

MONDAY

Northern Area Midwifery Group Practice

Mondays and Fridays

The Northern Area Midwifery Group Practice supports pregnant mothers registered for maternity services via the Lyell McEwin Hospital. The program supports continuity of care and support for mothers during their pregnancy.

FUN WITH FRIENDS

free group activities

Would you like your child to make some new friends? And maybe you will too. Join us fortnightly on **Monday mornings from 9-11am.**

Dates that this program will run:

19/7
 2/8
 16/8
 30/8
 13/9

Hosted by Nieske, in the Keithcot Farm Children's Centre.

This is a great way for you and your child to play and explore together.

TUESDAY

Adults Supporting Kids Website



Raising children can be challenging at times, families may need information and support to keep kids safe and well. Find free and low-cost support services near you at the Adults Supporting Kids website: www.adultssupportingkids.com.au

Allied Health (OT and Speech) drop in and chat.

Do you have any concerns about your child's development? Is your child under school age?

Are you:

looking for advice, support in accessing services, currently waiting on services.

Contact the centre to book a free drop in and chat appointment for Thursday's on 8251-2700

WEDNESDAY

GP Shared Care

Supporting pregnant women who see their GP for the majority of their maternity care.

Consulting from the Children's Centre on Wednesdays.

Circle Of Security Free 8 week Parenting course.

When: Wed the 4th of August to Wed the 22nd of September from 9:30am until 11:30am

At times all parents feel lost or without a clue about what our children might need from us. Imagine what it might feel like, if you were able to make sense of what your child was asking from you?

The COS program is based on decades of research about how secure Parent-Child relationships can be supported and strengthened

Facilitated by Sarah Harry (O/T)
To book contact the centre on 8251 2700
Places are limited

THURSDAY



BEING WITH BABY

This free program is for parents and their babies.

This small group program will provide opportunity for social connection and will also provide information on topics such as play, attachment, feeding and child development.

Suitable for parents with babies 0-12 months.

Facilitated by Sarah (Occupational Therapist) and Tamara (Speech Pathologist)

Thursdays, 1pm until 2:30pm
From 29th July to 9th Sept

BOOKINGS ARE ESSENTIAL
AS PLACES ARE LIMITED

Call 8251 2700

FRIDAY



Infant Massage

Learn how to use touch and massage to support your baby's development
 Mel is a qualified cue based infant massage and parent education facilitator.

This 5 week program will run from 10am until 11:30am every Friday from the 27th August until the 24th of September.

Bookings are essential as places are limited to book contact the centre on 8251 2700



<https://www.facebook.com/keithcotfarmchildrenscentre>