



CENTRE STAKEHOLDERS

U3A Frankston

University of the Third Age runs various classes for retirees and seniors over 55. Connect with like minded people and expand your knowledge and skills in areas such as languages, history, arts, guitar and more.

For more information contact their office on Monday to Friday, 10am – 1pm

Call: 9770 1042 or visit www.u3af.org.au

Karingal PLACE Kindergarten

Kinder operates Monday to Friday 8.30am - 1.30pm for 3 year and 4 year old groups.

All Kindergarten enquiries are managed through Council. Call 1300 322 322 or visit www.frankston.vic.gov.au for more information.

Youth Hangouts at Karingal PLACE

A free social group run by Youth Services for young people aged 12 – 24 looking to connect and make new friends. Activities include cooking and basketball. Thursdays, 3pm – 5pm. For more information call Youth Central on 9768 1366 or Cal on 0488 599 249

Library Services / Story Time

Karingal PLACE is an outreach branch of Frankston City Library. We have an extensive children's and junior readers range, as well as adult fiction. You can find something of interest for all family members to read. Other library services available onsite include joining, borrowing, returning and reservation pick ups. Services available between Monday – Friday, 9am – 5pm.

Story Time: Wednesdays 9.30am (during school term)



Building Frankston's Future

Karingal PLACE Neighbourhood Centre

Program Brochure Term 1, 2025

A : 103 Ashleigh Avenue, Frankston

E : karingalplace@frankston.vic.gov.au

P : 8786 6650

www.facebook.com/KaringalPLACE

[@karingalplaceneighbourhoodctr](https://www.instagram.com/karingalplaceneighbourhoodctr)

Karingal PLACE Neighbourhood Centre

UPCOMING EVENTS

CENTRE STAKEHOLDERS

Maternal and Child Health service

Frankston City's MCH service promotes the health and wellbeing of children from birth to 6 years of age. Our MCH practitioners provide screening, advice and support on your child's growth, development and health needs. All essential bookings are made via Council's booking line: 9784 1756.

Immunisation session

Immunisation sessions are held at the centre on the second Tuesday and fourth Monday of each month. All essential bookings are made via Council's booking line 9784 1756 or online through <https://www.frankston.vic.gov.au>

Eligibility:

- children between zero and five years of age
- pregnant women
- catch-up immunisation (for anyone who has missed vaccines in Australia or born overseas)
- additional recommended vaccines are available for purchase

Parent Education Sessions

Frankston City Council provides information and support for parents and cares of children from birth to six years of age. These sessions are run by experience Parent Educators in a relaxed and informative way.

- Infant massage: 0 - 6 months
- Food for babies: infant 3 months
- Food for babies: infant 6 months
- Food for babies: infant 9 months
- Food for babies: infant 12 months
- Toddler behaviour: 18 month - 3 years
- Sleep and settling newborns: 0 - 4 months
- Sleep and settling babies: 5 - 12 months

To meet the needs of Families', a selection of dates are offered. All essential bookings are made via Council's booking line: 9784 1756.

Baby Make 3

Frankston City's MCH service promotes Baby Makes 3 which is a fantastic program targeting new parents, gender equality, respectful relationships, and positive role modelling in the context of the family unit.

All essential bookings are made via Council's booking line: 9784 1756.

FEBRUARY

26

Paediatric First Aid

Learn invaluable infant and child CPR and choking skills with KidzAid Australia. A must for every parent and care giver.

Cost: \$35 per person, limited places
Contact centre at 8786 6650

Facilitated by Kidzaid
7:00 PM - 9:00 PM

Hosted by Karingal PLACE
Neighbourhood Centre

MARCH

6

Free Hearing Checks

Hearing Australia will be providing FREE hearing tests for adults at Karingal. Results are provided at the time of consultation and bookings are essential.

Cost: FREE, book at the reception or call us on 8786 6650

Facilitated by Hearing Australia
10:00 AM - 12:00 PM

Hosted by Karingal PLACE
Neighbourhood Centre

MARCH

18 + 25



Realign workshops

Join Emma, a motherhood and career coach with 15 years experience in HR and recruiting, for a relaxed and inclusive two part workshop, focusing on preparing for return to work after parental leave.

Part 1: Realign with Yourself

Part2: Realign with Work

Cost: \$10 per session, \$15 for both
limited places, Contact centre at 8786 6650

1:30 PM - 2:30 PM

Hosted by Karingal PLACE
Neighbourhood Centre

MARCH

26

Intro to Cricut workshop

Discover the magic of Cricut crafting in our two-hour introductory session. You will learn:

- How to set up and use your Cricut machine
- Explore design options and software basics
- Create your own labels and tote bag

Cost: \$20/session - all project materials included
limited places, Contact centre at 8786 6650

7:00 PM - 9:00 PM

Hosted by Karingal PLACE
Neighbourhood Centre



Intro to Cricut Workshop



Discover the magic of Cricut crafting in our two hour introductory workshop.

Whether you're a beginner or looking to sharpen your skills, our friendly, hands on Intro to Cricut class will guide you through everything you need to get started!

You'll Learn:

- How to set up and use your Cricut machine
- Explore design options and software basics
- Create your own labels and tote bag to take home

Date: Wednesday 26 March 2025

Time: 7.00 pm - 9.00 pm

Cost: \$20.00 - all project materials included

Location

Karingal PLACE Neighbourhood Centre
103 Ashleigh Avenue, Frankston



Book via the QR code
For more information call us at the
Centre on (03) 8786 6650



Realign: Finding balance between work and family life

Are you at a career crossroads; returning to work or considering a career change?
Do you feel stuck or overwhelmed juggling family and work commitments?

Join Emma, a motherhood and career coach, for two relaxed workshops to discover how you can align your values and family priorities to your work life and career goals.

Part 1 - Realign with Yourself

Emma will support & guide you through steps on how to connect with who and where you are in this moment, identifying your personal values and new priorities in both your home and working life.

Part 2 - Realign with Work

Emma will equip you with tools and tips to ensure a return from leave or career change or other changes to your work life are as seamless as possible. This will include resume suggestions, interview question prompts and support with setting boundaries in the workplace.

Children are welcome to attend. Afternoon Tea provided.
For more information contact us on 8786 6650 or book via the QR code

Date

Tues 18 & 25 March
1.30pm – 2.30pm

Location

Karingal PLACE
103 Ashleigh Ave Frankston

Cost

\$10.00 for one session
or \$15.00 for both sessions
Booking required, via QR below



CENTRE ACTIVITIES

<p>MON</p>	<p>Men's Group Connect with other men and enjoy a friendly, relaxed conversation. Open to new members, all are welcome. 10.00am - 12.00pm Community Room 1 Cost: \$2.10</p>	<p>Maternal & Child Health Parent Education Sessions Contact 9784 1756 for any enquiries. 9.00am - 3.00pm Community Room 1 & 2</p>	<p>Immunisation Session (4th and 5th Mondays) Bookings essential through www.frankston.vic.gov.au or 9784 1756 9.00am - 3.00pm</p>	<p>Tai Chi Improve your strength and balance through tai chi. Registrations via Dot on 0438 890 633 7.00pm - 8.00pm Community Room 1 Cost: \$5.00</p>	<p>The Pause Cafe Menopause support and understanding. 7.00pm - 8.00pm Community Room 2 Free (TBA)</p>	
<p>TUE</p>	<p>Community Playgroup Socialise, play and have fun with other local families. Open to ages 0 – 5 years old. Bookings are required as places are limited (during school term) 9.30am - 11.00am Community Room 1 \$5.20 per Family</p>	<p>Immunisation Session (2nd and 5th Tuesdays) Bookings essential through www.frankston.vic.gov.au or 9784 1756 9.00am - 3.00pm</p>	<p>Green Thumb Garden Club Tuesdays afternoon during school term Community Room 2 (TBA)</p>	<p>Mums and Bubs Pilates Equipment provided. booking required via 0414 745 594. 1.00pm - 2.00pm Community Room 1 From \$15 per class</p>		
<p>WED</p>	<p>Storytime at Karingal PLACE Wednesdays during school term 9.30am - 10.00am Community Room 1 Free</p>	<p>Frankston Craft Club Activity (once per month) Contact Brooke on 0404 380 001 6.30pm - 9.30pm Community Room 2 Cost involved</p>	<p>Chatty Café A casual social group open to all community members. Connect with other locals over a free cuppa and a chat. 10.00am - 12.00pm Karingal PLACE Foyer Gold coin donation</p>	<p>Maternal & Child Health First time parent groups Contact 9784 1756 for any enquiries. 9.00am - 3.00pm Community Room 1</p>		
<p>THU</p>	<p>Walking Group Explore the local Karingal area and connect with other residents. 9.15am - 10.15am Cost: \$3.10</p>	<p>Seated Yoga Build your core strength, balance and flexibility in a stable seated exercise program. 10.30am - 11.15am Community Room 1 Cost: \$8.30</p>	<p>Core and More A floor exercise session, focusing on strengthening your core muscles. Tea and coffee are available. 11.15am - 12.00pm Community Room 1 Cost: \$4.00</p>	<p>Cozy Creations For age 10+ who loves art, writing or crafts 10.00am - 12.00pm Community Room 2 Cost \$35 per session enquiries@pafg.org.au</p>	<p>Youth Hangout A social group run by Youth Services for young people aged 12 – 24. Contact Cal on 0488 599 249 3pm - 5pm Free</p>	<p>Pilates Yoga mats provided and all levels of fitness welcome. Bookings essential 0414 745 594 6pm - 8pm Community Room 1 From \$15 per class</p>
<p>FRI</p>	<p>Agestrong Classes (**Fully booked with a waiting list**) Available by referral through Peninsula Health. 9.15am - 11.15am Community Room 1 Cost: \$7.75</p>	<p>Maternal & Child Health First time parent groups Contact 9784 1756 for any enquiries. 9am - 3pm Community Room 1</p>	<p>Wingham Park Senior Activity Exercises Booking required, contact Jo on 0438 902 205 10.30am - 11.30am</p>			