



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>PRESCHOOL (KINDY) 8.45am to 11.45am 12.15pm to 3.15pm</p>	<p>PRESCHOOL (KINDY) 8.45am to 11.45am 12.15pm to 3.15pm</p>	<p>PRESCHOOL (KINDY) 8.45am to 11.45am 12.15pm to 3.15pm</p>	<p>PRESCHOOL (KINDY) 8.45am to 11.45am 12.15pm to 3.15pm</p>	<p><i>Preschool Enquiries</i> Contact: Kie 8443 7800</p>
<p>OCCASIONAL CARE (KANGAROO ROOM) 9.00am to 12.00pm School Term Only A now and then childcare service for children prior to preschool age. Bookings essential Contact: 8352 5346</p>	<p>IMMUNISATION CLINICS (EMU ROOM) 9.00am to 11.30am 3rd Tuesday of the Month 16th May 20th June 18th July Drop in clinic provided by City of West Torrens. Vaccinations for Babies, Children, & Adults.</p>	<p>TOILET TRAINING (EMU ROOM) 10.00am to 11.30am 21st June This information session will focus on toilet training strategies for children with toilet training difficulties or developmental delays Creche available, bookings essential. To register contact 8352 5346</p>	<p>OCCASIONAL CARE (KANGAROO ROOM) 9.00am to 12.00pm School Term Only A now and then childcare service for children prior to preschool age. Bookings essential Contact: 8352 5346</p>	<p>PLAYGROUP (KINDY) 9.00am to 11.00am School Term Only A fun playgroup for children 0-5. Enjoy songs and activities such as painting, play dough and puzzles. Please bring a piece of fruit to share. Contact: 8352 5346</p>
<p>CRAFT & CHAT (EMU ROOM) 9.30am to 11.30am Fortnightly 8th and 22nd May 5th and 19th June 3rd July Craft and sewing group for parents and carers. Crèche available, bookings essential. Contact: Amy 8352 5346</p>	<p>LITTLE EXPLORERS PLAYGROUP (KANGAROO ROOM) 9.00am to 11.00am School Term Only A fun and messy playgroup for children 0-5 years. Currently FULL, taking names for waitlist. Contact: Amy 8352 5346</p>	<p>LEAPS AND BOUNDS (KANGAROO ROOM) 11.00am to 12.00pm A playgroup for parents with babies and toddlers, who are looking for support to help their children develop balance, coordination and motor skills. Facilitated by physiotherapy students under the supervision of a UniSA Physiotherapist. Numbers are limited. To register your interest, please contact 8352 5346.</p>	<p>CHILD AND FAMILY HEALTH SERVICE (CaFHS) Drop in Clinic 9.00am to 11.30am Come in to see a CaFHS nurse for a growth review. No appointments necessary.</p>	<p>ACORN PARENT-INFANT ATTACHMENT GROUP (KANGAROO ROOM) 9.30am to 11.30am 24th February to 16th June Attachment based group for mums with mental health struggles and their child/ren aged birth to 3. To register contact 8131 3485.</p>
<p>CHILD AND FAMILY HEALTH SERVICE (CaFHS) Drop in Clinic 1.30pm to 4.00pm Come in to see a CaFHS nurse for a growth review. No appointments necessary.</p>	<p>OCCASIONAL CARE (KANGAROO ROOM) 12.15pm to 3.15pm School Term Only A now and then childcare service for children prior to preschool age. Bookings essential Contact: 8352 5346</p>	<p>TUNES TWISTS & TURNS PLAYGROUP (KANGAROO ROOM) 1.30pm to 3.00pm School Term Only A fun, energetic and educational playgroup for children who are mobile and up to 4 years of age. Supported by the Speech Pathologist and Occupational Therapist. Please bring a piece of fruit to share. Contact: 8352 5346</p>	<p>PSYCHOLOGY SA 9.00am to 12.00pm Fortnightly PsychologySA provides counselling and therapies proven to be effective in promoting emotional wellbeing for children. For further information please call PsychologySA on 8245 7300 or talk to Children's Centre staff.</p>	<p>EARLY PARENTING GROUP First time parents (EMU ROOM) By appointment with CaFHS Ph: 1300 733 606</p>
<p>2 PLUS US (KANGAROO ROOM) 2.30pm to 4.30pm Fortnightly 8th and 22nd May 5th and 19th June 3rd July A playgroup for families who have had multiple births. Siblings are also welcome. Contact: 8352 5346</p>	<p>THE FATHER'S JOURNEY (EMU ROOM) 6.00pm TO 8.00pm 2nd and 30th May 27th June An opportunity for fathers to share their unique experiences and journey as a father with other dads. Facilitated by Anglicare SA. Contact: Amy 8352 5346</p>	<p>SATURDAY DAKS! 11.30am to 1.30pm 6th May (Kings Reserve) 3rd June (Cowandilla Children's Centre) 1st July (Lockleys Children's Centre) A play and fun time for dad's with their children, babies to 8yr olds. Lunch provided. Bookings required for catering purposes, please contact 8352 5346.</p>	<p>SPANISH SPEAKING PLAYGROUP (KANGAROO ROOM) 1.00pm to 3.00pm School Term Only A playgroup for Spanish speaking families, activities for children 0-5 years. Please bring a piece of fruit to share. Contact: 8352 5346</p>	
<p>BABY PLAYGROUP (KANGAROO ROOM) 1.30pm to 3.00pm Fortnightly 1st, 15th and 29th May 26th June A playgroup for parents to engage with their babies 12months and under. Contact: 8352 5346</p>				

FOR MORE INFORMATION PLEASE PHONE 8352 5346





Cowandilla Children's Centre is a dynamic centre offering high quality care and education, health information and services as well as family support services for young children and their families.

Our dedicated team works in close partnership with families and a range of government, non-government and community agencies to provide programs which nurture and support healthy development and promote positive learning and life outcomes for all children and families.

We support mums and dads through the early years parenting stage and offer a diverse range of opportunities to engage with other parents and to get support to cope with the challenges and delights of raising young children.

There are a variety of programs and events, including Occasional Care, playgroups, health services and family and community programs in one convenient location on the same grounds as Cowandilla Primary School.

We are excited to be part of this vibrant community and invite parents, community members and local organisations to get involved with the ongoing development of our centre.

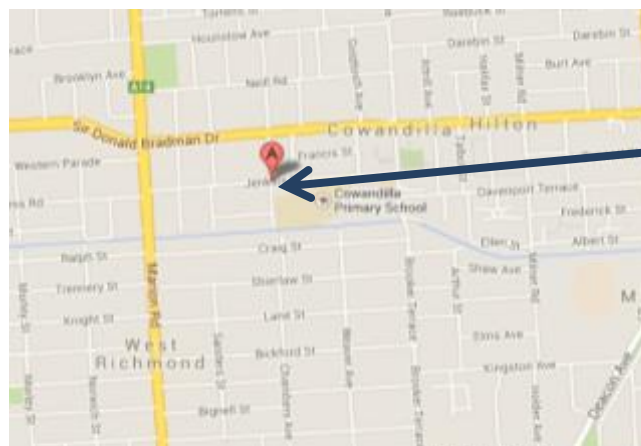
WE ARE NOW ON FACEBOOK!

Like our page to keep up to date with what's happening in the Children's Centre.....www.facebook.com/cowandillacc



Like us on
Facebook

Coming by bus? You can catch the J1 or J2 which travels along Sir Donald Bradman Drive and get off at stop 6A (walk down Wilson St) OR catch the 100 bus that travels along Marion Rd and get off at stop 8D (walk down Jenkins St).



YOU CAN FIND US
HERE.

FOR MORE INFORMATION PLEASE PHONE 8352 5346