



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.



Funded by the Australian Government
Department of Social Services.





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

THURSDAY

10AM-12PM
Starts 6 Feb

MULTICULTURAL WOMEN'S GROUP

Delivered by the Australian Refugee Association.

FRIDAY

10AM-12PM
Starts 7 Feb

CIRCLE OF SECURITY

An evidence-based parenting program that aims to explore and develop a deeper understanding of how we respond to our children and support them. Crèche available. Bookings required.

10AM-12PM
Starts 7 Feb

CITIZENSHIP CLASS

Support to prepare and learn for the Australian Citizenship test.

4PM-6PM
Alternate Fridays

NEURODIVERSITY SUPPORT GROUP

Please see details, right.

Dates: 7/2, 21/2, 7/3, 21/3, 4/4

Please register so we can cater for your dietary requirements.

Please note all programs/groups start Week 2 of Term 1.



BY APPOINTMENT

MENTAL HEALTH SOCIAL WORKER

MEN'S SUPPORT AND/OR GROUPS

HOME VISITATION BY REFERRAL

Dads Matter

A six-week program supporting men to develop tools for cultivating and strengthening relationships with their children. The course aims to build understanding of child development and attachment by exploring the critical role of fathers within the family structure.

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 afternoon meal. Children can enjoy many activities on offer.

Parenting Together

For parents actively looking to improve their skills and prioritise working together towards nurturing their children and helping them establish healthy boundaries.



Bringing Up Great Kids

A six-week course supporting parents to develop mindful, nurturing and positive relationships with their children.

Please register your interest for all above programs on 8349 6099 or 0455 297 758. Crèche available for all parenting programs.

MONDAY

10AM-12PM
Starts 3 Feb
PEEP LEARNING TOGETHER PLAYGROUP
Delivered by Playgroup SA.

TUESDAY

10AM-12PM
Starts 4 Feb
CONVERSATIONAL ENGLISH
Facilitated group to support language and community. Crèche available.

WEDNESDAY

9AM-10AM
During school terms
COFFEE/TEA & CHAT
Drop in and meet our staff. Learn about what supports we offer. Children welcome.

3PM-5PM
Alternate Wednesdays
MEN'S SUPPORT HUB
An opportunity for dads to chat with other dads. Dates: 5/2, 19/2, 5/3, 19/3, 2/4

SAVE THE DATE

Wed 16 April

Family FUN DAY

