

PlayConnect Plus



Join our playgroup - it's FREE
THURSDAY 9.30am - 11.30am
(School term only)

O'Sullivan Beach Children's Centre
51 Galloway Road,
O'Sullivan Beach
Call 1800 171 882

Playconnect is a free, safe and supported Playgroup for children aged 0-5years with autistic characteristics, developmental delays or behavioural concerns and their families.
A diagnosis is not required for families to attend.

www.playgroupsa.com.au



**Children's
Centre**
for Early Childhood
Development and Parenting





MJ REID
DENTURES & LABORATORY

Play safe, wear a **Mouthguard**

**GAP
FREE**



A Professional Mouthguard should be worn for every contact sport



Custom made to provide the best fit and support



Made by taking two simple dental impressions



Available in a variety of colours and patterns

GAP FREE

**When claiming Health Insurance

No out of pocket cost when claiming your health insurance
HICAPS machine on site

20% Discount

**With no Health Insurance

Don't have extras cover?
We will give you a generous
20% discount

Why wear a professional Mouthguard?

A mouthguard spreads the point of impact across a wider range/area reducing risks of damage to your teeth, cheek, tongue, jaw and reduces the risk of concussion.

Call today

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MJ Reid Dentures & Laboratory
5/230 Main South Road,
Morphett Vale
SA 5162



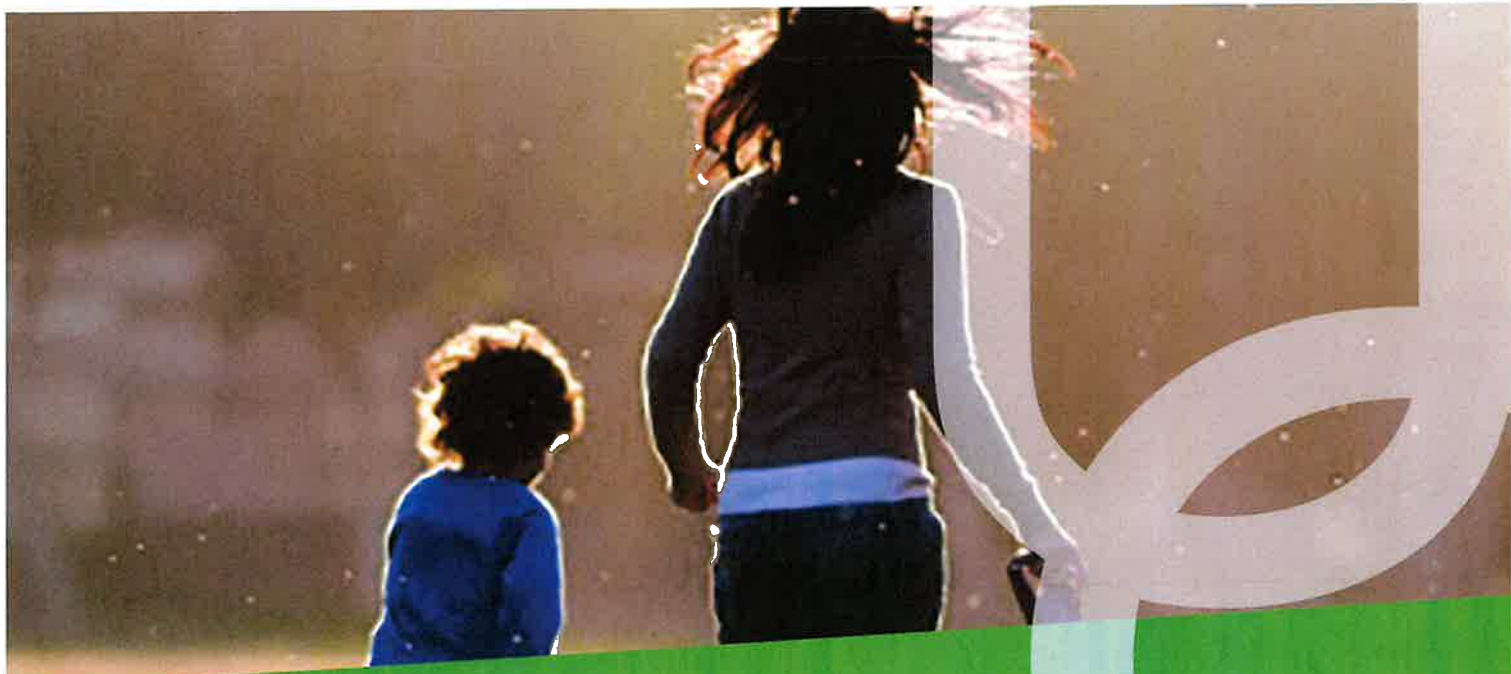
***Offer ends 1st July 2023

FIRST NATIONS STORYTIME



HUB LIBRARY
Saturday 11 March, 10.30-11.30am

Elijah is an engaging and fun storyteller who will take you on a culturally appropriate journey. One which starts with an ochre cleansing ceremony followed by reading books by First Nations authors, singing songs in language and talking about the importance of caring for country.



FAMILY MENTAL HEALTH SUPPORT SERVICES FOR CHILDREN, YOUNG PEOPLE AND FAMILIES

Does your child seem to be struggling? Are you concerned about their mental health?

The Family Mental Health Support Service is a free, confidential service supporting children and young people up to 18 years of age who may be experiencing challenges that are affecting their mental health.

Our focus is on improving wellbeing and supporting children and young people as they develop resilience and confidence. We can work with your child and family to build relationships, develop skills to better manage issues and to maintain good mental health.

We are also focused on increasing understanding and awareness of mental health issues of young people in the community.

What can affect someone's mental health?

Children and young people can be affected by a range of issues, such as:

- relationship difficulties or family breakdown
- family mental health
- drugs and alcohol
- domestic violence
- child abuse or neglect
- bullying
- loss and grief.

Some of the signs that a young person may need support can include:

- disturbed sleep
- over-eating or not eating
- changes in behaviour, such as withdrawal or emotional outbursts
- problems at school
- changes in their friendship circles.

How can Family Mental Health Support Services help?

We can work with your child and family to deliver counselling and practical support tailored to meet their needs.

Our services include:

- individual counselling for the child or young person
- family counselling to support children's mental health and wellbeing
- skill development groups for children/young people
- a family action plan to support your child to cope with mental health issues
- providing information, referrals and support to access other useful services
- community development and assistance with building meaningful networks.

We support people who are living in the Onkaparinga, Fleurieu Peninsula, Kangaroo Island and Alexandrina local government areas.

Contact us

To make an appointment or for further information, please contact:

Uniting Communities
38 Beach Road, Christies Beach SA 5165
T (08) 8202 5200
E FMHSSintake@unitingcommunities.org

unitingcommunities.org

Family Mental Health Support Services is funded by the Australian Government
Department of Social Services.





FREE 6-WEEK SUPPORT GROUP

Am I There Yet?

Do you have a child with special needs,
but never feel like you're doing enough?

From the complexities you experience daily, to the stress of organising supports and services, the needs of your children can become the centre of your world. It's hard to feel like you have it all figured out and easy to lose yourself.

'Am I There Yet?' is a FREE weekly support group for YOU and other caregivers of special needs children who may have similar experiences.

This group is facilitated by an arts psychotherapy placement student where creative arts modalities will be used to explore your needs and empower you to take care of the carer. No art skills or experience required!

THURSDAY AFTERNOONS / 9.3.23 - 13.4.23

Nestled in a beautiful Clarendon garden | For more info & registration please
email contact.insidearts@gmail.com or phone 0408 802 301



2023

"SUMMER LAX"

FREE LACROSSE SKILLS SESSIONS

Hight Avenue, Hove



WANT TO LEARN THE AMAZING GAME OF LACROSSE???

COME DOWN TO BRIGHTON LACROSSE CLUB FOR SOME FAST, FUN & **FREE** SKILLS SESSIONS. THEY'RE FOR BOYS AND GIRLS AGED 5 TO 17. BRING A FRIEND, A HAT AND A DRINK. WE'LL SUPPLY EVERYTHING ELSE.

** Suitable sports attire should be worn



FIRST SESSION IS MAR 9th RUNNING EACH **THURSDAY** to 23rd MARCH

5.15PM START (for registration) FINISHING 6.30PM



Please register your interest for the sessions via trybooking.

<https://www.trybooking.com/CFWUG>

W: <https://www.brightonlacrosse.com.au>

FB: <https://facebook.com/brightonlacrosseclub>