

MY CHILD IS 0-1

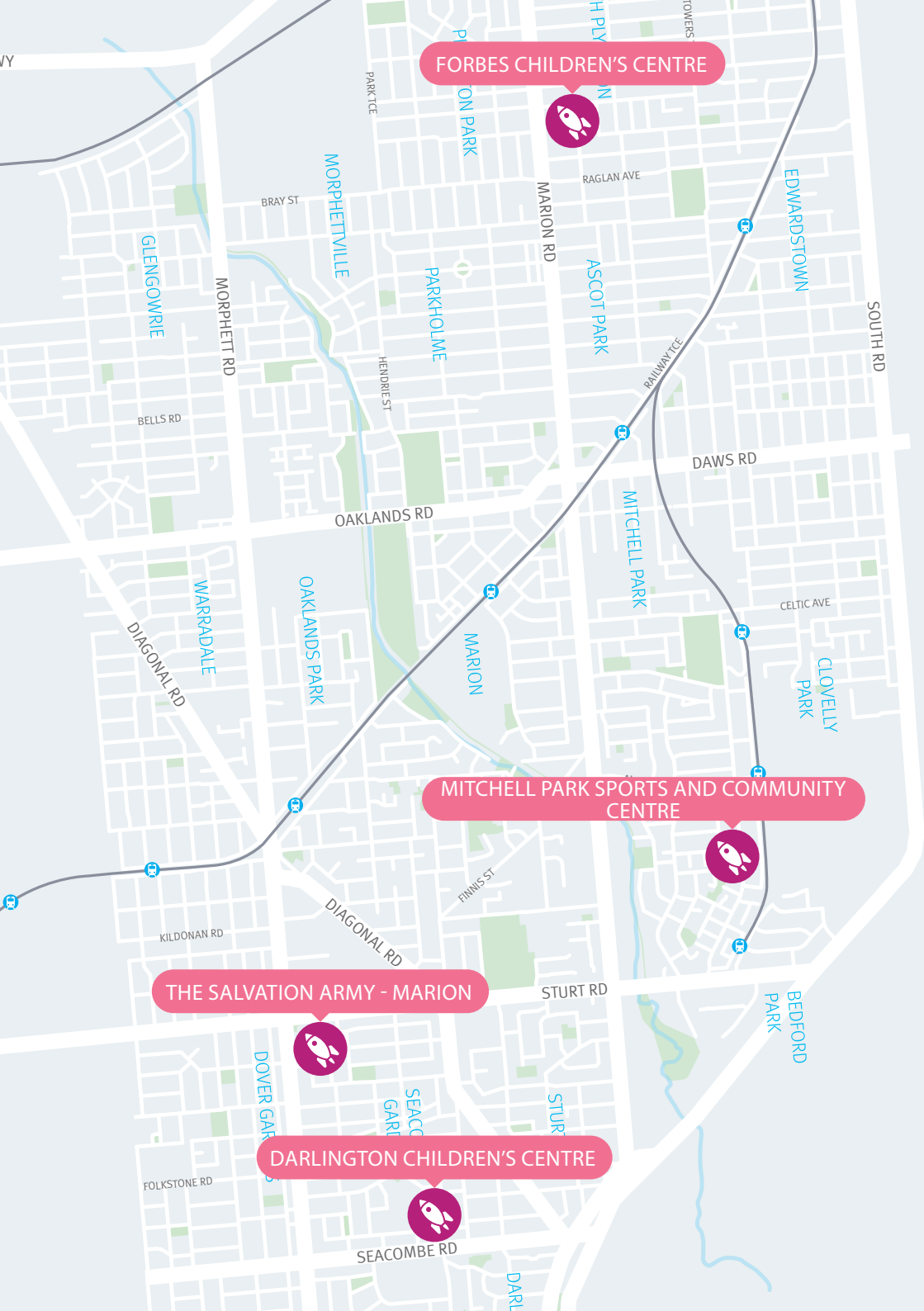


SERVICES IN MITCHELL PARK
& SURROUNDING AREAS

TERM 4 | 2022



marion.sa.gov.au/family-services



FORBES CHILDREN'S CENTRE



MITCHELL PARK SPORTS AND COMMUNITY CENTRE



THE SALVATION ARMY - MARION



DARLINGTON CHILDREN'S CENTRE





Your local playgroups

Playgroup is important for developing a sense of belonging. Families come together each week during the school term for fun, socialisation and play-based learning.

LOCATIONS	PROGRAMS
Darlington Children's Centre 12a Kurrajong Place, Seacombe Gardens T 8296 2686 W https://www.darlingtoncc.sa.edu.au	Baby Playgroup Fridays, 11.00am–12.00pm Community Playgroup Tuesdays & Thursdays, 9am–10.30am Yarnin Time Playgroup Wednesdays, 9am–10.30am Learning Together Playgroup Tuesdays, 11am–12:30pm
Forbes Children's Centre 80 Thomas Street, South Plympton 5038 T 8293 9000 W https://forbescc.sa.edu.au	Learning Together Playgroup Thursdays, FREE AM session - 9:30 - 11am PM session - 1 - 2:30pm Bookings essential 8293 9000
Forder Centre - Westminster School 1/23 Alison Avenue, Marion SA 5043	Jumping Joeys Toddler Playgroup (1–3 yrs) Thursdays, 9am–10am Please book, Kathy Doe: 8276 0293
Mitchell Park Sports and Community Centre Enter via Moreland Ave T 8375 6804 W www.marion.sa.gov.au/neighbourhood-centres	Mitchell Park Playgroup , FREE Fridays, 9:30am–11am
The Salvation Army – Marion Corps 155 Sturt Road, Seacombe Gardens T 8377 0001 W https://www.salvationarmy.org.au	Busy Bugs Playgroup (0–5 years) Thursdays, 9.30am–11am Phone Wendy: 8377 0001

occasional care

Occasional care is for children under school age who are not in any other early childhood education and care programs, such as preschool, child care or family day care. It promotes young children's development by giving them access to high-quality early childhood education.

Children can generally attend 1 session per week.

Mitchell Park Kindergarten
30 Lanark Avenue
Mitchell Park
T 8276 8578

Under 2 years (and over)
Thursdays, 9am–11.45am

Cost \$5 per session and
\$2.50 for siblings
(less with a concession
card)

Darlington Children's Centre
12a Kurrajong Place
Seacombe Gardens
T 8296 2686

Under 2 years (and over)
Fridays, 8.45am–11.30am

programs for the little ones

Music Fun for Everyone

Singing and dancing fun for infants and young children under the guidance of an experienced facilitator.

Wednesdays during school terms,
10am–10.30am
FREE All are welcome.

Forbes Children's Centre
80 Thomas Street,
South Plympton 5038
T 8293 9000

Sugar & Spice

A ½ hour music program involving parents and young children together, providing the tools to sing, dance and play anywhere!

Mondays during school terms, 10am–11am
Cost: Gold coin per child.

Marion-Warradale Uniting Church
9-11 Township Road,
Marion 5043
Contact Lyn Phone 0478 310 150
E vawserljt@iprimus.com.au

Baby Bounce & Storytelling

A wonderful opportunity for children to enjoy stories read from beautiful picture books, sing songs, meet new friends, and learn social skills.

Baby Bounce: 0-2 yrs / Storytelling: Under 5s

BOOK ONLINE:
marionlibraries.eventbrite.com

BABY BOUNCE
Wednesdays, 9.30am

STORYTELLING
Wednesdays, 10.30am

Park Holme Library
Duncan Avenue,
Park Holme 5043
T 8375 6745

BABY BOUNCE
Thursdays, 9.30am

STORYTELLING
Thursdays, 10.30am

Cultural Centre Library
287 Diagonal Road,
Oaklands Park 5046
T 8375 6785

programs for parents & families

Programs at Marion Church of Christ
24 Mary Street, Mitchell Park
(entry via Alawoona Avenue)
Phone to book: 8277 7388

MOPS (Mother's of Pre-schoolers)

Fortnightly Mondays,
9.30am–11.30am
Support for mothers, crèche provided.

Programs at Darlington Children's Centre
12a Kurrajong Place,
Seacombe Gardens
Phone to book: 8296 2686

CAFHS Early Parenting Group

Tuesdays, 2pm–4pm
Call CaFHS on 1300 733 606

Multicultural Women & Children's Group

Thursdays, 1pm–3pm
FREE Bookings Essential
Sing n Move

Wednesdays 11am–12pm
Call 0438 862 295 or 8296 2686 to book.

Parents Group

Wednesdays 1–2:30pm
Call 0438 862 295 or 8296 2686 to book.

Building Coping Skills

Friday 11th & 18th of Nov
12:30–2:30pm. Call 0438 862 295 or 8296 2686 to book.

Programs at Forbes Children's Centre

80 Thomas Street,
South Plympton
Phone to book: 8293 9000

Multicultural Women & Children's Group

Wednesdays, 10.45am–11.45am
FREE Bookings Essential

The Dad Factor (6 weeks)

Wednesdays, 6pm–8pm
Starting 26 October
FREE Bookings Essential
Call George: 8186 8900

My Time

Tuesdays, 9.30am–11.30am
For carers of children with a chronic illness, disability or developmental delay. Morning tea provided, free creche.
FREE Bookings Essential
Call Silvana: 0488 151 789

Toilet Training Workshop

Friday (date TBA), 10am–12pm
Free crèche. All are welcome.
FREE Bookings Essential

Big Feelings Workshop

Mon 31st Oct & 7th Nov
10:30am–12pm, free creche
FREE Phone to book: 8293 9000

do you have questions about your child's health?

Child and Family Health Service (CaFHS)
Level 3, Office Tower, Westfield Marion Shopping Centre
297 Diagonal Road, Oaklands Park 5046
To make an appointment, call 1300 733 606
(Monday to Friday, 9am–4.30pm)

Ask your doctor about developmental screening

CaFHS provides free health checks for South Australian children at key developmental ages between 0–6 years. These include:

1–4 wks | 6 wks | 6–9 mths | 18–24 mths

Children can also be seen at any time if you have any concerns or questions.

CaFHS Family Clinic
At Forbes Children's Centre and
Mon, 9am–4pm at Darlington Children's Centre
Phone: CaFHS on 1300 733 606 for an appointment

WEBSITES YOU MIGHT FIND USEFUL

Raising Children Network
Provides a complete resource for parenting newborns to teenagers.
Visit <https://raisingchildren.net.au>

Starting Blocks
Provides parents with information about child developmental milestones, early childhood education and care, and tips for parents.
Visit <https://www.startingblocks.gov.au>

Women's and Children's Health Network
Provides practical health and development information for parents, carers and young people.
Visit <https://www.cyh.com>

Information & support

Parenting is a rewarding yet challenging role. The following is a list of other services that might help you or someone you know.

Are things worrying you at home and you need someone to talk to?

Parenting SA | Easy Guides on a wide range of parenting topics from birth to 18 years.

T 8303 1660 E health.parentingsa@sa.gov.au

W <https://decd-sa.govcms.gov.au/parenting-and-child-care/parenting/parenting-sa/parent-easy-guides>

Relationships Australia – Marion | Counselling, education programs, mediation services and other help for families and couples.

T 8377 5400 W <https://www.rasa.org.au/>

Women's Information Service | offers free and confidential information and referral services for women.

T 1800 188 158 (free call)

apps & website you may find useful



Pickle
(by Shelter SA)
Free at Google Play
& Apple App Store

An App that connects young people who are experiencing homelessness, at risk of homelessness, or in unsafe situations, to the nearest service organisation.



Ask Izzy
A website that connects people with the services they need such as

housing, a meal, money help, health services and much more.

Visit askizzy.org.au



Penda
(by Women's Legal Service)
Free at Google Play
& Apple App Store

An App designed for women who have experienced domestic and family violence. It is easy to use and contains financial tips, safety and legal information, pathways to resources, referrals to services that can help, and telephone help lines.



Daisy
(by Medibank Private)
Free at Google Play
& Apple App Store

An App that connects women around Australia to services providing support for the impacts of sexual assault, family violence and domestic violence. Family members and friends can also use Daisy to gather information and support women's decision making.



immunisation

Council Immunisation Clinics are offered for children up to the age of 7 years and catch up clinics for eligible school students. These are drop in services, no appointment is required. City of Marion also offers New Arrival and Refugee (NARI) clinics for people who are refugees or newly arrived to Australia.

Visit the following link for up to date information regarding immunisation clinics:

www.marion.sa.gov.au/services-we-offer/public-health-and-safety/immunisation



A-Z SERVICE
DIRECTORY

📍 MITCHELL PARK

A-Z SERVICE DIRECTORY

 MITCHELL PARK

 FOODRELIEF
 FREE
 ABORIGINAL



ALLIED HEALTH SERVICES

Marion GP Plus
10 Milham Street, Oaklands Park SA 5046
T 7425 8200

Occupational Therapy
Speech Pathology
Darlington Children's Centre
T 8296 2686

Occupational Therapy
Speech Pathology
Forbes Children's Centre
T 8293 9000



CHILDCARE CENTRES

Daws Road Early Learning Centre
155 Daws Road, St Marys 5042
T 8277 2680

Flinders Medical Centre Community
Childcare
Flinders Drive, Bedford Park 5042
T 8204 5306

Flinders University Childcare Centre
Sturt Drive, Bedford Park 5042
T 8201 2881

Goodstart Early Learning – Bedford Park
457-459 Hugh Cairns Avenue
Bedford Park 5042
T 8357 5436

Goodstart Early Learning – Clovelly Park
4 Janet Street, Clovelly Park 5042
T 08 8277 2711

Precious Cargo – Marion
15 Finnis Street, Marion 5043
T 8130 6678



CHILDREN'S CENTRES

Darlington Children's Centre
12a Kurrajong Place
Seacombe Gardens 5047
T 8296 2686

Forbes Children's Centre
80 Thomas Street, South Plympton 5038
T 8293 9000



DENTAL

Dr. Jeffrey Tregear Dental Surgery
672 Marion Road, Park Holme 5043
T 8276 3489

Marion Dental Clinic
857 Marion Road, Tonsley 5042
T 8277 6025


Marion Domain Medical & Dental Centre
453 Morphett Road, Oaklands Park 5046
T 8375 7000

Riverside Preventative Dentistry
1284 South Road, Tonsley 5042
T 8277 6118

The Paediatric Dentist
Unit 2/13-15 Finnis Street, Marion 5043
T 8377 1513



DOCTORS


Aboriginal Family Clinic 
9 Wingfield Street, Clovelly Park 5042
T 8179 5900


Bedford Medical Clinic
1284 South Road, Tonsley 5042
T 8276 5055


Dr. Colin Jacobson Family Clinic
742 Marion Road, Marion 5043
T 8276 9268

Marion Domain Medical & Dental Centre
453 Morphett Road, Oaklands Park 5046
T 8375 7000


EMERGENCY & FOOD RELIEF


MarionLIFE 
887 Marion Road, Mitchell Park 5043
T 08 8277 0304
Monday-Thursday: 9am–12pm


The Salvation Army – Marion 
155 Sturt Road, Seacombe Gardens 5047
Monday-Friday: from 8.50am (ID required)


Puddle Jumpers 
52 Pleasant Avenue, Glandore 5037
T 7071 5270

FINANCIAL COUNSELLING

Darlington Children's Centre 
Money Matters onsite support
Call centre on 8296 2686 to book

Forbes Children's Centre 
Free qualified financial counselling especially
for families.
Call Juliet on 8245 7177.

MarionLIFE 
887 Marion Road, Mitchell Park 5043
Make an appointment: 8277 0304

The Salvation Army – Marion Corps 
155 Sturt Road, Seacombe Gardens 5047
Monday-Thursday: from 9am (ID required)
Make an appointment: 1800 007 007

HOUSING & ACCOMMODATION

Homeless Connect
T 1800 003 308

Junction
Level 1, 838 Marion Road, Marion 5043
T 8275 8700

Toward Home Alliance

W www.lccare.org.au/toward-home

KINDERGARTENS

Mitchell Park Kindergarten
30 Lanark Avenue, Mitchell Park 5043
T 8276 8578

Oaklands Estate Kindergarten
16 Pethick Terrace, Marion 5043
T 8276 7843

LIBRARIES

Cultural Centre Library
287 Diagonal Road, Oaklands Park 5046
T 8375 6785

Park Holme Library
1 Duncan Avenue, Park Holme 5043
T 8375 6745

NEIGHBOURHOOD CENTRES

Cooinda Neighbourhood Centre
245 Sturt Road, Sturt 5047
T 8375 6703

Mitchell Park Sports and Community Centre,
Moreland Ave, Mitchell Park 5043
T 8375 6804

OCCASIONAL CARE

Darlington Children's Centre
12a Kurrajong Place,
Seacombe Gardens 5047
T 8296 2686

Mitchell Park Kindergarten
30 Lanark Avenue, Mitchell Park 5043
T 8276 8578

PRIMARY SCHOOL

Clovelly Park Primary School
1 Renown Place, Clovelly Park 5042
T 8276 5366

PARKS

Penrith Court Reserve
Penrith Court, Mitchell Park

Tarturninhi
Abbey Road, Mitchell Park

Tonsley Reserve
Bradley Grove, Mitchell Park

Quick Road Reserve
Quick Road, Mitchell Park

PLAYGROUNDS

Maldon Avenue Reserve
Maldon Avenue, Mitchell Park

Mitchell Park Oval
Bradley Grove, Mitchell Park

Peterson Avenue Reserve
Peterson Avenue, Mitchell Park

Trowbridge Avenue Reserve
Trowbridge Avenue, Mitchell Park

RECREATION FACILITIES

Clovelly Park Community Hall
16 York Avenue, Clovelly Park 5042
T 0481 341 469

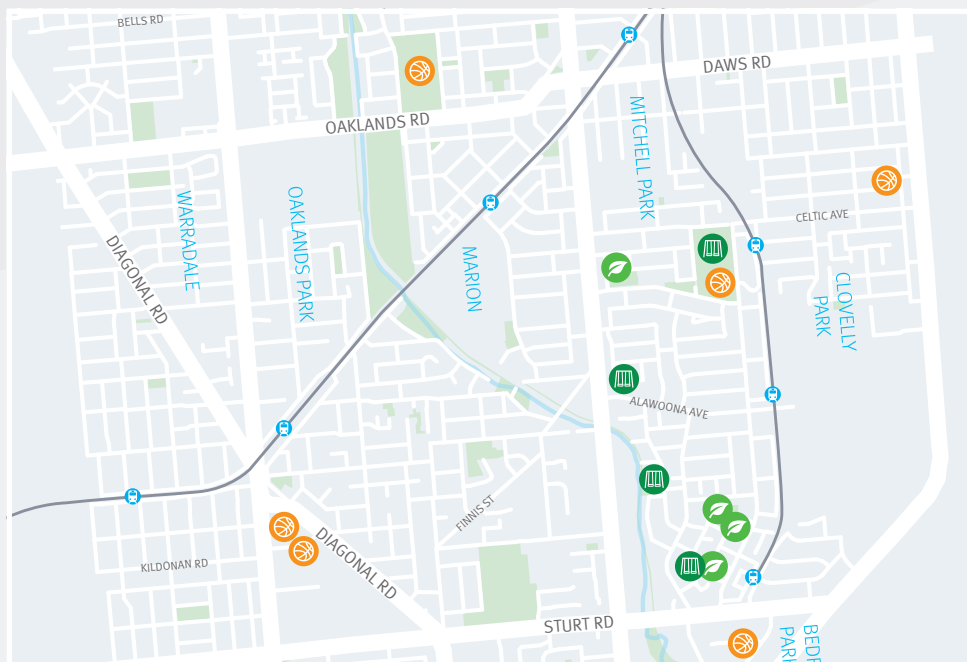
Living Kaurna Cultural Centre
Warriparinga Way, Bedford Park 5042
T 8357 5900

Marion Cultural Centre
287 Diagonal Road, Oaklands Park 5046
T 8375 6855

Marion Outdoor Pool
(closed during winter season)
120 Hendrie Street, Park Holme 5043
T 8276 4939


Mitchell Park Sports & Community Club
Moreland Avenue, Mitchell Park 5043
T 8374 0995

SA Aquatic & Leisure Centre
443 Morphett Road, Oaklands Park 5046
T 8198 0198



other phone support services

EMERGENCY

Ambulance, Fire or Police	000
SA Police Assistance	131 444
Child Abuse Report Line	131 478
Mental Health Emergency (24 hours)	13 14 65
Domestic Violence Crisis Line (24 hours)	1800 800 098
Domestic Violence and Aboriginal Family Violence Gateway 	1800 800 098
Lifeline Australia (24 hours crisis support and suicide prevention)	13 11 14
1800RESPECT (national sexual assault, domestic and family violence counselling service)	1800 737 732

CHILD HEALTH & DEVELOPMENT

Child and Family Health Service (Mon to Fri 9am–4.30pm)	1300 733 606
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CHILD SAFETY

Medicines Line	1300 633 424
Poisons Information Centre	13 11 26

SA DENTAL SERVICE

1300 008 222

DOMESTIC VIOLENCE

Southern Adelaide Domestic Violence Service	8382 0066
Culturally and Linguistically Diverse Domestic Violence Services	8346 9417
Ninko Kurtangga Patpangga (Southern Region Aboriginal Domestic Violence Service) 	8297 9644

HEALTH AND WELLBEING

Beyond Blue (help with anxiety and depression)	1300 224 636
Drug and Alcohol Information Services SA	1300 131 340
Healthdirect Australia	1800 022 222
Mensline Australia (support and referral to specialist men's services)	1300 78 99 78
PANDA (Perinatal Anxiety & Depression Australia helpline)	1300 726 306
Monday to Friday 9am – 7.30pm (Contact 13 11 14 outside of hours)	
Quitline (help to quit smoking)	13 78 48

HOMELESSNESS GATEWAY (free call)

1800 003 308

LEGAL

Legal Services Commission of South Australia	1300 366 424
Women's Legal Service (SA) for free legal advice and information	1800 816 349

PARENTING

Parent Helpline (24 hours child health, behaviour and relationships)	1300 364 100
Child and Family Health Service (CaFHS)	1300 733 606

TRANSLATING AND INTERPRETING SERVICE (TIS) – 24 hours

131 450

WOMEN'S INFORMATION SERVICE (free and confidential information and referral services 9am–5pm Mon to Fri)

8303 0590

Information compiled by
University of South Australia
Occupational Therapy
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UPDATED NOV 2022

