

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.



Ngala parenting line

Talk about your parent concerns with a friendly expert from Ngala.

Call 9368 9368.

7 days a week, 8am - 8pm.

Ngala Live: 10:00am - 12:00pm

Monday to Friday Access via website.

Support for Dads

For Dads/male carers in our community. Contact Dads WA by email dadswa@ngala.com.au

COVID 19

We continue to follow guidelines set by the Department of Health request that families remain home if unwell.

Child and Parent Centre – East Waikiki

Address: End of Murchison Road and Cnr of Carnegie Loop Cooloongup WA

Phone: 9367 0967

Email: eastwaikiki@ngala.com.au

Parking

A friendly reminder that if the parking out the front of the Child and Parent Centre - East Waikiki is full, there is parking available in the big carpark across the road at Hourglass reserve. The carpark is a short 2 min walk.



Term 2 Program Planner

15 April 2024 - 28 June 2024

Follow us on Facebook
Child and Parent Centre
– East Waikiki



In partnership with 
Raising happiness

Baby Reach Program

Learn theory-based movements to support your baby's physical and neurological development in a fun and social setting.

Mondays: 9:00am to 10:00am, 0-6mths

Mondays: 10:15am to 11:15am, 6-12mths

Starts: Monday 15th April 2024

(10 sessions)

Music and Move (2-4 years)

Come along and have fun dancing, singing and playing instruments.

Mondays: 11:30am to 12:30pm

Starts: Monday 22nd April 2024

(9 sessions)

Little Explorers (0-4 years)

Enjoy connecting with other parents and participating in your child's development through play.

Tuesdays: 9:30am to 11:00am

Starts: Tuesday 23 April 2024

(10 sessions)

Bookings Essential

PlayConnect+ (0-6 years)

Playgroup WA offers this weekly group for children with developmental concerns and disabilities.

Facilitator and play leader will support the parent and child during activities. Connect with other families, share ideas and have fun!

Wednesdays: 9:30am to 11:30am

Starts: Wednesday, 17 April 2024

Call 1800 171 882 to book

Little Chefs (3-5 years)

Our popular program returns! Join Kate in the kitchen as she provides some tasty and healthy recipes for the children to prepare and cook.

Wednesdays: 1:00pm to 2:30pm

Starts: 24 April - 12 June 2024

(8 sessions)

Bookings essential - 10 children max.

MyTime

Support group for parents who have children with a disability or developmental delay. MyTime is a place where you can relax, unwind, share ideas and experiences with others who understand.

Thursday: 9:30am to 11:30am

Starts: Thursday 2nd May 2024

(8 sessions)

Encircle Mums Group

A wellbeing group for mums to engage and connect creatively through craft and shared stories. This is a parent-led group.

Thursdays: 12:00pm to 2:00pm

Starts: Thursday 18th April 2024

Friday Fun Day (0-4 years)

Enjoy connecting with other parents and participating in your child's development through play.

Fridays: 9:30am to 11:00am

Starts: Friday 26th April 2024

(10 Sessions)

Bookings Essential

Child Health

Purple Book Appointments

Book an appointment with the Child Health nurse for your child's developmental checks at **8 weeks, 4 months, 12 months, and 2 years.**

Call 1300 749 869 to book.

Speech

Call 0437 196 098 for more information or make an appointment.

Drop-In Clinics: 1pm to 3:30pm

Tuesdays, 30th April, 21st May and 25th June.

Parenting Programs and Workshops

Date / Day / Time	Program	Description
By appointment Monday 9:00am to 4:00pm	The Fathering Project	The Fathering Project onsite to provide one on one practical support and case management to Dads, Grandfathers, and father figures alike. (In Centre) Contact – david.walker@thefatheringproject.org or phone 0418 524 456.
Wednesday 29 May 9:00am to 12:00pm	Fear-Less	Held at South Coast Baptist College , this workshop is suitable for families with children over 6 years to learn strategies for managing anxiety in children. Booking is essential. Please phone: 08 9540 4400
Thursdays Bookings Essential	2-Year-Old Health Checks	Child Health Nurse will be available every Thursday to conduct 2-year-old health checks. Bookings are essential, please call 1300 749 869 for an appointment.
Various days and time Registration is essential	Free Online Parent Workshops	Topics include: Sharing and getting along (toddler age), Overcoming fears (3-8 years), Learning to cooperate (2-5 years), The power of positive parenting (under 12 years) and more. Register via the link: https://forms.office.com/r/HaYJuCciQf

ForWhen Helpline

A free national helpline, ForWhen provides new and expecting parents—with a caring, supportive mental health navigation service, to guide you and your family throughout your perinatal journey, from conception, up until your child is 12 months old.

The ForWhen Helpline is available between 9am and 4.30pm (WST) Monday to Friday.

Learn more or chat online at forwhenhelpline.org.au



Bookings for all programs and workshops are essential.

Please call 08 9367 0967 or email at eastwaikiki@ngala.com.au to book or for more information.

All Child and Parent Centre programs, services and workshops are free.