



FAMILY ZONE IS LOOKING FOR VOLUNTEERS!

Do you love what we do at Family Zone?
Interested in volunteering?

Come and join the team!

We are looking for people with life experience
who want to share their skills in a meaningful
way with young children and families.

Do you like:

COOKING SORTING PLANNING

TEACHING COMMUNICATION SPORTS

ARTS & CRAFT OR ORGANISING

If any of these appeal to you, please contact
Shukria at Family Zone on 0456 970 646 to
chat about how you can be involved!



FIND US

Ingle Farm Primary School
Corner of Belalie Rd
& Montague Rd,
Ingle Farm

Bus Line 565 | Bus Stop 36D

All Family Zone programs are free, but we
do ask that you please book.

Visit our website and our Facebook page
for resources and regular updates on
workshops and events!



@familyzonehub

CONTACT US

☎ 8349 6099

✉ inglefarm@lutherancare.org.au

🌐 www.lutherancare.org.au/family-zone



**LUTHERAN
CARE**

Lutheran Care thanks all
contributing partners.



Funded by the Australian Government
Department of Social Services.



Please note all
programs/groups start
Week 2 of Term 1



Visit lutherancare.org.au/family-zone to learn
more and to book in for any of our programs.

THURSDAY

10AM-12PM

Starts 8 Feb

MULTICULTURAL WOMEN'S GROUP

Delivered by the Australian Refugee
Association.

FRIDAY

9:30AM-11:30AM

Starts 9 Feb

EARLY INTERVENTION GROUP

Email EDC@lutherancare.org.au or call
1800 352 437 to register



A 10-session
program designed
for children recently
diagnosed, or in the
process of being
diagnosed with
disability, and their
parents/carers.

EARLY INTERVENTION

GROUP

10AM-12PM

Starts 16 Feb

DADS MATTER

Dads Matter is a 6-week program
supporting men to develop tools for
cultivating and strengthening
relationships with their children.

4PM-6PM

Alternate Fridays

NEURODIVERSITY SUPPORT GROUP

Please see details, right.

Dates: 9/2, 23/2, 8/3, 22/3, 5/4

Please register so we can cater for your
dietary requirements.

BY APPOINTMENT

MENTAL HEALTH SOCIAL WORKER

MEN'S SUPPORT AND/OR GROUPS

HOME VISITATION BY REFERRAL

Cooking From The Heart

A free cooking workshop at Family
Zone to bring our community
together. Open to all community
members. Crèche will be available.

Bookings essential.



Neurodiversity Support Group

The Neurodiversity Support Group is a welcoming,
inclusive and safe environment for the whole
family unit, available on a fortnightly basis during
the school term. It is a space for information, peer
connection and support, and a shared meal.
Children will enjoy the many activities on offer.

Men's Support Hub

An opportunity for dads to chat with
other dads and be the best support
they can be for their kids.

**Please register your interest via
text to Simon on 0473 880 313.**



Mums and Bubs Group

The program provides
opportunity for mums to
develop interpersonal, social
and emotional skills in
working with their children.



TUESDAY

10AM-12PM

Starts 6 Feb

CONVERSATIONAL ENGLISH

Facilitated group to support language
and community.

WEDNESDAY

10AM-12PM

Starts 21 Feb

COOKING FROM THE HEART

Please see details, right.

10AM-12PM

Starts 14 Feb

MUMS & BUBS

Please see details, right.

3PM-5PM

Alternate Wednesdays

MEN'S SUPPORT HUB

Light snacks provided. See details, right.

Dates: 7/2, 21/2, 6/3, 20/3, 03/4

SAVE THE DATE

Friday 19 April

Family FUN DAY

