

PARENTING & RELATIONSHIP COURSES – TERM 1 2019

Email: m.ford@rasa.org.au



SOUTH AUSTRALIA

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PARENTING AFTER SEPARATION			
Organisation	Program	Service delivery	Program details
CENTRAL			
Centacare Adelaide P: 8215.6700 45 Wakefield St, Adelaide 5000	<u>Post Separation Parenting Course</u>	<p>Dates: 12 February 6:00pm to 9:00pm</p> <p>6 March 9:30am to 12:30pm</p> <p>9 April 9:30am to 12:30pm</p> <p>Cost: \$5.00</p> <p>Location: 45 Wakefield Street, Adelaide</p> <p>To Book: Call 8215 6700</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>

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<p>Adelaide FRC Relationships Australia P: 1800 182 325 (country callers) 1300 364 277 (metropolitan area) www.rasa.org.au/cfis CFISquestions@rasa.org.au</p>	<p><u>Child Focused Information Session Online</u></p>	<p>Dates: N/A Cost: Free Location: On-line To Book: N/A</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>Relationships Australia 161 Frome Street, Adelaide 8223 4566</p>	<p><u>Child Focused Information Session</u></p>	<p>Dates: February 5:30pm to 7:00pm Cost: TBA Location: TBA To Book: Call 8223 4566</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			
<p>Anglicare SA P: 8301 4201 159 Port Rd, Hindmarsh 5007</p>	<p><u>Kids Are First Parenting Orders Program</u></p>	<p>Dates: TBA Cost: \$50 or concession \$20 Location: Hindmarsh To Book: Call 8301 4201</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 Ground Floor, 8 Butler Street, Port Adelaide SA 5015</p> <p>P: 8118 2126</p>	<p>Child Focused Information Session</p>	<p>Dates: TBA</p> <p>Cost: TBA</p> <p>Location: TBA</p> <p>To Book: Call 8118 2126</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>SOUTHERN SUBURBS</p>			
<p>Anglicare SA P: 8301 4200 159 Port Rd, Hindmarsh 5007</p>	<p><u>Kids Are First Parenting Orders Program</u></p>	<p>Dates: TBA</p> <p>Cost: \$50 or concession \$20</p> <p>Location: Christies Beach</p> <p>To Book: Call 8301 4201</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: 8202 5200 or 1300 735 492</p> <p>Other Offices: Westfield Office Tower Level 8/297 Diagonal Road, Oaklands Park</p>	<p><u>Child Focused Information Sessions</u></p>	<p>Dates: TBA</p> <p>Cost: TBA</p> <p>Location: TBA</p> <p>To Book: Call 8202 5200</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. Please contact Centre for further details and to make bookings.</p>

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<p>Unit 4/101-103 Rowley Rd, Aldinga Beach Torrens House 55 Torrens St, Victor Harbour 5211 P: 85526697</p> <p>Kangaroo Island - Community Services Centre, 16 Telegraph Road, Kingscote, KI 5223</p>			
<p>Darlington Children’s Centre 12a Kurrajong Place Seacombe Gardens</p> <p>0429 980 190 dl.3624.leaders@schools.sa.edu.au</p>	<p><u>Circle of Security</u></p>	<p>Dates: Commencing Tuesday 12 February for 8 weeks 1:00pm to 3:00pm</p> <p>Cost: TBA</p> <p>Location: TBA</p> <p>To Book: Call 8296 2686</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>
NORTHERN SUBURBS			
<p>Anglicare SA P: 8301 4201 159 Port Rd, Hindmarsh 5007</p>	<p><u>Kids Are First</u> <u>Parenting Orders</u> <u>Program</u></p>	<p>Dates: TBA</p> <p>Cost: \$50 or concession \$20</p> <p>Location: Elizabeth</p> <p>To Book: TBA</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>

REGIONAL – MURRAY BRIDGE and SOUTH EAST

<p>Centacare P: 8215 6320 U6/2 Sturt Reserve Rd, Murray Bridge, SA, 5253</p>	<p><u>Post Separation Parenting Course</u></p>	<p>Dates: 25 February (10:00am to 1:00pm) 25 March (10:00am to 1:00pm)</p> <p>Cost: \$5.00</p> <p>Location: U6/2 Sturt Reserve Road Murray Bridge</p> <p>To Book: Call 8215 6320</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

<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>Dates: Run fortnightly Evening and day sessions</p> <p>Cost: Free</p> <p>Location: Murray Bridge, Mallee Region, and other major Towns in the Riverland.</p> <p>To Book: Call 8582 4122</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> <p>3 hour workshop.</p>
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REGIONAL – NORTH			
<p>Uniting Country SA P: 8649 0812 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>Dates: TBA Cost: TBA Location: TBA To Book: Call 8649 0812</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 program)</u></p>	<p>Dates: TBA Cost: TBA Locations: Outer North and Southern Regions To Book: Call 8131 3400</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 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.</p>
<p>Centacare Adelaide P: 8215.6700 45 Wakefield Street, Adelaide 5000</p>	<p><u>Circle of Security</u> <u>Adelaide</u></p>	<p>Dates: 19 February 26 February 5 March 12 March</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</p>

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		<p>19 March 26 March 2 April 9 April</p> <p>Cost: TBA</p> <p>Location: 45 Wakefield Street Adelaide</p> <p>To Book: Call 8215 6700</p>	<p>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>1 ½ hour presentation.</p> <p>Please note that babies and children cannot attend as there are no crèche facilities available.</p>
<p>Centacare Adelaide P: 8215.6700 45 Wakefield Street, Adelaide 5000</p>	<p><u>Circle of Security</u></p> <p><u>Eastwood</u></p>	<p>Dates: 14 February 21 February 28 February 7 March 14 March 21 March 28 March 4 April</p> <p>All at 1:00pm to 2:30pm</p> <p>Cost: TBA</p> <p>Location: Eastwood Community Centre, 95 Glen Osmond Road, Eastwood, 5063</p> <p>To Book: Call 8215 6700</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>1 ½ hour presentation.</p> <p>Please note that babies and children cannot attend as there are no crèche facilities available.</p>
<p>Centacare P: 8215 6700 45 Wakefield St, Adelaide 5000</p>	<p><u>Developing Resilience</u></p>	<p>Dates: 21 February 10:00am to 12:00pm</p>	<p>Teaching your children to be resilient and robust, especially in times of difficulty.</p>

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		<p>Cost: TBA</p> <p>Location: 45 Wakefield Street Adelaide</p> <p>To Book: Call 8215 6700</p>	
<p>Centacare P: 8215 6700 45 Wakefield St, Adelaide 5000</p>	<p><u>Inside Their Heads</u></p>	<p>Dates: 14 February (10:00am to 12:00pm)</p> <p>Cost: TBA</p> <p>Location: 45 Wakefield Street Adelaide</p> <p>To Book: Call 8215 6700</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>How to Talk so Kids will Listen</u></p>	<p>Dates: 12 February (1:30pm to 3.30pm)</p> <p>Cost: TBA</p> <p>To Book: Call 8215 6700</p>	<p>Explore the skills associated with successful communication for parents. This includes how we listen, as well as what we say.</p> <p>Considers the importance of assisting children to develop emotional intelligence as part of successful communication.</p> <p>Bookings are essential.</p>

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<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>Dates: TBA</p> <p>Cost: TBA</p> <p>Location: TBA</p> <p>To Book: 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>Offers a range of services located at base schools in SA with outreach to surrounding areas.</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>Dates: TBA</p> <p>Cost: TBA</p> <p>Location: TBA</p> <p>To Book: Please call local area 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</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</p>

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		<p>Port Augusta: 8642 2117 Port Lincoln: 8682 6305 Port Pirie/Clare: 8632 2633 Victor Harbour: 8552 4160 Whyalla: 8645 7776 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>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>Uniting Communities Pitt Street Adelaide Ph: 8202 5190</p>	<p><u>Women's Domestic Violence Survivors Group</u></p>	<p>Dates: TBA Cost: Free Location: TBA To Book: Call 8202 5190</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-judgmental setting. Women are also invited to share strategies that are helpful in regaining a sense of identity and self-confidence.</p>
<p>Women's Community Centre SA P: 8362 6571 64 Nelson St, Stepney 5069 www.wccsa.asn.au</p>	<p><u>Range of support and courses available</u></p>	<p>Dates: TBA Cost: TBA Location: TBA To Book: Call 8362 6571</p>	

WESTERN SUBURBS

UCW Bowden
P: 8245 7100
77 Gibson St, Bowden 5007
cfss@ucwb.org.au

The Child and
Family Foundations
Program

Dates: TBA
Cost: TBA
Location: TBA
To Book: Call 8245 7100

The program aims to strengthen early childhood development and the wellbeing of children and their families by:

- 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

Child development issues and concerns which can be addressed include:

- Behavioural issues
- Social skills difficulties
- Parenting difficulties and concerns
- Social isolation

Includes a number of other parenting programs, such as Circle of Security Parenting, playgroups and men's groups to assist and support parenting.

Covers inner North & Western suburbs and the Tea Tree Gully council area(office also at Modbury)

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<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>Dates: TBA Cost: Free Location: TBA To Book: 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>Dates: TBA Cost: TBA To Book: 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, Cowandilla Ph: 8352 5346</p>	<p><u>The Fathers Journey</u></p>	<p>Dates: Last Tuesday if the month Cost: Free Location: TBA To Book: 8186 8900 (Anglicare)</p>	<p>An opportunity for fathers to share their unique experiences and journey as a father with other dads. Facilitated by Anglicare.</p>
<p>Cowandilla Children’s Centre Cnr Jenkins and Wilsons St, Cowandilla Ph: 8352 5346</p>	<p><u>Saturday Daks!</u></p>	<p>Dates: Once a term 10:30am to 12:30pm Cost: TBA To Book: Call 8352 5346</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>

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<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>Dates: Tuesdays 10:00am to 12:00pm</p> <p>Cost: Free</p> <p>Location: TBA</p> <p>To Book: Call George Garcia 8186 8900 (Anglicare)</p>	<p>Aims to provide support, education, promote self-reflection and self-growth as well as to inspire fathers to value their unique role. Facilitated by Anglicare.</p>
<p>Cowandilla Children’s Centre Cnr Jenkins and Wilsons St, Cowandilla Ph: 8352 5346</p>	<p><u>Circle of Security</u></p>	<p>Dates: 19 February to 9 April 1:00pm to 3:00pm</p> <p>Cost: Free</p> <p>Location: Cowandilla Children’s Centre</p> <p>To Book: Call Deb on 8352 5346</p>	<p>Circle of Security Parenting Group is designed to help parents and carers recognise and respond to their children’s needs. Children who feel secure in their relationships with their parents or carers have more self-confidence, fewer behavioural problems, know how to be kind, and enjoy more happiness with their parents.</p>
<p>Communities for Children North West Adelaide (via Uniting SA) 50-52 Tapleys Hill Road Royal Park www.unitingsa.com.au</p>	<p>Universal Play2Learn supported Playgroup</p>	<p>Dates: Tuesdays (term times) 9:30am to 11:30am</p> <p>Location: United Church 50=52 Tapleys Hill Road</p> <p>Cost: TBA</p> <p>To Book: Call 8440 2299</p>	<p>Play2Learn is a supported playgroup program conducted by Save the Children Australia. It aims to improve early childhood development, parenting skills and connection to community amongst the families that attend.</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>Western Perinatal Support</p>	<p>Dates: Wednesdays (term time) 10:00am to 12:00pm</p> <p>Location: United Church 50 – 52 Tapleys Hill Road</p> <p>Cost: TBA</p> <p>To Book: Call Janine 0416 095 200</p>	<p>The group assists families who are experiencing emotional or mental health difficulties around the time of childbirth. Through supported group programs, women suffering from ante/postnatal depression will have the opportunity to be involved in a safe community based education and support program.</p> <p>Women can self-refer or be referred through any health practitioner.</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>Dates: TBA</p> <p>Cost: TBA</p> <p>Location: Forbes Children’s Centre</p> <p>To Book: Call George Garcia 8186 8900 (Anglicare)</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>Dates: TBA</p> <p>Cost: TBA</p> <p>Location: TBA</p> <p>To Book: Call 8293 9000</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>

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<p>Forbes Children’s Centre 80 Thomas St South Plympton Ph: 8293 9000</p>	<p><u>Circle of Security</u></p>	<p>Dates: TBA Cost: TBA Location: TBA To Book: Call 8293 9000</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> <p>Creche Available, 10-12 midday 7 weeks</p>
<p>Forbes Children’s Centre 80 Thomas St South Plympton Ph: 8293 9000</p>	<p><u>Bringing Up Great Kids</u></p>	<p>Dates: TBA Cost: TBA Location: TBA To Book: Call 8293 9000</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>Dates: TBA Cost: TBA Location: TBA To Book: Call 8447 6519 Or 8447 6036 Lynette Callaghan</p>	<p>For frustrated parents of children who are fussy eaters aged 8 months to 4 years.</p>

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<p>Junction Community Centre Inc 2A May Tce Ottoway SA 5013 8341 1334</p>	<p><u>Who's in Charge</u></p>	<p>Dates: 4 February for 8 weeks 6:30pm to 9:00pm</p> <p>Cost: Free</p> <p>Location: Enfield Community Centre, 540 Regency Rd Enfield</p> <p>To Book: Call Trevor 8405 6862 or Kay 8341 1334</p>	<p>An 8 week program for parents or carers of young people (8-18) who are beyond control, violent or defiant. The group aims to:</p> <ul style="list-style-type: none"> • Provide a supportive environment to share experiences and ideas; • Reduce the guilt and shame that parents feel; • Offer ideas to help you develop individual strategies for managing your child's behaviour; • Help in understanding power in relationships and coping with stress; • Explore ways of increasing safety and well-being
<p>Junction Community Centre Inc 2A May Tce Ottoway SA 5013 8341 1334 admin@junctioncommunity.org.au</p>	<p><u>Circle of Security</u></p>	<p>Dates: 8 February to 8 March 10:00am to 11:30am</p> <p>Cost: TBA</p> <p>Location: Junction Community Centre, 2A May Terrace Ottoway</p> <p>To Book: Call 8341 1334 or email</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 parenting@gowriesa.org.au</p>	<p><u>Circle of Security</u></p>	<p>Dates: 14 February to 4 April 5:30pm to 7:00pm</p> <p>Cost: \$200 per participant or \$350 per couple</p> <p>Location: 43 Dew Street Thebarton</p> <p>To Book: Call 8234 5219 or email</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 style="text-align: center;">Gowrie SA 39a Dew Street Thebarton SA Phone 1800 129 606 or (08) 8234 5219 www.gowriesa.org.au</p>	<p style="text-align: center;"><u>Circle of Security Parenting</u> <u>(for parents of children living with Autism)</u></p>	<p>Dates: TBA</p> <p>Cost: TBA</p> <p>Location: TBA</p> <p>To Book: Call 8234 5219 Cecilia Ebert</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 style="text-align: center;">Gowrie SA 39a Dew Street Thebarton SA Phone 1800 129 606 or (08) 8234 5219 www.gowriesa.org.au</p>	<p style="text-align: center;"><u>Circle of Security Parenting for Fathers</u></p>	<p>Dates: TBA</p> <p>Cost: TBA</p> <p>Location: TBA</p> <p>To Book: Call 8234 5219</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 style="text-align: center;">Gowrie SA 39a Dew Street Thebarton SA Phone 1800 129 606 or (08) 8234 5219 www.gowriesa.org.au</p>	<p style="text-align: center;"><u>Sunday Fun for Dads and Kids</u></p>	<p>Dates: TBA</p> <p>Cost: TBA</p> <p>Location: TBA</p> <p>To Book: Call 8234 5219</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>Healthy Strong Families</u></p>	<p>Dates: 27 February</p> <p>Cost: Free</p> <p>Location: Campbelltown Library 171 Montacute Road Newton</p> <p>To Book: Call Rachel McCaskill 8366 9272 for info</p> <p>https://healthystrongfamilies.eventbrite.com.au</p>	<p>A free workshop for the latest research, practical strategies and tips on:</p> <ul style="list-style-type: none"> • Building resilience; • Managing anxieties; • Screen time v Green time
<p>Lutheran Community Care 19 Edward Street Magill Tel: 8331 3111 or Email: magill@lccare.org.au</p>	<p><u>Toolbox Parenting Group Primary (5-9 years)</u></p>	<p>Dates: 28 February to 4 April 11:15am to 1:30pm</p> <p>Cost: Free</p> <p>Location: Parks Library, 46 Trafford Street, Angle Park</p> <p>To Book: Call 8405 6550 or visit Cityofpae.evanced.info/signup</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>Creche available.</p> <p>Refreshments provided.</p> <p>Information session 21 February 11:30am to 12:30pm</p> <p>Bookings essential.</p>

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<p>Relationships Australia SA 8 Butler St Port Adelaide 8340 2022</p>	<p><u>Bringing Up Great Kids</u></p>	<p>Dates: 1 March to 29 March 10:00am to 12:00pm</p> <p>Cost: Free</p> <p>Location: TBA</p> <p>To Book: Call 8340 2022 or email CAPSwest@rasa.org.au</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 Shop 8, Salisbury Cinema Complex, Salisbury</p>	<p><u>Baby Infant Massage</u></p>	<p>Dates: 15 February for 5 weeks 9:30am to 11:00am</p> <p>Cost: Free</p> <p>Location: Family Zone, Ingle Farm</p> <p>To Book: Community Projects Team 8250 6600</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>Dates: 14 February to 4 April 14, 21, 28 February. 7, 14, 21, 28 March, 4 April. 11:30am to 3:30pm</p> <p>Location: 14/41 Bagster Road Salisbury North SA, 5108</p> <p>Cost: Free</p> <p>To Book: Zoe Welk on 8254 1077 or email zoey.welk@afss.com.au</p>	<p>Learn how to support your child through attachment and security in a culturally safe and appropriate environment.</p> <p>Catering is supplied.</p>
<p>Ardtornish Children’s Centre 2 Saarinen Ave St Agnes 8264 9828</p>	<p><u>Range of Family Support Services</u></p>	<p>Dates: TBA</p> <p>Cost: TBA</p> <p>To Book: Call 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>Positive Parenting Program</u></p>	<p>Dates: TBA</p> <p>Cost: Free</p> <p>To Book: Call 8264 9828 or 0409 984 495</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>Dates: TBA Cost: TBA To Book: Call 8261 3339</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>Centacare 34 Yorktown Road ELIZABETH PARK SA P: 08 8252 2311 F: 08 8255 6625 www.centacare.org.au</p>	<p><u>Kids in Focus</u></p>	<p>Dates: TBA Cost: TBA Location: TBA To Book: Call 8252 2311</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 www.centacare.org.au</p>	<p><u>The Dads Business</u></p>	<p>Dates: TBA Cost: TBA Location: TBA To Book: Call 8252 2311</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</p>	<p><u>Children's Activities & Playgroups</u></p>	<p>Dates: TBA Cost: TBA Location: TBA To Book: Call 8349 6099</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>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>Dates: TBA Cost: TBA Location: TBA To Book: Call 8349 6099</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>Dates: TBA Cost: TBA Location: TBA To Book: Call 8349 6099</p>	<p>Support new skills for women experiencing pre and post-natal depression.</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>Dates: TBA Cost: TBA Location: TBA To Book: Call 8349 6099</p>	<p>A specialised group for Dads to come along and connect with other children's and other dads</p>

<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>Dates: 30 April for 8 weeks</p> <p>Cost: Free</p> <p>Location: 2 Belalie Road, Ingle Farm</p> <p>To Book: Call Community Projects Team on 8250 6600</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, clinginess.
<p>Relationships Australia Shop 8, Salisbury Cinema Complex</p>	<p><u>Bringing up Great Kids</u></p>	<p>Dates: 26 February for 6 weeks</p> <p>Cost: Free</p> <p>Location: Salisbury Primary School</p> <p>To Book: Call Community Projects Team on 8250 6600</p>	<p>Suitable for all family compositions. Covers:</p> <ul style="list-style-type: none"> • Identifying important messages and how to convey these; • Understanding the messages of your child’s behaviour; • Develop strategies to manage parenting approach
<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>Dates: TBA</p> <p>Cost: TBA</p> <p>Location: TBA</p> <p>To Book: Call 8349 6099</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>Relationships Australia Shop 8, Salisbury Cinema Complex, Salisbury</p>	<p><u>Parenting Together</u></p>	<p>Dates: 28 May for 5 weeks Cost: Free Location: Salisbury Primary School To Book: Call Community Projects Team on 8250 6600</p>	<p>A community based parenting program, supporting participants to improve communication with significant people in their children’s lives. These may be current or former partner, extended family members, school or childcare providers, or any significant person to the children.</p>
<p>Gawler and District College Children’s Centre 6-69 Barnet Road, Evanston SA 5116 8522 3626</p>	<p><u>Family Support & supported playgroup programs</u></p>	<p>Dates: 29/1/19 commencing Every Tuesday term time Cost: Free Location: TBA To Book: Call 8522 3626</p>	<p>Service offering one on one support for families and carers in supported positive parenting programs. Entre also offers range of other supportive and interactive playgroups such as Little Explorers Toddler Playgroup, Family Connect Play and Learn Playgroup, Carmina Kids, Bubs & Me, Play2Learn Playgroup programs, Nunga Family Time Aboriginal Playgroup, Saturday Dads & Kids Playgroup Program, Gawler 2 Plus & Us Multiple Birth Playgroup program, My Time and Parent Engagement Group.</p> <p>Play 2 Learn Playgroup programs are facilitated by Save the Children Australia.</p> <p>Bookings are essential.</p>
<p>Gawler and District College Children’s Centre 6-69 Barnet Road, Evanston SA 5116 8522 3626</p>	<p><u>Circle of Security</u></p>	<p>Not presently running</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>

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<p>Gawler and District College Children's Centre 6-69 Barnet Road, Evanston SA 5116 8522 3626</p>	<p><u>Saturday Dads & Kids</u></p>	<p>Dates: Commencing 2 February First Saturday of every Month (term times only)</p> <p>Cost: TBA</p> <p>Location: TBA</p> <p>To Book: Call 8522 3626</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 6-69 Barnet Road, Evanston SA 5116 8522 3626</p> <p>Kim.Wright2@sa.gov.au</p>	<p><u>Dads tuning into Kids</u></p>	<p>Dates: 19 February for 7 weeks</p> <p>Cost: TBA</p> <p>Location: The Gawler & District College B-12 Children's Centre</p> <p>To Book: Call 8523 2575 or 0408 192 143 - Kim</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>Bookings essential</p>
<p>Gawler and District College Children's Centre 6-69 Barnet Road, Evanston SA 5116 8522 3626</p>	<p><u>Club W - Women's Wellness Group</u></p>	<p>Dates: 4 February for 8 weeks</p> <p>Cost: TBA</p> <p>Location: TBA</p> <p>To Book: Call 8522 3626</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>Free crèche Bookings essential</p>

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<p>Gawler and District College Children’s Centre 6-69 Barnet Road, Evanston SA 5116 8522 3626</p> <p>Cherie.nattrass2@sa.gov.au</p> <p>Susan.furphy2@sa.gov.au</p>	<p><u>Being with Big Feelings</u></p>	<p>Dates: 6 February to 3 April 1:00pm to 3:00pm</p> <p>Cost: Free</p> <p>Location: Gawler & District B-12 Children’s Centre</p> <p>To Book: Call 8523 2575 Cherie or Susan</p>	<p>An 8 week program focusing on supporting parents to better understand the emotional world of their children.</p> <p>Crèche available – bookings essential.</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>Dates: TBA</p> <p>Cost: TBA</p> <p>Location: TBA</p> <p>To Book: Call 8258 0666 Nicky or Miriam</p>	<p>Group for blokes and kids every Saturday. Excursions, cooking, messy play and more. Light lunch provided</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>Dates: TBA</p> <p>Cost: TBA</p> <p>Location: TBA</p> <p>To Book: Call 8209 1600</p>	<p>Playgroup for children eligible for preschool in 2018 but not an enrolment for preschool.</p> <p>Series of specialised Playgroups offered throughout the week.</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>Dates: TBA Cost: TBA Location: TBA To Book: Call 8209 1600</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 Traford Street, Angle Park 5010 P: 8243 5772</p>	<p><u>Baby Play and Connect</u></p>	<p>Dates: TBA Cost: TBA Location: TBA To Book: Call 8243 5772</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>Dates: TBA Cost: TBA Location: TBA To Book: Call 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 5772</p>	<p><u>Circle of Security Parenting</u></p>	<p>Dates: TBA</p> <p>Cost: TBA</p> <p>Location: TBA</p> <p>To Book: Call 8243 5772</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: 20 February for 12 weeks 6:30pm to 8:30pm</p> <p>Cost: Free</p> <p>Location: Relationships Australia 13 Elizabeth Way Elizabeth</p> <p>To Book: Call David or Sophie on 8255 3323</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> <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>Caring Dads</u></p>	<p>Dates: TBA</p> <p>Cost: Free</p> <p>Location: Relationships Australia 13 Elizabeth Way Elizabeth</p>	<p>Supporting fathers who have hurt or scared their children to explore parenting strategies and address the impact on relationships.</p> <p>Addressing the impacts of violence and abuse and helping fathers become nurturing and supportive fathers to improve their relationships with their children.</p>

<p>Relationships Australia SA Shop 8a Salisbury Cinema Complex Salisbury Ph: 8255 3323</p>	<p><u>Women Managing Anger</u></p>	<p>Dates: TBA</p> <p>Cost: Free</p> <p>Location: TBA</p> <p>To Book: Call Sophie 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>Relationships Australia SA Shop 8a Salisbury Cinema Complex Salisbury Ph: 8255 3323</p>	<p><u>Circle of Security</u></p>	<p>Dates: 30 April for 8 weeks</p> <p>Cost: Free</p> <p>Location: Family Zone Ingle Farm</p> <p>To Book: Call Community Projects Team on 8250 6600</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, clinginess.

<p>Relationships Australia SA Shop 8a Salisbury Cinema Complex Salisbury Ph: 8255 3323</p>	<p><u>Managing Challenging Behaviour</u></p>	<p>Dates: TBA</p> <p>Cost: TBA</p> <p>Location: TBA</p> <p>To Book: Call Sophie 8255 3323</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> <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>
<p>SOUTHERN SUBURBS</p>			
<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>Dates: TBA</p> <p>Cost: TBA</p> <p>Location: TBA</p> <p>To Book: Call George Garcia 8186 8900</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>

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<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>Dates: TBA Cost: TBA Location: TBA To Book: Call 8556 5940</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>Dates: TBA Cost: TBA Location: TBA To Book: Call 8557 6208</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>Dates: TBA Cost: TBA Location: TBA To Book: Call 0417 877 292 Shaun Russell</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.</p>
<p>Hackham West Children’s Centre 9 Vintners Walk Hackham West R-7 School Glynville Drive 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>Dates: TBA Cost: TBA Location: TBA</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. Learning Together Sing & Move Great Start</p>

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		To Book: Call 8362 6161 or 0437 460 027 Bronwen	My Time, Our Time, Muddy Nature Making Sense Feeling Connected Surviving and Thriving Playgroup The Garden Fantastic Foodie Friends Saturday Family Playgroup
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	<u>Circle of Security</u>	Dates: TBA Cost: TBA Location: TBA To Book: Call 8362 6161 or 0437 460 027 Brownwen	An attachment based parenting program to help strengthen a positive relationship with children.
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	<u>Surviving and Thriving Playgroup</u>	Dates: TBA Cost: TBA Location: TBA To Book: Call 8382 6161 or 0428 379 129 Ruth	A supported playgroup for mums and children aged 0-5 years where mums have experienced domestic violence.
Family Connections Hackham P:8186 6944 72 Collins Parade, Hackham	<u>Dads Making a Difference</u>	Dates: TBA Cost: TBA Location: TBA To Book: Call 8186 6944	An exciting activity program for Dads & their kids on the weekends for low or no cost.

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<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>Dates: TBA Cost: TBA To Book: Call 8215 6310</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>Dates: TBA Cost: TBA Location: TBA To Book: Call 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 51a Galloway Road O’Sullivan Beach SA 5166 Ph: 8382 2850</p>	<p><u>Dads and Kids</u></p>	<p>Dates: TBA Cost: TBA Location: TBA To Book: Call 8382 2850 or 0437 232 124 Malcolm</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>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>Dates: TBA Cost: TBA Location: TBA To Book: Call 8382 2850</p>	<p>Programs include My Time; Learning Together Playgroup and Multiple Birth Support Group.</p>

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<p>Woodcroft Heights Children’s Centre 25 Investigator Drive Woodcroft (next to Woodcroft High School) Ph: 8381 8005</p>	<p><u>The Dad Factor</u></p>	<p>Dates: Monday 11 February to 25 March. 6:00pm to 8:00pm</p> <p>Cost: TBA</p> <p>Location: Woodcroft Heights Children’s Centre</p> <p>To Book: Call George Garcia 8186 8900 (Anglicare)</p>	<p>A course for fathers, grandfathers, uncles and other male carers that can assist participants to develop their own parenting style. Topics covered include communicating with children, helping children to develop self-confidence, children’s behaviour and how to deal with it, and handling stress.</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>Dates: TBA</p> <p>Cost: TBA</p> <p>Location: TBA</p> <p>To Book: Call 8641 0907 or 8683 1909</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</p>	<p><u>Circle of Security</u></p>	<p>Dates: TBA</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>

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<p>Whyalla Norrie Phone 1800 129 606 or (08) 8234 5219 Carmen : 0481 441 122 www.gowriesa.org.au</p>		<p>Cost: TBA</p> <p>Location: TBA</p> <p>To Book: Call 8234 5219 or Carmen 0481 441 122</p>	<p>Circle of Security Parenting provides a practical roadmap to assist adults in building stronger relationships with their children. 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.
<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>Dates: TBA</p> <p>Cost: TBA</p> <p>Location: TBA</p> <p>To Book: Call 8234 5219</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>Bringing Up Great Kids</u></p>	<p>Dates: TBA</p> <p>Cost: TBA</p> <p>Location: Relationships Australia 9 Kay Avenue, Berri</p> <p>To Book: Call Chelsea 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>Dates: TBA Cost: Free To Book: Call 8582 4122</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>Dates: TBA Cost: TBA To Book: Call 8582 4122</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>Dates: TBA Cost: Free To Book: Call 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>Dates: TBA Cost: TBA Location: TBA To Book: Call 8649 0812 or 0437710224 Emma</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>

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			<p>Grief and Loss after separation; the hidden world of children; rebuilding resilience; bridging the gap and looking back and moving forward. All participants must register their interest in attending the course and participate in a pre-group interview before the course.</p> <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.</p> <p>General Support provided to separated parents in Port Pirie, Port Augusta, Whyalla and the Flinders District.</p>
<p>Family Relationship Centre Mount Gambier AC Care P: 8721 3500 1 Helen St, Mount Gambier 5290</p>	<p><u>Bringing Up Great Kids</u></p>	<p>Dates: Wednesday 6 March for 4 weeks. 9:30am to 11.30am</p> <p>Cost: \$10.00</p> <p>Location: Mount Gambier Family Relationship Centre</p> <p>To Book: Call 8721 3500</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>Family Relationship Centre Mount Gambier AC Care P: 8721 3500</p>	<p><u>Circle of Security</u></p>	<p>Dates: Wednesday 20 March to 10 April (4 weeks) 5:30pm to 8:00pm</p> <p>Cost: \$10.00</p>	<p>A program for fathers, step-fathers and other male caregivers.</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</p>

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<p>1 Helen St, Mount Gambier 5290</p>		<p>Location: Mount Gambier Family Relationship Centre</p> <p>To Book: Call Lynne on 8721 3500</p>	<p>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>Family Relationship Centre Mount Gambier AC Care P: 8721 3500 1 Helen St, Mount Gambier 5290</p>	<p><u>Children in Focus Information Session</u></p>	<p>Dates: Fortnightly on Thursdays From 9:30am to 12:00pm OR Every 4 weeks on Thursdays from 5:30pm to 8:00pm.</p> <p>Cost: \$10.00 concession and low Income (under \$50,000 pa) Otherwise \$25.00</p> <p>Location: Mount Gambier Family Relationship Centre</p> <p>To Book: Call 8721 3500</p>	<p>Children in Focus Information Sessions are a 2.5 hour workshop for separated parents and families. The purpose of the workshop is to support parents and carers to better manage their own feelings and well-being, in order to better support the children. As the name suggests, the focus of the session is the children, and on what parents and family members can do to work together to better support and promote the children’s development, relationships and well-being both now and for the future.</p> <p>These sessions are interactive and engaging, and they give parents and family members an opportunity to share their experiences with other people who are in a similar situation.</p> <p>The sessions are compulsory for anyone undertaking Family Dispute Resolution (mediation) at the Family Relationship Centre, and ongoing support is available.</p>
<p>Family Relationship Centre Mount Gambier AC Care P: 8721 3500 1 Helen St, Mount Gambier 5290</p>	<p><u>Seasons for Growth</u></p>	<p>Dates: TBA</p> <p>Cost: TBA</p> <p>Location: TBA</p>	<p>For parents whose children are affected by grief & loss due to divorce/separation.</p> <p>Grief and Loss is experienced in some form by everyone at some point in their lives and can include losses such as death, relationship</p>

		<p>To Book: Call 8721 3500 to book or for further information</p>	<p>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. <p>A separate program is also offered for parents whose children are affected by grief & loss due to divorce/separation.</p>
<p>Relationships Australia Berri P: 8582 4122</p> <p>9 Kay Avenue Berri, 5343</p>	<p><u>Circle of Security</u></p>	<p>Dates: TBA</p> <p>Cost: TBA</p> <p>Location: TBA</p> <p>To Book: Call 8582 4122</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>Relationships Australia Berri P: 8582 4122</p> <p>9 Kay Avenue Berri, 5343</p>	<p><u>How to Build Resilience with Your Children</u></p>	<p>Dates: TBA</p> <p>Cost: TBA</p> <p>Location: TBA</p> <p>To Book: Call 8582 4122</p>	<p>Build and strengthen your child’s resilience to cope with challenges in their lives.</p>

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<p>Relationships Australia Berri P: 8582 4122</p> <p>9 Kay Avenue Berri, 5343</p>	<p><u>How to Help Your Kids Settle at School</u></p>	<p>Dates: TBA</p> <p>Cost: TBA</p> <p>Location: TBA</p> <p>To Book: Call 8582 4122</p>	
<p>Relationships Australia Berri P: 8582 4122</p> <p>9 Kay Avenue Berri, 5343</p>	<p><u>How to Help Your Kids with Big Worries and Fears</u></p>	<p>Dates: TBA</p> <p>Cost: TBA</p> <p>Location: TBA</p> <p>To Book: Call 8582 4122</p>	
CHILDREN’S and YOUNG PEOPLE’S GROUPS			
Organisation	Course	Service Delivery	Course Details
ACROSS METROPOLITAN AREA			
<p>Anglicare SA 8305 9200 159 Port Rd Hindmarsh 5007</p>	<p><u>Banana Splitz</u></p>	<p>Dates: Call for details</p> <p>Cost: \$50 or \$20 concession</p> <p>Location: Cowandilla (Saturdays) Elizabeth (Thursdays) O’Sullivan Beach (Thursdays)</p> <p>To Book: Call 8305 9200</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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<p>Anglicare SA 8305 9200 159 Port Rd Hindmarsh 5007</p>	<p><u>Banana Bites</u></p>	<p>Dates: TBA Cost: TBA Location: TBA To Book: Call 8305 9200</p> <p>This program is run only in schools and relies on schools contacting Anglicare to express an interest.</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.</p>
<p>Centacare 34 Yorktown Road Elizabeth Park</p> <p>P: 8252 2311 Carlow@centacare.org.au www.centacare.org.au</p>	<p><u>Outer North Youth Homelessness Program</u></p>	<p>Dates: TBA Cost: TBA Location: TBA To Book: Call 8252 2311</p>	<p>24/7 on-site supported accommodation, with support provided to promote young peoples' independent living skills, health, well-being and social and educational connections.</p>
<p>Relationships Australia P: 8419 2000</p>	<p><u>iKiDs</u></p>	<p>Dates: TBA Cost: TBA Location: Held at Adelaide, Hindmarsh, Marion, And Salisbury To Book: Call 8419 2000</p>	<p>Program for separated children aged 4-18 involving individual counselling and group work.</p>

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<p>Relationships Australia, Elizabeth 8255 3323</p>	<p><u>Circus GIG</u></p>	<p>Dates: 19 February for 16 weeks 3:30pm</p> <p>Cost: Free</p> <p>Location: Blakeview Primary School</p>	<p>Supporting children aged 8 to 12. Program collaborates with trained facilitators from CirKids to support participants to learn circus skills in a supported environment. Therapeutic workers support the young people and their caregivers to participate in the program and work to support building resilience, strength and capacity. Children build on their confidence, social skills, and positive behaviours throughout the program.</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>Dates: TBA</p> <p>Cost: TBA</p> <p>Location: TBA</p> <p>To Book: Call 8377 5400</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.</p>
<p>REGIONAL – IRON TRIANGLE AND SOUTH EAST</p>			
<p>Centacare 26 Second Street, Nuriootpa P: 8562 4547 nuriootpa@centacare.org.au www.centacare.org.au</p>	<p><u>Outer North Youth Homelessness Service (Youth Services, Barossa)</u></p>	<p>Dates: TBA</p> <p>Cost: TBA</p> <p>Location: TBA</p> <p>To Book: Call 8562 4547</p>	<p>Supported Tenancies and Stimulus Housing are generally allocated to young people aged over 18 who are homeless, who are at risk of becoming homeless, or whom face other barriers in accessing alternative forms of accommodation.</p>
<p>Uniting Country SA 22 McCritchie Crescent Whyalla P: 8649 4367</p>	<p><u>Rocky Road</u></p>	<p>Dates: TBA</p> <p>Cost: TBA</p> <p>Location: TBA</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</p>

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		<p>To Book: 0437 710 224 Alexander</p>	<p>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>Family Relationship Centre Mount Gambier AC Care P: 8721 3500 1 Helen St, Mount Gambier 5290</p>	<p><u>Blast Off</u></p>	<p>Dates: TBA Cost: \$30.00 per family Location: TBA To Book: Call 8721 3500</p>	<p>Blast off is a group based support program for children aged 7-12 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>Family Relationship Centre Mount Gambier AC Care P: 8721 3500 1 Helen St, Mount Gambier 5290</p>		<p>Dates: TBA Cost: \$10.00 Location: TBA To Book: Call 8721 3500</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, resilience • managing emotions, anxiety, mindfulness • social/peer interactions and healthy relationships

<p>Gowrie SA Carmen - 0499 507 887 or William - 0498 352 059 carmen.collins@gowriesa.org.au william.binnie@gowriesa.org.au</p>	<p><u>Gowrie Playgroup</u></p>	<p>Dates: TBA</p> <p>Cost: TBA</p> <p>Location: Library, Whyalla Stuart High, 1 Bastyan Cresc Whyalla Stuart</p> <p>To Book: Call Carmen 0499 507 887 or William 0498 352 059</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>Dates: TBA</p> <p>Cost: TBA</p> <p>Location: TBA</p> <p>To Book: Call 8682 7900 Marie</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>Dates: TBA</p> <p>Cost: TBA</p> <p>Location: Legal Service Commission Level 3, 30 Flinders Street Adelaide</p> <p>To Book: Call 8111 5555 Or via <u>this link: Register here</u></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>Dates: Monday to Friday 9:00am to 5:00pm</p> <p>Cost: TBA</p> <p>Location: Family Court Level 1 Room 1.12 or 1.17</p> <p>To Book: Call 0434 079 388 or 0434 079 387</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 <u>http://www.wccsa.asn.au/</u></p>	<p><u>Please see website for further information</u></p>	<p>Dates: N/A</p> <p>Cost: TBA</p> <p>Location: 64 Nelson Street Stepney</p> <p>To Book: Call 8362 6571</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 Adelaide Phone: 8303 0590 or 1800 188 158</p>	<p><u>Family Court Support</u></p>	<p>Dates: Monday to Friday 9:00am to 5:00pm</p> <p>Cost: Free</p> <p>Location: Ground Floor Chesser House, 101 Grenfell Street Adelaide</p> <p>To Book: Call 8303 0590 or 1800 188 158</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 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.</p>
<p>SOUTHERN SUBURBS</p>			
<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>Dates: Every second Friday 10:00am to 4:00pm By appointment only</p> <p>Cost: TBA</p> <p>Location: TBA</p> <p>To Book: 8221 5553 or 1800 81634</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>

COMMUNICATION, MENTAL HEALTH and DRUG & ALCOHOL COURSES/SERVICES			
Organisation	Course	Service Delivery	Course Details
ALL SUBURBS			
AnglicareSA & Centacare in partnership	<u>Healthy Hearts, Healthy Homes</u>	<p>Dates: Adelaide Thursday 14 March 6:30pm to 9:00pm Christies Beach Monday 25 March 6:30pm to 9:00pm</p> <p>Cost: Gold Coin Donation</p> <p>Location: Adelaide Centacare, 45 Wakefield Street Christies Beach AnglicareSA, Outer Southern Hub, 111 Beach Road, Christies Beach</p> <p>To Book: Call Joy or Helen on 8186 8900</p>	<p>Helping people get more out of their relationships – professional counsellors share practical, everyday tips and tools to improve relationships.</p> <p>For couples and singles.</p> <p>Supper is provided.</p> <p>No crèche is available.</p>
Anglicare SA & Cowandilla Children’s Centre in partnership	<u>Be Kind and Unwind – Personal Wellbeing</u>	<p>Dates: Cowandilla Friday 1 March 9:30am to 2:30pm Morphett Vale Monday 4 March 9:30am to 2:30pm</p> <p>Cost: Gold coin donation</p>	<p>Wellbeing workshop – dealing with emotional overload, relaxation and mindfulness.</p> <p>Lunch will be provided.</p>

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		<p>Location: Cowandilla Cowandilla Children's Centre, Corner of Jenkins & Wilson Streets.</p> <p>Morphett Vale Woodcroft Morphett Vale Neighbourhood House, 175 Bains Road</p> <p>To Book: Call Joy Ephraums or reception on 8186 8900</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>Dates: Across three location term Time only Salisbury Thursdays, 9:30-11:30am Rostrevor Wednesdays, 9:30am to 11:30am Marion Fridays 9:30am To 11:30am</p> <p>Cost: Free</p> <p>To Book: Call 8118 5240</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>Dates: TBA</p> <p>Cost: TBA</p> <p>Location: TBA</p> <p>To Book: Call 8202 5950</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>Eligibility: for young People between the ages of 12-25 years.</p>

<p>Uniting Communities 16 Pitt Street Adelaide P: 8202 5690</p>	<p><u>Outreach Counselling for Drug and Alcohol</u></p>	<p>Dates: TBA</p> <p>Cost: TBA</p> <p>To Book: Call 8202 5690</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</p> <p>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>Centacare 413 Grange Road, Seaton P: 8159 1400</p>	<p><u>Drug and Alcohol Service</u></p>	<p>Dates: N/A</p> <p>Cost: TBA</p> <p>Location: TBA</p> <p>To Book: Call 8159 1400</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>

PARENTING & RELATIONSHIP COURSES – TERM 1 2019

Email: m.ford@rasa.org.au



SOUTH AUSTRALIA

<p style="text-align: center;">SA Health (Drugs and Alcohol Services)</p>	<p style="text-align: center;"><u>Drug and Alcohol Services</u></p>	<p>Dates: N/A</p> <p>Cost: TBA</p> <p>Location: TBA</p> <p>To Book: Call 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>Dates: N/A</p> <p>Cost: Free</p> <p>Location: Support offered within Adelaide Metro area based From Hillbank and Warradale offices.</p> <p>To Book: Call 07 3620 8880</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>A one on one counselling program providing information, assessment, support and referrals for people aged 16+ concerning alcohol and other drug issues.</p>