### Allied Health

**Term 4 2014**

160 Portrush Road, Trinity Gardens (enter via Devitt Ave)

**Director:** Rowena Tennant  
**CDC:** Cathy Tomaselli  
**Phone:** 8333 2557  
Cathy mob: 0458 185 891  
http://www.trinitygardenscc.sa.edu.au/

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| **Health first**  
**Peri Natal Wellbeing**  
Weekly in the Consulting Room  
9.00am- 4.30pm  
Would you like to see a Clinician for assistance?  
You can bring your partner, children and other support people to the sessions.  
There is no cost for the service.  
Provisional referrals can be made by your Obstetrician, midwife or Child and Family (CaFHS) Nurse but you will also need to visit your GP for a Mental Health Treatment Plan to access this service for free.  
The plan will need to be faxed to Health first Network on 8243 0489  
For further information contact Health first Network on 8243 0481 | **CAMHL**  
**Child Wellbeing Service**  
Fortnightly in the Consulting Room  
8.30am- 4.30pm  
Are you worried about your child’s behaviour or emotional state?  
Would you like your child to see a Clinician for assistance?  
Children and their families can access up to 12 sessions in a calendar year.  
There is no cost for the service.  
Sessions will be conducted at the Trinity Gardens Children’s Centre  
Provisional referrals can be made by various health and school professionals but you will also need to visit your GP for a GP Child Health Treatment Plan.  
The plan will need to be faxed to GP partners Australia on 8227 2220.  
For further information, contact GP partners Australia on 8112 1100 or speak to your child’s teacher. | **My Time**  
**Weekly in the Consulting Room**  
9.30am- 11.30pm  
Share ideas and experiences with other parents who understand the rewards and intensity of caring for a child with a disability or chronic medical conditions.  
- Meet other parents like you  
- Socialise, have fun and hear from others  
- Find out about available community support  
Enquiries and bookings:  
Silvana: 0488 151 789  
For more information call 1800 889 997 or www.mytime.net.au | **Midwife Clinic**  
**Weekly in the Consulting Room**  
Coming soon.  
Having a Baby at the Women’s And Children’s Hospital?  
Antenatal appointments (pregnancy check-ups) with experienced Women’s and Children’s midwives are now available in your community.  
Enjoy the ease of a local appointment.  
Trinity Gardens Children’s Centre offers:  
Breastfeeding and parenting information  
A family friendly community setting  
Free parking or easy access from public transport  
Playgroups, parenting support programs and child health care programs  
Children’s Centres bring together care, health, community development activities and services for families and young children.  
Contact the pregnancy SA Referral line on 1300 368 820 or speak with the Children’s Centre staff.  
www.childrenscentres.sa.gov.au/antenatal | **Sunshine Paediatrics**  
**Fortnightly in the Consulting Room**  
9.00am- 3.00pm  
We are redesigning General Paediatric Care to meet your needs.  
We bulk bill all children who are Medicare eligible.  
We will work with your child’s school/kindergarten or childcare as needed.  
Trinity Gardens Children’s Centre is pleased to assist families in the region by hosting a General Paediatrician on site.  
Contact:  
Dr Kathy Lee  
General Paediatrician  
Ph: 8261 4875 or email www.drkathylee.com.au | **Early Parenting Group**  
(5 week program)  
1:30pm – 3:30pm  
Community Room  
By Referral  
Facilitated by Child and Family Health Service staff (CaFHS) | **Australian Breastfeeding Association(ABA)**  
Office attended  
Tuesday to Friday 10am – 2pm  
Phone: 8333 3276 | **Unley/Burnside ABA**  
**Group Meeting**  
4th Friday of each month  
11.30am - 1.30pm  
Community Room  
All parents and parents to be welcome  
Contact:  
Trish Pepper  
Ph: 8272 0148 |

Please check the availability of programmes, most run during the school term. For all Enquiries and Booking please contact: 8333 2557