



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!



CONTACT US

☎ 8349 6099

✉ inglefarm@lutherancare.org.au

🌐 www.lutherancare.org.au/family-zone



LUTHERAN CARE

Lutheran Care thanks all
contributing partners.



An Initiative of
Government of South Australia
Department of Human Services



Funded by the Australian Government
Department of Social Services.





Friday 19 April

Family FUN DAY

11AM – 2PM

TUESDAY

10AM-12PM
Starts 7 May

CONVERSATIONAL ENGLISH
Facilitated group to support language and community.

WEDNESDAY

10AM-12PM
Starts 15 May

COOKING FROM THE HEART
Please see details, right.

3PM-5PM
Alternate Wednesdays

MEN'S SUPPORT HUB
Light snacks provided. See details, right.
Dates: 8/5, 22/5, 5/6, 19/6, 3/7



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

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

THURSDAY

10AM-12PM

MULTICULTURAL WOMEN'S GROUP

Delivered by the Australian Refugee Association.

FRIDAY

10AM-12PM
Starts 10 May



CIRCLE OF SECURITY

Circle of security is an evidence based parenting program that aims to explore and develop a deeper understanding of:

- How we respond to our children
- How our childhood experiences guide how we parent
- Supporting our children with big feelings and behaviours
- The knowledge to build secure relationships with our children.

10AM-12PM
Starts 31 May

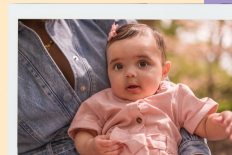
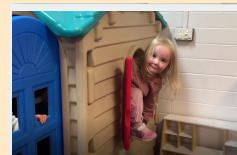
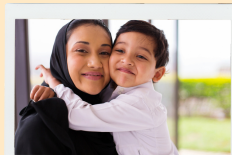
BEING WITH BABY
Please see details, right.

4PM-6PM
Alternate Fridays

NEURODIVERSITY SUPPORT GROUP

Please see details, right.
Dates: 10/5, 24/5, 7/6, 21/6

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.

Being with Baby

This program provides opportunity for mums to develop interpersonal, social and emotional skills in working their children. Providing social and community support for women who identify with, or are at risk of developing postnatal depression.