



CALENDAR OF CHILD & FAMILY EVENTS BYRON SHIRE MARCH - AUGUST 2010

This Calendar is also available online at www.bbfc.com.au



ACTIVITY GROUP	DATES & TIME	DESCRIPTION
<p>EARLY BIRD GROUPS Bangalow Community Health Centre 35 Granuaille Rd Bangalow Tel: 66870007 or 66870011</p> <p>*Parking difficult, please park short walk from centre.</p>	<p>Mondays 10am-12md during school terms</p> <p>FREE No booking required</p>	<p>Provides a safe supportive environment for parents to share experiences and learn about child health and development. Morning tea provided. For parents of babies 2-10 weeks. Run by Child and Family Health Nurses.</p>
<p>SUNRISE BEACH SUPPORTED PLAYGROUP Jacaranda Drive Park, Sunrise Beach (behind Byron Bay Arts & Industrial Estate)</p> <p>Please ring for further details 66864109 (Early Years Program, Ballina-Byron Family Centre)</p>	<p>Every Thursday 10am ó 12pm During school term</p> <p>Cost: FREE</p> <p>No playgroup in wet weather</p>	<p>For residents of Sunrise Beach who have children 5yrs and under. A facilitated playgroup where parents can increase social networks, identify their strengths, and access additional info on child development and play. Links to other services also provided.</p>
<p>DEPARTMENT OF EDUCATION AND TRAINING Itinerant Support Teacher Early Intervention</p> <p>1. "Transition to School" Information Sessions for Parents in both Byron & Ballina Shires.</p> <p>Families and early childhood services can contact the Dept of Education and Training, Murwillumbah Office on 66702300 or C/-Southern Cross K-12 School 66860503</p>	<p>Referrals can be made by parents and early childhood services at any time of the year.</p> <p>1. Transition to School information sessions are held once per term.</p>	<p>The service is available for children with disabilities or significant difficulties in learning or behaviour in the year prior to commencing school and the year following school entry. The service supports programs for children in early childhood settings and transition to school. 1. Transition to school information sessions are for parents of children with disabilities who are transitioning to school in 2011. They explain what the process involves, as well as which services and supports can be accessed through the Dept. Education & Training.</p>



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<p><u>COMMUNITY SERVICES DIRECTORY FOR FAMILIES RAISING CHILDREN IN THE BYRON SHIRE.</u> www.byron.nsw.gov.au Website. Look under ó Community ó Children and Families.</p>		<p>This Directory aims to make a wide range of essential information easily accessible to all families raising children in the Byron Shire.ø</p>
<p><u>FINANCIAL COUNSELLING</u> Lismore & District Financial Counselling Service Outreach to Byron Shire Tel: 66222171</p>	<p>Mondays at Byron Community & Cultural Centre Tuesdays at Mullumbimby Neighbourhood Centre By appointment only, please call 66222171</p>	<p>Free and confidential information, advice and advocacy for people experiencing financial difficulty.</p>
<p><u>EARLY CHILDHOOD CLINIC (Ocean Shores, Mullumbimby, Byron Bay)</u></p> <p>1: Ocean Shores Parent Resource Centre Ocean Shores Shopping Centre Ocean Shores Tel: 66802997</p> <p>2: Mullumbimby Community Health Centre Next to Mullumbimby Hospital Mullumbimby Tel: 66842376</p> <p>3: Byron Bay Community Health Centre Shirley Street (on Hospital site) Byron Bay Tel: 66856254</p>	<p><u>Clinics:</u></p> <p>1: (Ocean Shores) Tuesdays: 9.30-12.00 Drop-in clinic Tel: 66802997 1.30-3.00pm By appointment Tel: 66841677</p> <p>2: (Mullumbimby) Fridays: 9.00am ó 3.30pm By appointment Tel: 66841677</p> <p>3: (Byron Bay) Tuesdays: 9.00-12.00 Drop-in clinic 1.30-3.30pm by appointment 66856254</p> <p>*Other appointments by arrangement</p>	<p>Monitor growth and development of babies, and children up to 5 years of age. Support for parents in learning to care for and meet the needs of their children.</p> <p>Address womenø health issues.</p> <p>FREE</p>
<p><u>PREGNANCY SUPPORT GROUP</u> Byron Bay Community Centre Fletcher St Meeting Room 69 Jonson Street Byron Bay Contact: Heli 66856523</p>	<p>Every Wednesday 3 hour sessions 10.15 ó 11.15am ó bodywork session 11.15am ó 11.45 morning tea 11.45 ó 1pm discussion Cost: \$15</p>	<p>Offers information, support, exercise and body work throughout pregnancy. Contact for midwives / doulas. Supports a womanø choices in birth.</p> <p>*Borrowing library available</p>



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<p><u>IMMUNISATION CLINICS</u> For well children only and adults.</p> <p>(No Weekend Clinics)</p>	<p>Byron Bay Community Health Centre Every 2nd Thursday 1.30-3.30pm</p> <p>Brunswick Heads Community Centre Every 4th Thursday 1.30-3.30pm</p> <p>Appointments Tel: 66856254</p>	<p>Free immunisation clinic provided by immunisation accredited Registered Nurse.</p> <p>Please bring Medicare card and Blue Book or equivalent.</p>
<p><u>HEARING CLINICS</u> Byron Bay Community Health Centre Shirley Street, Byron Bay Tel: 66856254 & Mullumbimby Community Health Centre Azalea Street, Mullumbimby Tel: 66841677</p>	<p>Weekly clinics: Byron 6 Wednesdays Mullumbimby 6 Mondays</p> <p>Appointment only</p> <p>Cost: FREE</p>	<p>Assess the hearing of children 3 years -adult. Doctor's referral not necessary but welcomed for children. Please note that children with special needs require a double appointment.</p>
<p><u>KID SCREEN CLINICS</u> Byron Bay Community Health Centre Shirley Street, Byron Bay Contact: Nicole Rappell 66396617 & Mullumbimby Community Health Centre Azalea Street, Mullumbimby Contact Anna Weston, (Speech Pathologist) 66398272</p>	<p>Each Wednesday morning, alternate weeks between Byron and Mullumbimby Community Health Centres. 9am 6 12.30pm</p>	<p>Developmental screening by Paediatric Physiotherapist, Occupational Therapist and Speech Pathologist. Social Worker/Psychologist may attend as required. Focus on children 0-5 years old. Parents can ring in for an appointment.</p>
<p><u>MUMS PROGRAM (Mums Using Substances)</u> Based at Riverlands Detox Unit, Cnr Hunter & Uralba Sts Lismore</p> <p>Contact Mandy Carpenter on 66207600 for further information.</p>	<p>9am-4pm weekdays</p> <p>It is a FREE service.</p> <p>(Offers support to clients from Lismore, Ballina & Byron Shires)</p>	<p>MUMS is a service for pregnant woman who are in methadone treatment or who use alcohol & other drugs. This program is not about making judgements about drug use. Its aim is to help women reduce any harm that may occur to either themselves or their baby during pregnancy and/or after birth.</p>
<p><u>FAMILY LAW ADVICE/ LEGAL AID</u> Ocean Shores Parent Resource Centre (next to Medical Centre @ O.S Shopping Centre) Rajah Rd Tel: 66212082</p>	<p>Twice a month on Thursday afternoons 20 minute appointments between 2pm and 3.20pm</p>	<p>FREE legal advice by Legal Aid Service on Family Law issues.</p>



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<p><u>LEGAL AID OUTREACH SERVICE</u> At Byron Bay Courthouse Middleton Street Byron Bay Call Legal Aid on 66212082 for appointments</p>	<p>2nd & 4th Wednesday of the month 2pm-3.20pm</p>	<p>FREE legal advice from a solicitor on Family Law matters.</p>
<p><u>DOMESTIC VIOLENCE OUTREACH PROGRAM</u> at Women's Resource Service Mullumbimby Neighbourhood Centre 55 Dalley Street Tel: 02 66841286 0420 997 329 Email: dvo@linknet.com.au</p>	<p>Monday to Thursday 9-4 Appointments are preferred, but can arrange crisis support. This program runs Support Groups twice a year for women dealing with issues around DV.</p>	<p>Information about legal and moral rights to safety. Advocacy and referrals to legal services, police, health, court support, access to emergency accommodation. Up to 6 FREE COUNSELLING sessions available for women living with abusive partners, or who have separated. Available in following locations: Mullumbimby, Byron Bay, & Brunswick Heads. A program promoting the safety of women and children in Byron Shire.</p>
<p><u>A.I.A.S. (Ability Incorporated Advocacy Service)</u> OFFICE: 02 66288188 1800 657 961 Tweed: Angela Collins tel: 66726119 tweed@abilityincorporated.org.au Ballina: Susan Aprile tel: 0407065222 ballina@abilityincorporated.org.au</p>	<p>Office Hours Monday to Friday 9am-5pm</p>	<p>A free and confidential service for people with disabilities, their families and carers. Services include: Self advocacy and Individual advocacy; Group advocacy; Advocacy workshops; and Transitional training.</p>
<p><u>"WHATEVA!!!!!!!"</u> <u>COMMUNICATION GROUP FOR PARENTS</u> Lyons West End Hall Brunswick Street Ballina Contact: Ballina-Byron Family Centre Tel: 66864109</p>	<p>Tuesdays mornings for two consecutive weeks : Dates: 9th & 16th March 2010 9.30am ó 12.30pm FREE There will be no childcare offered with this group.</p>	<p>For parents who want to improve communication within the family unit. The group will focus on parents' communication with their school age children (up to 18 years). It will also cover communication between parents (including separated parents). Some conflict resolution skills will be covered.</p>



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<p><u>PREPARATION FOR CHILDBIRTH AND EARLY PARENTHOOD PROGRAMS</u></p> <p>All classes held at Bangalow Community Health Centre</p> <p>Registration essential, please ring Byron Community Health Tel: 66856254</p> <p>COST: fee to be advised on registration</p>	<p>2010</p> <p>13 January ó 24 February 3 March ó 14 April 28 April ó 9 June 16 June ó 28 July 4 August ó 15 September</p> <p>Wednesdays 6.30-8.30pm</p>	<p>Runs for two hours, one night a week, for seven consecutive weeks.</p> <p>Topics include:</p> <ul style="list-style-type: none"> ▪ Pregnancy issues ▪ Variations in labour ▪ Partner/support person's role ▪ Early days with baby ▪ Safety/SIDS ▪ Roles and relationships ▪ Post natal support systems ▪ Fathering <p>í í í í and many more!</p>
<p><u>PLAYGROUPS</u></p> <p>1. Uniting Church, Dalley Street, Mullumbimby. Run by Uniting Church.</p> <p>2. Ocean Shores Baptist Church, Rajah Rd, Ocean Shores. Organised by parents.</p>	<p>1. Wednesday 9.30am-11.30am Cost: \$2 (not compulsory)</p> <p>2. Wednesday 10am-12 noon. \$2 pw</p>	<p>Children up to school age welcome, but must be accompanied by parent/carer.</p> <p>Tea, coffee & biscuits provided. These playgroups only operate during school terms.</p>
<p><u>BALLINA-BYRON FELLAS FAMILY PROJECT (BBFFP)</u></p> <p>115 Tamar Street Ballina</p> <p>Tel: 66864109 <u>www.bbfc.com.au</u></p>	<p>Please phone for further information Office hours: 9am to 4pm Mon to Thurs</p> <p>Self referral or referral from a family member/ friend/service provider accepted Covers both the Ballina & Byron Shires</p> <p>Free Service</p>	<p>Fellas Family Project employs:</p> <ul style="list-style-type: none"> • A Family Worker (male) who supports fathers and expectant fathers through home visiting, parenting programs and support groups • A Support Worker (male) who supports boys aged 11 to 16 through mentoring, one to one support, individual and group programs and links to community activities and social clubs. <p>FFP runs a supported playgroup for dads, on Mondays at Ocean Shores Baptist Community Church, Rajah Rd.</p>



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<p><u>PAEDIATRIC DIABETES SPECIALIST CLINICS</u> Northern Rivers Area Health Service</p> <p>Diabetes Educators: Ballina Shire ó Wendy Livingstone 66868977 Byron Shire ó Jenny Timperley 66841677</p>	<p>Outreach clinics held at Ballina, Mullumbimby & Byron Bay. By appointment only.</p> <p>Childrens Diabetes Camp please phone Wendy Livingstone on 66868977</p>	<p>For children with diabetes who live in the Ballina/Byron Shires. Specialist Doctors from the Childrens Westmead Hospital, Sydney, and John Hunter Hospital, Newcastle will assess children who have diabetes in May 2010. This will be at Ballina Community Health and will be by appointment only.</p>
<p><u>PLAYGROUP ASSOCIATION PLAYGROUPS</u></p> <ol style="list-style-type: none"> 1. Bangalow – Anglican Church Hall, Ashton St. 2. South Golden Beach – Community Centre, The Esplanade. 3. Byron Bay ó Ruskin Street, Byron Bay 4. Eureka ó Eureka Public School <p>Contact: Playgroup Association on 1800 171 882 Or www.playgroupnsw.com.au</p>	<ol style="list-style-type: none"> 1. Bangalow ó Tues 10-12 2. South Golden Beach ó Wed 10.45-12.30 3. Byron Bay ó Tuesdays 9.30-11.30 4. Eureka ó Wednesdays 9.30-11.30 <p>Cost: Annual Playgroup Association membership fee, small weekly fee, first 2 visits free</p>	<p>Children 0-6 years welcome, but must be accompanied by parent or carer. Playgroups are parent run and have a range of toys and activities set up by parents. Focus is on the sharing of ideas and experiences by parents, and having a fun place for children to play and learn from each other.</p> <p>Search for a playgroup facility- www.playgroupnsw.com.au click on map of your area and it will provide list of playgroups in local area.</p>
<p><u>ADHC Community Support Team</u> Ageing, Disability & Home Care Dept of Human Services 2/43 River St Ballina</p> <p>Tel: 1300 364 563 Fax: 66268748</p> <p>The Community Support Team consists of case managers, speech pathologist, occupational therapist, physiotherapist, psychologist, behavior intervention consultant and local support coordinator.</p>	<p>Monday to Friday. 8.30am ó 4.30pm.</p> <p>Community Support Teams provide services to improve the quality of life and wellbeing of people with a disability, their families and carers. Services are provided using a person-centred, family centred, strength based and early intervention and prevention approach.</p>	<p>The Community Support Team is a service which provides information & support to children under the age of six with delayed development, school ages children with an intellectual disability and adults with an intellectual disability, where the disability was present before 18 years of age and who need help with communication, mobility and daily living skills. Services can be requested by contacting the Information and Referral and Intake centre.</p>
<p><u>DAY STAY SERVICE</u> Northern Rivers Family Care Centre Lismore Tel: 66228705 for further information</p> <p>Email: familycarecentre@nrgpn.org.au</p>	<p>Outreach with Child & Family Health Nurses & Social Worker - 3rd Monday each month at the Ocean Shores Community Centre, Rajah Rd.</p> <p>Please phone to confirm dates. Referrals from Child & Family Health Nurse or General Practitioners. By appointment only</p>	<p>Day stay is provided for families who need help and understanding adjusting to parenthood (0 to 1yr). Day Stay can help with:</p> <ul style="list-style-type: none"> ➤ Breastfeeding support ➤ Infant feeding support ➤ Unsettled behaviour ➤ Sleep related issues ➤ Parent Craft issues ➤ Post Natal Distress ➤ A Lactation Consultant is available for consultations. Please phone for information.



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<p><u>OCEAN SHORES PARENT RESOURCE CENTRE</u> Ocean Shores Shopping Centre Shop 5, 70-72 Rajah Rd, Ocean Shores Tel: 66804919 osprc@bbfc.com.au</p>	<p>Open Monday to Thursday 10am to 4pm Visiting services are also available, such as the Early Childhood Clinic and Legal Aid</p>	<p>The Centre is a safe and supportive place for parents to drop in, share their experiences, have a cuppa, and feed / change babies. There are workers available to support parents as well as information available on parenting groups/courses, child development and behaviour, children's and family services. Facilitates parent education and parent support groups throughout the year, including P5 and Triple P (groups and seminars).</p>
<p><u>BALLINA – BYRON FAMILY SUPPORT SERVICE</u> (BBFSS) Ocean Shores Parent Resource Centre Ocean Shores Shopping Centre. Shop 5, 70-72 Rajah Rd, Ocean Shores Tel: 66804919 bbfss@bbfc.com.au</p>	<p>Please phone for further information. Office hours: 9am to 4pm Mon to Thurs</p> <p>Self referral or referral from a family member/ friend/service provider accepted</p> <p>Cost: Free</p>	<p>The BBFSS supports families with dependant children through difficult times. Trained Family Workers can offer families a confidential one to one service which includes home or office visits. Can assist with: Information, advocacy, referral, parenting support. Educational & therapeutic groups, including parenting and self esteem groups.</p>
<p><u>BALLINA – BYRON VOLUNTEER HOME VISITING SERVICE</u> (BBVHVS) 64 Crane St, Ballina Tel: 66864109 vols@bbfc.com.au</p>	<p>Please phone for further information.</p> <p>Cost: Free</p> <p>Covers both the Ballina & Byron Shires.</p>	<p>The BBVHVS recruits, screens and trains volunteers to provide:</p> <ul style="list-style-type: none"> ➤ Practical support & emotional support with the parenting of young children ➤ A chat over a cuppa. <p>This service is for families with a child aged three years and under.</p>
<p><u>VOLUNTEERS NEEDED</u> The Ballina-Byron Volunteer Home Visiting Service 64 Crane St, Ballina Tel: 66864109 vols@bbfc.com.au</p>	<p>Free specialized training one day a week for 6 weeks. On-going support from the BBVHVS staff.</p> <p>*Note: All volunteers must undertake a Working with Children Check</p>	<p>Ask yourself these questions:</p> <ul style="list-style-type: none"> • Do you enjoy being around babies and toddlers? • Would you enjoy helping a family with young children? • Do you have a couple of hours a week to spare? <p>If so please give us a call on 66864109.</p>



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<p><u>SING BY THE SEA</u> Brunswick Heads RSL Hall Faucett Street</p> <p>With Mandy Morris: 66841364 or 0427917571</p>	<p>Tuesdays during school term 9.30-10.15 Cost: \$10 per class, \$45 for 5 weeks or \$80 for 10 weeks Discounted rate for second child</p>	<p>Sing in a circle, shimmy with a shaker, and move to the music. Whisper your name into the magic singing bowl for a musical story.</p>
<p><u>BIALA SPECIAL SCHOOL</u> Biala Support Services Incorporated</p> <p>78 Fox St PO Box 1279 Ballina 2478</p> <p>Tel: 66863395 for any enquiries</p>	<p>Biala has students from Brunswick Heads, Mullumbimby, Byron Bay, Lismore, Woodburn & Ballina areas.</p> <p>All students at Biala are able to access taxi transportation through the NSW DET Special Transport Services.</p>	<p>Biala is an independent non-fee paying school providing services for students who are intellectually challenged or have been diagnosed with an Autistic Spectrum Disorder.</p> <p>Biala provides a comprehensive curriculum and a range of specialist services for students from Pre-Kinderergarten (4yrs) through to school exit into Post School Options Programs.</p>
<p><u>EARLY YEARS PROGRAM</u> 64 Crane St, Ballina Tel: 66864109 <u>earlyyears@bbfc.com.au</u></p> <p><u>This Calendar of Events</u> is updated 6 monthly by the Early Years Community Worker. It can be found at the Ballina-Byron Family Centre website: www.bbfc.com.au, hard copies, in booklet form, are distributed around Byron Shire to Child and Family Services, and Byron Bay Community Centre.</p>	<p>Please phone for further information. Office hours: 9am to 4pm Monday to Friday</p> <p>Self referral or referral from a family member/ friend/service provider accepted Cost: Free</p> <p>Covers both the Ballina & Byron Shires</p>	<p>Early Years employs:</p> <ul style="list-style-type: none"> ▪ A full-time Family Worker who provides families with home visits and office visits to enable parents/carers to develop strategies to improve their interactions with their children. ▪ A part-time Community Worker who consults with the community, produces a Calendar of Events, facilitates parenting groups and networks with children's services. <p>This service has playgroups and parenting groups operating throughout the year.</p>



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<p><u>AUTISM SPECTRUM AUSTRALIA – ASPECT</u> Far North Coast Centre 23 Commercial Road (PO Box 937), Alstonville 2477</p> <p>Tel: 66283660 Fax: 66283298</p> <p>Email: fnc@autismspectrum.org.au Web: www.autismspectrum.org.au</p> <p><u>Course:</u> Recipe For Success. Venue: Byron Bay Services Club</p>	<p>Centre open 4 days a week Mon, Tues, Thurs 9.30am-4pm, Friday 9.30am-3pm, CLOSED Wednesday.</p> <p>Region: Lismore, Ballina, Byron, Tweed, Richmond Valley, Clarence Valley</p> <p>Please phone for info on workshops and parent support meetings.</p> <p>Recipe For Success 23rd, 24th, 25th August. Free Course. No childcare.</p>	<p>Resource centre providing information and support including linking families with services. Referrals to:</p> <ul style="list-style-type: none"> - Building Blocks. Early Intervention program (both home based and centre based) - Behaviour Support Service - Itinerant Diagnostic Service - Early Childhood Development Program. This provides screening for Autism in children 12 mths ó 5 years, with follow up intervention if needed. - Autism Support officer - Parent support Meetings ó last Friday of the month, 10- 11.30 am. - Autism Advisor. Phone 1300 978611 - Autism Information Line ó 1800 069978 <p>Recipe For Success. The main purpose of this course is to help parents/carers better understand and manage the challenging behaviours of their children with an Autism Spectrum Disorder.</p>
<p><u>UNCLE</u> óHelping boys become menó</p> <p>Tel: 66808582 byron@uncle.org.au www.uncle.org.au</p>	<p>Call for info on times and dates Covers both Ballina & Byron Shires</p>	<p>Uncle recruits, screens, trains and supports adult male mentors to spend time with boys age 7 ó 14yrs. Uncle organises and facilitates activities where men and boys interact, learn, play and work together.</p>
<p><u>COMMUNITY HEALTH CENTRES</u></p> <p>Byron Bay – 66856254 Mullumbimby – 66841677</p> <p>Occupational Therapy Groups: 66398236</p>	<p>Office Hours</p>	<p>Provides Early Childhood Nurses for new parents, hearing assessments for children 3 years and over, pre-school assessments, paediatric assessments for children 0-13 years and Counselling support for families in Byron Shire.</p>



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<p><u>THE FAMILY CENTRE COURSES AND WORKSHOPS</u></p> <p>Tweed Heads Tel: (07) 5524 8711 Website: www.thefamilycentre.org.au</p>	<p>Various times and locations please phone The Family Centre for more detailed information. Fees range from \$5 to \$40, and some include lunch. However if you are unable to afford the fees please talk with the intake worker when you call.</p>	<ol style="list-style-type: none"> 1. The Hurt Child . Term 2 . for Parents 2. 1-2-3 Magic . Every term . Short parenting course. 3. P5 . Parenting Education.- Every term. 7 weeks x 2 and a half hrs. 4. ParentSpace: birth to 3 years . Term 2. 5. Young Mums To Be . Every term . 6 wkx 2 and a half hours course. 6. Self Care for Parents . Every term - One day workshop 7. Anger and Parenting . Every term - One day workshop. 8. Living with Teenagers . Term two - 3 weeks x 2 hour course 9. Being Me! . For 11-13 yr olds- Terms 1 & 3 -8 weeks x 1 and a half hrs after school. 10. MenAware: invitations to respect and responsibility . Term 2 . 8 hrs x 2 and a half hrs. 11. DadSkills . Every term . 5 fortnightly 2 and a half hr sessions. 12. Understanding Domestic and Family Violence . Term 2 . 6 wks x 2 hrs. 13. Say what you mean, mean what you say.. . (for women) . Terms 2&4 . 8 wks x 2 hrs. 14. Communication Skills for Healthy Relationships . Term 2 . 4 wks x 2 hrs.
<p><u>DADS and KIDS PLAYGROUP</u> Contact: Pete Rawson 66864109</p> <p>Venue: Ocean Shores Baptist Community Church, Rajah Rd, Ocean Shores.</p> <p>Run by the Ballina-Byron Fellas Family Project</p>	<p>Mondays during school terms</p> <p>10am ó 12 noon</p>	<p>Come and join us for a morning of fun and play with your children! An opportunity to chat with other Dads/Carers and share ideas in a supportive environment.</p>



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<p><u>CHILDREN'S STORYTIME @ LIBRARY</u></p> <p>1. Byron Bay – 66858540 2. Brunswick Heads – 66851816 3. Mullumbimby - 66842992</p> <p>Check the library website www.rtrl.nsw.gov.au for school holiday activity times.</p>	<p>10.30 am</p> <p>1. Byron Bay ó Wednesdays 2. Brunswick Heads ó Mondays 3. Mullumbimby - Fridays</p>	<p>Come along and listen to a wonderful story and join in doing a fun craft activity Toddlers, Mum, Dad, grandparents and carers are welcome to attend the storytime sessions and enjoy a simple theme based craft activity.</p>
<p><u>TWEED SHIRE WOMENS SERVICE</u></p> <p>Cnr Prince and Nullum Streets Murwillumbah Tel: 02 66724188 Website: www.tswomen.org.au</p>	<p>Access to broadband computer, telephone, safe space and free bread Daily 9.00am ó 4.00pm</p>	<p>Services offered:</p> <ul style="list-style-type: none"> • Crisis Counselling by appointment • Domestic Violence Counselling Thursdays 9.30-3.30 • Beyond Baby Blues: Perinatal Depression Support Group Fridays 9.30am-11.30am • Breaking Free ó self-help group for women wanting change. Wednesdays 10am-1pm • Murwillumbah Toy Library 1.30-3pm weekdays. • Murwillumbah Multiples 10am-12noon- Last Friday of the month.
<p><u>MULLUMBIMBY SUPPORT GROUP FOR AUTISM SPECTRUM DISORDERS</u></p> <p>Contact: Joy McGrath Social Worker, Mullumbimby Community Health 66841677 Or: Gayle Moore Support Teacher Autism, Ocean Shores School 66802766</p>	<p>First Friday of the month 9.45am-12noon</p> <p>Cost: Free</p>	<p>Parents and grandparents and any interested person may attend these discussions.</p>
<p><u>GRANDPARENTS PLAYGROUP</u></p> <p>Baptist Centre, Rajah Rd, Ocean Shores Further info: 66804919 (Gail)</p>	<p>At the back of the Centre Thursdays 10.00am to 12.00pm</p> <p>\$2.00 donation</p>	<p>A supported playgroup for the growing number of grandparents who have part or full-time care of their grandchildren. Come along and meet other grandparents while the children play.</p>



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<p><u>C.A.R.E PARENT SUPPORT PROGRAM</u> Sofi Thomson</p> <p>Tel: 66859344 Mob: 0418274088 Email: parenting@byron.nsw.gov.au</p> <p>1. Parenting Heart2Heart – Education Program (Designed and mentored by Robin Grille, author of -Heart to Heart Parenting & -Parenting for a Peaceful World)</p> <p>2. One-on-One Counselling Sessions or Mediation within your own family dynamic. Another service offered by the CARE Parent Support Program.</p> <p>COST: FREE</p>	<p>Parenting Heart2Heart:</p> <p>Part I: Joyous Connection with Your Baby.(from conception): A six-week course for expectant parents and parents of babies up to 18 months old.</p> <p>Part II: Joyous Connection with your Toddler and Child: A six-week course for parents of toddlers and children.</p> <p>Groups held every school term.</p>	<p>Parenting Heart2Heart is a two-part course for parents, grand-parents or members of the community who have a genuine desire to contribute from the heart. PH2H helps:</p> <ol style="list-style-type: none"> 1. Build more loving parenting communities. 2. Deepen their capacity for healthy attachment and for being the guides and inspirers of their children. 3. Make the parenting journey more joyous. <p>These courses are experiential, helping parents to understand how their own childhood experiences can at times distort how they perceive their own children, and at other times fuel their capacity for nurturance. PH2H website: www.our-emotional-health.com</p>
<p><u>BALLINA-BYRON FAMILY DAY CARE</u></p> <p>Family Day Care Rooms 17 Brunswick Street Ballina Tel: 66867799</p>	<p>Ballina-Byron Family Day Care covers Ballina, Byron and Murwillumbah Shires.</p>	<p><u>TRAINING COURSES:</u></p> <ul style="list-style-type: none"> -18th March - CPR Refresher - Murwillumbah Civic Ctr - 6:30pm till 8:30pm - Provided By BBFDC. -23rd March - Inspiring Creativity Thru Imaginative Environments - Ballina RSL - 4pm till 6pm - Provided By CSC. -27th March - 2010 Early Childhood Aust FNC Conference - Kingscliff - 8:30am till 4:30pm - Provided By ECHA. -30th March - CPR Refresher - Ballina RSL Club - 7pm till 8pm - Provided By BBFDC. -31st March - Bldg Bridges - Aboriginal Perspectives in Chd Services - Tweed Heads - 9:30am till 3pm - Provided By Lady Gowrie Child Care. -12th April - Belonging, Being & Becoming - EYFL Framework - Ballina RSL Club - 6pm till 9pm - Provided By Semann & Slattery -3rd May - Identifying Children At Risk of Harm



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<p><u>INTERRELATE FAMILY CENTRE</u> (IFC) Byron Outreach Byron Bay District Hospital Shirley St BYRON BAY</p> <p>Phone Lismore IFC on 66214970 for all appointments.</p>	<p>Tuesdays & Fridays 9.30am to 3.30pm</p> <p>Appointments only</p> <p>Please phone for further enquiries including cost.</p>	<p>Interrelate Family Centres ó strengthening family relationships since 1926. Interrelate is a community based, not-for-profit organisation who provide personal counselling, family counselling, and relationship support programs. Please contact Lismore IFC on 66214970 to find out more information or book appointments.</p>
<p><u>INTERRELATE FAMILY CENTRE</u> <u>TRAINING COURSES</u> 143 Laurel Ave LISMORE Tel: 66214970</p> <ul style="list-style-type: none"> The courses and seminars listed here are not all available all the time, please phone 66214970 for further information on dates, times and cost. 	<p><u>COURSES</u> are run for between 3 and 8 sessions lasting 3 hours.</p> <p><u>Seminars</u> are one off sessions lasting 3 hours.</p> <p>For more information and/or registration phone: 66214970</p>	<p><u>Available Courses/Seminars:</u></p> <ol style="list-style-type: none"> Being a Dad (group) Positive Parenting (seminar) Ideas for Parenting Teens (seminar) How to talk to your kids about sex (seminar) Parents Not partners (group) Making Choices (group) Self Esteem and Communication (group) Rebuilding (group) Creating Positive Relationships (seminar) The Challenge of Disciplining your Children (seminar) Being a Grandparent (seminar) Things Are Different Now (After the birth) (seminar)
<p><u>THE FATHERHOOD PROJECT</u> Dads and Kids Play Days, Programmes for Dads in the workplace. Colin George Director Tel: 66842309 or 0438 099 073</p> <p><u>www.fatherhood.com.au</u></p>	<p>Please phone or visit website for further information.</p>	<p><u>The Fatherhood Project</u> is a not for profit community based organisation, dedicated to creating best outcomes for children, by supporting men to be engaged fathers, regardless of their family situation. We support and facilitate ongoing programmes in Bangalow, Lismore and Ballina including Expectant Fathers Programmes and Dads and Kids Playgroups and work place groups in Murwillumbah,, soon to extend to Mullumbimby.</p>
<p><u>WATER BABIES BYRON BAY</u> Contact: Meg McCubbin 0408833988 <u>mfisk101@live.com</u></p>	<p>Call or email for details</p> <p><u>Pre-Natal Yoga Classes</u> Suffolk Park please call for address Tuesday 5.30pm. & Fridays 10am.</p>	<p>Join Meg with your baby or older child in applying the techniques of learning to swim. Meg has a great many years experience in teaching parents and their kids this life-saving skill. Birth-Adult Learn to Swim workshops around the Shire. Massage available by appointment.</p>



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<p><u>BYRON SHIRE TOY LIBRARY</u> The Cabin Cnr Jonson Street & Kingsley St Byron Bay</p> <p>Tel: 0424729942 (only during Toy Library hours)</p>	<p>Open every Monday and Thursday 10am-1pm \$35 annual membership fee</p>	<p>Community run. Providing a lending service of toys and games for babies and children 0-6 years. Can borrow 2 toys per fortnight. Volunteers needed.</p>
<p><u>NORTH COAST RURAL THERAPY</u> The Spastic Centre 2B High Street, Alstonville NSW 2477 PO Box 410 Alstonville NSW 2477</p> <p>Tel: 02 6628 5976 Fax: 02 6628 3875</p> <p>www.thespasticcentre.com.au</p>	<p>Open Monday-Friday 8.30 am-5pm</p> <p>Outreach throughout the mid and far North Coast Region.</p> <ul style="list-style-type: none"> · Services offered by Physiotherapist Occupational Therapist and Speech Pathologist · Training offered in Makaton and Clicker 5 	<p>Supporting children with significant and complex needs. Offers:</p> <ul style="list-style-type: none"> • Support with home layout • Support to families & schools to help children with access & maximize participation • Ideas on recreational & leisure options • Advice on equipment & technology • Help to teenagers preparing for life after school • Assisting families and children to follow programs that will help them continue to learn new skills in mobility, communication and self care.
<p><u>NORTHERN RIVERS IN HOME CARE</u> Contact: Coordinator Lyn King</p> <p>Tel: 66216437 Fax: 66224226</p> <p>Mob: 0437137730</p> <p>ihc@yourfamilydaycare.com.au</p>	<p>Covers Ballina & Byron Shires Childcare Benefit approved service. NFP Organisation.</p>	<p>Access to In Home Childcare (provided in the family home) for eligible families. There must be no access to existing childcare services within the family. Then one of the following criteria must apply: Parent(s) is/are shift worker(s), parent(s) have a disability/illness or a child or children with a disability/illness, parents with more than three children not yet at school, or where the family live in a rural/remote area. Contact Lyn to check on your eligibility.</p>
<p><u>“FRIENDS AS HELPERS” ANXIETY PREVENTION PROGRAM</u> Contact: Evelyn Lucas Psychologist Byron Community Health Tel: 66396612</p>	<p>Wednesdays Alternative contact: Genevieve Schnierer School Counsellor, Mullumbimby High Tel: 66842600</p>	<p>For year 7 students of Mullumbimby High school.</p>



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<p><u>Brighter Futures – CONC & Community Services</u> A Regional Early Intervention Program CONC outlets include Mullumbimby, Lismore, Pottsville, Nimbin, Lismore, Evans Head, Ballina, and Grafton. <u>Please call 66824334</u></p> <p>Community Services Brighter Futures local Ballina office: Tel 66861999</p> <p>Brighter Futures Helpline: 132111</p>	<p>Please call the Brighter Futures help line or the advertised office numbers for further information.</p>	<p><u>Target Group</u> The Brighter Futures Program is for families who are expecting a child or who have children 9 years and under. Priority of access will be given to families with children 3 years and under. Brighter Futures aims to achieve three major outcomes for families:</p> <ul style="list-style-type: none"> • Promotion of Healthy development in children • Promotion of strong functional and well supported families • Reduction and prevention of child abuse and neglect in participating families
<p><u>EARLYSTART DIAGNOSIS SUPPORT SERVICE</u></p> <p>Northcott Disability Services</p> <p>99 Tamar Street PO Box 30 Ballina NSW 2478</p> <p>Tel: 66863822 for any enquiries</p>	<p>Services are available to families with a child up to 6 years, who have a concern about their child's development.</p> <p>This includes:</p> <ul style="list-style-type: none"> ▪ Families who have a child with a recently diagnosed disability, ▪ Families who have a child with an identified delay and are in the process of obtaining a diagnosis, ▪ Families who have a concern about their child's development and are seeking support. <p>In exceptional circumstances, services may be offered to families with a child up to 8 years of age.</p>	<p>Northcott EarlyStart Diagnosis Support Service is an innovative program that provides short-term support for families who have a concern about their child's development.</p> <p>A Family Support Worker will provide information and assist families to access mainstream and disability specific services within their local area.</p> <p>Referrals can be made by;</p> <ul style="list-style-type: none"> ▪ The family ▪ Anyone who has the family's approval to refer.



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