



**Cnr Serpentine Road
& Chandlers Hill Road
O'Halloran Hill**

**Would you like to PLAY or LEARN TENNIS
THIS summer?**

Summer Tennis registration and 'Come & Try' morning

**Come along to the O'Halloran Hill Tennis Club on
Saturday September 2nd between 9:30am and 11:30am**

All ages and abilities are welcome - junior & adult players.

Our Club Coach James has coaching programs for all ages.

We have Saturday junior and senior competition teams plus
Thursday morning and Tuesday night social mixed doubles.

**For those ready to play we can get you started
THIS SUMMER.**

For more info contact
Darryl 0422 004 570
or
just come along
and meet us on the day!



TAKE YOUR GAME TO THE NEXT LEVEL

Play Straight Cricket Academy is where school students of all ages and levels unite to enhance their skills in the sport they love – cricket!



Adelaide's newest cricket academy is owned and operated by cricket aficionado and former NSW & SA state representative, Andrew Staunton. Andrew's love of the game led him to become a player/coach for Southern Districts CC in 2015/16 where he took the club to a premiership for the first time in its 23 year history. Currently Andrew is the Assistant Coach for the SACA Southern Force Redbacks League and also Player Development Manager at Southern Districts Cricket Club.

From one-on-one coaching, to group sessions and school holiday training camps, PSCA offers a range of cricket coaching services to school age children, both boys and girls in a safe, encouraging – and most importantly – fun environment. Our programs are designed for both amateurs and professionals, aim at building confidence, building skills, and sharing the love of the game – no matter who you are. So, if you love cricket, get in touch with us today.

Sessions currently available from the below two venues

Bice Oval, Christies Beach * Westminster School, Marion

Summer sessions commence October 16th for a 10 week period.

For more information, costs or to book your session please visit our website or email:

www.playstraight.com.au or andrew@playstraight.com.au



Woodcroft Heights
Children's Centre
for Early Childhood
Development and Parenting



Lively Eaters Feeding Services

Do you have a FUSSY EATER?

Why not come along to our parent information session, delivered by speech pathologist Emily from 'Lively Eaters'.

Topics covered by Emily Lively will include picky eaters, food allergies, anxiety and stress levels around eating, the role of the family in mealtime experiences, and preventing later childhood eating and or feeding issues.

This *free* parent information session will be offered on:

Thursday 31st August 2017, 9:30 – 11:00 a.m.
at Woodcroft Heights Children's Centre,
25 Investigator Drive, Woodcroft.

Numbers will be limited to support an informal and interactive session, so be sure to book your spot as soon as possible.

Limited crèche spaces available – bookings essential

To book your place in the FUSSY EATERS parent information session, please call Sara on 8381 8005, or email sara.burgess2@sa.gov.au by Friday 25th August 2017.

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





2017 CELEBRATION OF LIFE ART EXHIBITION

Featuring inspiring art with a cultural diversity theme

WHEN

4TH TO 25TH OF OCTOBER
OPEN DAILY AT 10AM

WHERE

WEST TORRENS AUDITORIUM
(IN THE HARMRA CENTRE)
BROOKER TERRACE, HILTON

JOIN US FOR THE LAUNCH

4TH OCTOBER AT 12:30PM
ENJOY STORIES FROM OUR GUEST
SPEAKERS AND LIGHT REFRESHMENTS

RSVP BY 26TH SEPTEMBER
CARERSUPPORT@SKYLIGHTLIGHT.ORG.AU
8378 4100

**SKY
LIGHT**

Pregnancy 2 Parenting In the Inner South

For young pregnant women, 20 years and under, and their partners or support people.

WHERE: Darlington Children's Centre
12a Kurrajong Place
Seacombe Gardens 5047

WHEN: Friday 25th August 2017 to
29th September (6 weeks)
12.30-2.30 pm
Free Healthy Lunch!

For more information contact:

Debbie: 82962686

Jo: Midwife 8243 5637.



Darlington
Children's Centre
for Early Childhood
Development and Parenting



Government
of South Australia



Bookings essential



Carer Support Programs

Oct to December 2017

See mental health differently

The Carer Support programs offer various options to the person experiencing mental illness and to their family and friends through peer education programs. All facilitators have a lived experience, either as a carer or a person living with a mental illness.

Programs 2017



<p>Drug and Alcohol and Mental Illness</p> <p>Strategies to help care effectively for yourself and the person with coexisting drug/alcohol and mental illness. For carers only</p>	<p>Skylight Conference Room 5 Cooke Terrace Wayville</p>	<p>Thursday 5th October - 26th October 4 week program</p>	<p>6.00pm - 9.00pm</p>
<p>Drug and Alcohol and Mental Illness</p> <p>Strategies to help care effectively for yourself and the person with coexisting drug/alcohol and mental illness. For carers only</p>	<p>Skylight Parnangga 64 Elgin Ave Christies Beach</p>	<p>Tuesday 10th October - 31st October 4 week program</p>	<p>6.00pm - 9.00pm</p>
<p>Family & Carers</p> <p>Practical insights and helpful interventions. For carers only</p>	<p>Skylight Parnangga 64 Elgin Ave Christies Beach</p>	<p>Tuesday 7th November - 19th December 7 week program</p>	<p>6.00pm - 9.00pm</p>
<p>Partner Program</p> <p>Working through the stress caused by mental illness & strengthening relationships for couples</p>	<p>Skylight Conference Room 5 Cooke Terrace Wayville</p>	<p>Thursday 2nd November - 23rd November 4 week program</p>	<p>6.00pm - 9.00pm</p>

All of the above groups include 3 follow-up sessions and 2 professional forums over 12 months

Program dates subject to change if not fully booked

Phone
8378 4100



Book online
www.skylight.org.au

Formerly known as MIFSA
Registered NDIS Provider - 4050000723

SKYLIGHT

SEE MENTAL HEALTH DIFFERENTLY

Drug & Alcohol and Mental Illness

Your Journey - Our Carer Support



Over 4 weeks learn strategies to help care effectively for yourself and the person you care for with coexisting drug/alcohol issues and mental illness.

Learn about treatment services, problem solving techniques and effective communication. Increase knowledge about drugs, their effects and the interaction between them and associated behaviours.

Following the course you will be invited to two professional forums and 3 follow up sessions

Program is delivered by people who share the journey

Carer Support

For Carers



Phone

8378 4100



Email

carersupport@skylight.org.au



Website

www.skylight.org.au



Tuesday
10th October to
31st October



6.00pm - 9.00pm



64 Eglin Ave
Christies Beach



Bookings Essential



Single \$40 or
\$60 per couple/family

Single
Concession \$15
\$25 per couple/family



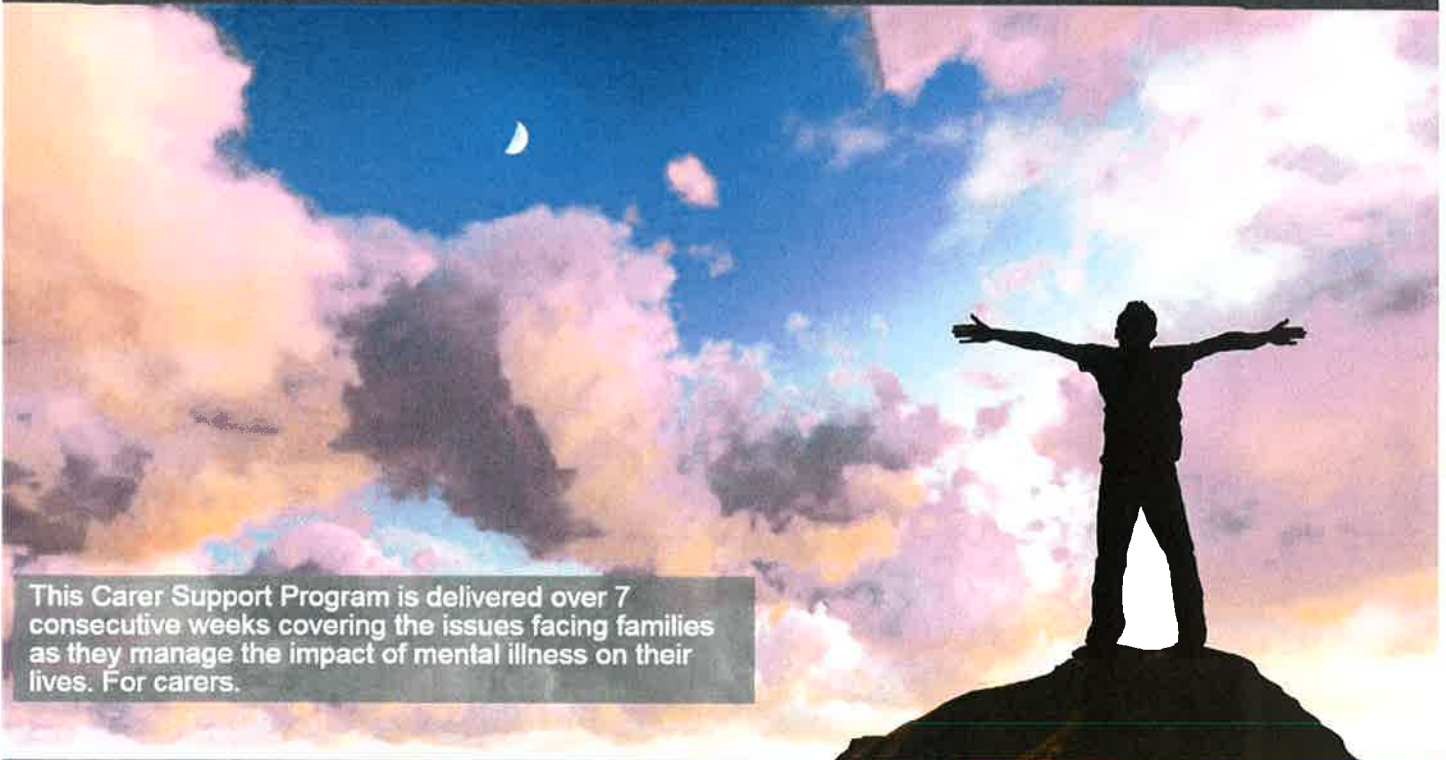
SKY LIGHT

SEE MENTAL HEALTH DIFFERENTLY

Formerly Known as MIFSA
Registered NDIS Provider - 4050000735

Family & Carers

Your Journey - Our Carer Support



This Carer Support Program is delivered over 7 consecutive weeks covering the issues facing families as they manage the impact of mental illness on their lives. For carers.

Increase confidence in dealing with the challenges created by mental illness offering practical insights and helpful interventions.

Learn strategies to care for yourself and the person you care for.

Following the course you will be invited to two professional forums and 3 follow up sessions

Program is delivered by people who share the journey

Carer Support

Phone
8378 4100

Email
carersupport@skylight.org.au

Website
www.skylight.org.au



Tuesday
7th November to
19th December



6.00pm - 9.00pm



64 Elgin Ave
Christies Beach



Bookings Essential



Single \$40 or
\$60 per couple/family

Single
Concession \$15
\$25 per couple/family



SKYLIGHT

SEE MENTAL HEALTH DIFFERENTLY

Formerly known as MIF SA
Registered NDIS Provider - 4052100735