

Bookings & Queries

If you have a query or would like to make a booking for a parent information session, please call the centre on 9367 0964 or email banksiagrove@ngala.com.au

Check out Ngala's website with lots of great tips on parenting www.ngala.com.au



PARENTING LINE

8am-8pm
7 days
Ages 0-18yrs

9368 9368
Country: 1800 111 546

The Parenting Line is provided by Ngala and funded by the State Government through the Department of Communities and Child & Adolescent Health Service.

Join our **Facebook** group!
Search for Child and Parent Centre Banksia Grove. We look forward to connecting with you.



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COVID - 19

To ensure the safety of all our families and the centre team we ask that you practice good hygiene and physical distancing where possible when you come to the centre. If you or your child are feeling unwell in any way we ask that you remain at home. Thank you for your support with this 😊

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Ngala, Raising Happiness
on Facebook or
[@ngalaparenting](https://www.instagram.com/ngalaparenting) on
Instagram



Child and Parent Centre Banksia Grove

Address: 14 Viridian Drive,
Banksia Grove
Phone: 9367 0964
Email:
banksiagrove@ngala.com.au



Child and Parent Centre
Banksia Grove

Term 1

February 1 – April 1

Food Sensations for Parents

(birth to 5 years)

A 5 week fun, interactive healthy eating and cooking program for parents.

Fridays, 9.15am to 12.00pm – from February 19 to March 19

Please contact the centre before attending this session as numbers are capped to allow for physical distancing

Parent and Child Sessions

First Steps Playgroup (up to 6 years)

Autism Association of Western Australia
Mondays, 9.00am to 11.00am (ST)

Busy Bees (18 months to 4 years)
Tuesdays, 9.00am to 10.30am (ST)

Crawlers to Walkers (8 to 18 months)
Tuesdays, 11.00am to 12.00pm (ST)

Meet, Stay & Weigh (birth to 8 months)
Tuesdays, 1.30pm to 2.30pm (ST)

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Babies

Early Parenting Group (up to 4 months)

4 week series to connect with other local parents and your Child Health Nurse Tanya – Call 9404 8270 for bookings

Thursdays, 12.30pm to 2.00pm – from **January 14 & March 4**

Other programs & services

It's All About Play

(birth to 4 years)

Thursdays, 9.00am to 11.00am (ST)

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Support for Dads

For Dads/male carers in our community please contact **DadsWA** on 9368 9368 or dadswa@ngala.com.au

Child Health

Drop In & Weigh Clinic Tuesdays, 1.00 pm to 2.30pm

Purple Book Appointments Available Monday – to Friday - Call 1300 749 869 for bookings

Speech Pathologist Available Monday, Friday and every second Tuesday

Program for school preparation

Little Learners

For children starting Kindy in 2022
Wednesdays, 9.00am to 10.30am (ST)

Please contact the centre before attending this session as numbers are capped to allow for physical distancing

Family Support

Sarah from Department of Communities

Contact the centre if you would like to chat with Sarah - Every second Tuesday morning

English Classes - For parents with English as a second language
Starting Wednesday March 3
Wednesdays, 1.00pm to 2.30pm (ST)

Term 1 Parent Information Sessions

	Date	Day	Time	Program
Daytime	6 Feb	Sat	9.30am to 11.30am	Circle of Security (8 week program) Learn how to understand and respond more effectively to your child's emotional needs. It provides the opportunity to reflect on the impact your own parenting experience has on your parenting style. (birth to 5 years)
	8 Feb	Mon	12.30pm to 2.30pm	Triple P Power of Positive Parenting Explores creating a safe and interesting environment and using assertive discipline. (2 to 8 years) Crèche available
	11 Feb	Thurs	9.30am to 11.30am	Now You Have Started Kindy For parents with children attending Kindy. This helps parents to set up routines and support their child on their learning journey. (Grandis Primary School)
	15 Feb	Mon	12.30pm to 2.30pm	Triple P Raising Confident, Competent Children Explores showing respect to others and having good communication and social skills. (2 to 8 years) Crèche available
	22 Feb	Mon	12.30pm to 2.30pm	Triple P Raising Resilient Children Explores building a positive outlook and developing coping skills. (2 to 8 years) Crèche available
	8 Mar	Mon	12.30pm to 2.30pm	Childhood Fears (pre-school) Fears are common and are a normal part of growing up. This session provides some suggestions to help you teach your child to cope with and reduce their fears. Crèche available

Call the centre on 9367 0964 for more information & bookings

