



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 on 0456 970 646 at Family Zone 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.



Funded by the Australian Government
Department of Social Services.



**LUTHERAN
CARE**

FAMILY ZONE



INGLE FARM FAMILY ZONE

TERM 1: 27 JANUARY - 10 APRIL, 2026

PROGRAM SCHEDULE

Visit lutherancare.org.au/family-zone to find out more about our Term 1 programs.



MONDAY

10AM - 12PM
Starts 2 February

**PEEP LEARNING TOGETHER
PLAYGROUP**
Delivered by Playgroup SA.

TUESDAY

10AM - 12PM
Starts 3 February

CONVERSATIONAL ENGLISH
Facilitated group to support language and community. Crèche available.

WEDNESDAY

10AM - 12PM
Starts 4 February
(seven-week program)

CIRCLE OF SECURITY
An evidence-based parenting program designed to explore:

- How we respond to our children
- How our own childhood shapes our parenting style
- Ways to support our children's emotions and behaviours
- How to create safe and secure relationships.

Parenting Programs – Registrations Open

We are excited to also offer:

Dads Matter

Bringing Up Great Kids

Parenting Together

Please see details, right.

Please register your interest for all above programs on 8349 6099

Crèche available for all parenting programs.

THURSDAY

10AM - 12PM
Starts 5 February

MULTICULTURAL WOMEN'S GROUP
Delivered by the Australian Refugee Association.

3PM - 5PM
Alternate Thursdays
Starts 29 January

MEN'S SUPPORT HUB
An informal, welcoming space for men to connect and discuss tools to strengthen relationships—with children, partners, and themselves. Individualised **1-on-1 support** available.
Dates: 29/1, 12/2, 26/2, 12/3, 26/3, and 9/4

10AM - 12PM
Starts 12 February

DADS MATTER
Please see details, right.

FRIDAY

10AM - 12PM
Starts 6 February

CITIZENSHIP CLASS
Support with preparation for the Australian Citizenship Test.

4PM - 6PM
Alternate Fridays
Starts 6 February

NEURODIVERSITY SUPPORT GROUP
Please see details, right.
Dates: 6/2, 20/2, 6/3, 20/3
Please register so we can cater for your dietary requirements.

Watch this space for the date announcement for our Annual Family Fun Day in April school holidays.

BY APPOINTMENT

MENTAL HEALTH SOCIAL WORKER
MEN'S SUPPORT AND/OR GROUPS
HOME VISITATION BY REFERRAL

Neurodiversity Support Group

A warm, inclusive space for children and their families to connect, share, and access support around neurodiversity. Afternoon tea is shared. Children will enjoy the many activities on offer.

Parenting Programs

Dads Matter

Six-week program supporting men to develop tools for cultivating strong relationships with their children.

Explores child development, attachment, and the role of fathers in family life.



Bringing Up Great Kids

A six-week course supporting parents in creating mindful, nurturing, and positive relationships. Topics include:

- Parenting styles and communication
- Brain development and emotional responses
- Positive self-identity in children
- Reflection and self-care strategies.