

# HACKHAM COMMUNITY CENTRE

NEWSLETTER

TERM 3

22ND JULY-27TH SEPT 2024

72 Collins Parade, Hackham SA 5163

P: 8392 3080 E: [cchackham@junctionaustralia.org.au](mailto:cchackham@junctionaustralia.org.au)

## THURSDAY

### CRÈCHE (FREE)

**Dates:** Termly

**Time:** 12.00 noon - 2.00pm

Our qualified early childhood staff can care for your child/children for 2 hours while you study, seek work or take some time out for yourself.

Bookings essential

**To book in and/or discuss please call us on 8392 3080**

### \*NEW PROGRAM\*

#### PEAS IN A POD- PARENTING GROUP

**Dates:** 25th July-26th Sept 2024

**Time:** 9:30am-11am Thursdays

A FREE 10 week program, aimed at new parents/ caregivers with children under the age of 2yrs.

- ⇒ Connect with other caregivers, community services and programs, creating positive interactions, support and friendships.
- ⇒ Increase your knowledge and skills around parenting.
- ⇒ Feel supported in managing your mental and emotional wellbeing as new parents.

**Call Centacare on 82156310 for information and registrations.**

### \*NEW PROGRAM\* GRIEF GUIDANCE GROUP

**Dates:** 29th Aug-19th Sept (4wks)

**Time:** 3-5pm

Talking about Grief and Loss.

Join us for a 4week group in a safe and secure environment exploring:

- ⇒ Understanding grief
- ⇒ Tools for healing
- ⇒ Finding Support

**For more information or to register please call 8392 3080**

### OZ HARVEST - FREE FOOD ASSISTANCE

**Dates:** Every Tuesday and Thursday

**Time:** After 2.00pm

Free to all NO eligibility criteria

SUPPORTED BY CITY OF



## FRIDAY

### LITTLE MOTHER EARTH CARETAKERS CHILDRENS MUSIC PROGRAM (FREE)

**Dates:** Fridays Termly

**Time:** Between 9:30-11am

Join local Kurna Women Naomi and Maureen for a Program filled with Dancing, Music, Singing, Story Telling, Painting, Drawing, Bark and Ochre Play.

A Harmonious space filled with love, empowerment and support. Sharing our Traditional Knowledge to spread positivity.

To book call 83923080

**BOOKINGS PREFERRED**

### FRIENDS RESILIENCE PROGRAM (FREE)

**Dates:** Termly

**Time:** 3.30pm - 5.00pm

Please see information in the regular programs section.

### YOUNG PARENTS PROGRAM

**Dates:** Fridays

**Time:** 12-2pm

Are you under 25 and pregnant or a parent? Come and join Hackham's Young Parent Group. You will be part of a supportive group, while learning more about parenting. Creche Available, Bookings Essential

Phone 83923080 and Speak to Hayley, or email [hmclay@junctionaustralia.org.au](mailto:hmclay@junctionaustralia.org.au)

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Facebook Group: Hackham Community Centre



**TERM 3 2024**

We welcome everyone into this safe community space, whether you are looking to connect with others, explore learning opportunities for yourself or your children or to simply come in for a coffee and a chat.

**All of the programs and activities offered at Hackham Community Centre**

**are NO COST**

# PROGRAMS AND EVENTS



## REGULAR PROGRAMS

### FRIENDS RESILIENCE PROGRAM

The FRIENDS Resilience Program is a 10-week early intervention/prevention program for children to build resilience and problem-solving abilities, promote self-confidence and empowers children and families. It uses an evidence-based, FUN approach to learning life skills.

**Times: 3.30pm - 5.00pm**

**Aldinga** Wednesdays weekly

(Payinthe College—Aldinga)

**Seaford** Thursdays weekly

(Seaford Community Centre)

**Hackham** Fridays Weekly

(Hackham Community Centre)

**Bookings to Nicci on 8392 3080 or email**

**[nkilner@junctionaustralia.org.au](mailto:nkilner@junctionaustralia.org.au)**

*This is a Communities for Children activity funded by the Australian Government Department of Social Services.*

### VENUE HIRE

The Hackham Community Centre is available to hire out for groups, meetings and events.

It's a fantastic space to host children's birthday parties!

Please see staff for more details or for Booking/Enquiries Call 83923080

## MONDAY

### JAPANESE PLAYGROUP

**Dates: Termly**

**Time: 9.30am - 11.30am**

A FREE social playgroup for Japanese families to enjoy, share, make social connections and play with their children.

### FREE COUNSELLING

**Dates: Mondays**

**Time: Between 9.30am-4:30pm**

Student Counsellor offering Sessions on Tuesdays. To book please call the Centre on 83923080

**Bookings Essential**

## TUESDAY

### PLAYGROUP TUESDAY (FREE)

**Dates: Termly**

**Time: 9.30am - 11.00am**

Our supported playgroup is a great place to meet other families, let your children play with others in a safe and supported environment. **Please Bring along a piece of fruit to share if you can.**

**No bookings necessary just come along!**

### WOMEN'S GROUP (FREE)

**Dates: Termly**

**Time: 12.00 noon - 2.00pm**

Come and meet other women at a community driven women's group. Focus on wellbeing, empowerment and sharing.

Tea and Coffee provided. All welcome.

**Please register and book via the Centre on 8392 3080 or come in and speak to one of our friendly staff.**

**FREE Crèche Available**

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**Bookings Essential**

**To book in and/or discuss please call us on 8392 3080**

### FREE COUNSELLING

**Dates: Tuesdays**

**Time: Between 9.30am-4:30pm**

Student Counsellor offering Sessions on Tuesdays. To book please call the Centre on 83923080

(Creche available between 12-2)

**Bookings Essential**

### OZ HARVEST - FREE FOOD ASSISTANCE

**Dates: Every Tuesday and Thursday**

**Time: After 2.00pm**

**NO eligibility criteria**

## WEDNESDAY

### CRÈCHE (FREE)

**Dates: Termly**

**Time: 9.30am-11:30 and 12-2pm**

Our qualified early childhood staff can care for your child/children for 2 hours while you study, seek work or to take some time out for yourself.

**Bookings Essential.**

**To book in and/or discuss please call us on 8392 3080**

### DOMESTIC & FAMILY VIOLENCE SUPPORT PROGRAMS

**Please contact the Centre to make confidential enquiries on 8392 3080**

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