



Child and Parent Centre
Calista



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CALISTA

Program Term 2

15 April 2024 – 28 June 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: 15 April, 10 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: 16 April, 10 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: 18 April, 9 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

ForWhen Helpline

Mental health support of expecting and new parents with children under 12 months old. Call 1300 242 322.

Monday to Friday, 9am to 4.30pm

The Fathering Project

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

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: 15 April, 9 sessions)

Early Parenting Group (0-3 months)

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.

Tuesdays, 1.00pm to 3.00pm
(Start: 28 May)

* **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
(29 May & 26 June)

Playgroups with Pride WA

A playgroup for LGBTQTI+ parents and their children of 0-5 years.

10 sessions, Start: 20 April
Saturdays, 10am to 11.30am

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: 18 April, 10 sessions)

For young parents with toddlers aged between 1 to 3 years

Fridays, 9.30am to 11.30am
(Start: 19 July, 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
9 May and 6 June



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
23 Apr	Tue	1pm to 3pm	Solid Start (4-7 months)	Introducing solids to your baby. Facilitated by a local Child Health Nurse. Call 1300 749 869 or book online at healthywa.wa.gov.au .
24 Apr	Wed	9.30am to 11.30am	* Triple P: Toileting (1-3 years)	Learn how to support your child master this important skill and make the toilet training smooth and successful. Held at the Darius Wells Resource Centre. Crèche available through Toddler Town creche, 9236 4320.
1 May	Wed	9.30am to 11.30am	* Triple P: ADHD (2-12 years)	For parents of children diagnosed with ADHD to learn extra ways of supporting their child. Held at the Darius Wells Resource Centre. Crèche available through Toddler Town creche, 9236 4320.
8 May (start)	Wed	9.30am to 11am	* Toddler Talk (2-3.5 years)	Playfully explore speech and language activities with our Speech Pathologist and Early Years Community Practitioner. 4 fortnightly sessions.
14 Jun	Fri	9.30am to 11am	* Books and Play (1-4 years)	Learn a variety of language strategies on how to use books & play to support your child's language development. Held at the Darius Wells Resource Centre. Crèche available through Toddler Town creche, 9236 4320.

*** Bookings for all programs and workshops are essential. Please call 08 9367 0960 or email at calista@ngala.com.au to book or for more information.**

NAIDOC 2024

NAIDOC Week celebrations will be held in Kwinana between 24th June to 30th June this year. There will be various community events for all ages and abilities.

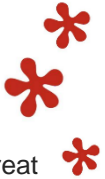
More details to come. Please check with staff in June.



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!

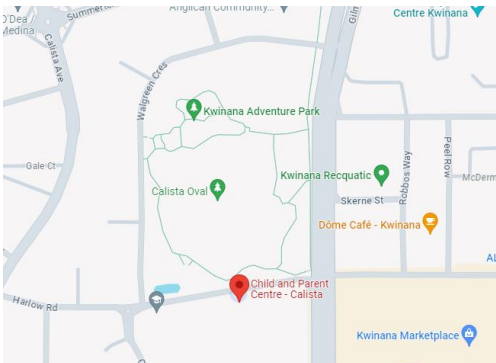


 **ngala**
PARENTING LINE

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

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childandparentcentres.wa.edu.au/calista