



BEING WITH BABY

Expression of Interest for Term 1, 2027

Being with Baby is a supportive program designed for mums and their babies to connect, learn, and grow together. Through shared experiences and guided activities, participants can enhance their social, emotional, and interpersonal skills while strengthening their bond with their child. The program also provides valuable peer and community support for women experiencing, or at risk of developing, postnatal depression.

To register your interest, please call 8349 6099.

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

Lutheran Care thanks all contributing partners.



Funded by the Australian Government
Department of Social Services.



LUTHERAN
CARE

FAMILY ZONE



INGLE FARM FAMILY ZONE

TERM 4: 12 OCTOBER - 11 DECEMBER, 2026

PROGRAM SCHEDULE

Visit lutherancare.org.au/family-zone to find out more about our Term 4 programs.



MONDAY

10AM - 12PM
Starts 19 October
PEEP LEARNING TOGETHER PLAYGROUP
Delivered by Playgroup SA.

TUESDAY

10AM - 12PM
Starts 20 October
CONVERSATIONAL ENGLISH
Facilitated group to support language and community. Crèche available.

WEDNESDAY

10AM - 12PM
Starts 21 October
CIRCLE OF SECURITY
Please see details, right.

10AM - 12PM
Starts 21 October
COOKING FROM THE HEART
Free community cooking workshop. Bookings Essential - Crèche available

4PM - 6PM
Starts 21 October
DADS MATTER
Please see details, right.

Parenting Programs – Registrations Open

We are excited to also offer:

Circle of Security

Being with Baby - See over for more details

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

THURSDAY

10AM - 12PM
Starts 15 October
MULTICULTURAL WOMEN'S GROUP
Delivered by the Australian Refugee Association.

3PM - 5PM
Alternate Thursdays
Starts 22 October
Continuing 5/11, 19/11 and 3/12
MEN'S SUPPORT HUB
The Men's Support Hub provides an informal and welcoming space for men to connect and explore practical strategies for strengthening relationships with their children, partners, family members, and themselves. Participants can build social connections, improve wellbeing, and access support in a safe, respectful environment. **Individualised one-on-one support** is available to address personal goals and challenges.

FRIDAY

10AM - 12PM
Starts 23 October
CITIZENSHIP CLASS
Support with preparation for the Australian Citizenship Test.

4PM - 6PM
Alternate Fridays
Starts 23 October
Continuing 6/11, 20/11 and 4/12.
NEURODIVERSITY SUPPORT GROUP
Please see details, right.
Please register so we can cater for your dietary requirements.

Please keep an eye out on our Socials for upcoming workshops/programs and any updates.

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

Dads Matter is a six-week program designed to support fathers and father figures in developing practical tools to build and strengthen positive relationships with their children. The program explores child development, attachment, and emotional wellbeing, helping participants better understand their child's needs at different stages of development. Through discussion and shared learning, fathers gain insight into the important role they play within the family, while building confidence, connection, and effective parenting strategies that support healthy family relationships..

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.

