

Monday 22 October

Ngala's Sleep like a baby (0-12mths)

Discuss sleep patterns, feeding and changes

Venue: Newman Hospital

Time: 10.00 am -12.00pm

RSVP: 9175 8380

Ngala's Parenting Line

Have your parenting questions answered

Venue: The Beach Indoor Play Centre

Time: 2.30pm – 5.00pm

RSVP: 9177 8290

Ngala's Building Resilience in Children

Develop a strong mind and heart. Skill to make good choices and get on well with others.

Venue: Newman Playgroup

Time: 6.30pm – 8.30pm

RSVP: Suzy Oldham 0417 178 624
newmanplaygroup@gmail.com.

Tuesday 23 October

Ngala's Food Journey for Kids

Teach and shape healthy food choices in your children

Venue: Newman Neighbourhood Centre

Time: 9.30am - 11.30am

RSVP: NNC, 9175 1516 ,

neighbourhood.manager@westnet.com.au

Crèche available - bookings required

Ngala's Parenting Consults

30 minute consults to discuss your parenting related issues. Bookings Essential

Venue: Newman Neighbourhood Centre

Time: 1.00pm – 3.00pm

RSVP: NNC, 9175 1516 ,

neighbourhood.manager@westnet.com.au

Ngala's Protective Behaviours

Give children an understanding of language and skills to build confidence and keep them safe from bullying and abuse

Venue: EPIC

Time: 7.00pm - 9.00pm

RSVP: EPIC, 9185 0031,
newman@empoweringpeople.org.au

Wednesday 24 October

Ngala's Top Tips for Starting School

Starting school is a major change in a young child's life.

Discuss how to make this a smooth transition

Venue: Newman Neighbourhood Centre

Time: 9.30am - 11.30am

RSVP: NNC, 9175 1516 ,

neighbourhood.manager@westnet.com.au

Crèche available - bookings required

Venue Addresses

Newman Hospital – 54 Mindarra Dr

The Beach Indoor Play Centre - Calcott Cres

Newman Playgroup - Cnr Moondorrow St & Hilditch Ave

Newman Neighbourhood Centre - 2 Mackay St

EPIC - Kalgan Dr

**“Pilbara Families
Building
Pilbara Communities”**

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Please contact Ngala on 1800 111 546 pilbara@ngala.com.au

For full venue and workshop details visit www.ngala.com.au and search “what’s near you”