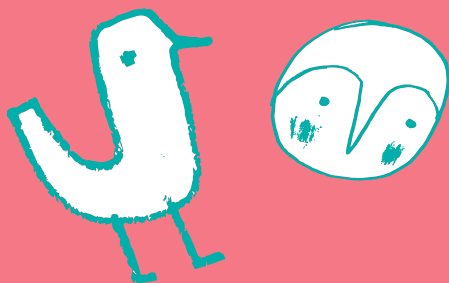


2020



# FAMILY PROGRAM



GLEN EIRA  
CITY COUNCIL



Bentleigh, Bentleigh East, Brighton East, Carnegie,  
Caulfield, Elsternwick, Gardenvale, Glen Huntly,  
McKinnon, Murrumbeena, Ormond, St Kilda East.

# Breastfeeding support

For further information, contact maternal and child health administration on 9524 3403.



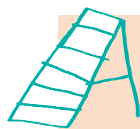
## February

- SAT 1** **Glen Eira Dads' Group**  
Glen Huntly Maternal and Child Health Centre, 9.30am–11.30am
- TUE 4** **Magical mealtimes**  
Caulfield Maternal and Child Health Centre, 10am–11am
- FRI 7** **Play Spot Playgroup**  
Carnegie Multipurpose Room — Carnegie, 9.30am–11.30am
- TUE 11** **Settling in**  
Glen Huntly Maternal and Child Health Centre, 2pm–3pm
- WED 12** **Paediatric first aid and resuscitation**  
Glen Eira Town Hall — Caulfield Cup Room, 7pm–9pm
- FRI 14** **2+ Connect Playgroup**  
Glen Huntly Maternal and Child Health Centre, 9.30am–11.30am
- SUN 16** **Party in the Park**  
Princes Park, corner of Hawthorn and Bambra Roads, Caulfield South 10am–4pm
- TUE 25** **Food in the first 12 months**  
Glen Huntly Maternal and Child Health Centre, 2pm–3pm
- THU 27** **Glen Eira Dads' Group**  
Glen Huntly Maternal and Child Health Centre, 9.30am–11.30am



## March

- MON 2** **Child and infant CPR workshop**  
Glen Eira Sports and Aquatic Centre (GESAC), 1.30pm–3.30pm
- SAT 7** **Glen Eira Dads' Group**  
Glen Huntly Maternal and Child Health Centre, 9.30am–11.30am
- TUE 10** **Settling in talk**  
Glen Huntly Maternal and Child Health Centre, 2pm–3pm
- FRI 13** **2+ Connect Playgroup**  
Glen Huntly Maternal and Child Health Centre, 9.30am–11.30am
- SUN 15** **Party in the Park**  
Bentleigh Hodgson Reserve, Bentleigh, 10am–4pm
- THU 26** **Glen Eira Dads' Group**  
Glen Huntly Maternal and Child Health Centre, 9.30am–11.30am
- THU 26** **Food in the first 12 months**  
Glen Huntly Maternal and Child Health Centre, 2pm–3pm
- SAT 28** **Earth Hour movie screening — The Lorax**  
Glen Eira Town Hall — Theatrette, 2pm–4.15pm, \$5



## April

**FRI 3** **2+ Connect Playgroup**  
Glen Huntly Maternal and Child Health Centre, 9.30am–11.30am

**TUE 14** **Settling in**  
Glen Huntly Maternal and Child Health Centre, 2pm–3pm

**MON 27** **Food in the first 12 months**  
Bentleigh Maternal and Child Health Centre, 2pm–3pm

**THU 30** **Glen Eira Dads' Group**  
Glen Huntly Maternal and Child Health Centre, 9.30am–11.30am



## May

**SAT 2** **Glen Eira Dads' Group**  
Glen Huntly Maternal and Child Health Centre, 9.30am–11.30am

**TUE 5** **Magical mealtimes**  
Caulfeld Maternal and Child Health Centre, 10am–11am

**FRI 8** **2+ Connect Playgroup**  
Glen Huntly Maternal and Child Health Centre, 9.30am–11.30am

**TUE 12** **Settling in talk**  
Glen Huntly Maternal and Child Health Centre, 2pm–3pm

**FRI 15** **Paediatric first aid and resuscitation (parents and bubs session)**  
Moorleigh Community Village — Community Room  
9.30am–12.30pm

**TUE 26** **Food in the first 12 months**  
Glen Huntly Maternal and Child Health Centre, 2pm–3pm

**FRI 29** **Play Spot Playgroup**  
Carnegie Multipurpose Room — Carnegie, 9.30am–11.30am



## June

**TUE 9** **Settling in talk**  
Glen Huntly Maternal and Child Health Centre, 2pm–3pm

**FRI 12** **2+ Connect Playgroup**  
Glen Huntly Maternal and Child Health Centre, 9.30am–11.30am

**SAT 13** **Glen Eira Dads' Group**  
Glen Huntly Maternal and Child Health Centre, 9.30am–11.30am

**MON 15** **Child and infant CPR workshop**  
Glen Eira Sports and Aquatic Centre (GESAC), 1.30pm–3.30pm

**THU 25** **Glen Eira Dads' Group**  
Glen Huntly Maternal and Child Health Centre, 9.30am–11.30am

**MON 29** **Food in the first 12 months**  
Bentleigh Maternal and Child Health Centre, 2pm–3pm



## July

**FRI 10** **2+ Connect Playgroup**  
Glen Huntly Maternal and Child Health Centre, 9.30am–11.30am

**TUE 14** **Settling in talk**  
Glen Huntly Maternal and Child Health Centre, 2pm–3pm

**THU 30** **Glen Eira Dads' Group**  
Glen Huntly Maternal and Child Health Centre, 9.30am–11.30am

**THU 30** **Food in the first 12 months**  
Glen Huntly Maternal and Child Health Centre, 2pm–3pm



# August

- SAT 1** **Glen Eira Dads' Group**  
Glen Huntly Maternal and Child Health Centre, 2pm–3pm
- TUE 11** **Settling in talk**  
Glen Huntly Maternal and Child Health Centre, 2pm–3pm
- WED 12** **School readiness — transition to school**  
Glen Eira Town Hall — Caulfield Cup Room, 7pm–8.30pm
- FRI 14** **2+ Connect Playgroup**  
Glen Huntly Maternal and Child Health Centre, 9.30am–11.30am
- TUE 18** **Magical mealtimes**  
Caulfield Maternal and Child Health Centre, 10am–11am
- WED 19** **Paediatric first aid and resuscitation**  
Glen Eira Town Hall — Caulfield Cup Room, 7pm–9pm
- THU 27** **Glen Eira Dads' Group**  
Glen Huntly Maternal and Child Health Centre, 9.30am–11.30am
- FRI 28** **Play Spot Playgroup**  
Carnegie Multipurpose Room — Carnegie, 9.30am–11.30am
- MON 31** **Food in the first 12 months**  
Bentleigh Maternal and Child Health Centre, 2pm–3pm



# September

- SAT 5** **Glen Eira Dads' Group**  
Glen Huntly Maternal and Child Health Centre, 9.30am–11.30am
- TUE 8** **Settling in talk**  
Glen Huntly Maternal and Child Health Centre, 2pm–3pm
- FRI 11** **2+ Connect Playgroup**  
Glen Huntly Maternal and Child Health Centre, 9.30am–11.30am
- MON 14** **Child and infant CPR workshop**  
Glen Eira Sports and Aquatic Centre (GESAC), 1.30pm–3.30pm
- THU 24** **Glen Eira Dads' Group**  
Glen Huntly Maternal and Child Health Centre, 9.30am–11.30am
- TUE 29** **Food in the first 12 months**  
Glen Huntly Maternal and Child Health Centre, 2pm–3pm



# October

- SAT 3** **Glen Eira Dads' Group**  
Glen Huntly Maternal and Child Health Centre, 9.30am–11.30am
- THU 8** **Paediatric first aid and resuscitation (parents and bubs session)**  
Carnegie Multipurpose Room — Carnegie, 1.30pm–4.30pm
- FRI 9** **2+ Connect Playgroup**  
Glen Huntly Maternal and Child Health Centre, 9.30am–11.30am
- TUE 13** **Settling in**  
Glen Huntly Maternal and Child Health Centre, 2pm–3pm
- THU 29** **Food in the first 12 months**  
Bentleigh Maternal and Child Health Centre, 2pm–3pm



# November

- SAT 7** **Glen Eira Dads' Group**  
Glen Huntly Maternal and Child Health Centre, 9.30am–11.30am
- TUE 10** **Magical mealtimes**  
Caulfield Maternal and Child Health Centre, 10am–11am
- TUE 10** **Settling in**  
Glen Huntly Maternal and Child Health Centre, 2pm–3pm
- FRI 13** **2+ Connect Playgroup**  
Glen Huntly Maternal and Child Health Centre, 9.30am–11.30am
- TUE 24** **Food in the first 12 months**  
Glen Huntly Maternal and Child Health Centre, 2pm–3pm
- THU 26** **Glen Eira Dads' Group**  
Glen Huntly Maternal and Child Health Centre, 9.30am–11.30am



# December

- MON 7** **Child and infant CPR workshop**  
Glen Eira Sports and Aquatic Centre (GESAC), 1.30pm–3.30pm
- TUE 8** **Settling in talk**  
Glen Huntly Maternal and Child Health Centre, 2pm–3pm
- FRI 11** **2+ Connect Playgroup**  
Glen Huntly Maternal and Child Health Centre, 9.30am–11.30am
- SAT 12** **Glen Eira Dads' Group**  
Glen Huntly Maternal and Child Health Centre, 9.30am–11.30am
- MON 14** **Food in the first 12 months**  
Bentleigh Maternal and Child Health Centre, 2pm–3pm
- THU 17** **Glen Eira Dads' Group**  
Glen Huntly Maternal and Child Health Centre, 9.30am–11.30am

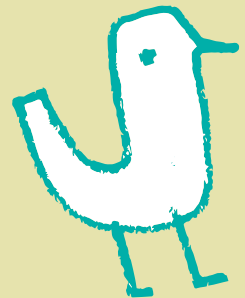
## Public holidays

Mon 27 January	Australia Day Holiday
Mon 9 March	Labour Day
Fri 10 April	Good Friday
Mon 13 April	Easter Monday
Sat 25 April	ANZAC Day
Mon 8 June	Queen's Birthday
Fri 25 September	AFL Grand Final Friday
Tue 3 November	Melbourne Cup Day
Fri 25 December	Christmas Day
Sat 26 December	Boxing Day
Mon 28 December	Boxing Day Holiday

For further information on all listed calendar sessions and to book, visit

[www.gleneira.vic.gov.au/familyevents](http://www.gleneira.vic.gov.au/familyevents)

All information stated in this calendar is correct at time of printing.



# KEY EVENT INFORMATION

## Food in the first 12 months

Glen Eira City Council in partnership with Connect Health and Community and Caulfield Community Health Services is providing free information sessions about food in the first 12 months.

A maternal and child health nurse and dietitian will discuss the latest guidelines about infant feeding. "Introducing solid food at around six months is necessary to meet the infant's increasing nutritional and developmental needs." *NMHRC Eat for Health: Infant Feeding Guidelines 2013*.

Bookings essential. To book, visit [www.gleneira.vic.gov.au/mchtalks](http://www.gleneira.vic.gov.au/mchtalks)  
For further information, contact maternal and child health administration on 9524 3403.

## Magical mealtimes

Do you want to make mealtimes more magical for your child? Learn more about:

- general nutrition for your toddler;
- how to manage fussy eaters; and
- how to manage your child's weight.

Presented by Caulfield Community Health Paediatric Dietitian Pip Keatinge.  
10am–11am, Caulfield Maternal and Child Health Centre, corner Glen Eira and Hawthorn Roads, Caulfield. Free. Bookings essential. For further information or to book, visit [www.gleneira.vic.gov.au/mchtalks](http://www.gleneira.vic.gov.au/mchtalks) or contact maternal and child health administration on 9524 3403.

## Child and infant CPR workshop

This is an opportunity for parents and carers of infants and toddlers to attend a session on resuscitation (CPR) for babies. In this session, you will learn about CPR; unconsciousness; choking; fevers; and seizures.

1.30pm–3.30pm. GESAC, 200 East Boundary Road, Bentleigh East. Cost \$30 per person. Bookings essential. To book or for any further enquiries, please email [training@geleisure.com.au](mailto:training@geleisure.com.au) or call 9575 7150.

## Breastfeeding support for Glen Eira families

Telephone and home consultations are available by appointment only. Contact your maternal and child health nurse for a referral.

## Settling in — parent education talk

Glen Eira City Council's Maternal and Child Health Service provides an information session focusing on the first month with your baby. Topics include:

- understanding your baby;
- sleep, crying and feeding patterns; and
- settling strategies.

Everyone in the family is welcome to attend. 2pm, Glen Huntly Maternal and Child Health Centre, corner Royal and Rosedale Avenues, Glen Huntly. Free.

Bookings essential. To book, visit [www.gleneira.vic.gov.au/mchtalks](http://www.gleneira.vic.gov.au/mchtalks)

For further information, contact maternal and child health administration on 9524 3403.

## 2+ Connect Playgroup

Do you have more than one child and are looking to connect with other families in the City of Glen Eira? Come and join in this opportunity to socialise with other parents and be supported and informed of local community agencies, services and programs.

9.30am–11.30am, Glen Huntly Maternal and Child Health Centre, corner Royal and Rosedale Avenues, Glen Huntly. Free facilitated playgroup. Bookings essential.

For further information or to book, contact maternal and child health administration on 9524 3403 or speak with your maternal and child health nurse.

## Glen Eira Dads' Group

This is an opportunity to spend time with your child and meet other dads in a relaxed setting. Drop-in and enjoy the fun and activities. Once a month on Thursday and Saturday. Glen Huntly Maternal and Child Health Centre, Corner Royal and Rosedale Avenues, Glen Huntly. Free facilitated playgroup.

## Glen Eira City Council

Corner Glen Eira and Hawthorn Roads  
Caulfield

Mail address: PO Box 42, Caulfield South, 3162

Phone: (03) 9524 3333

Fax: (03) 9523 0339

mail@gleneira.vic.gov.au

www.gleneira.vic.gov.au

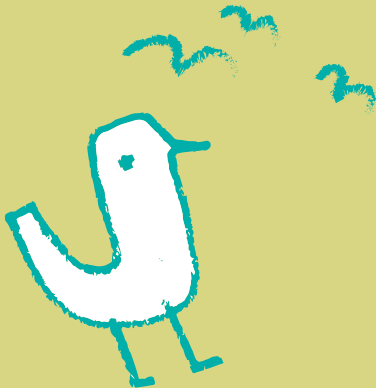
## National Relay Service

If you are deaf, hearing-impaired, or speech-impaired, we ask that you call us via the National Relay Service and then ask for (03) 9524 3333

Online: <https://internet-relay.nrscall.gov.au>

Teletypewriter (TTY): 13 36 77

Speak and Listen: 1300 555 727



## Event locations

**Carnegie Children's Multipurpose Room**  
Carnegie Library and Community Centre  
3 Shepparson Avenue, Carnegie

**Glen Eira Sports and Aquatic Centre (GESAC)**  
200 East Boundary Road, Bentleigh East

**Glen Eira Town Hall**  
Auditorium, Caulfield Cup Room and Theatrette  
Corner Glen Eira and Hawthorn Roads, Caulfield

**Princes Park**  
Hawthorn Road, Caulfield South

**Moorleigh Community Village**  
Community Room  
90–92 Bignell Road, Bentleigh East

## Maternal and Child Health centre locations

**Bentleigh Maternal and Child Health Centre**  
542 Centre Road, Bentleigh

**Caulfield Maternal and Child Health Centre**  
Corner Glen Eira and Hawthorn Roads, Caulfield

**Elsternwick Maternal and Child Health Centre**  
274–276 Glen Eira Road, Elsternwick

**Glen Huntly Maternal and Child Health Centre**  
Corner Royal and Rosedale Avenues, Glen Huntly

**McKinnon Maternal and Child Health Centre**  
186 McKinnon Road, McKinnon

**Moorleigh Community Village Maternal and Child Health Centre**  
92 Bignell Road, Bentleigh East

**Murrumbeena Maternal and Child Health Centre**  
107 Murrumbeena Road, Murrumbeena

 /GlenEiraCityCouncil

 /GlenEiraMaternalandChildHealth

 @cityofgleneira

