

Term 1 - Starting Wednesday - 8th February

ANGLICARESA

SUPPORT

Acorn 2017



Parent-Infant Attachment Groups

Acorn groups provide an opportunity for Mothers who have diagnosed mental health difficulties to come together and be supported in their relationship with their child/ren aged birth to three years.

The Acorn group is structured to strengthen the relationship between parent and child through experiences of Dance - Play and some dedicated parent - only time for reflection through Journaling.

Dance – Play

Mother and child are supported to participate together in structured play, music and movement activities especially designed to assist relationship and connection. The emphasis is on supporting the child's exploration of the world and managing their feelings through relationships.

Journaling

The journaling component provides Mothers with an opportunity to reflect on, explore and discover their parenting strengths and struggles through creative writing, art and collage.

In 2015 Acorn groups will be held at various locations across Greater Adelaide. There is also a group specifically for Aboriginal families called 'Sacred Little Ones'.

If you would like:

- More information about the Acorn or Sacred Little Ones groups
- To make a referral into the Acorn or Sacred Little Ones groups
- To volunteer as a member of the Acorn or Sacred Little Ones support teams



Please contact the Acorn Coordinator at
AnglicareSA 08 8131 3485 or
email acorn@anglicaresa.com.au



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