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Children and Family Centres have a strong focus on supporting Aboriginal families with young children to provide the best possible start in life.



## 2018 Centre Profile

### LOCATION

Gabmididi Manoo Children and Family Centre is located at Hincks Avenue, Whyalla Norrie SA 5608.

### CONTEXT

Children and Family Centres have been established to provide a focus on early childhood programs and services for Aboriginal children and their families. Gabmididi Manoo Children and Family Centre has been constructed on the Hincks Ave Primary School site. The facility includes preschool, occasional care, community space, offices, administration space and consulting rooms.

### SERVICES

The **Community Development Coordinator** works to increase community capacity to support families to provide the best opportunities for every child. The Community Development Coordinator promotes partnerships across a broad range of local services and organisations and establishes interagency programs to meet the needs of the community.

Contact Deb 08 8645 5240 or 0427 616 202 or Dana 08 8645 5240

The **Family Services Coordinator** provides expertise and skills in building parenting capacity and promoting improvements in social and emotional outcomes for disadvantaged children and families. The Family Services Coordinator provides a range of supports including parenting programs and has a focus on supporting children and families who are experiencing social difficulties such as homelessness, drug and alcohol issues, family violence or are at risk of child abuse and/or neglect.

Contact 08 8645 5240

**Allied Health staff** utilise primary prevention and early intervention approaches to strengthen parenting skills and build the capacity of Children's Centre staff to improve children's developmental outcomes.

Contact Libby (Speech Pathologist) 08 8645 5240

**Learning Together @ Home** a play based service for families with children birth to four years, where a fieldworker visits you in your home.

Contact Jackie 0427 270 844 or Sandra 0437 695 399

### PROGRAMS

**Preschool** is available for children from four years of age for five sessions per week before starting school. A lunchtime care program is available. Children are entitled to attend for up to fifteen hours per week. Aboriginal and Torres Strait Islander and Guardianship of the Minister children can attend preschool from three years of age for up to 12 hours. A free bus for children to access preschool on Monday and Tuesday when transport is a barrier for the family.

Monday, Tuesday, Thursday, Friday 9:00 am to 3:00 pm and Wednesday 9:00 am to 12:00 pm

Contact Kellie on 08 8645 5240

**Occasional Care** sessions are offered Tuesday to Thursday for children aged under two years and for children over two years at Gabmididi Manoo Children and Family Centre and Davison Street Occasional Care.

Tuesday, Wednesday and Thursday 9:00 am to 12:00 pm

**Contact Kellie on 08 8645 5240 or Julie 08 8645 0169**

**Circle of Security** is an eight-week program promoting secure attachment between young children and their parents. A crèche can be provided and bookings are essential. This program is facilitated by our Family Services Coordinator.

**Contact Dana on 08 8645 5240 or Donna Carr on 08 8683 1909**

**Tuning into Kids** a parenting course to support carers to teach their child how to understand and regulate their emotions. A crèche can be provided and bookings are essential. This program is facilitated by our Family Services Coordinator.

**Contact Family Services Coordinator on 08 8645 5240**

**Infant Massage** a 5-week course for parents who want to learn relaxation methods for calming and settling baby. Suitable for babies who aren't mobile. A crèche can be provided and bookings are essential. This program is facilitated by our Family Services Coordinator.

**Contact Family Services Coordinator on 08 8645 5240**

**Bringing up Great Kids** a parenting program that promotes and supports respectful, caring and nurturing relationships between parents and their children. A crèche can be provided and bookings are essential. This program is facilitated by Dana and Kellie.

**Contact Kellie or Dana on 08 8645 5240**

**Baby Playgroup** a playgroup for parents and carers with babies and pre walkers to connect, play and learn together. A crèche can be provided. This playgroup is facilitated by Dana.

**Contact Dana on 08 8645 5240**

**Learning Together Playgroup** a facilitated playgroup to support children's learning and development. This program is facilitated by Dana and Kellie.

**Contact Dana or Kellie on 08 8645 5240**

**Come and Play Playgroup (Davison Street)** a facilitated playgroup that focuses on – play and exploration, movement abilities, building language skills and developing social skills. This playgroup is referral based. Facilitated by Jackie and Sandra.

**Contact Jackie 0427 270 844 or Sandra 0437 695 399**

**Dispositions** a series of parenting workshops for parents to examine their child's Dispositions for Learning. This program is facilitated by Kellie and Dana.

**Contact Dana or Kellie on 08 8645 5240**

**Step by Step** come and join Dana and Kellie on a walk around Whyalla (each week will be a different destination), while your child is being cared for in our crèche. A great way to meet other parents and keep healthy. This group is facilitated by Dana and Kellie.

**Contact Dana or Kellie on 08 8645 5240**

**Coffee and Chat** drop in for a cuppa, chat and some fun. A crèche can be provided. This group is facilitated by Dana.

**Contact Dana on 08 8645 5240**

**Community Wellbeing Group** A safe, welcoming space for our Aboriginal and Torres Strait Islander community members to gather and yarn over a cuppa. This group is facilitated by Dana.

**Contact Dana on 08 8645 5240**

**Chillin' Together** a safe welcoming space for parents who are under 25 to chat with other parents about parenting, while enjoying morning tea. A crèche can be provided. This group is facilitated by Dana.

**Contact Dana on 08 8645 5240**

**Pass it on...** a community partnership around educating clients about Healthy Lifestyle choices. A crèche' can be provided. This group is referral based and is facilitated by Dana.

**Contact Dana on 08 8645 5240**

**HYPE** a partnership with Plaza Youth Centre around educating our youth about Healthy Lifestyle Choices. This group is referral based and is facilitated by Dana.

**Contact Dana on 08 8645 5240**

**Young Parents Wellbeing Group** a partnership with Edward John Eyre High School that supports parents to further their education. This group is referral based and is facilitated by Dana.

**Contact Dana on 08 8645 5240**

**Volunteers** if you are interested in volunteering in the community, come and chat to Dana, she can support you to apply for your police clearance and gain your Responding to Abuse and Neglect Certificate or Child Safe Environments Certificate.

**Contact Dana on 08 8645 5240**

**Talking Together** a playgroup that focuses on interacting with and supporting your child's language development. Come along and sing some songs, read some stories and talk with your child. This playgroup is facilitated by Libby.

**Contact Libby on 08 8645 5240**

**Reconciliation Journey** come along and help our Centre on our journey towards Reconciliation. If you are interested in joining and contributing to this journey call Dana.

**Contact Dana on 08 8645 5240**

**Team Around the Child** bringing together interdisciplinary teams, to provide a forum for internal and external agencies to meet with a range of professional expertise. To deliver a seamless service delivery by planning personalized targeted supports, referrals and Identifying areas of strength and growth.

**Contact Kellie on 08 8645 5240**

**Beginnings** a weekly facilitated workshop to support parent's suffering from an addiction. This group is referral based.

**Contact Kellie on 08 8645 5240 or Kelley from Country and Outback Health on 08 8644 4900**

**Child and Family Health Services** visit our Centre twice a term, to book an appointment with CaFHS nurse ring Gabmididi Manoo Children and Family Centre.

**Contact 08 8645 5240**

**Community Midwives – Women's and Children Health Unit** offering one to one midwifery and birthing options with Trish Butler.

**Contact Family Services Coordinator or Kellie on 08 8645 5240**

**Respect Sista Girls 2** a wellbeing program for women aged 12 and over. Looks at: Cultural integrity, communication, connecting and knowing self, relationships and empowerment, family, Sista girls, violence, abuse and power over, consequences to behaviour and supports.

**Contact Dana on 08 8645 5240 or Donna Carr on 08 8683 1909**

**Healthy Homes Resilient Families – Growing up Healthy** this program looks at nutrition, food safety, budgeting and healthy lifestyles. Emphasis is on sugar in diets. Practical food preparation and skills included.

**Contact Dana on 08 8645 5240 or Donna Carr on 08 8683 1909**

**Healthy Homes Resilient Families – Rules and Routines** identifies and supports caregivers to develop healthy routines within the home to help to provide positive outcomes for families.

**Contact Dana on 08 8645 5240 or Donna Carr on 08 8683 1909**

**Seasons for Healing** an educational grief and loss program. This looks at grief, pain and loss and our responses to this. Focus is on yarning and reflection.

**Contact Dana on 08 8645 5240 or Donna Carr on 08 8683 1909**

**Market Stall** thanks to the generosity of Foodbank, we have groceries delivered on a Monday afternoon to our Centre. Families are welcome to come and take these groceries.

*Snacks are provided in all our Playgroups and Parenting Programs.*

*Transport can be provided upon request for all Parent and Child Programs excluding preschool and occasional care.*

