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</p>

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<p>Cowandilla Ph: 8352 5346</p>		<p>6-8pm 30 October 27 November 18 December 2018</p>	<p>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>10:30- 12:30pm 13 October 2018 10 November 2018 8 December 2018</p>	<p>A play and yarn time for dads/special blokes with their children and babies to 8 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>Kangaroo Room 9:30- 11:30am Until 23 November 2018</p>	<p>Attachment based group for mums with mental health struggles and their children to 3.</p>
<p>Cowandilla Children's Centre (in conjunction with Anglicare) Cnr Jenkins and Wilsons St, Cowandilla Ph: 8352 5346</p>	<p><u>The Dad Factor</u></p>	<p>Commences 23 October -27 November 2018 6 weeks 10-12pm</p>	<p>Aims to provide support, education, promote self-reflection and self-growth as well as to inspire father to value their unique role. Facilitated by Anglicare</p>

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<p>Communities for Children North West Adelaide (via Uniting SA) 50-52 Tapleys Hill Road Royal Park www.unitingsa.com.au</p>	<p><u>Range of playgroups, support groups, courses and other services</u></p>	<p><u>Please check website for details:</u> www.unitingsa.com.au</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) 80 Thomas St South Plympton Ph: 8293 9000</p>	<p><u>The Dad Factor</u></p>	<p>Commences Wednesday 24 October- 28 November 2018 7 weeks 6-8pm Free Bookings essential Contact George (8392 3100) Note- this course is full this term. Please book in for Term 4 (which commences 24 October 2018)</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 80 Thomas St South Plympton Ph: 8293 9000</p>	<p><u>Variety of Parenting and Children’s program</u></p>	<p>Various times- call centre for details.</p>	<p>Forbes Children’s Centre offers a variety of children’s and parenting programs such as My Time, Food for Families, Healthy Cooking Classes and playgroups.</p>
<p>Forbes Children’s Centre 80 Thomas St South Plympton Ph: 8293 9000</p>	<p><u>Circle of Security</u></p>	<p>TBA 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 parents.</p>

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<p>Forbes Children's Centre 80 Thomas St South Plympton Ph: 8293 9000</p>	<p><u>Bringing Up Great Kids</u></p>	<p>Date and time TBA</p>	<p>Explore your own parenting style, explore your own experiences of being parented, share experiences with other parents. Explore your hopes and dreams for your child.</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>For frustrated parents of children who are fussy eaters aged 8 months to 4 years.</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>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>Circle of Security</u></p>	<p>Check with Centre for details</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 Phone 1800 129 606 or (08) 8234 5219 www.gowriesa.org.au</p>	<p><u>Circle of Security</u></p>	<p>Thursdays Cost - \$200 per participant or \$350 per couple 11 October 2018- 29 November 2018 5:30-7pm</p>	<p>A 7 week attachment based parenting course which helps parents to:</p> <ul style="list-style-type: none"> • Build trust in relationships with children • Learn how to read our children's cues • Learn how to repair ruptures in our relationships • Discover delight with our children

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<p>Gowrie SA 39a Dew Street Thebarton SA Phone 1800 129 606 or (08) 8234 5219 www.gowriesa.org.au</p>	<p><u>Circle of Security Parenting</u> <u>(for parents of children living with Autism)</u></p>	<p>8 week Course \$50 per participant TBA- check centre to see if running Contact Cecilia Ebert and Marie Littlewood 8234 5219 or visit www.gowriesa.org.au</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 Phone 1800 129 606 or (08) 8234 5219 www.gowriesa.org.au</p>	<p><u>Circle of Security Parenting for Fathers</u></p>	<p>Wednesdays 10 October 2018- 28 November 2018 6pm - 7.30pm Free Held at Seaton North Neighbourhood Centre, Cnr Cairns Ave & Pedlar Seaton</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 Phone 1800 129 606 or (08) 8234 5219 www.gowriesa.org.au</p>	<p><u>Sunday Fun for Dads and Kids</u></p>	<p>First Sunday of the month 7 October 2018 4 November 2018 2 December 2018 10-12pm Venue; Seaton North Neighbourhood Centre, Cnr Cairns Ave and Pedlar Street 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>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>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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<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>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>Relationships Australia SA 8 Butler St Port Adelaide 8340 2022</p>	<p><u>Bringing Up Great Kids</u></p>	<p>Term 4 2018 Friday 19 October 2018- 23 November 2018 10am-12pm Cost: Free Bookings: Please call or contact Leon at CAPS by email : CAPSwest@rasa.org.au or 8340 2022</p>	<p>This course helps parents to:</p> <ul style="list-style-type: none"> • Learn more about the origins of parenting style • Identify important messages and how to convey these • Understand the messages of your child's behaviour • Discover ways to take care of yourself and find support • Develop strategies to manage your parenting approach, in your busy world. <p>This course is particularly useful for those who are not spending time with their children.</p>
<p>Relationships Australia SA (in conjunction with Seaton Children's Centre) 8 Butler St Port Adelaide 8340 2022</p>	<p><u>Baby Infant Massage</u></p>	<p>Commences Thursday, 1 November 2018 6 weekly sessions Thursdays, 10.00am - 11.30am Where: Seaton Children's Centre 54 Squires Ave, Seaton Please call Relationships Australia SA, Child and Parenting team: (08) 8245 8100 to book There is no cost for this service.</p>	<p>With a small group, our massage instructors will demonstrate techniques that suit you and your little one. A great opportunity to practice creating a special time with your baby and build your connection with them. Babies need to be under 12 months at the commencement of the program to attend.</p>

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NORTHERN SUBURBS			
<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>Learn how to support your child through attachment and security in a culturally safe and appropriate environment.</p>
<p>Ardtornish Children’s Centre 2 Saarinen Ave St Agnes 8264 9828</p>	<p><u>Range of Family Support Services</u></p>	<p>Playgroups and family/children’s support groups offered throughout the week. Call Centre for details: 8264 9828 or 0409 984 495</p>	<p>Offers a range of playgroups and other family support services, such as Justin Coulson’s ‘ 21 Days to happier Families’” online course within the Modbury services Partnership</p>
<p>Ardtornish Children’s Centre 2 Saarinen Ave St Agnes 8264 9828</p>	<p><u>Bringing Up Great Babies</u></p>	<p>Commences 14 November 2018 9:30-11:30am 5 weeks By referral only Call Natalie for details</p>	<p>A course which focuses on raising happy and healthy infants.</p>
<p>Ardtornish Children’s Centre 2 Saarinen Ave St Agnes 8264 9828</p>	<p><u>Positive Parenting Program</u></p>	<p>Tuesdays 5:45-7:45pm 6,13 & 20 November 2018 Bookings essential</p>	<p>A series of free seminars promoting positive parenting and confident, competent and resilient children aged 3-12 years.</p>

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<p>Avenues College Children's Centre Beatty Ave Hillcrest 5086 8261 3339</p>	<p><u>Circle of Security</u></p>	<p>Check with Centre Contact Steph</p>	<p>A 7 week attachment course which helps parents to build trust in relationships with children, learn how to read children's cues, learn how to repair ruptures in relationships and discover delight with children.</p>
<p>Avenues College Children's Centre Beatty Ave Hillcrest 5086 8261 3339</p>	<p><u>Family Support Service</u></p>	<p>Available Tuesday, Wednesday and Thursday</p>	<p>Appointments available to assist in parenting and personal concerns effecting families. Call to book an appointment.</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>
<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</p>	<p>Parents are encouraged to come along with their children and connect for fun and educational activities. Contact Centre for more details.</p>

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		<p>Multiple Birth Support & Playgroup Wednesday 9.30am to 11.30am Dad's Playgroup Saturday 9:30- 11:30am</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 Grandparents Support Group Tuesday 12:30- 2:30pm</p>	<p>Specialised support groups for Parents/grandparents. Also great for mums, dads and carers needing to get out of the house and connect with other adults.</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>Being with Baby & Preparing for Baby</u></p>	<p>By appointment</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>Dads Playgroup</u></p>	<p>When: Saturdays 9:30-11:30am Fortnightly Please call Aaron 8349 6099</p>	<p>A specialised group for Dads to come along and connect with other children's and other dads</p>

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<p>Ingle Farm Family Zone 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</u></p>	<p>Commences Monday 22 October 2018 10-12pm</p> <p>Free</p>	<p>This course will cover:</p> <ul style="list-style-type: none"> • 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 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, clingyness.
<p>Ingle Farm Family Zone (in conjunction with Relationships Australia) 2 Belalie Rd, Ingle Farm 5098 familyzone@lccare.org.au http://www.salisburyc4c.org.au/familyzone.php Ph: 8349 6099</p>	<p><u>Bringing up Great Kids</u></p>	<p>Commences Tuesday 30 October- 27 November 2018</p> <p>10am-12pm Light meal provided Facilitated by RASA</p>	<p>A parenting course of both parents to attend to make parenting easier and work on communication. It aims to increase knowledge of child development; help parents use effective parenting practices and offer ideas about how to develop healthy parenting.</p>
<p>Ingle Farm Family Zone (in conjunction with Relationships Australia) 2 Belalie Rd, Ingle Farm 5098 familyzone@lccare.org.au http://www.salisburyc4c.org.au/familyzone.php Ph: 8349 6099</p>	<p><u>Happy Bellies, Happy Hearts</u></p>	<p>Commences Tuesday 25 September, 10.00am – 12.00pm</p> <p>Where: Family Zone, 2 Belalie Rd Ingle Farm</p> <p>Bookings are essential, contact Relationships Australia SA Elizabeth on 8255 3323 to register.</p>	<p>In this fun, free and interactive workshop you will learn how to make a delicious lunch box and talk about ways to make the mornings less stressful!</p> <p>We'll cover great tasting healthy choices, positive communication techniques, and how to set up morning routines that make it easier for everyone.</p> <p>Healthy bellies for the kids and happy hearts for the whole family. Every participant will get a sample lunch box to take home!</p>

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<p>Ingle Farm Family Zone (in conjunction with Relationships Australia) 2 Belalie Rd, Ingle Farm 5098 familyzone@lccare.org.au http://www.salisburyc4c.org.au/familyzone.php Ph: 8349 6099</p>	<p><u>Parenting Together</u></p>	<p>Commences Tuesday 30 October – 27 November 2018</p> <p>9.30am – 11.00am</p> <p>Where: FamilyZone Hub, 2 Belalie Road, Ingle Farm To book, call Kale at Relationships Australia SA on 8255 3323. Bookings are essential.</p>	<p>The group aims to:</p> <ul style="list-style-type: none"> • Increase participants’ knowledge of child development • Help parents with effective parenting practices • Offer ideas on how to develop healthy family relationships
<p>Gawler and District College Children’s Centre Barnet Road, Evanston SA 5116 8522 3626</p>	<p><u>Family Support & playgroups</u></p>	<p>Call Jayne to register 8522 3626</p>	<p>A free service offering one on one support for families and carers in supported positive parenting programs. Centre also offers range of other supportive and interactive playgroups such as Toddler Talk program, My Time and the Parent Engagement Group.</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 24 October 2018- 29 November 2019</p> <p>12:30-2:20pm Check with Centre Contact Jayne: 8522 3626 Venue: Gawler & District B-12 Children’s Centre No child care available Free</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>Acorn Parent-Infant Group</u></p>	<p>Wednesdays 9:30- 12:30pm</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>1st Saturday of the month in Term 4 2018 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>Dads tuning into Kids</u></p>	<p>Thursdays Commences 18 October- 29 November 2018 6:45pm- pizza and catch up 7-9pm</p>	<p>A new 7 week program which offers a positive, friendly and relaxed sessions or dads with kids 0-8 years in an accepting and supportive environment.</p>
<p>Gawler and District College Children's Centre Barnet Road, Evanston SA 5116 8522 3626</p>	<p><u>Parenting Together</u></p>	<p>Term 4 Monday mornings Commencing 15 October 2018 10:30-12:30pm</p>	<p>Seven informal and friendly conversations with parents and carers to help reflect on ways to better connect with their child.</p>
<p>Gawler and District College Children's Centre Barnet Road, Evanston SA 5116 8522 3626</p>	<p><u>Women's Wellness</u></p>	<p>Thursdays afternoons Term 4 2018 Commences 18 October 2018 12:30-3pm For more info, speak to Jayne at the Centre</p>	<p>A safe and informal place for women to share and do activities together such as craft, journal writing and chill time.</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 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>Various Playgroup</u></p>	<p>Series of specialised Playgroups offered throughout the week. Call Centre for details</p>	<p>Playgroup for children eligible for preschool in 2018 but not an enrolment for preschool.</p>
<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>Contact Centre</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

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<p>The Park's Children Centre, Building 11, Gate 5 Traford 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 Traford 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>
<p>The Park's Children Centre, Building 11, Gate 5 Traford 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 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>Back on Track</u></p>	<p>Dates: Wednesdays Commences 12 September 2018 12 weeks Times: 6.30pm - 8.30pm</p>	<p>Men's program which addresses the use of violence examining: Are you hurting or scaring someone you care about? Is violence causing problems in your relationship? Would you like different ways to deal with your anger?</p>

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		<p>Please contact David or Mel on 08 8255 3323 to register. Expressions of interest are now open for a group to be held during business hours.</p> <p>Held at Relationships Australia, 13 Elizabeth Way, Elizabeth</p>	<p>If you are thinking about making changes to become a better partner or father you don't have to go it alone, join this for a 12 week program.</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>TBA Cost: \$80 (\$50 concession) Please call Relationships Australia Elizabeth office for bookings No childcare available. On as needs basis</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>TBA 6 weeks 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. On as needs basis- call to book/enquire</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>

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<p>Relationships Australia SA Shop 8a Salisbury Cinema Complex Salisbury Ph: 8255 3323</p>	<p><u>Women Managing Anger</u></p>	<p>TBA 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. On as needs basis- call to book or enquire</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>Relationships Australia SA Shop 8a Salisbury Cinema Complex Salisbury Ph: 8255 3323</p>	<p><u>Circle of Security</u></p>	<p>Tuesdays, 23 October – 11 December 2018 12.30pm – 2.30pm</p> <p>Where: Salisbury Primary School, 10 Compuda St, Salisbury</p> <p>Free</p>	<p>This course will cover:</p> <ul style="list-style-type: none"> • 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 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, clingyness.
<p>Relationships Australia SA Shop 8a Salisbury Cinema Complex Salisbury Ph: 8255 3323</p>	<p><u>Managing Challenging Behaviour</u></p>	<p>TBA Relationships Australia SA Shop 8, Salisbury Cinema Complex Cnr James and Gawler Street, Salisbury</p>	<p>Do you sometimes feel like parenting is just all hard work?</p> <p>Do you feel like you have tried everything to change your child's behaviour?</p> <p>Do you wish you and your child could have more fun together?</p>

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		<p>Cost \$80 for full program (\$50 concession)</p> <p>Booking An assessment may be required before participating. To book, call Relationships Australia SA, Elizabeth on 8255 3323</p>	<p>Has your family experienced relationship breakdown, grief, violence or other trauma?</p> <p>When a family goes through a difficult time the 'fun' in family can be lost, and parenting can seem to be a constant challenge.</p> <p>This program will help you to better understand your child's challenging behaviours and learn to respond effectively in a way that helps both you and your child.</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>Thursdays 6-8:30pm</p> <p>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>Aldinga Community Centre P: 8556 5940 Symonds Reserve Hall, Stewart Ave, Aldinga Beach</p>	<p><u>Variety of courses and parenting 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 and parenting 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>

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<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>
<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>Variety of programs & groups for children and their families</u></p>	<p>Programs being held at the Centre for Term 4 2018 include:</p> <p>Learning Together Sing & Move Great Start My Time Our Time Muddy Nature Making Sense Feeling Connected Surviving and Thriving Playgroup The Garden Fantastic Foodie Friends Saturday Family Playgroup</p>	<p>All families with children under the age of 5 are welcome to join in, become involved in the programs and connect with other families in the community. Call Bronwen 8362 6161</p>
<p>Hackham West Children's Centre 9 Vintners Walk Hackham West R-7 School Glynville Drive HACKHAM WEST SA 5163</p>	<p><u>Circle of Security</u></p>	<p>Commences Monday 15 October 2018 12:30-2:30pm Call Bronwen 8362 6161 or 0437 460 027</p>	<p>An attachment based parenting program to help strengthen a positive relationship with children.</p>

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<p>Ph: 8382 6161 Email: dl.3638.leaders@schools.sa.edu.au</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>Surviving and Thriving Playgroup</u></p>	<p>Contact Centre for details</p>	<p>A supported playgroup for mums and children aged 0-5 years where mums have experienced domestic violence. Please register through Ruth on 8382 6161 or 0428 379 129/</p>
<p>Family Connections Hackham P:8186 6944 72 Collins Parade, Hackham</p>	<p><u>Dads Making a Difference</u></p>	<p>Held each Saturday</p>	<p>An exciting activity program for Dads & their kids on the weekends for low or no cost.</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>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>
<p>O’Sullivan Beach Children’s Centre 51a Galloway Road O’Sullivan Beach SA 5166 Ph: 8382 2850</p>	<p><u>Circle of Security</u></p>	<p>Contact Centre for details</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</p>

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			our own experiences of being parented on our parenting, steps involved in building security with our children and supporting children with big feelings.
<p>O'Sullivan Beach Children's Centre 51a Galloway Road O'Sullivan Beach SA 5166 Ph: 8382 2850</p>	<p><u>Dads and Kids</u></p>	<p>Mondays 3:20-5pm Commences 6 August 2018</p>	<p>Free weekly activity for children age 0-12 and the significant man in their life. Fathers, Step fathers, Uncles or mentors. Enjoy fun activities together share food learn new skills and build relationships.</p> <p>To register contact Malcolm on 0437 232 124</p>
<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>

REGIONAL			
<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!
<p>Gowrie SA Whyalla (Bunyarra) Cnr Racecourse Rd and Nicolson Ave Whyalla Norrie Phone 1800 129 606 or (08) 8234 5219 Carmen : 0481 441 122 www.gowriesa.org.au</p>	<p><u>Circle of Security</u></p>	<p>Days: Thursdays Time: 1pm - 2.30pm Venue: Whyalla Public Library, Ekblom Street, Whyalla Norrie Cost: FREE Call Carmen : 0481 441 122</p> <p>There will be a crèche available for this group. Refreshments provided.</p>	<p>This 8-week program runs for one-and-a-half hours each week and offers the core components of the Circle of Security Parenting program.</p> <p>Circle of Security Parenting provides a practical roadmap to assist adults in building stronger relationships with their children.</p> <p>This course will cover a range of topics including:</p> <ul style="list-style-type: none"> • How to interpret and understand your child's behaviour • How to help your child organise their feelings • How to help your child feel secure in their relationships • How to help your child engage more in play and learning • How to navigate your way in your role as a parent when times are tough • How to support your child in managing difficult behaviours e.g. tantrums, attention seeking, being clingy.

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<p>Gowrie SA Whyalla (Bunyarra) Cnr Racecourse Rd and Nicolson Ave Whyalla Norrie Phone 1800 129 606 or (08) 8234 5219 Carmen : 0481 441 122 www.gowriesa.org.au</p>	<p><u>Encircle Parenting Program</u></p>	<p>Please contact Centre for more details</p> <p>The program will be held on Thursday afternoons from the Gowrie SA playgroup space at Bunyarra, corner of Nicholson Drive and Racecourse Road. Delivered by Carmen in partnership with Casey.</p> <p>It is anticipated this program will be starting at the beginning of May for 6-8 weeks.</p> <p>Free</p>	<p>The Encircle Parenting Program is a FREE program that may be of interest to those who have done the Circle of Security Parenting (COSP) 8 week program. This practical program revisits the concepts presented in the COSP program in a supported informal play session. This program provides practical support for parents on how to make sense of and practice the ideas from COSP.</p>
<p>Relationships Australia Berri P: 8582 4122 9 Kay Ave, Berri 5343</p>	<p><u>Variety of courses</u></p>	<ol style="list-style-type: none"> <u>1. Circle of Security- 1:1</u> <u>2. How to Build Resilience with your Children</u> <u>3. How to Help your Kids Settle At School</u> <u>4. How to help your Kids with big worries and fears</u> <u>5. Bringing Up Great Kids</u> <u>6. Emotion Coaching and Sorting Behaviour-</u> 	<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>
<p>Relationships Australia Berri P: 8582 4122 9 Kay Ave, Berri 5343</p>	<p><u>Bringing Up Great Kids</u></p>	<p>Tuesdays 16, 23 and 30 October 2018 10.30am - 12.30pm</p> <p>Relationships Australia SA 9 Kay Ave, Berri For more info contact Chelsea: (08) 8582 4122</p>	<p>Parenting can be challenging. It is difficult at times to understand and interpret what your child is trying to tell you (i.e. through their behaviour) and at the same time helping them to understand what you're telling them in order to improve and build positive relationships with them. Bringing Up Great Kids is a four week program that supports parents and carers in building emotional connections with their children.</p>

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<p>Relationships Australia Berri P: 8582 4122 9 Kay Ave, Berri 5343</p>	<p><u>In it Together</u></p>	<p><u>Free</u> <u>4 week program</u> 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>3 consecutive weeks For further information or bookings, please phone Kay Baylis of Berri RASA on 85824122.</p>	<p>This 3 week program is for women as a therapeutic group to build identity, value and self-worth.</p>
<p>Relationships Australia Berri P: 8582 4122 9 Kay Ave, Berri 5343</p>	<p><u>On being Male</u></p>	<p>When: At a time which suits you Free Call Brad or Mike: 8582 4122</p>	<p>We will talk about relationships, understanding parenthood and fatherhood, learning where values and ideas come from and how they shape us. We will discuss how we deal with everyday challenges in life and relationships.</p>
<p>Uniting Country SA Contact: Emma Schreiner, Family Educator 0886490812 or 0437 710 224</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 General Support provided to Separated Parents in Port Pirie, Port Augusta, Whyalla and the Flinders District. Other courses held on as needs basis:</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. The course covers the following topics: Grief and Loss after separation; the hidden world of children; rebuilding resilience; bridging the gap and looking back and moving forward.</p>

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		<p>Child Focus Information Sessions Post Separation Parenting Support Wellbeing after Separation Rebuilding Connections Communication Skills Grief and Loss</p> <p>Contact: Emma Schreiner, Family Educator 0886490812 or 0437 710 224</p>	<p>All participants must register their interest in attending the course and participate in a pre-group interview before the course. 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.</p>
<p>FRC Mount Gambier AC Care P: 8721 3500 1 Helen St, Mount Gambier 5290</p>	<p><u>Bringing Up Great Kids</u></p>	<p>Wednesdays from 9:30am to 11:30am</p> <p>4 week group</p>	<p>Parenting can be challenging. It is difficult at times to understand and interpret what your child is trying to tell you (i.e. through their behaviour) and at the same time helping them to understand what you're telling them in order to improve and build positive relationships with them. Bringing Up Great Kids is a four week program that supports parents and carers in building emotional connections with their children.</p>
<p>FRC Mount Gambier AC Care P: 8721 3500 1 Helen St, Mount Gambier 5290</p>	<p><u>Circle of Security</u></p>	<p><u>Day Group: Thursdays TBC</u></p> <p>Held : North Hub (at Mount Gambier north Primary School)</p> <p><u>Evening Group: Wednesdays 6-8pm</u></p> <p>Held: Mount Gambier Family Relationship Centre</p>	<p>At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security® Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.</p>
<p>FRC Mount Gambier AC Care P: 8721 3500 1 Helen St, Mount Gambier 5290</p>	<p><u>Parenting Support Group</u></p>	<p>Every Friday from 9:30am to 11:30am</p>	<p>Offering parents and families support in all aspects of raising healthy children.</p>

<p>FRC Mount Gambier AC Care P: 8721 3500 1 Helen St, Mount Gambier 5290</p>	<p><u>Seasons for Growth</u></p>	<p><u>4 week group</u> Wednesdays from 9:30am to 12pm Held : Mt Gambier FRC</p>	<p>For parents whose children are affected by grief & loss due to divorce/separation. Grief and Loss is experienced in some form by everyone at some point in their lives and can include losses such as death, relationship breakdowns, separation, illness, disability, change of life circumstances and traumatic experiences. Seasons for Growth is a four week program that supports individuals to:</p> <ul style="list-style-type: none"> • explore the skills needed to manage the effects of loss • understand that it is normal to experience and express a range of emotions around grief and loss • review present beliefs and plan for a realistic and hope-filled future; and • develop an integrated sense of self and higher self esteem
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 4 2018 Waiting list applies- no availability until 2019. Please contact Anglicare to be placed on wait list. Group offered at Elizabeth on Thursdays And Hindmarsh on Saturdays Being Held at Christies Beach and Prospect. Call to book</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>

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		Please call Anglicare on 8301 4200 for bookings and dates. Cost: \$30 per child (Concession available)	
<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> <p>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</p>
<p>Relationships Australia P: 8419 2000</p>	<p><u>iKiDs</u></p>	<p>Adelaide, Hindmarsh, Marion and Salisbury. Waiting list. Contact Centre to register and/or for further details</p>	<p>Program for separated children aged 4-18 involving individual counselling and group work.</p>
<p>Relationships Australia P:8377 5400 Level 5, Westfield Shopping Centre, 297 Diagonal Road, Oaklands Park 5046</p>	<p><u>Clear as Mud (iKiDs)</u></p>	<p>Course held based on demand. Contact Centre to ascertain dates and times.</p>	<p>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</p>
REGIONAL – IRON TRIANGLE AND SOUTH EAST			
<p>Uniting Country SA 22 McCritchie Crescent Whyalla P: 8649 4367</p>	<p><u>Rocky Road</u></p>	<p>Wednesday and Thursday 3 & 4 October 2018 22 McCritchie Crescent Whyalla To book contact:</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</p>

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		<p>Alexander Robinson Family Educator - Strengthening Separated Families, Uniting Country South Australia Mob: 0437 710 224</p>	<p>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.</p>
<p>FRC Mount Gambier AC Care P: 8721 3500 1 Helen St, Mount Gambier 5290</p>	<p><u>Blast Off</u></p>	<p>6 week program \$30 per family Tuesdays from 3:45pm to 5:45pm Held: ac.care White Ave (CCS building)</p>	<p>Blast off is a group based support program for children aged 5-12 whose parents have separated. Children will have a chance to:</p> <ul style="list-style-type: none"> • share their stories, feelings and worries • adjust to & understand more about separation • realise other kids have shared their experiences; and • develop coping strategies and ways to manage their emotions <p>Individual sessions are available to children if needed upon completion of a group.</p>
<p>FRC Mount Gambier AC Care P: 8721 3500 1 Helen St, Mount Gambier 5290</p>	<p><u>Me Being Me</u></p>	<p>9 weeks – school group Thursdays TBC Held: North Hub (at Mount Gambier north Primary School)</p>	<p>A well-being group program for children aged 6-13 years that focuses on many aspects that make up and contribute to a child's wellbeing and how they interact with the world. The topics that will be discussed include:</p> <ul style="list-style-type: none"> • individual strengths and challenges • confidence and self esteem • managing emotions • social/peer interactions and healthy relationships • resilience • anxiety and mindfulness

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<p>Gowrie SA Carmen - 0499 507 887 or William - 0498 352 059</p>	<p><u>Gowrie Playgroup</u></p>	<p>Wednesdays 11.45am - 1.15pm</p> <p>Location: Library, Whyalla Stuart High 1 Bastyan Cres, Whyalla Stuart Thursdays 10am-12pm Location: Gowrie SA - Playgroup Building 25 Tully Street, Whyalla Stuart For enquiries please contact: Carmen - 0499 507 887 or William - 0498 352 059 carmen.collins@gowriesa.org.au william.binnie@gowriesa.org.au Available Wednesdays and Thursday</p>	<p>A welcoming and interactive playgroup for children 0-5 years.</p>
<p>Uniting 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>Legal Education Sessions</u></p>	<p>Free Information Sessions</p> <p>Where: Legal Services Commission, Level 3, 30 Flinders St, Adelaide.</p> <p>Register through the Legal Services Commission via this link: Register here</p>	<p>The Legal Services Commission provides free legal information sessions from time to time for members of the public and workers in the sector.</p>
<p>Family Advocacy and Support Service (FASS) Legal Services Commission Family Court Level 1 Room 1.12 or 1.17 0434 079 388 or 0434 079 387</p>	<p><u>Family law advice and support</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, especially where there is or has been family violence . 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 101 Grenfell Street</p>	<p><u>Family Court Support</u></p>	<p>Opening hours are Monday- Friday 9am- 5pm</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>

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<p>Adelaide Phone: 8303 0590 or 1800 188 158</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 at the court building and during court proceedings, provide support/comfort during Court hearings, as well as provide further information and/or referrals to other relevant services. Phone: 8303 0590 or free call 1800 188 158.</p>
SOUTHERN SUBURBS			
<p>Southern Women's Primary Health P: 8384 9555 20 Alexander Kelly Drive, Noarlunga Centre 5168</p>	<p>Free Legal advice and information clinic for women in conjunction with the Women's Legal Service (SA) Inc</p>	<p>Every second Friday from 10:00am – 4:00pm by appointment only. Venues Southern Women's Primary Health</p>	<p>Meet with or contact a qualified lawyer to discuss 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>

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COMMUNICATION, MENTAL HEALTH and DRUG & ALCOHOL COURSES/SERVICES			
Organisation	Course	Service Delivery	Course Details
ALL SUBURBS			
<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 (Wednesdays, 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 information.</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 case management is free. Contact Centre for further details.</p>

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<p style="text-align: center;">Centacare 413 Grange Road, Seaton P: 8159 1400</p>	<p style="text-align: center;"><u>Drug and Alcohol Service</u></p>	<p style="text-align: center;">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. Additional services are also available for substance users between 10 and 30 years of age. CDAS can work with family members even if the young person does not want to engage.</p> <p style="text-align: center;">Contact Centre for further details.</p>	<p>Outreach services individuals and family members where there is a young person who either is a substance user 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 self-refer or be referred by a third party.</p>
<p style="text-align: center;">SA Heath (Drugs and Alcohol Services)</p>	<p style="text-align: center;"><u>Drug and Alcohol Services</u></p>	<p style="text-align: center;">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>
<p style="text-align: center;">Drug ARM SA 07 3620 8880 intake@drugarm.com.au www.drugarm.com.au</p>	<p style="text-align: center;"><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.</p> <p style="text-align: center;">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>

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