

# MY CHILD IS 4

SERVICES IN MITCHELL PARK  
& SURROUNDING AREAS

TERM 4 | 2022



[marion.sa.gov.au/family-services](https://marion.sa.gov.au/family-services)

## I am four years old! Is it time to attend preschool?

Your child is entitled to access one year of Government kindergarten (preschool). If your child turns 4 before 1st May, they can start kindergarten at the beginning of the year. If your child turns 4 on or after 1st May, they can start the next year.

**1 Forbes Children's Centre**  
80 Thomas Street,  
South Plympton  
T 8293 9000  
18 minute walk from  
Woodlands Park  
Railway Station

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

**3 Precious Cargo – Marion**  
15 Finnis Street,  
Marion  
T 8130 6678

**4 Darlington Children's Centre**  
12a Kurrajong Place,  
Seacombe Gardens  
T 8296 2686  
14 minute walk from  
Westfield Marion

### GOVERNMENT KINDERGARTEN

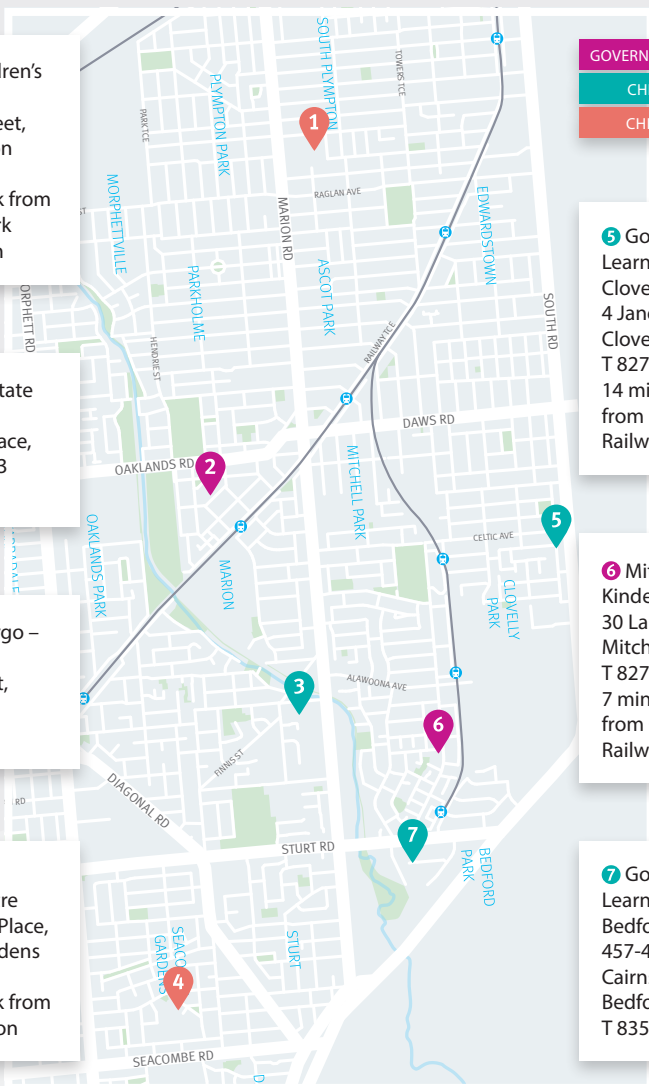
CHILDCARE CENTRE

CHILDREN'S CENTRE

**5 Goodstart Early Learning – Clovelly Park**  
4 Janet Street,  
Clovelly Park  
T 8277 2711  
14 minute walk  
from Mitchell Park  
Railway Station

**6 Mitchell Park Kindergarten**  
30 Lanark Avenue,  
Mitchell Park  
T 8276 8578  
7 minute walk  
from Clovelly Park  
Railway Station

**7 Goodstart Early Learning – Bedford Park**  
457-459 Hugh  
Cairns Avenue,  
Bedford Park  
T 8357 5436



You must register your interest to every government kindergarten you are looking at. You can register at any time of year but you should submit a registration of interest form to the preschool by 30 June in the year before your child is due to start.

You can do this online at <https://www.education.sa.gov.au/doc/preschool-registration-interest-form> or obtain this form from the kindergarten.



# 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 <a href="https://www.darlingtoncc.sa.edu.au">https://www.darlingtoncc.sa.edu.au</a>	<a href="#">Community Playgroup</a> Tuesdays & Thursdays, 9am–10.30am  <a href="#">Yarnin Time Playgroup</a> Wednesdays, 9am–10.30am  <a href="#">Learning Together Playgroup</a> Tuesdays, 11am–12:30pm
Forbes Children's Centre 80 Thomas Street, South Plympton 5038 T 8293 9000 W <a href="https://forbescc.sa.edu.au">https://forbescc.sa.edu.au</a>	<a href="#">Learning Together Playgroup</a> Thursdays, FREE AM session: 9:30am–11am PM session: 11am–12:30pm  <a href="#">Phone 8293 9000 to book</a>
Mitchell Park Sports & Community Centre Moreland Ave, Mitchell Park T 8375 6804 W <a href="http://www.marion.sa.gov.au/neighbourhood-centres">www.marion.sa.gov.au/neighbourhood-centres</a>	<a href="#">Mitchell Park Playgroup</a> Fridays, 9:30am–11am FREE
The Salvation Army – Marion Corps 155 Sturt Road, Seacombe Gardens T 8377 0001 W <a href="https://www.salvationarmy.org.au">https://www.salvationarmy.org.au</a>	<a href="#">Busy Bugs Playgroup (0–5 years)</a> 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.

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Mitchell Park Kindergarten 30 Lanark Avenue Mitchell Park T 8276 8578	Over 2 years Wednesdays, 9am–11.45am or 12.15pm–3pm Thursdays, 9am–11.45am or 12.15pm–3pm	Cost \$5 per session and \$2.50 for siblings (less with a concession card)
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Darlington Children's Centre 12a Kurrajong Place Seacombe Gardens T 8296 2686	Over 2 years Tuesdays, 8.45am–11.30am Wednesdays, 8.45am–11.30am Thursdays, 8.45am–11.30am or 12.15pm–3pm Fridays, 8.45am–11.30am
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## 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](mailto:vawserljt@iprimus.com.au)

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### 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](http://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 Alawoono 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 268

### Coffee & Chat

Wednesdays, 2pm–3pm

Meet, build friendships, while children play.

### 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 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 Booking Essential.

### The Dad Factor (6 weeks)

Wednesdays, 6–8pm

FREE Bookings Essential

Call George: 8186 8900

### Big Feelings Workshop

Mon 31st Oct & 7th Nov

10:30am–12pm, free creche

FREE, bookings essential.

## 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. This includes:

### 4 year old health check

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

CaFHS Family Clinic (by appointment)  
Wed, 9am–12.30pm at Forbes Children's Centre  
Mon, 9am–4pm at Darlington Children's Centre  
Phone: CaFHS on 1300 733 606

### 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](mailto: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)

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## 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](http://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](http://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 Morphet 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 centre on 8293 9000 or speak directly  
to Juliet or Irena 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](http://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 & 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

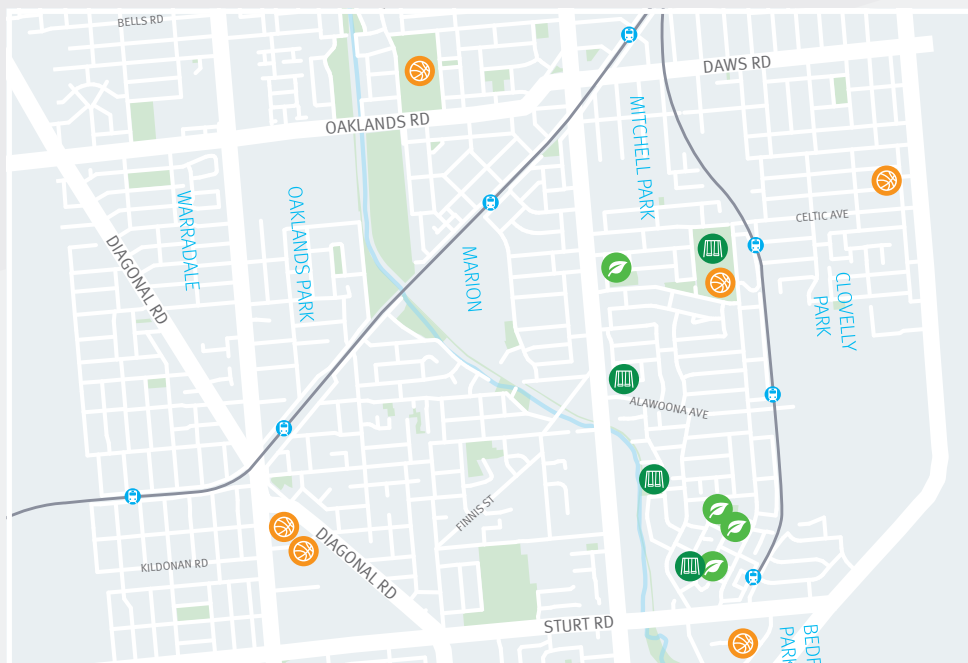
Living Kaurna Cultural Centre  
Warriparinga Way, Bedford Park 5042  
T 8357 5900

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

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## 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

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## 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

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## SA DENTAL SERVICE

1300 008 222

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## 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

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## 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

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## HOMELESSNESS GATEWAY (free call)

1800 003 308

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## LEGAL

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

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## PARENTING

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

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## TRANSLATING AND INTERPRETING SERVICE (TIS) – 24 hours

131 450

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## 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  
Masters Students Fiona Yim  
and Natalie Ho 2019

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