

FRIDAY

My Time Morning Tea

Where: Koorana Preschools
When: 28 October 33 Croydon St, Lakemba
Time: 9.30 – 11.30am
Contact: Deborah

Park and Playbus

Where: Terry Lamb Reserve, Belmore
When: Weekly, 10am – 12pm
Contact: Alison / Lee

SUNDAY

My Time Dad's Social Network

Where: Bankstown
When: Sunday 6th November
Contact: Deb/Tania

For more information:

Phone: 02 9750 4100

Email: enquiries@koorana.org.au

Web: www.koorana.org.au

Koorana is funded by:

NSW Department of Family & Community Services:

- Community Services
- Ageing, Disability and Homecare
- Education and Communities

Department of Families, Housing, Community Services and Indigenous Affairs (FaHCSIA)

Participating clubs through the CDSE scheme

Trusts and Foundations

Local Government, local businesses and private donors

PLAYGROUPS

Koorana's Playgroups provide a range of fun play activities to support children's learning and development and is open to families with children aged 0-6 years. The mobile Park and Play bus operates out of parks and reserves across Canterbury, everyone is welcome. The Supported Playgroups run from a range of community venues across Canterbury and Bankstown. Referrals can be made directly to Koorana.

MY TIME

My Time groups are designed to provide a supportive environment for parents, grandparents and carers of children with a disability, developmental delay and/or chronic illness. The **Morning Teas** are an opportunity for local families to informally chat with a Family Counsellor and learn more about the Koorana preschools. The **Dad's Social Network** provides an opportunity for dads and male carers of young children with a disability to get together in a supportive environment, have fun, share information and ideas.

SIB'S CLUB

Sibs Club is a recreational program for children aged 7-11 years who have a brother or sister with a disability, developmental delay and/or challenging behaviours.

"GIVE YOURSELF A BREAK" WORKSHOP

This 6 session workshop, over six Mondays, for all parents and carers or children 0-18 years with a disability living in the Bankstown area, focuses on taking care of your needs whilst caring for your child with a disability. Topics include Self Care & Relaxation, Stress Management & Coping Strategies and Communicating Your Needs.

SOCIAL SKILLS GROUP

Koorana is providing a 5 week social skills group for children with ASD who are aged 4-5 years and attend a preschool or child care setting. Social skills programs focus on developing children's ability to greet, say goodbye, play, ask for help and identify emotions across a range of settings. Groups are facilitated by Koorana's psychologist and an early educator.



Family Programs

Term 4, 2011

10 October – 16 December

Contact Koorana for more information:

Address: PO Box 403, Belmore NSW 2192

Phone: 02 9750 4100 **Fax:** 02 9759 1245

Email: enquiries@koorana.org.au

Website: www.koorana.org.au

ABN 98 173 846 132

Koorana Child and Family Services is committed to supporting children's positive learning opportunities and strengthening families. Services are delivered across the Sydney regions of the Inner West, Canterbury and Bankstown.

Term 4 runs from 10 October–16 December



MONDAY

Park and Playbus

Where: Hampden Park, Lakemba
When: Weekly, 10am – 12pm
Contact: Alison / Lee

Social Skills Group (3-5 years)

Where: Koorana Preschool,
22 Phillip St, Roselands
When: 31 October – 28 November
Time: 3.15pm – 4.15pm
Contact: Jess

“Give Yourself a Break” Workshop – 6 Sessions

Where: Recreation Sports and Aquatics Club, Bankstown
When: 31 October – 5 December
Time: 10am - 12pm
Contact: Deb/Renee

My Time Morning Tea

Where: Koorana Preschools
When: 14 Nov- 22 Phillip St, Roselands
12 Dec- 22 Phillip St, Roselands
Time: 9.30 – 11.30am
Contact: Deborah

TUESDAY

Park and Playbus

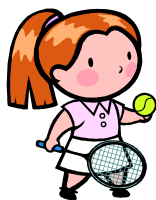
Where: Leonard Reserve, Roselands
When: Weekly, 10am – 12pm
Contact: Alison / Lee

Sib's Club Bankstown

Where: Central Bankstown
When: 18 October
1 & 15 November
Time: 4-5.30pm
Contact: Sue

My Time Morning Tea

Where: Koorana Preschools
When: 1 Nov- 22 Phillip St, Roselands
22 Dec- 33 Croydon St, Lakemba
Time: 9.30 – 11.30am
Contact: Deborah



WEDNESDAY

My Time Canterbury

Where: Punchbowl Uniting Church
When: 12 October
18 October – Carer's Lunch
9 & 16 November
14 December
Time: 10am – 12pm
Childcare: Available – bookings essential
Contact: Deborah /Deb

THURSDAY

Free Cupcake Decorating Workshop

Where: Bankstown
When: 1 December
Time: 10am – 12pm
Childcare: Available – bookings essential
Contact: Tania/Deb
Register: Bookings essential

My Time Bankstown

Where: Recreation Sports and Aquatics Club, Bankstown
When: 27 October
24 November
15 December
Time: 10am – 12pm
Contact: Renee



My Time Morning Tea

Where: Koorana Preschools
When: 20 Oct – 33 Croydon St, Lakemba
8 Dec – 22 Phillip St, Roselands
Time: 10am – 12pm
Contact: Deborah

Park and Playbus

Where: Harcourt Reserve, Campsie
When: Weekly, 10am – 12pm
Contact: Alison / Lee

For more information:

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