



CALENDAR OF CHILD & FAMILY EVENTS BALLINA SHIRE

September 2011 - February 2012



| ACTIVITY / GROUP | DATES & TIME | DESCRIPTION |
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| <p><u>ABORIGINAL MATERNAL & INFANT HEALTH</u> Ballina Community Health Centre Cnr of Fox & Cherry St, Ballina</p> <p>Contact: Catherine Helps (Midwife) Aboriginal Health</p> <p>Tel: 66868977</p> | <p>Please phone Catherine for all enquiries</p> | <p>Co-ordination of services between health care providers for Antenatal care including: Ante-natal education & information, referral to appropriate follow-up services, post-natal care, support for parents in learning to care for & meet the needs of their jarjums.</p> <p>Providing culturally appropriate follow up services. Promoting the health & well being for newborn infants & families. Outreach as needed.</p> |
| <p><u>ADHC COMMUNITY SUPPORT TEAM</u> Ageing, Disability & Home Care, Family and Community Services 2/45 River St Ballina</p> <p>Tel: 1300364563 Fax: 66181650</p> | <p>Monday to Friday 8:30am-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.</p> | <p>The Community Support Team is a service which provides Information & support to people with an intellectual disability aged from 0 to 65 years, and their carers. There are many types of disabilities and many different services, professionals, government and non-government agencies that may be able to help you. A Community Support Team member could help and support you to identify and meet your child's needs and goals, and support you in your caring role, by listening and talking with you.</p> <p>Services can be requested by contacting the Information, Referral and Intake Centre. They will talk with you about what your needs are and how we can help you. Community Support Team consists of Case Managers, Speech Pathologist, Occupational Therapist, Physiotherapist, Psychologist, Behaviour Support Practitioner and Local Support Coordinator.</p> <p>The Local Support Coordinator (LSC) can provide services to all people with a disability. LSC is a personal, flexible service that aims to increase the connections between people with disabilities, their families and the community. LSC assists people with disabilities to determine their own needs and to identify the supports that will make a difference to their lives.</p> |

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| <p>ABILITY INCORPORATED ADVOCACY SERVICE Manager: Doug Hollingworth 3/106 Main Street, Alstonville (Cnr Green and Main Streets)</p> <p>Phone: 02 66288188 Toll Free: 1800 657 961 admin@abilityincorporated.org.au</p> <p>Tweed Region: Angela Collins Phone: 02 66726119 tweed@abilityincorporated.org.au</p> <p>Clarence Valley: Hajar Ismail Phone: 02 66458135 clarencevalley@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.</p> <p>Services include: Self advocacy and individual advocacy; Group advocacy; Advocacy workshops; and Transitional training.</p> |
| <p>AUDIOMETRY CLINIC Ballina Community Health Centre Cnr of Fox & Cherry Street, Ballina Contact: Anne McDonald Tel: 66868977</p> | <p>Appointments only – please ring for an appointment</p> | <p>Assess the hearing of children 3-18 years of age. Doctors referral not necessary but welcome.</p> |
| <p>AUTISM SPECTRUM AUSTRALIA – ASPECT 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>Centre open 5 days a week from</p> <p>Office Hours: Mon – 9.30 – 4pm Tues - 9.30 – 4pm Wed – 9.30 – 4pm Thurs – 9.30 – 4pm Fri – 9.30 – 3pm</p> <p>Region: Lismore, Ballina, Byron, Tweed, Richmond Valley, Clarence Valley</p> <p>Please phone ASPECT for further information on Autism specific training opportunities, workshops and parent support meetings.</p> <p>Recipe For Success - Free Course. No childcare. Check website for Course Dates / Venues and Registration</p> | <p>ASPECT offers: Resource centre providing information and support, including linking families with services. Referrals to</p> <ul style="list-style-type: none"> ➤ Fahcsia funded HCWA Speech Pathology, Home Based, School and Behaviour Support Programs ➤ Building Blocks- Early Intervention Program (centre based & home based) ➤ Behaviour Support Service ➤ Itinerant Diagnostic Service ➤ Early Childhood Development Program – provides screening for Autism in children 12 months to 5 years and follow up intervention for families with a child identified “at risk” of autism by screening tools. ➤ Autism Support Officer – Phone for appointment ➤ Parent Support Meetings – last Friday of the month at 10am to 11.30am. ➤ Autism Advisor – Ph: 1300 978611 ➤ Autism Information Line – 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> |

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| <p><u>BALLINA BYRON EARLY YEARS PROGRAM (BBFC)</u> 64 Crane St, 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 or service provider accepted</p> <p>Covers both the Ballina & Byron Shires</p> <p>Free service</p> | <p>Early Years is a short term program for parents/carers with child/ren aged five and under. A family worker offers:</p> <ul style="list-style-type: none"> ➤ Home or office visits ➤ New ways of coping with the challenges of parenting ➤ Builds on skills parents already have ➤ Improve parent - child interactions ➤ Parenting courses eg. P5, PPP & 123 Magic |
| <p><u>BALLINA BYRON FAMILY CENTRE (BBFC) - SUPPORTED PLAYGROUP</u> 64 Crane St, Ballina.</p> <p>Tel: 66864109 <u>www.bbfc.com.au</u></p> | <p>Every Tuesday (Except Public and School Holidays) 9.30am to 11.30am *Weather permitting.</p> <p>Free service</p> | <p>Parents & Carers are invited to a morning of fun & play with their child(ren). An opportunity to share ideas, and for kids to play and socialise. A facilitated playgroup which can increase social networks, identify strengths, access additional info on child development so parents / carers can grow in confidence. 0 to 5yrs</p> |
| <p><u>BALLINA BYRON FAMILY DAY CARE</u> Family Day Care Rooms 17 Brunswick Street Ballina</p> <p>Tel: 66867799 <u>www.fdcballinabyron.com.au</u></p> | <p>Monday to Thursday 9:00am till 4:30pm Friday 9:00am till 4:00pm</p> <p>An answering machine is available outside of these hours and parents and carers are encouraged to leave a message relating to any aspects of care</p> | <p>Ballina Byron Family Day Care is a non for profit, community based, quality accredited child care service that offers high quality care for children up to 12 years of age in a small group setting in the home of selected registered educators homes.</p> <p>Our educators provide a safe nurturing home environment to help promote the physical, social and emotional development of children in their care, whilst enabling them to play, learn and develop close relationships with their educator and other children.</p> <p>Our Vision aims to support, empower and respect all families, educators and staff, promoting partnerships to provide quality care for our children – our future.</p> |
| <p><u>BALLINA BYRON FAMILY SUPPORT SERVICE (BBFSS)</u> (BBFSS) 64 Crane St, 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</p> <p>Free service Covers both the Ballina & Byron Shires.</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> |

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| <p><u>BALLINA TOY LIBRARY</u> Regatta Ave Ballina Tel: Anne on 6686 0275 or Mob: 0411 719074 for further information</p> | <p>Saturday 10am to 1pm Tuesday 11am to 1pm Wednesday 11am to 1pm Life Membership \$10 plus \$10 per month for hire.</p> <p>Community run service</p> | <p>Community run service providing toys and games for babies and children aged 0 to 6 years. Toy hire up to 3 items per fortnight. *After hours toy hire by appointment only for Tues, Weds & Fridays</p> <p>NEW: Party hire, pickup Friday drop back Tuesday (\$1 per item)</p> |
| <p><u>BEFORE SCHOOL SCREENING</u> Ballina Community Health Centre Cnr of Fox & Cherry Street, Ballina Contact: Anne McDonald</p> <p>Tel: 66868977</p> | <p>Appointments only – please ring for an appointment</p> | <p>Weight, height, hearing, vision and developmental screening of children starting school in 2012, where parents/carers/ preschool teachers have concerns regarding development.</p> <p>Aboriginal Children are encouraged to attend.</p> <p>Children should be 4 ½ years and above to attend screening.</p> |
| <p><u>BIALA SPECIAL SCHOOL</u> Biala Support Services Incorporated</p> <p>78 Fox St Ballina PO Box 1279 Ballina NSW 2478</p> <p>school@biala.org.au www.biala.org.au</p> <p>Tel: 66863395 for any enquiries</p> | <p>Biala has students from Brunswick Heads, Mullumbimby, Byron Bay, Lismore, Woodburn & Ballina areas.</p> <p>Students at Biala may be eligible for travel assistance through the Assistive School Travel Program, NSW Department of Education and Training. are able to apply taxi transportation through the NSW DET Special Transport Services.</p> | <p>Biala is an independent 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-Kindergarten (4yrs) through to school exit into Post School Options Programs.</p> |
| <p><u>BRIGHTER FUTURES – CONC & DoCS</u> A regional Early Intervention Program</p> <p>Consortium of Neighbourhood Centres (CONC) CONC BFNC outlets are located at Grafton, Evans Head/Ballina, Lismore, Nimbin, Mullumbimby, Pottsville Tel: 66824334</p> <p>Community Services Local Ballina office Tel: 66861999</p> <p>Brighter Futures Help Line Tel: 132111</p> | <p>Please call the Brighter Futures help line or the advertised office numbers for further information.</p> | <p>Target Group The Brighter Futures Program is for families who are expecting a child / or families who have children nine years of age or under. Priority of access is for families with children from 0-3 years of age.</p> <p>Brighter Future aims to achieve three major outcomes for participating 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. |

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| <p><u>CEREBRAL PALSY ALLIANCE – LIFE POINTS</u> 2B High Street, Alstonville NSW 2477</p> <p>PO Box 410 Alstonville NSW 2477</p> <p>Tel: 02 6628 5976 Fax: 02 6628 3875</p> <p>www.cerebralpalsy.org.au</p> | <p>Open Monday-Friday 8.30am-4pm</p> <p>Outreach throughout the mid and far North Coast Region.</p> <p>Therapy Services offered by Physiotherapist Occupational Therapist and Speech Pathologist</p> | <p>Supporting children with significant and complex needs. Offers:</p> <ul style="list-style-type: none"> ➤ Support in the home environment, school and the community ➤ Support to families & schools to help children with access & maximise participation ➤ Ideas on recreational & leisure options ➤ Advice on equipment & technology ➤ Help children and teenagers prepare for life transitions (eg preschool, school, employment) ➤ Assisting families and children to follow programs that will help them continue to learn new skills in mobility, communication, self care and participation. |
| <p><u>CHILD & FAMILY EARLY CHILDHOOD CLINIC (ALSTONVILLE)</u> Alstonville Community Health Centre Green St Alstonville</p> <p>Tel: 66283901</p> | <p>Clinic hours and home visits:</p> <p>Tuesday to Thursday 8.30 to 5pm</p> <p>Appointment only.</p> | <p>Monitor growth and development of babies / Children 0-5 years of age. Support for parents in learning to care for and meet the needs of their children. Address women's health issues.</p> |
| <p><u>CHILD & FAMILY EARLY CHILDHOOD CLINIC (LENNOX HEAD)</u> Lennox Community Centre, Cnr. Mackney & Park Lane, Lennox Head</p> <p>Tel: 66868977</p> | <p>Mondays</p> <p>Appointments only – please ring for an appointment</p> | <p>Monitor growth and development of babies / Children 0-5 years of age. Support for parents in learning to care for and meet the needs of their children. Address women's health issues.</p> |
| <p><u>CHILD & FAMILY EARLY CHILDHOOD CLINIC (BALLINA)</u> Ballina Community Health Centre Cnr Fox & Cherry St, Ballina</p> <p>Tel: 66868977</p> | <p>Clinic Open: Monday 9.30am - Noon Friday 9am – Noon Appointments Only: Mon 2pm – 4pm Wed 9am – Noon & 2pm – 4pm Thurs 9am – Noon & 2pm – 4pm</p> | <p>Monitor growth and development of babies / children 0-5 years of age. Support for parents in learning to care for and meet the needs of their children. Address women's health issues.</p> |

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| <p><u>CHILD & FAMILY THERAPIST CLINIC</u> Ballina Community Health Centre Cnr Fox & Cherry St, Ballina</p> <p>Tel: 66868977</p> | <p>Appointments only – please ring for an appointment</p> <p><i>NO REGULAR CABBAGE TREE ISLAND CLINIC</i></p> | <p>Developmental assessment clinic for children 0-5 years with priority given to children 0-3 years.</p> <p>Run by Physiotherapist, Occupational Therapist & Speech Pathologist.</p> <p>Referral required from Community Nurse, Paediatrician, General Practitioner or self referral.</p> |
| <p><u>CHILDRENS STORYTIME” @ LIBRARY</u> Ballina Library Tel: 02 66861277 Alstonville Library Tel: 02 66285527 Lennox Head Library Tel: 02 66285527 www.rtrl.nsw.gov.au</p> <p><u>HSC Resource Kit:</u> available at your Library Gain assistance with booklists, online databases, resource guides and help with the new hsc.</p> <p><u>YourTutor:</u> Helps school age children (Year 4 to Year 12) with their homework, available on our website.</p> | <p>Ballina Library Storytime – Every Tuesday and Friday at 10.30am</p> <p>Alstonville Library Storytime- Every Tuesday at 11am (Alstonville Leisure and Entertainment Centre)</p> <p>Lennox Head Library Storytime – Every Thursday 10.30am (Lennox Hd Community Centre Crn Park Lane Mackney Lane)</p> <p>10 Minutes a day Baby Bounce Fun Time: – Ballina Library 4 Week program, 1 day a week for 20 minutes.</p> | <p>Check the library website www.rtrl.nsw.gov.au for school holiday activity times.</p> <p>Toddlers, Mum, Dad, grandparents and carers are welcome to attend the storytime sessions and enjoy a simple theme based craft activity</p> <p>10 Minutes a day Baby Bounce Fun Time: Join a fun group, encouraging to sing nursery rhymes & songs 10 minutes to your baby a day.</p> |
| <p><u>COUNSELLING SERVICE (BALLINA SHIRE)</u> Ballina Community Health Centre Cnr Fox & Cherry St, Ballina</p> <p>Tel: 66868977</p> | <p>Monday-Friday</p> <p>Appointments only – please ring for an appointment</p> <p>Phone 66868977 for all enquiries.</p> | <p>Free counselling service for parents, children, grandparents, families.</p> <p>Referral not required.</p> |
| <p><u>DAY STAY SERVICE</u> Northern Rivers Family Care Centre 45 McKenzie Street Lismore NSW 2480</p> <p>Tel: 66228705 for further information Fax: 66218246</p> <p>Email: familycarecentre@nrgpn.org.au</p> | <p>Outreach with Child & Family Health Nurses & Social Worker</p> <p>1st Monday of each month at Ballina. Please phone to confirm dates.</p> <p>Referrals from Child & Family Health Nurse or General Practitioners.</p> <p>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 <p>Please phone for more information and appointments.</p> |

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| <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 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>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.</p> <p>The service supports programs for children in early childhood settings and transition to school.</p> <p>1. Transition to school information sessions are for parents of children with disabilities who are transitioning to school in 2012. They explain what the process involves, as well as which services and supports can be accessed through the Dept. Education & Training.</p> |
| <p>EARLY INTERVENTION - BALLINA Auspiced by Rainbow Children's Centre Inc. 4 John Sharpe St East Ballina 2478 Contact: Sue Farmer</p> <p>66866889 (Early Intervention) 66866621 (Rainbow Children's Centre Inc.)</p> | <p>Monday to Friday 8.30am – 4.30pm School Terms only</p> <p>All staff work part-time hours.</p> <p>Special Educators only available during school terms.</p> | <p>Ballina Early Intervention is a support service for families of young children aged between 0 to 6, who have a disability, delay in their development or are at risk of delay in two or more areas of development.</p> <p>A flexible program is provided for each child in consultation with the family in order to address their individual needs.</p> <p>The service consists mainly of group sessions at the Centre in Ballina. Visits to the child's early childhood setting and some home visits are provided.</p> <p>Social activities for families, transition to school program as well as workshops for parents and childcare workers on a number of topics are conducted during the year.</p> <p>Referrals to BEI may be made from parents/carers, paediatricians, preschools/day care staff, community health centres etc.</p> |
| <p>FELLA'S FAMILY PROJECT (BBFC) 115 Tamar Street Ballina (Next door to Centrelink) Tel: 66811036 / 66864109</p> <p>The FFP is a program of the Ballina Byron Family Centre www.bbfc.com.au fellasproject@bbfc.com.au youthsupport@bbfc.com.au</p> | <p>Self referral or referral from a family member/ friend/service provider accepted.</p> <p>Covers both the Ballina & Byron Shires</p> <p>Please phone for further information</p> <p>Free Service</p> | <p>The male family worker supports fathers and expectant fathers through home visiting, parenting programs, advocacy, information & referrals.</p> <p>The support worker supports boys aged 11 to 16 years through one to one support, individual and group programs, and links to community activities.</p> |

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| <p><u>FINANCIAL COUNSELLING</u> Lismore & District Financial Counselling Service <u>VENUE:</u> Ballina Care Centre, Tamar St Ballina</p> <p>Tel: 66222171</p> <p>www.financialcounselling.org.au</p> | <p>Every 3rd Monday.</p> <p>For dates and times please phone the Financial Counselling Service.</p> <p>By appointment only.</p> | <p>Free and confidential information, advice and advocacy for those people experiencing financial difficulty.</p> |
| <p><u>HEARTFELT HOUSE</u> PO Box 904 Alstonville NSW 2477 Tel: 02 6628 8940</p> <p>heartfelthouse@westnet.com.au www.heartfelthouse.org.au</p> | <p>Office hours: Tuesday, Wednesday, Thursday 9am to 3 pm</p> <p>Please phone for further enquiries or contact us via our e-mail or webpage</p> | <p>Heartfelt House- providing Heartstrength to Adult Survivors of Childhood Sexual Abuse:</p> <p>We offer an 18- week group program 'Taking the First Steps' for adult survivors of childhood sexual abuse.</p> <p>In November 2011 three seminars will be facilitated to increase support for adult survivors and the people close to them, as well as to educate about the tactics perpetrators use to gain and maintain access to children. They will be presented on Thursday evenings:</p> <ul style="list-style-type: none"> ➤ for partners and spouses of adult survivors of childhood sexual abuse: 3.11.2011 ➤ for non- offending parents and carers of adult survivors of childhood sexual abuse: 10.11.2011 ➤ for members of the wider community:17.11.2011 |
| <p><u>IMMUNISATION CLINIC – ALSTONVILLE</u> Alstonville Community Health Centre Green St Alstonville</p> <p>Tel: 66283901</p> | <p>The 3rd Tuesday of the month, 1.30pm to 4pm.</p> <p>Appointment only.</p> | <p>Free immunisation clinic Please bring Medicare card and Personal Health Record/Blue Book or equivalent.</p> |
| <p><u>IMMUNISATION CLINICS – BALLINA ONLY</u> Ballina Community Health Centre Cnr Fox & Cherry Streets, Ballina</p> <p>Tel: 66868977 Enquiries to Anne McDonald</p> <p>Appointments only.</p> | <p><u>Ballina</u> 2nd Tuesday 10.00am – 12mid 4th Tuesday 10.00am -12mid At the “Solarium” Ballina Hospital</p> <p><u>2011 Immunisation Dates:</u> September 13th & 27th October 11th & 25th November 8th & 22nd December 13th</p> | <p>Free immunisation clinic</p> <p>Please bring Medicare card and Personal Health Record/Blue Book or equivalent</p> |

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| <p><u>INTERRELATE FAMILY CENTRE</u> (IFC) Counselling Ballina Outreach</p> <p>Ballina Community Centre Cnr Bangalow Road & Moon Street Ballina Phone Lismore IFC on 66232750 for all appointments.</p> | <p>Wednesdays 9.00am to 3.30pm</p> <p>Appointments only</p> <p>Please phone for further enquiries including cost.</p> | <p>Interrelate Family Centres – strengthening family relationships since 1926.</p> <p>Interrelate is a community based, not-for-profit organisation who provide personal counselling, family/relationship counselling, and relationship support programs.</p> <p>Please contact Lismore IFC on 66232750 to find out more information or book appointments</p> |
| <p><u>INTERRELATE FAMILY RELATIONSHIP CENTRE</u> (FRC) Family Mediation Ballina Outreach</p> <p>Ballina Community Centre Cnr Bangalow Road & Moon Street Ballina 2478</p> <p>Phone Lismore FRC on 66227003 for all appointments</p> | <p>Wednesday's 9am to 4pm. Friday's 9am to 4pm</p> <p>Appointments only</p> <p>Free service</p> | <p>Interrelate Family Relationship Centre provides assistance to families to;</p> <ul style="list-style-type: none"> ➤ Strengthen family relationships ➤ Assist families stay together ➤ Assist families through separation <p>FRC provides information; referrals and individual assessments as well as Family Dispute Resolution (FDR) to assist families to draft their own parenting plan. As part of our FDR process we run Building Connections 3 hour workshop (free in Lismore) and offer a child focused service delivery. Please contact Lismore FRC on 6622 7003 to find out more information or book appointments.</p> |
| <p><u>INTERRELATE FAMILY CENTRE EDUCATION AND TRAINING COURSES</u> 5 Market Street LISMORE Tel: 66232750</p> <p>The courses and seminars listed here are not all available all the time, please phone 66232750 for further information on dates, times and cost.</p> | <p>COURSES are run for between 3 and 8 sessions lasting 3 hours.</p> <p>SEMINARS are one off sessions lasting 3 hours.</p> <p>Discounts available for couples or family bookings.</p> <p>For more information and/or registration phone: 66232750</p> | <p><u>Available Courses/Seminars:</u></p> <ol style="list-style-type: none"> 1. Step-parenting (Course) 2. Being a Dad (Course) 3. Positive Parenting (seminar) 4. Ideas for Parenting Teens (seminar) 5. 4.How to talk to your kids about sex (seminar) 6. Parents Not partners (Course) 7. Making Choices (Course) 8. Self Esteem and Communication (Course) 9. Rebuilding (Course) 10. Creating Positive Relationships (seminar) 11. The Challenge of Disciplining your Children (seminar) 12. Being a Grandparent (seminar) 13. Becoming a Parent (Course) |

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| <p><u>LEGAL AID OUTREACH SERVICE</u> At Ballina Courthouse River Street Ballina</p> <p>Tel: 6621 2082</p> | <p>Civil Advice: Every 2nd Tuesday 9.30am – 1.30pm</p> <p>Family Law Advice: Every 2nd and 4th Wednesday 9.20am – 12noon</p> <p>Appointments only</p> | <p>Free advice from a Solicitor on Family Law matters.</p> |
| <p><u>mainly music - ALSTONVILLE</u> Uniting Church Hall Cnr Bugden Avenue and Main Street Alstonville</p> <p>Tel: Mary 66280222 or Ruth 6628 0033 (Church Office Tuesday-Friday 9am-12.30pm)</p> | <p>Fridays 10am to 12 noon (Except Public and School Holidays) Morning tea provided</p> <p>Cost: \$5.00 per family</p> | <p>Young children and their parents/caregivers join together for a fun, thirty five minute music session, then afterwards enjoy morning tea in a relaxed setting while children play.</p> <p>It is an activity for children from birth to school age.</p> |
| <p><u>mainly music @ The Salvation Army</u> 73 Tamar St, Ballina</p> <p>Tel: 66865538 –Captain Gai Cathcart</p> | <p>Tuesdays & Fridays (Except Public and School Holidays) 9.30am to 11am Morning tea provided</p> <p>Cost: \$5.00 per family</p> | <p>A fun interactive music session for pre-schoolers and their parents/caregivers.</p> <p>Each session runs for 30 minutes of music followed by morning tea & snacks provided for the children and adults, and parent supervised playtime for the children.</p> |
| <p><u>MUMS PROGRAM</u> <u>(MUMS USING SUBSTANCES)</u> Riverlands Detox Unit Cr Hunter & Uralba St Lismore</p> <p>Contact Mandy Carpenter on 66207600 for further information.</p> | <p>9am-4pm weekdays</p> <p>Offers support to clients from Lismore, Ballina & Byron Shires</p> <p>Free service</p> | <p>MUMS is a service for pregnant woman who are in methadone treatment or who use alcohol & other drugs.</p> <p>This program is not about making judgments about drug use.</p> <p>MUMS aim is to help women reduce any harm that may occur to both themselves and their baby during pregnancy and after birth.</p> |
| <p><u>NORTHCOTT DISABILITY SERVICES</u> Earlystart Diagnosis Support Service 99 Tamar Street PO Box 30 Ballina NSW 2478</p> <p>Tel: 66206600 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. 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. | <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>Family Support service aim at assisting people with disabilities and their families from early diagnosis to adulthood. This is provided via case management and in home and community support, which</p> |

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| | <ul style="list-style-type: none"> ➤ Families who have a concern about their child's development and are seeking support. ➤ Family Support Service assisting with support from early diagnosis to adulthood ➤ Aboriginal specific intensive family support | <p>assists the individuals and families to access generic and specialist community resources.</p> <p>Aboriginal specific intensive family support for those experiencing crisis, as well as group programs for individuals, parents/carers and siblings.</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. |
| <p><u>NORTHERN RIVERS IN HOME CARE</u> Contact: Coordinator Lyn King</p> <p>Tel: 66216437 Fax: 66224226 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.</p> <p>There must be no access to existing childcare services for the family or the family circumstances mean that an existing service can't meet their needs.</p> <p>Then one of the following criteria must apply:</p> <ul style="list-style-type: none"> ➤ Parent(s) work out of normal working hours or ➤ Parent(s) have a disability/illness or have ➤ a child with a disability/illness, ➤ Parents with more than three children not yet at school, or ➤ the family live in a rural/remote area. <p>Other instances may be considered. Contact Lyn to check on your eligibility.</p> |
| <p><u>PAEDIATRIC DIABETES SPECIALIST CLINICS</u> Northern NSW Local Health District Diabetes Educators:</p> <p>Ballina Shire – Wendy Livingstone 66868977 Byron Shire – Jenny Timperley 66841677</p> | <p>Outreach clinics held at Ballina Community Health and are 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.</p> <p>Specialist Doctors from the Children's Westmead Hospital, Sydney, and John Hunter Hospital, Newcastle will assess children who have diabetes on Wednesday 4th May & Tuesday 1st November 2011.</p> |

| ACTIVITY / GROUP | DATES & TIME | DESCRIPTION |
|---|--|--|
| <p>PLAYGROUP Playgroup Association Inc.</p> <p>1. Ballina Little Pelicans, Playgroup House - Childrens Centre, 9 Regatta Avenue, Ballina Phone: 1800 171 882</p> <p>2. Wardell Sugarbabes, Community Centre, 9 Sinclair St, Wardell Phone: 1800 171 882</p> <p>3. Tintenbar Playgroup, Tintenbar Hall, Tintenbar</p> | <p>Days & Times:</p> <ol style="list-style-type: none"> Tues, Wed & Fri 9.30am Monday 10am-12 noon Thurs 9.30-11.30 (2nd & 4th each month) <p>Cost: Annual membership fee, small weekly fee, first two visits free.</p> | <p>Children 0-6 yrs welcome, but must be accompanied by parent/carer. Parent-run. Focus on sharing ideas by parents, and a fun place for kids to play and learn.</p> <p>Range of toys and activities.</p> <p><i>There maybe some new playgroups that have recently started in your local area or you may like to start a new playgroup. For further information please contact Playgroup NSW on 1800 171 882 or email admin@playgroupnsw.com.au</i></p> <p>Check our website www.playgroupnsw.com.au</p> |
| <p>PLAYGROUP - BALLINA BYRON FAMILY CENTRE (BBFC) - SUPPORTED PLAYGROUP 64 Crane St, Ballina.</p> <p>Tel: 66864109 www.bbfc.com.au</p> | <p>Every Tuesday (Except Public and School Holidays) 9.30am to 11.30am *Weather permitting.</p> <p>Free service</p> | <p>Parents & Carers are invited to a morning of fun & play with their child(ren). An opportunity to share ideas, and for kids to play and socialise. A facilitated playgroup which can increase social networks, identify strengths, access additional info on child development so parents / carers can grow in confidence. 0 to 5yrs</p> |
| <p>PLAYGROUP - JARJUM PLAYGROUP Bunjum Aboriginal Co operative 44 Tamar Street Ballina Contact Delta</p> <p>Tel: 6686 5644</p> | <p>Every Tuesday 10am – 12.30pm Transport available.</p> <p>Jarjum Playgroup is a free service for the ATSI community in the Ballina Shire.</p> <p>Meet friends over a cuppa while your jarjum learns through play.</p> <p>Free Service</p> | <p>Bunjum Families NSW</p> <p>Providing support to our Aboriginal & TSI families in the Ballina Byron Shire, with young children aged 0 - 8 years.</p> <p>Experienced early years worker can assist with;</p> <ul style="list-style-type: none"> ➤ Referrals & advocacy ➤ Parenting support & info ➤ Triple P parenting programs ➤ Info on ATSI programs & cultural events |
| <p>PLAYGROUP- LENNOX HEAD Lennox Head Community Centre Lennox Head Contact: Anna Tel: 0434 355 133</p> <p>As session times are subject to change. Please check with Playgroup NSW 1800 171 882 before attending.</p> | <p>Tuesdays 10am-12midday (General session)</p> <p>Wednesdays 9.30am-12midday (Mums & Bubs –under 2's)</p> <p>Cost: Annual membership fee of \$39 which allows you to attend any playgroup within NSW plus \$3 per session fee. First two visits free.</p> | <p>The Lennox Head Playgroup is a place where parents/carers and children (0 to 6 yrs) can come together in a relaxed and friendly environment. Playgroup gives children an opportunity to play, make friends and develop skills, all while having fun. Playgroup also provides parents/carers with an opportunity to meet other parents, make friends and share experiences/ideas. For families new to the area, it is a great place to become part of the Lennox Head community.</p> |

| ACTIVITY / GROUP | DATES & TIME | DESCRIPTION |
|--|---|--|
| <p><u>PLAYGROUP – “MOPS”</u> <u>(MOTHERS OF PRE-SCHOOLERS)</u> Alstonville Baptist Fellowship 108 Wardell Rd Alstonville</p> <p>Tel: 6628 5387</p> | <p>Group runs every alternate Friday . 2/9, 16/9, 14/10, 28/10, 11/11, 25/11, 9/12, 3/12, 17/2 Operates during school term.</p> <p>9.15am to 11.30am. Cost is \$5 per meeting or \$20 per term.</p> <p>(No cost for children)</p> | <p>Mums enjoy time out whilst their children are cared for in our MOPPETS program. Mums indulge in yummy morning tea, listen to a speaker, discuss topical issues and get creative with a craft or life skill activity.</p> <p>Children in MOPPETS enjoy playtime, crafts, stories, music and games. Morning tea is provided for Children. 0 to 5 years.</p> |
| <p><u>PLAYGROUP -“PLAYTIME”</u> <u>PRESBYTERIAN CHURCH</u> Cm Cherry St & Crane Street Ballina</p> <p>Tel: 66862083 www.ballinachurch.org.au</p> | <p>Each Thursday of the school term 10am to 11.30am</p> <p>All Welcome</p> | <p>PlayTime is for Pre Schoolers and their carers. They meet in the Church Hall.</p> <p>Youth Group (Fuel) Every Friday in school term 7.30pm-9.30pm</p> |
| <p><u>PLAYGROUP - ST BART’S ANGLICAN CHURCH</u> <u>“PLAY PLACE”</u> St Bartholomews 8 The Avenue Alstonville</p> <p>Tel: Barb Campey 66283089</p> | <p>Each Thursday of the school term 9.30am to 11.30am</p> <p>Cost: \$3.00 per family</p> | <p>Programmed for children 0 to 5 years and their parents/carers. Activities include: Free play, singing, stories, music and craft.</p> <p>Please bring children’s own morning tea. Coffee, tea & biscuits supplied for the parents/carers.</p> |
| <p><u>PLAYGROUP- TINTENBAR</u> Tintenbar Hall Tintenbar Road Contact: Donna Ph 6687 8181</p> <p>As session times are subject to change. Please check with Playgroup NSW 1800 171 882 before attending.</p> | <p>Thursdays (2nd & 4th of each month) 9:30-11:30</p> <p>Cost: Annual membership fee of \$39 which allows you to attend any playgroup within NSW plus \$3 per session fee.</p> <p>First two visits free.</p> | <p>The Tintenbar Playgroup is a place where parents/carers and children (0 to 6 yrs) can come together in a relaxed and friendly environment.</p> <p>Playgroup gives children an opportunity to play, make friends and develop skills, all while having fun.</p> <p>Playgroup also provides parents/carers with an opportunity to meet other parents, make friends and share experiences/ideas. For families new to the area, it is a great place to become part of the Tintenbar community.</p> |

| ACTIVITY / GROUP | DATES & TIME | DESCRIPTION |
|---|--|---|
| <p><u>PLAYGROUP – YOUNG MUMS GROUP</u> BDCSA house 32 Swift Street Ballina Contact person: Delta @ Bunjum</p> <p>Tel: 6686 5644</p> <p>Bunjum Families NSW & BDCSA in partnership</p> | <p>Every Monday 10am – 1pm Transport available.</p> <p>Free Service</p> | <p>Share, support and most importantly socialise in a safe place. Topics and discussions are directed by the group. Informal visits by health professionals about child's health & development. Bring something to share.</p> |
| <p><u>PRAM WALKING GROUP - BALLINA (BBFC)</u> <u>"The Walkie Talkies"</u> C/o Ballina Byron Family Centre 64 Crane Street Ballina</p> <p>Tel: 02 6686 4109</p> | <p>Monday mornings 9.45am. Meldrum Park Crn Fox & Norton Street Ballina</p> <p>Free service</p> | <p>A social group for parents to meet other parents in the Ballina area.</p> <p>Wear comfortable shoes and a hat. Bring water and morning tea for the park.</p> |
| <p><u>PREGNANCY & BEYOND</u> Pre/Post NatalYoga 3 Bentick Street Ballina</p> <p>Tel: 6681 6816 (leave message)</p> | <p>Thursdays 1.30-3.00pm Pre/post natal yoga.</p> <p>Facilitated by Clara Poletto: Yoga Teacher</p> <p>Cost: \$15</p> | <p>Pre natal yoga - Aim of the class is to provide women with a positive, joyful & safe space to focus on their pregnancy with other women. Empowering women for the birth experience through yoga and to nurture a support network. Post natal yoga to help you nurture yourself through the journey of motherhood. Babies welcome.</p> |
| <p><u>PREPARATION FOR PARENTHOOD CLASSES 2011</u> Ballina Community Health Cnr Fox & Cherry Street, Ballina</p> <p>Please phone Ann Church for further information</p> <p>Tel: 66868977</p> | <p>Appointments only - please ring to book in for classes.</p> <p>6 Sessions on Tuesday nights from 5pm to 7pm in the Solarium Ballina Hospital/Ballina Community Health Centre. A reunion class is also held once all babies are born.</p> <p>12th July to 16th August 30th August to 4th October 18th October to 22nd November</p> | <p>Education groups for prospective parents. Increase your knowledge about the birthing process, caring for your baby and parenthood in general.</p> <p>Expecting mothers preferred to commence classes from 28.30 weeks gestation (approx 7½ months)</p> <p>No charge for classes</p> |

| ACTIVITY / GROUP | DATES & TIME | DESCRIPTION |
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| <p><u>RECONNECT- Getting it Together</u> 115 Tamar Street Ballina</p> <p>Ph: 66864366</p> <p>Reconnect and GIT are funded by the Northern Rivers Social Dev Council</p> <p>www.nrsdc.org.au</p> | <p>Please phone between Monday to Wednesday for further information.</p> <p>This is a free service</p> | <p>Reconnect assists young people who are homeless and those at risk of homelessness to become more involved with their family through mediation, counseling and support for the whole family. Getting it Together</p> <p>Getting it Together provides support to 12-18 yo with alcohol and / or other drug misuse or abuse issues.</p> |
| <p><u>RICHMOND TWEED INCLUSION SUPPORT AGENCY</u> Ballina District Community Services Association (BDCSA) 20 Bangalow Road Ballina</p> <p>Contact: Jo McIntyre, Liz Mudge, Sally Lang or Jennifer Baxter</p> <p>Tel: 66867776 or 1300 872 281</p> <p>www.bdcsa.org</p> | <p>Monday to Friday 8.30am to 4.30pm</p> | <p>Assists eligible Child Care Services to build their capacity to create an inclusive environment for all children including children with additional needs.</p> |
| <p><u>RIDING FOR DISABLED ASSOCIATION NSW (RDA)</u> Ballina and District Centre The Mitchell Centre 75 North Teven Road North Teven</p> <p>Tel: 66878580 Fax: 66867580</p> | <p>Days of operation Tuesday 9am-1pm Wednesday 9am-2pm Thurs 9am-1pm Saturday 9am-1pm (school terms)</p> | <p>RDA is a volunteer organisation providing equine assisted activities to people with disabilities to develop and enhance abilities.</p> <p>*RDA is always looking for volunteers.</p> |

| ACTIVITY / GROUP | DATES & TIME | DESCRIPTION |
|--|---|---|
| <p><u>SCHOOL CARE-BEFORE & AFTER SCHOOL CARE</u> <u>(East Ballina)</u> Rainbow Children's Centre Inc. 4 John Sharpe St East Ballina</p> <p>Enquiries: please contact Jan, Leo or Leonie on 6686 6621</p> | <p>Operates in School term from Rainbow Childrens Centre</p> <p><u>Before School Care:</u> 7.10am – 9.00am. <i>Suitable for Southern Cross School children only.</i> Cost: \$8 per day less CCB of up to \$6 per day.</p> <p><u>After School Care:</u> 3.00pm - 6.20 pm. Cost: \$21 per day less CCB of up to \$14 per day.</p> <p>Enrolment by contacting or visiting the Centre</p> | <p><u>Before School Care:</u> Centre based care at Rainbow. Quiet indoor and outdoor activities with children walked across to Southern Cross school.</p> <p><u>After School Care:</u> Centre based care at Rainbow separate from long day care. Includes afternoon tea, indoor and outdoor activities. School buses bring children to East Ballina from Lennox, and central Ballina areas.</p> |
| <p><u>SCHOOL CARE - VACATION CARE</u> <u>(East Ballina)</u> Rainbow Children's Centre Inc. 4 John Sharpe St East Ballina</p> <p>Enquiries: please contact Jan, Leo or Leonie on 66866621</p> | <p>Operates in School Holidays form Rainbow Childrens Centre . Hours 8am – 6pm Cost: \$45 per day less CCB of up to \$35 per day.</p> <p>Bookings – register at Rainbow to go on the mailing list. Preference given to working parents.</p> | <p>Program of activities for primary school aged children including Indoor and outdoor organised and/or informal games and activities, excursions, art/craft & theme days.</p> |
| <p><u>SCHOOL CARE - AFTER SCHOOL CARE</u> <u>(Lennox Head)</u> Rainbow Children's Centre Inc. 4 John Sharpe St East Ballina</p> <p>Enquiries: please contact Jan, Leo or Leonie on 6686 6621 or Megan on 66874827 3pm-6pm</p> | <p>Operates in School term from Lennox Head Public School 3.00pm - 6.00 pm. Cost: \$21 per day less CCB of up to \$14 per day.</p> <p>Enrolment by contacting or visiting the Centre</p> | <p>Care provided within a room at the school.</p> <p>Includes afternoon tea, indoor and outdoor activities.</p> <p>School buses also bring children to Lennox from Skennars Head areas and other bus links may be available for other schools.</p> |
| <p><u>SCHOOL CARE - VACATION CARE</u> <u>(Lennox Head)</u> Rainbow Children's Centre Inc. 4 John Sharpe St East Ballina</p> <p>Enquiries: please contact Jan, Leo or Leonie on 66866621 or Megan on 66874827 during operating hours</p> | <p>Operates in School Holidays from the old Canteen Lennox Head Public School. Hours 8am – 6pm</p> <p>Cost: \$45 per day less CCB of up to \$35 per day.</p> <p>Bookings – register at Rainbow to go on the mailing list. Preference given to working parents.</p> | <p>Program of activities for primary school aged children including Indoor and outdoor organised and/or informal games and activities, excursions, art/craft & theme days.</p> |

| ACTIVITY / GROUP | DATES & TIME | DESCRIPTION |
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| <p><u>SCHOOL CARE - AFTER SCHOOL CARE (Wollongbar / Alstonville)</u> Rainbow Region Kids Lismore Neighbourhood Centre</p> <p>Tel: 0447211835 Tel: 02 66 217397</p> | <p>Operates in school term 3pm – 6pm</p> <p>Phone for enquiries or enrol online at www.Inci.org.au Email: kids@Inci.org.au</p> | <p>Centre based care at Wollongbar Primary School. Includes indoor and outdoor activities in a safe and creative environment.</p> <p>Northern Rivers Bus Lines operates a school bus from Alstonville Public School and St. Joseph's School to the Wollongbar Public School After-School Care venue –</p> <p>Bus 34 (Mouse).</p> |
| <p><u>SCHOOL CARE - VACATION CARE Wollongbar / Alstonville</u> Rainbow Region Kids Lismore Neighbourhood Centre</p> <p>Tel: 0447211835 Tel: 02 66 217397</p> | <p>Operates during school holidays 8am – 6pm</p> <p>Phone for enquiries or enrol online at www.Inci.org.au Email: kids@Inci.org.au</p> | <p>Centre based care at Wollongbar Primary School. Care for primary school aged children in a safe and creative environment.</p> <p>Indoor activities, excursions & theme days.</p> |
| <p><u>OUTSIDE SCHOOL HOURS CARE FOR TEENAGERS WITH DISABILITY PROGRAM. (FORMERLY ESP)</u> Ballina District Community Services Association (BDCSA) 20 Bangalow Road Ballina</p> <p>Tel: 6686 7776 or 1300 872 281 www.bdcsa.org</p> <p>Contact: Jo McIntyre (Manager), Ann Jellick, Lisa Barbour, Kate Higgins, Damien Watson (Client Coordinators).</p> | <p>Monday to Friday 8.30am – 4.30pm</p> | <p>Centre Based care for young people aged 12-18 years with disability. This service operates After School Care and Vacation Care in Ballina.</p> <p>Young people are encouraged to develop to their full potential within a safe, caring and supportive environment.</p> <p>Child Care Benefit (CCB) approved.</p> |
| <p><u>THE FATHERHOOD PROJECT</u> Building Better Dads: The Expectant and New Fathers Program Manager Darren Mattock</p> <p>Tel: 6621 4839 or 0429 023 610</p> <p>www.fatherhood.com.au</p> | <p>Please phone or visit website for further information.</p> | <p>The Fatherhood Project is a not for profit community based organisation that aims for every father to be actively and positively engaged in their children's lives.</p> <p>The Fatherhood Project is dedicated to building healthy communities by enriching the lives of fathers, their children and their families.</p> <p>We support mothers and fathers as earners and carers. We support and facilitate ongoing programs in Bangalow, Lismore and Ballina including the Expectant Fathers Program.</p> |

| ACTIVITY / GROUP | DATES & TIME | DESCRIPTION |
|---|--|---|
| <p><u>THE STRONGER FAMILIES PROJECT</u> <u>BALLINA BYRON CHILDRENS</u> <u>DOMESTIC VIOLENCE PROGRAM</u> Ballina Byron Family Centre 64 Crane Street Ballina www.bbfc.com.au</p> <p>Contact: Lisa Gray</p> <p>Tel: 02 66864109</p> | <p>1. Sandplay & Creative Expression.</p> <p>2. Children's Domestic Violence group (After school during school terms).</p> | <p>The support worker aims to assist children who have experienced domestic violence. Appointments are encouraged for individual or group sessions</p> <p>1. Sandplay & Art Therapy sessions for children who have experienced domestic violence.</p> <p>2. Support group for children 8 to 11 years, who have experienced domestic violence. The group enhances self esteem, communication skills, problem solving and protective behaviours. Each child is individually assessed prior to the group.</p> |
| <p><u>THE STRONGER FAMILIES PROJECT</u> <u>BALLINA BYRON WOMEN'S DOMESTIC</u> <u>VIOLENCE PROGRAM</u> Ballina Byron Family Centre 64 Crane Street Ballina www.bbfc.com.au</p> <p>Contact: Kassa Bird dvworker@bbfc.com.au Tel: 02 66864109</p> | <p>Monday to Thursday 9am – 4pm</p> <p>A free and confidential service.</p> <p>Self-referrals welcome.</p> <p>Covers both Ballina/Byron Shires.</p> | <p>Services include:</p> <ul style="list-style-type: none"> ➤ Individual counselling for women ➤ Domestic Violence Support groups for women ➤ Workshops for mothers and female carers ➤ Advocacy and court support where required |
| <p><u>TWIN & MULTIPLE BIRTHS SUPPORT GROUP</u> Meet at The House With No Steps Alstonville Contact: Angela Email: available4ang@hotmail.com Mobile: 0438 963026</p> | <p>1st Thursday of every month 9.30am to 11.30am</p> | <p>Parents and expectant parents & Carers of twins or multiples meet for a cuppa in a relaxed environment with like minded people.</p> <p>Meet in the park, unless there is rain; then meet up at the cafe</p> |
| <p><u>UNCLE</u> "Helping boys become men" Byron Bay www.uncle.org.au</p> <p>Tel: 66808582</p> | <p>1-3 activities per month (Call or email for dates)</p> <p>Covers both the Ballina & Byron Shires.</p> | <p>Uncle recruits, screens, trains and supports adult male mentors to spend time with boys age 6 - 12 yrs.</p> <p>Uncle organises and facilitates activities where men and boys interact, learn, play and work together.</p> |

Please note that the information contained in this Calendar appears as given by each program or group. Families NSW cannot vouchsafe any claims made by them.