## Children's Centre
for Early Childhood Development and Parenting

### Term 3 2015

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<td><strong>SESSIONAL KINDY</strong>&lt;br&gt;8:45am - 11:30am&lt;br&gt;12:30 - 3.15pm&lt;br&gt;CHILDCARE&lt;br&gt;Enquiries on 83822850</td>
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<td><strong>MULTIPLE BIRTH SUPPORT GROUP</strong>&lt;br&gt;9.30 - 11.30&lt;br&gt;Monday Mornings&lt;br&gt;13th July, 5th Oct, 14th Dec.</td>
<td><strong>CIRCLE OF SECURITY</strong>&lt;br&gt;1.00pm - 3.00pm&lt;br&gt;Community Room&lt;br&gt;28th July - 22nd Sept</td>
<td><strong>FREE BREAD</strong>&lt;br&gt;Wednesday&lt;br&gt;Mornings&lt;br&gt;Front Entrance&lt;br&gt;All year</td>
<td><strong>STAFF LOCATED AT THE CENTRE</strong></td>
<td><strong>SATURDAY PLAY SPACE FOR FAMILIES</strong>&lt;br&gt;9.30 - 1.30pm&lt;br&gt;Community Room&lt;br&gt;25th July - 19th Sept</td>
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For parents/carers who have experienced the joys and challenges of a multiple birth to share stories and support each other, children can attend with their parents/carers.

### ROOPENA BUILDING AVAILABLE FOR HIRE
Our community building located on the corner of Roopena and Galloway Road is available for hire at community rates by services supporting children and families. Restrictions and conditions apply, for further information contact Leanne or Chris on 83822850.

### OZ HARVEST FREE GROCERIES
Thanks to the generosity of Oz Harvest we have groceries available free to families on a Monday afternoon. They are located on a table in the reception area; please help yourself to what you need.

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**FREE BUS SERVICE**

The Children's Centre has a free bus for children to access kindergarten when transport is a barrier for the family. For more information, please contact Leanne on 83822850.

**GETTING TO KNOW YOUR BABY**

Child and Family Health Service provide a free parenting group where you can learn about different topics and get to know other parents. Topics include: Getting to Know Each Other, the Importance of Attachment, Communication, Touch and Looking after Yourself, Settling, Crying and Sleeping, Parenting, Babies Development and Play, Books and Music, Healthy Meals and Safe Houses, Let's Celebrate and What's Next?

Call 1300 733 606 for bookings and group details.

**O'Sullivan Beach** volunteers and staff collect free bread from Bakers Delight for families and community to collect for free.

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**LET'S READ AND LET'S COUNT ARE PROGRAMS SUPPORTED BY THE SMITH FAMILY AT THE CHILDREN'S CENTRE**

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Community space is open on Saturdays for families and children to enjoy the space together. Staff will be here to support families with fun activities to do.

Come for an hour or stay for the afternoon, parents must attend with their children.
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<td><strong>MY TIME 9:30 - 11:30AM Community Room 27th July - 31st Aug</strong></td>
<td><strong>PLAYGROUP 9:30am to 11:00am Community Room 28th July - 21st Sept</strong></td>
<td><strong>LEARNING TOGETHER PLAYGROUP 9:00 - 11:00am Community Room School Term Only</strong></td>
<td><strong>SING N GROW 9:30 - 11:00am Community Room 30th July - 17th Sept</strong></td>
<td><strong>ROOPENA STREET VEGETABLE PATCH Anytime Roopena Building</strong></td>
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**Local support group for parents and carers of young children living with a disability or chronic medical condition. Activities include scrapbooking, massages, guest speakers and other activities while you enjoy a morning tea. Creche Provided please book on 83822850**

**BABY PLAYGROUP Birth to 18 months 1.00 - 3.00pm Community Room School Term Only**

**Why not join other new Mums for a chat and play in our playgroup space. Supported by Children’s Centre staff and partners. Enquiries on 83822850**

**A playgroup for parents/carers of children up to 4 years of age. Play activities, fruit/snack time, story and songs. Support by Speech Pathologist. Please bring a piece of fruit to share.**

**A group for young children and their carer/parent to enjoy activities that support children’s social skills and development. Supported by staff and volunteers from O’Sullivan Beach Childrens Centre.**

**FUN N FRIENDS 4.00 - 5.00pm Roopena Building 28th July - 21st Sept**

**Playgroup offers children from birth to 4 years the opportunity to have fun develop new skills through play, play with other children and offers parents/carers the opportunity to play with their children, meet other parents/carers, make friends and share ideas. All Welcome**

**CHILD AND FAMILY HEALTH SERVICES 9:30 - 12:30pm Consult Room Weekly**

**Health checks are now available on Wednesday mornings.**

- Birth
- 1 - 4 weeks (at home or in a clinic)
- 6 weeks - at your family doctor
- 6-9 months
- 18-24 months
- 3 years
- 4 years (preschool) To make an appointment ring your C&FHS nurse on 1300733606

**FREE BREAD Wednesday Mornings From Entrance All Year**

**O’Sullivan Beach volunteers and staff collect bread from Bakers Delight for families and community to collect for free.**

**Our community veg patch at the Roopena Building is in need of some care and attention. Would you like to grow your own veges and then enjoy them with your children. Ring the centre on 83822850 for information.**

**Saturdays**

**BLOKES N KIDS 9:30 - 11.00am Children’s Centre 8th Aug & 12th Sept**

**If you’re a Dad, Step Dad, Brother, Uncle, Grand Father, Opa, Poppy family friend or any other important male in a child’s life come along and enjoy an easy going play time with other blokes at the kindy. Cooked breakfast for children aged birth - 8 years and their bloke. For more information and booking details please contact Sue or Leanne on 83822850.**