



69 Ridley Road,
Elizabeth SA 5112
Phone 8209 3840

Kaurna Plains Children's Centre programs are open to the whole community and free to attend.

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Aboriginal Legal Rights Movement Inc Financial Counselling Service</p> <p>Are you having troubles paying your bills? Are you behind in your rent? Are you finding it difficult to buy food? Come and chat with Mia. Free and confidential.</p> <p>Appointment needed. Tel: 8209 3840</p> <p>*****</p> <p>Learning Together</p>  <p>Nunga Playgroup</p> <p>10am-12midday For Parents & Children 0-4 years</p> <p>Transport Available Contact</p> <p>Thurza: 7285 1600 Or Kerrin: 8209 3840</p> <p>*****</p> <p>ACTIVE MONDAY 1.30pm-3.00pm Need a workout buddy? Come along and join in a circuit with other parents.</p> 	<p>Allied Health Team</p> <p>Brad Williams, Occupational Therapist</p> <p>Donna Broadhurst, Family Support Coordinator</p> <p>Speech Pathologist (position currently vacant)</p> <p>Brad & Donna are available to meet with families.</p> <p>Please call 8209 3840</p> <p>*****</p>  <p>Come along and learn or share your skills</p> <p>Tuesdays 1.30p-3.00p Adult Craft 3.30p-4.30p Children's Crafts</p> <p>Mosaics, painting, sewing etc.</p> <p>Visiting artists & special projects. Call for more information 8209 3840</p> <p>Materials supplied.</p> 	 <p>Aboriginal Legal Rights Movement Inc Financial Counselling Service</p> <p>Are you having troubles paying your bills? Are you behind in your rent? Are you finding it difficult to buy food? Come and chat with Mia. Free and confidential.</p> <p>Appointment needed. Tel: 8209 3840</p> <p>*****</p>  <p>Sacred Little Ones ANGLICARESA</p> <p>A nurturing group, supporting the wellbeing of you and your child (0-3 years)</p> <p>12.30pm-2.30pm</p> <p>Contact: Louise Byrne 81313485 acorn@anglicaresa.com.au</p>	<p><i>Ngartnitya</i> For Kids</p> <p>Yarning Circle <i>Time to Heal. Time for change.</i></p> <p>Over 8 weeks starting Thursday 18 February, 11.00am to 1.00pm Feed included. Transport available. Facilitated by two Aboriginal workers, Sarah Decrea & Michelle Milera</p> <p>Phone: 8250 6600</p>  <p>*****</p> <p>Oz Harvest Food Rescue</p> <p>OzHarvest collects quality excess food from commercial outlets and delivers it to organisations to provide assistance to families. A delivery to Kaurna Plains is made every Thursday afternoon.</p>  <p>Visit the centre after 2.30pm to collect food.</p> <p>Bring your own bag!</p> <p>If emergency food is required please telephone the centre.</p>	<p>Play & Yarn</p> <p>Friday during term time 9am-11am For parents and children 0-5 years</p>  <p>*****</p> <p>Cook & Grow Tucker</p> <p>3rd Friday month 10am-1pm Join Muna Paendi Nutrition Workers cooking and eating healthy tucker.</p>  <p>*****</p> <p>Centrelink 1.30pm-3.30pm Every 3rd Friday of the month</p>  <p>To meet with the Centrelink Indigenous Service Officer phone for an appointment 8209 3840</p>

Monday	Tuesday	Wednesday	Thursday	Friday
Preschool Session 8.45am to 2.45pm for eligible children. 8209 3840	Preschool Session 8.45am to 2.45pm for eligible children. 8209 3840	Preschool Session 8.45am to 2.45pm for eligible children. 8209 3840	Preschool Session 8.45am to 2.45pm for eligible children. 8209 3840	Preschool Session 8.45am to 2.45pm for eligible children. 8209 3840 Week 1-5 only



A **Breakfast** Program at the Children's Centre is supported during term time by KickStart for Kids. Breakfast is available at the Kindergarten for preschool children and their families from 8.45am. Parents welcome. Please call if you would like to know more about this program or would like to volunteer to help out.



Marni Na Budni Welcome Morning Tea for Preschool Families.
Tuesday 9th February & Thursday 11th February. 9.30am-11.00am

Healthy Families **Monday 1st March, 2016.**

Health activities available including:



- CaFHs Clinics. Fiona Barber, Child & Family Health Service Nurse and Rosie Smith, Aboriginal Cultural Consultant will be available for child health check clinic appointments.
- Aboriginal Ear Health Screening Program
- First Peoples Disability Network Australia Community Connector available .
- Health information
 - Fitness activity
 - Healthy foods available



Reconciliation Action Plan

Kaurna Plains Children's Centre is developing a Reconciliation Action Plan to assist to build on relationships, respect and opportunities. Are you interested in joining the discussion? Please express your interest by phoning Kerrin 8209 3840.



LIKE US ON FACEBOOK TO RECEIVE UPDATES AND DETAILS OF NEW ACTIVITIES/PROGRAMS

<https://www.facebook.com/people/Kaurna-Plains-Childrens-Centre/100008213044335>