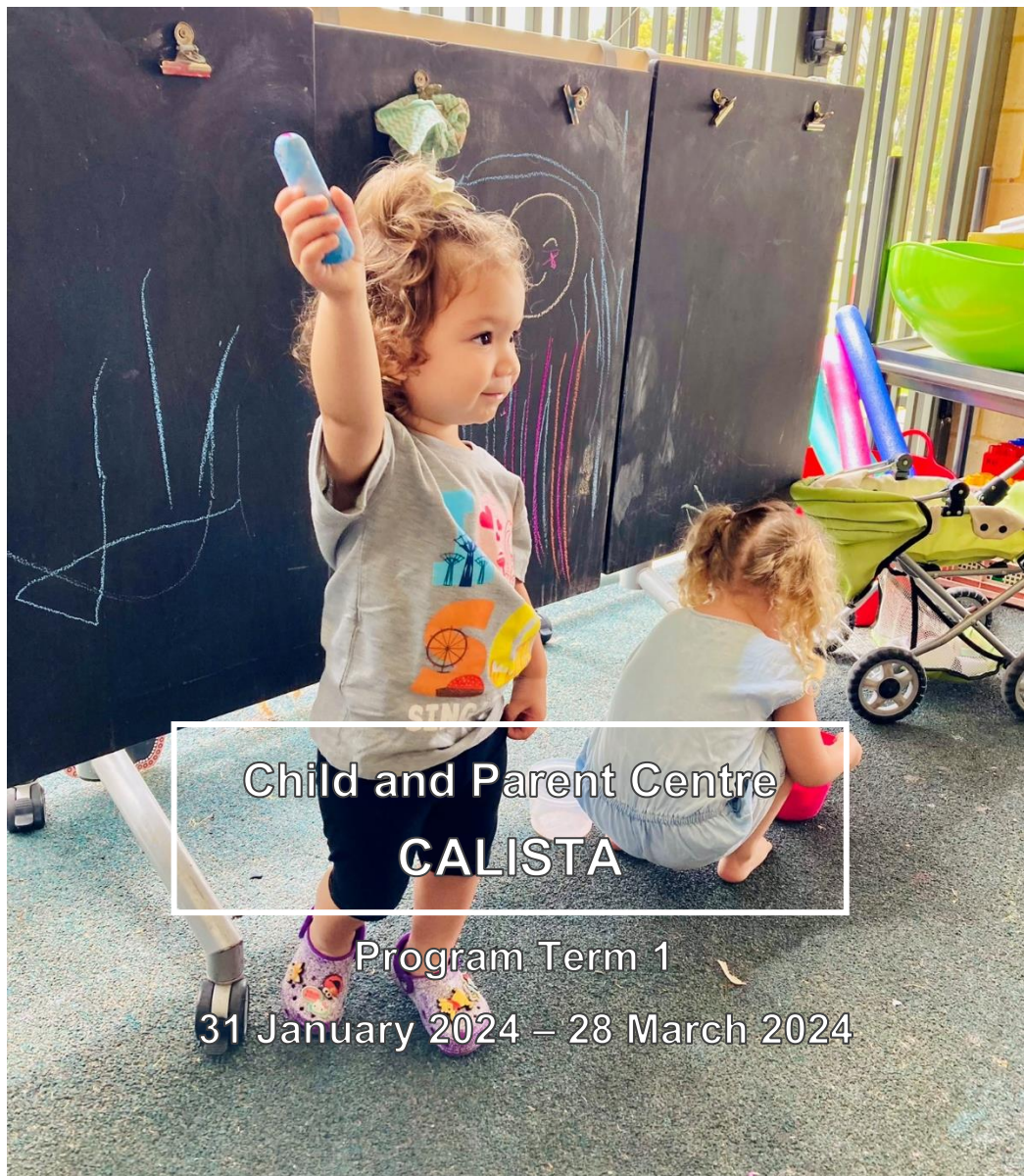




Child and Parent Centre  
Calista



# Child and Parent Centre **CALISTA**

Program Term 1

31 January 2024 – 28 March 2024

In partnership with



## Early Learning Fun

We kindly ask that you only book into **one** of our early learning programs to give other families the opportunity to come and play.

### \* **Reach Baby Program** (0-12 months)

Reach offers a movement program for babies and their parents. Move, play, and work together to create the best opportunities for your babies' healthy development.

***Mondays, 12.15pm to 1.15pm, 0-6 months***

***Mondays, 1.30pm to 2.30pm, 6-12 months***  
***(Start: 5 February, 7 sessions)***

### \* **Playful Possums** (0-5 years)

Come along and join your child in exploring our nature play space. Discover exciting ways to develop their confidence and physical skills through play experiences.

***Tuesdays, 9am to 10.30am***

***(Start: 6 February, 8 sessions)***

### \* **Busy Book Bugs** (0-5 years)

Build on your child's love of rhymes and stories and take away fun ideas for home play.

***Thursdays, 9am to 10.30am***

***(Start: 8 February, 7 sessions)***

## Family Support

### **Ngala Parenting Line** (0-18 years)

Get parenting support, referrals and up to date child development information from health professionals. Call 9368 9368.

***7 days a week, 8am to 8pm***

### \* **NEW ForWhen**

Connects parents who may be struggling during pregnancy and new parenthood with mental health services. Call 1300 242 322.

***Monday to Friday, 9am to 4.30pm***

### \* **NEW The Fathering Project**

One on one practical support and case management for dads and father figures alike. contact David at

[david.walker@thefatheringproject.org](mailto:david.walker@thefatheringproject.org)



## Parents Connect

### \* **MyTime** (0-18 years)

Opportunity to relax and connect with other parents and carers of children with additional needs. Children are welcome.

***Mondays, 9.30am to 11.30am***

***(Start: 5 February, 7 sessions)***

### \* **Early Parenting Group** (0-3 mths)

Delivered in person by your local Child Health Nurses for families with newborn babies. 4 group sessions. Phone 1300 749 869 or book online at [healthywa.wa.gov.au](http://healthywa.wa.gov.au).

***Tuesdays, 1.00pm to 3.00pm***

***(Start: 6 February & 5 March)***

### \* **NEW Twinkle Twins** (0-5 years)

A monthly group for you and your children to meet and connect with other families with **multiple birth** children.

***Wednesdays, 1.30pm to 3pm***

***(28 February & 27 March)***



### \* **The Incredible Years®**

An evidence based program for parents or parents to be, under 25 years, living in Kwinana. It strengthens parenting skills and promotes children's social, emotional and physical development.

*For young parents or parents to be with babies under 12 months*

***Thursdays, 1pm to 3pm***

***(Start: 25 January, 10 sessions)***

*For young parents with toddlers (1-3 years)*

***Fridays, 9.30am to 11.30am***

***(Start: 15 March, 13 sessions)***

Call 0427 390 795 for more information.

## Child Health

### Nurse Drop-in

See your Child Health Nurse for a weight check or a quick question.

***Mondays, 9.30am to 11am***

### \* Purple Book Appointments

Make an appointment for your child's developmental checks at 8 weeks, 4 months, 12 months and 2 years. Call 1300 749 869 to book.

## Speech

### \* Speech & Language Chat

Book a time to meet with a local Speech Pathologist to discuss your child's speech development.

***Thursdays, 9am to 3pm***

***22 February and 21 March***



**Did you know the 2-year-old check**

**is your child's last health check**

**before starting school?** Contact your

Child Health Team on 1300 749 869 to book.

## Parenting Programs and Workshops

Date	Day	Time	Program	Description
14 Feb (start)	Wed	9.30am to 11.30am	<b>* Bringing up Great Kids</b>	This 6-week program focuses on building positive and nurturing relationships between parents and their children. It aims to support parents to review and enhance their patterns of communication with their children, to promote more respectful interactions and encourage the development of children's positive self-identity. Held at the Darius Wells Library and Resource Centre. Crèche available through Toddler Town creche, 9236 4320.
<b>Self-paced online course</b>			<b>* Supported Triple P Online Course</b> (under 12 years)	This 8-module interactive <b>online</b> course helps you positively influence your child's development and social-emotional skills with easier, calmer, less stressful parenting tips and strategies. For more information and the course link, contact the Centre on 9367 0960.
<b>Expression of interests</b>			<b>Triple P information sessions</b>	Topics are planned in response to community requests. Please feel welcome to let us know your preference, and we will do our best to deliver. For some topic ideas, visit <a href="https://www.triplep-parenting.net.au/au/hot-parenting-topics/">https://www.triplep-parenting.net.au/au/hot-parenting-topics/</a>

**\* Bookings for all programs and workshops are essential. Please call 08 9367 0960 or email at [calista@ngala.com.au](mailto:calista@ngala.com.au) to book or for more information.**



## Harmony Day – 21 March

Harmony Day is about inclusiveness, respect and belonging for all Australians, regardless of cultural or linguistic background. We will celebrate the cultural diversity in the Kwinana community at our playgroup on this day. Please check with staff for more details.



Would you like to help your child become confident at reading and writing? Follow

**Paint Kwinana REaD**

on Facebook to get lots of great tips and join Karrak's adventures in Kwinana.



Scan the QR code to join our Facebook group!

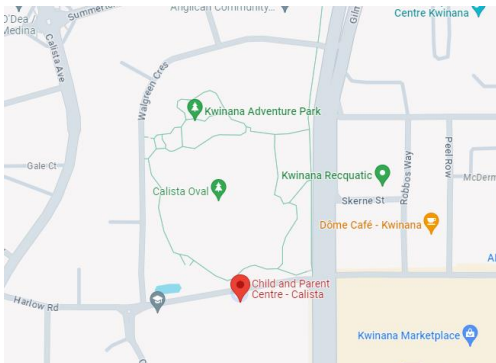


 **ngala**  
**PARENTING LINE**

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.



## Child and Parent Centre – Calista

Harlow Road, Calista WA 6167

Phone: 08 9367 0960

Mobile: 0451 002 886

Email: [calista@ngala.com.au](mailto:calista@ngala.com.au)

[childandparentcentres.wa.edu.au/calista](http://childandparentcentres.wa.edu.au/calista)