

## Get started

You're welcome to visit us anytime during opening hours to start the conversation.

**No appointment needed.**

### Marion

**Open**

**Monday to Friday** 9 am – 5 pm

#### Address

Level 1/10 Milham St,  
Oaklands Park SA 5046

### Aldinga

**Open**

**Friday** 9 am – 5 pm

**Saturday** 9 am – 1 pm

#### Address

Pridham Blvd,  
Aldinga Beach SA 5173

## Request an appointment

If you prefer to arrange a time to come in, request an appointment:



**Online**

[sonder.net.au/kids-hubs](https://sonder.net.au/kids-hubs)



**By phone**

(08) 8209 0722



**We welcome referrals from GPs, paediatricians, schools, early childhood services, and other providers. Visit our website to make a referral.**

## Coming soon

**Northern Adelaide**

**Medicare Mental Health Kids Hub**

Opening in 2026.

## Contact us

**Email** [kidshubenquiries@sonder.net.au](mailto:kidshubenquiries@sonder.net.au)

**Fax** (08) 8209 0723

**Kids Hubs do not offer crisis or emergency support.**

For urgent support, call the Women's and Children's Hospital on (08) 8161 7000.

If it's an emergency, call 000 (triple zero) or visit your local hospital.



We acknowledge Aboriginal and Torres Strait Islander peoples as the First Peoples of Australia. We pay respect to them, their cultural and spiritual heritage, and to Elders past, present, and emerging.

We acknowledge the ongoing impact of intergenerational trauma that has occurred since colonisation and commit to truth telling as we walk alongside them towards reconciliation.

We welcome people from all cultures, faiths, backgrounds, experiences, and celebrate all identities, genders, sexes, orientations and abilities. We embrace diverse voices in our decision making to ensure we deliver inclusive services.

Southern Adelaide Medicare Mental Health Kids Hub is funded by the Australian Government, in partnership with the South Australian Government, delivered by Sonder with Kudos Services, KWY Aboriginal Corporation, and Multicultural Communities Council of SA.

**medicare**

**Mental Health Kids Hub**  
Southern Adelaide

# Free wellbeing support for children.

And their families, carers and kin.



# Supporting kids to navigate big emotions, build resilience, and find confidence within.

Kids Hubs provide free wellbeing support for children aged 0–12 and their families, carers and kin.

Whether you're wondering what's typical for your child's age, navigating family stress or facing new challenges, our team is here to walk alongside you.

- > A safe place to ask questions where conversations are confidential.
- > No appointment needed.
- > No need for a diagnosis or referral.
- > Interpreters are available for language support.

## What do we offer?



### Discovery sessions

Understand your child's needs and plan the next steps.



### Counselling and therapy

Individualised support for you and your child, focused on your family's needs and goals.



### Allied health services

Speech pathology, occupational therapy and behavioural support.



### Support for parents, carers and kin

Peer support to build stronger resilience and nurture positive family relationships.



### Help to find the right services

We'll help you to connect with other health, community and education services.



### Group activities

Educational and social play sessions. Talk to us about upcoming activities.



## Care that respects your family, culture and identity

Our team brings lived experience, community knowledge and cultural expertise.

We're committed to creating a safe space where families of all abilities, shapes and sizes, feel respected and understood.

- > Culturally safe care for Aboriginal and Torres Strait Islander families.
- > Inclusive care for families from multicultural backgrounds.