



FINANCIAL COUNSELLING NOW AVAILABLE

Exciting news! A Financial Counsellor is now offering services and support to our Family Zone community on Thursdays.

A Financial Counsellor can assist you with a range of services relating to personal finances. This includes providing information and assistance about:

- financial rights and responsibilities
- budgeting and money management
- negotiating with creditors and others
- debts and the debt recovery processes
- hardship applications if your situation has changed
- insolvency and bankruptcy options.

Financial Counselling is an opportunity to have a free and confidential chat with a qualified person about your finances.

For more information, call 8349 6099
or email inglefarm@lutherancare.org.au



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



Funded by the Australian Government
Department of Social Services.



LUTHERAN
CARE

FAMILY ZONE



INGLE FARM FAMILY ZONE

TERM 3: 20 JULY - 25 SEPTEMBER, 2026

PROGRAM SCHEDULE

Visit lutherancare.org.au/family-zone to find out more about our Term 3 programs.



MONDAY

10AM - 12PM

Starts 27 July

PEEP LEARNING TOGETHER PLAYGROUP

Delivered by Playgroup SA.

TUESDAY

10AM - 12PM

Starts 28 July

CONVERSATIONAL ENGLISH

Facilitated group to support language and community. *Crèche available.*

WEDNESDAY

10AM - 12PM

Starts 29 July

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.

Crèche available.

THURSDAY

10AM - 12PM

Starts 23 July

MULTICULTURAL WOMEN'S GROUP

Delivered by the Australian Refugee Association.

3PM - 5PM

Alternate Thursdays

Starts 30 July

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: 30/7, 13/8, 27/8, 10/9 and 24/9

FRIDAY

10AM - 12PM

Starts 31 July

CITIZENSHIP CLASS

Support with preparation for the Australian Citizenship Test.

4PM - 6PM

Starts 31 July

NEURODIVERSITY SUPPORT GROUP

Please see details, right.

Dates: 31/, 14/8, 28/8 and 11/9

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

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

A 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.

Parenting Programs – Registrations Open

We are excited to also offer:

Dads Matter

Bringing Up Great Kids

Please see details, right.

Please register your interest for all above programs on 8349 6099.

Crèche available for all parenting programs.

Tuesday 4 August, 10AM - 12PM we are offering a

Financial Literacy Workshop

To register your interest, please call 8349 6099,

Crèche available.

Please follow our Facebook page for information about upcoming workshops and any updates.