

PARENTING

My Time - Fleurieu Families - 8551 0542 FREE

Support group for parents of children with a disability

Fortnightly Wednesdays 9.30am during school term, starts 16th Feb
Teralba House, Church of Christ, Seaview Rd, Victor Harbor.

Parents Next - 0417833188 or 1300987096

For parents of children under 6 seeking education/training, and other work ready assistance.

Learning Together at Home - 8552 4160

A home based early learning support program for families with children 0 - 4years.

Circle of Security - Uniting Communities Malcolm 0437 232 124

*8 week parenting program Thursdays 10.30am starting 10th February
Victor Harbor, booking essential, creche available.*

FOR GRANDPARENTS

Grandparents Support Group - Fleurieu Families 0418 979 873

If you are a grandparent raising a grandchild or a Grandparent who has been alienated from your Grandchildren and need extra support.

Mondays monthly 1.30pm starting 21st March

Goolwa Community Centre, 25 Cadell St.

Grandparents for Grandchildren SA Inc. - Colleen 8212 1937

Provides information and support services to facilitate grandparents' access to and/or care for their grandchildren.

Email: info@gfgsa.com.au

FOR WOMEN

Centacare Counselling Services - 8215 6310 FREE

Aldinga, Goolwa and Victor Harbor.

Fleurieu Domestic Violence - Junction Australia - 1300 694 961

Police Attendance: 131 444

Domestic Violence Help Line: 1800 800 098

FOR MEN

Centacare Counselling - 8215 6310 for appointment

Couples, Children, Individuals. Goolwa/Victor Harbor/Aldinga

Men's Shed - 0413006307

Men's Engagement Network M.E.N. 0422469660

Men's Referral Service Telephone Counselling - 1300 766 491 FREE

Confidential and expert support to help break the cycle of violence.

'Don't Become That Man' Helpline - 1300 24 34 13 (8am-8pm)

Immediate support and interventions for men before they resort to violence or lethal violence. Longer interventions and support provided where men have engaged with our counsellors.

The Dad Factor Group for Men - 8555 2509

Fathers, Grandfathers, Uncles and male carers. Goolwa Children's Centre. Wednesdays 12:30-2.30pm during term, lunch provided.

COMMUNITY

The Tinker Shed - Skylight - 0419273404 All genders

Mondays 10am-12.30pm Men's Shed, Martha Close, Victor Harbor

Mondays 2-4pm, Yankalilla Show Grounds.

Fleurieu Homelessness Support Services - Goolwa 8392 3060

Provides short to medium term support for families & individuals who are homeless or at risk of becoming homeless.

Cover Yankalilla, Alexandrina and Victor Harbor Council regions.

Homelessness Gateway - 1800 003 308

Family Relationship Centre - 8202 5200 or 1300 735 492 (toll free)

Mediation relating to children and property matters.

Tuesdays 9am-5pm, Torrens House, Victor Harbor

Muwerang Mosaic Project - 8551 0553 FREE

Learn how to mosaic and be involved in the 36m project.

Wednesdays 6.30-9.30pm, Thursdays 10am-1pm & 2-5pm.

<https://www.victor.sa.gov.au/council-activities/art-culture/public-art/muwerang-mosaic>

Bucklands Community Garden - bookings@aspire2.org.au FREE

Make your own garden, grow food for the vulnerable & disadvantaged.

Wednesdays & Thursdays 10am-3pm Saturdays 1-3.30pm

Bucklands Community Centre, 650 Port Elliot Road, Port Elliot.

LIBRARY

Yankalilla Library Service - 8558 2043

Yankalilla Library Sprouts

Wednesdays 10-11.30am during school term

181 Main South Road, Yankalilla

Wednesdays 2pm during school term

Sprouts at Rapid Bay with Yankalilla Library

Fridays 9.30-10.30am during school term

Rapid Bay Primary School - 8598 4062

Alexandrina Library Service - 8555 7000

Goolwa Library - 11 Cadell Street, Goolwa

Little Rock 'n' Read *Singing and story telling for babies and preschoolers, take home craft pack. FREE*

Bookings preferred via Eventbrite

Tuesdays 10am -10.30am during school term

Ngarrindjeri Story Time - 8555 7000

Goolwa Library—11 Cadell Street , Goolwa

Start 17th Feb, second session week 8

Port Elliot Library Depot - 16 Strand, Port Elliot - 8555 7000

Opening Hours: Wednesdays 2-4:30pm & Saturdays 9:30am-12noon

Milang Library Depot - Cox St Milang - 8555 7000

Opening Hours: Mondays 3-5pm and Fridays 9.30am-12noon

Victor Harbor Library Service - 1 Bay Road - 8551 0730

Encounter Rhyme and Storytime Preschool Program

Tuesdays 9:45-10:30am and Wednesdays 10:30-11:15am

Bookings essential via Eventbrite

Baby Bounce and Rhyme -newborns and toddlers

Fridays 10:45-11:15am Bookings essential via Eventbrite

Victor Harbor Toy Library - 8552 5380

Victor Harbor Lutheran Church, 21a Adelaide Rd, Victor Harbor



'Fleurieu Families is a Father Friendly Program'

Parenting Calendar February to April 2022



Amelia Graham

8551 0542

Kerry Pomery

8551 0553

Fleurieu Families is a partnership between the City of Victor Harbor, District Council of Yankalilla, the Australian Government Department for Social Services and the South Australian Government Department for Human Services.



HEALTH

Onkaparinga Immunisation Clinic - 8384 0666

Goolwa Alexandrina Council, Cadell St

Child and Family Health Service - 1300 733 606

Goolwa - Goolwa Children's Centre Mon-Fri by appointment only

Strathalbyn - CWA Building, Sunter St

ONLINE Early Parenting Group - 1300 733 606

Helpful sessions for first time mums on feeding and settling your baby by a CaFHS nurse. FREE phone for details bookings essential.

Speech & Occupational Therapy Screening 0-5years - 8555 2509
Thursdays & Fridays FREE

Goolwa Children's Centre Phone for appointment.

NDIS Local Area Coordinator - Mission Australia - 1800 931 543

For people with a permanent and significant disability looking for advice, info or to apply for NDIS.

Shop 8, 46 Ocean St, Victor Harbor

Youth & Family Alcohol & Other Drug Support - 8187 0707

Mission Australia. *1 to 1 counselling, case management, in home, schools, public spaces, family support, community engagement.* FREE

Summit Health - 8406 7715

Mental Health and Counselling service. Strathalbyn, Victor Harbor, Goolwa, Middleton. FREE with referral from GP.

MENTAL HEALTH

Skylight Mental Health Service - 8378 4100 FREE

Do you care for someone with a mental illness? Are you interested in attending support sessions in Goolwa/Victor Harbor/Yankalilla?

<https://www.skylight.org.au/>

Head Space - Youth Mental Health - 8391 0123 FREE

12-25years. 10 Crozier Rd, Victor Harbor

Family Mental Health Services - 8202 5200 FREE

Are you concerned about the Mental Health of your child?

0-18Years. Victor Harbor, KI & Alexandrina Council Areas.

Connecting the Dots - Strathalbyn - 0499 373 148

Support group for people suffering depression and anxiety.

Wednesdays 1-3pm.

Child & Adolescent Mental Health Service - 1300 222 647 FREE

Counselling & Support for children 0 - 15years & their families

49 Victoria St, Victor Harbor.

Standby - Support After Suicide - 0437 752 458

Supporting Adults, Children & Young people impacted by Suicide

Suicide Prevention Service - 1300 077 798

Specialised support following a suicide attempt.

Grow - 8298 9299 FREE

Helping people with recovery from a mental illness.

Fridays 1-3pm Old School Building, Torrens St, Victor Harbor

(between KFC & Caltex).

PLAYGROUPS

SOUTH COAST

Goolwa Children's Centre - 8555 2509 Brooking St, Goolwa

Music Playgroup 0-5 years - Mondays 9.30-11am -

Baby Playgroup 0-9months - Fridays 9.30-10.30am

Playgroup 0-5 years - Fridays 9:15-11am fortnightly

POSTPONED call for details

Playgroup for Aboriginal Families -

Tuesdays 12-1.30pm at Goolwa Primary School

Contact Goolwa Children's Centre for info 8555 2509

POSTPONED until end February

Pygmy Possums Waldorf Playgroup - 0405 028 367

Monday, Tuesday, Thursday and Friday 9.30-11.30am

Little Bosa, Brickyard Rd, Port Elliot, bookings essential.

Community Craft - pygmypossumplygroup@gmail.com

Monday 2.30- 3.30, 32 The Strand Port Elliot

Little Steps - 8552 2675

Wednesdays: 9-10am or 10:30-11:30am

Victor Harbor Baptist Church, 74-76 Sutherland Ave, Hayborough

\$3 per family. Booking essential via Facebook.

Busy Bugs Active Kids Playgroup - 8552 6789

Fridays: 9-10am or 10:15-11:15am

Bayside Church, 10 Commerce Cres, Hayborough/Pt Elliot

\$5 per family (up to 3 children).

Footloose - 0439 383 584 or 0419 187 988 Thursdays 10-

11.30am during school term

Adare Uniting Church Hall, 6 The Drive, McCracken

POSTPONED until end of February

Jump 'n' Jive - Jana 0434 355 539 FREE

Mondays 9.15-10.30am starts 31st Jan

Impact Church, 7 Walker St, Hayborough

Books in the Burrow - 8552 8880 \$10 per term or \$2 per session

Songs, rhymes, stories and craft for 2.5 to 4 years. All welcome.

Tuesdays during school term 9.15-10 am

Encounter Lutheran College Library, **POSTPONED call for details**

Chirpy Chickens Playgroup - 0411 570 002

A fun interactive music & craft session for parents/caregivers of

children 0-5. Mondays 9.30-11am

22 Bartel Boulevard, Encounter Bay, \$5 per family

Starts 14th February

MOUNT COMPASS

Mount Compass Playgym - First session free

Tuesdays 9:30-11am during school term

War Memorial Hall, Peters Terrace, Mount Compass

Mount Compass Playgroup - 8556 8342

Fridays 9-11:00am, \$3 per family

Mount Compass Preschool, Oval Rd, Mount Compass.

Starts 18th February

PLAYGROUPS continued

EASTERN FLEURIEU

Milang Play Centre - 8537 0223 FREE

Tuesday 9-11am, Milang School **Starts 15th February**

Langhorne Creek Play Centre - 8537 3415 FREE

Fridays 9-11am Langhorne Creek R-6 Campus **Starts 15th Feb**

Strathalbyn Kindergym - 0407 604 764

Tuesdays & Wednesdays 9.30-10.30

Show Hall, Coronation Rd, Strathalbyn.

POSTPONED until 15th February - check Facebook

YANKALILLA

Wiggle & Giggle - 8551 0553

Music and Movement for children 0-5 years

Tuesdays 9.30-10am during school term **Starts 15th February**

IN THE PARK next to Playground Yankalilla Community Centre

Yankalilla Playgroup - 8558 2387

Fridays 9:30-11.30am

Yankalilla Children's Centre **POSTPONED end of Feb**

Myponga Playcentre - 8558 6267

Fridays during school term 9-11.30am

Myponga Primary School. **Starts 18th February**

CHILDREN/YOUTH ACTIVITIES

Yankalilla Youth Theatre - 0480 292 920 Evette Wolf

For 9-18 years. Mondays & Fridays during school terms

Yankalilla Show Hall, 1 Jervois Rd, Yankalilla.

Southern Fleurieu Youth Network - 8551 0586

Contact City of Victor Harbor Youth Development Officer Daniel

Western: dwestern@victor.sa.gov.au

Visit www.fleurieuyouth.com.au

LEGO Club - for Autism Spectrum families

Saturdays 1.30-3.30pm

Bucklands Community Centre, 650 Port Elliot Rd, Port Elliot

Email: Bookings@aspire2.org.au or www.bucklands.org

South Coast Gamers - 0450 469 651

10-18years, interested in table top games, pokeman, DnD etc.

Mondays 4-6pm.

Old School Building, Torrens St, Victor Harbor (next to KFC).

Gold coin donation. Parents must attend if under 16.

Other Youth Activities visit:

www.victor.sa.gov.au/council-activities/community-services/youth

Teens Connect - Therapy group for teens with ASD aged 13-18

Mondays -weekly in March and April—Bucklands Community 650

Port Elliot road, Port Elliot 8358 1114