

# Healthy Hearts, Healthy Homes

## Families in Focus

A workshop which focuses on practical ways to improve relationships.

Topics covered include communication, conflict resolution, relationship repair and emotional safety. Suitable for individuals and couples. Run by Family Relationships Counsellors from AnglicareSA.

### WHEN

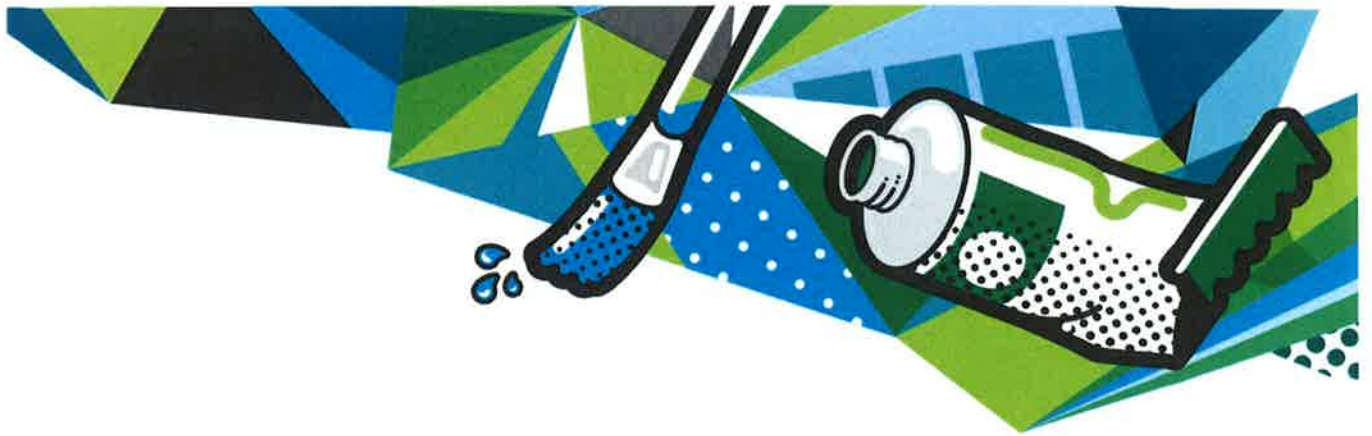
Monday 18th September 6.30 to 9 pm

### WHERE

Anglicare SA  
Outer Southern Hub  
111 Beach Road  
Christies Beach 5165

- Supper provided however babysitting not provided
- Cost – Gold coin donation
- **ENQUIRIES and REGISTRATIONS** please contact Joy or Helen on 8186 8900





# PAINT FOR SALA FESTIVAL

## [ARE YOU A SOUTH AUSTRALIAN LIVING ARTIST?]

Work with artist **Heidi Karo** to make a painting and be included in Studio 20's SALA exhibition as we celebrate our Young South Australian Living Artists.

This workshop will include painting, drawing, canvas stretching and displaying your artwork.

SALA exhibition launch: Saturday 26 August 2017

**DATE:** Mondays, Term 3  
24 July– 21 August 2017

**TIME:** 5.30–7.30pm

**COST:** \$50 for term / \$10 per week

**AGE:** 14–25 years

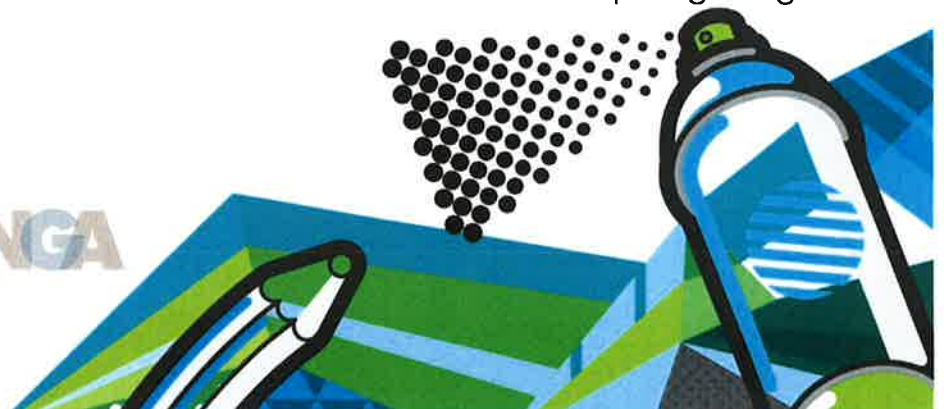
**WHERE:** Studio 20, Aldinga Central Shopping Centre

**BOOKINGS:** 8557 7555  
aldingayouth@onkaparinga.sa.gov.au

**FURTHER INFORMATION:** Zoe Brooks,  
Youth Arts Program Officer, 8301 7274  
or zoebro@onkaparinga.sa.gov.au



**ONKAPARINGA  
YOUTH**  
Find us on 





# UNLOCK YOUR ARTIST

[UNLOCK YOUR ARTIST FOR THE SALA FESTIVAL]

Work with artist **Heidi Karo** in a five week workshop series to unlock your artist and make a finished artwork that will be exhibited in Studio 20's SALA exhibition as we celebrate our Young South Australian Living Artists.

SALA exhibition launch: Saturday 26 August 2017

**DATE:** Thursdays Term 3,  
27 July–24 August 2017

**TIME:** 4–5.30pm

**COST:** \$25 for term / \$5 per week

**AGE:** 8–14 years

**WHERE:** Studio 20, Aldinga Central  
Shopping Centre

**BOOKINGS:** 8557 7555  
[aldingayouth@onkaparinga.sa.gov.au](mailto:aldingayouth@onkaparinga.sa.gov.au)

**FURTHER INFORMATION:** Zoe Brooks,  
Youth Arts Program Officer, 8301 7274  
or [zoebro@onkaparinga.sa.gov.au](mailto:zoebro@onkaparinga.sa.gov.au)



ONKAPARINGA  
YOUTH

Find us on 





# CREATE-A-CRITTER

## [SEWING]

Use your imagination to design and create your own unique crazy critter cushion!

Have some fun with our six week workshop where you'll have the opportunity to learn new skills in sewing, stitching and embroidery.

Bookings essential.

**DATE:** Wednesdays, 2nd August–6 September 2017

**TIME:** 4.30–6.00pm

**COST:** \$30 for term/\$5 per week

**AGE:** 8–14 years

**WHERE:** Studio 20 Youth Centre,  
Aldinga Central Shopping Centre

**BOOKINGS:** 8557 7555  
[aldingayouth@onkaparinga.sa.gov.au](mailto:aldingayouth@onkaparinga.sa.gov.au)



**ONKAPARINGA**  
**YOUTH**  
Find us on 





# HEALTHY COOKING

## [TASTE THE SEASON WITH THE FOOD EMBASSY]

A five week healthy cooking class using local and seasonal produce.

Learn how to prepare quick and easy healthy meals and snacks. Understand the importance of good food and learn tips on how to minimise food waste.

Everything you make you get to eat!

Bookings essential.

**DATE:** Tuesdays, 1–29 August 2017

**TIME:** 4–5:30pm

**COST:** \$25 for term / \$5 per session

**AGE:** 8–12 years

**WHERE:** Studio 20 at the Stephanie Alexander Kitchen, Aldinga Primary School

**BOOKINGS:** 8557 7555  
[aldingayouth@onkaparinga.sa.gov.au](mailto:aldingayouth@onkaparinga.sa.gov.au)



**ONKAPARINGA  
YOUTH**  
Find us on 



# GLAD TO BE ME



Hackham West  
Community Centre



**WEDNESDAY 2ND AUGUST • WEDNESDAY 9TH AUGUST**  
**WEDNESDAY 16TH AUGUST • WEDNESDAY 23RD AUGUST**  
**9:30 AM - 11:30 AM**

Join Rose (BA; Dip Ed; B. Soc Sc) from Uniting Communities for a dynamic, interactive 4 week workshop to Celebrate You!

DISCOVER YOUR  
UNIQUENESS

LEARN RELAXATION  
PRACTICES

EXCURSION TO  
TAKE PHOTOS

HAVE FUN

CREATE A  
COLLAGE ABOUT  
YOU!

Bring a yoga mat or blanket.

Please call the Hackham West Community Centre to register your interest.

Free Crèche is available - please book when registering.



SUPPORTED BY CITY OF



**FREE**

**Hackham West Community Centre**  
**44 Glynville Drive, Hackham West**  
**Ph: (08) 8384 1065**

# Early Childhood Intervention



The early years are important for all children, join us for an information session as we discuss:

What is best practice in Early Childhood Intervention (ECI)

Why ECI is important

How can ECI services support families

(this information is particularly for families of children with disabilities and/or developmental delay)

Co-Presented by ECIA SA - Stakeholder Engagement Project  
& DCSI (National Disability Insurance Scheme Early Childhood Clinical Partner)

**Cost: FREE**

Tea and coffee provided followed by morning tea

**When:**

Friday 1<sup>st</sup> September 1/09/17 9.30am - 10.30am

**Where:**

Hackham West Children's Centre Unit  
50 Glynville Drive, Hackham West  
(within HWR-7 School)

**FREE Crèche available**

**Bookings for Crèche are essential**

Please phone Milan, Community Development Coordinator  
on 0403 369 791 or email [Milan.gligic2@sa.gov.au](mailto:Milan.gligic2@sa.gov.au)





# TAKE CARE OF YOURSELF

**An interactive dynamic 8 week program to inspire and support parents of young children.**

- ◆ Learn to relax
- ◆ Discover your strengths
- ◆ What is your self-talk?
- ◆ Develop a positive attitude
- ◆ Learn to become mindful
- ◆ Create a collage of you
- ◆ Learn to listen well
- ◆ How assertive are you?

**Thursday**  
**10th August—28th September**  
**1.00– 3.00 pm**  
**At O' Sullivan Beach Children's Centre.**  
**Afternoon tea provided**



**To secure a place phone Jo or Steph : 8382 2850**

**Email : [joanne.renshaw@sa.gov.au](mailto:joanne.renshaw@sa.gov.au)**

**Crèche available—limited places**

**Facilitator Rose Boswell (B.A.; Dip. Ed.; B.Soc.Sc.)**



**O'Sullivan Beach**  
**Children's Centre**  
for Early Childhood  
Development and Parenting





## GLAD TO BE ME



**WHEN:** 20<sup>TH</sup> Sept & 27<sup>th</sup> Sept 2017

**TIME:** 12.30 til 2.30pm

**WHERE:** Community Connections Hackham  
72 Collins Parade Hackham

**FACILITATOR:** Rose Boswell (B.A.;  
Dip. Ed.; B.Soc.Sc.)

Creche is available on request.

Bookings can be made on 81866944

### YOU ARE UNIQUE

What are you good at?

What are your strengths?

Practising gratitude

Make a collage of you

Feeling good about you



Junction  
Australia

# Embracing Relaxation



**Come to 2 sessions where you can explore relaxation, understand stress and practice a number of powerful relaxation techniques that you can use at home.**



**WHEN:** 6<sup>th</sup> & 13<sup>th</sup> Sept 2017

**TIME:** 12.30 til 2.30pm

**WHERE:** Community Connections  
Hackham 72 Collins Parade  
Hackham

**FACILITATOR:** Rose Boswell  
(B.A.; Dip. Ed.; B.Soc.Sc.)

Creche is available on request.

Bookings can be made on  
81866944

