



WINTER FLU SEASON IS HERE

If you or your child are feeling unwell, please stay at home and rest to avoid others becoming sick.

NGALA PARENTING LINE 9368 9368

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

For an urgent response
call Crisis Care on 9223 1111

ForWhen HELPLINE

Mental health support service for expectant and new parents with children from conception up to 12 months of age.

Monday to Friday 9am - 4.30pm
Phone 1300 242 322

MOTHER-BABY NURTURE

A 10-week group designed to support you and your infant (0-6 months) through the early days of parenting as you get to know each other.

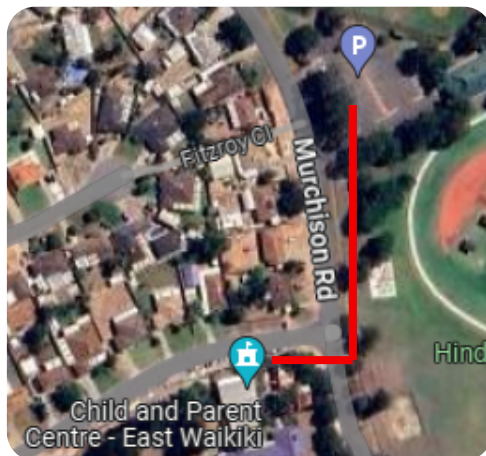
Phone 9368 9368

CHILD AND PARENT CENTRE EAST WAIKIKI

Cnr Murchison Rd & Carnegie Loop
Cooloongup

📞 9367 0967

✉ cpceastwaikiki@ngala.com.au



PARKING

A friendly reminder that if the parking out the front of the Child and Parent Centre is full, there is parking available in the big carpark across the road, a short 2 min walk

✳ Paint Rockingham REaD

Our new **REaD Swap Box** is filled with wonderful stories ready to be read.

Pick up a **FREE book** next time you're in the Centre and ignite your child's passion for stories and literature, then bring a different book back.



Child and Parent Centre
East Waikiki



Term 3 Program
21 July to 26 September



Join our
Facebook Group



Child and Parent Centre - East Waikiki
for all the latest updates on workshops and programs.

In partnership with 

MONDAY

MY TIME

A support group for parents of children with a developmental delay or disability. MyTime is a place where you can relax, unwind, share ideas and experiences with others who understand. A trained facilitator helps the group to get to know each other and coordinates planned weekly self-care activities. Guest speakers provide information about local resources and support services. While you unwind, your child is kept engaged by a MyTime play leader.

12.00pm - 2.00pm - 4 August to 22 September (8 weeks - commencing week 3 of term)

TUESDAY

LITTLE EXPLORERS (0-4 years)

A fun opportunity to meet other parents and engage in your child's growth through playful activities.

9.30am to 11.00am - 5 August to 23 September (8 weeks - commencing week 3 of school term)

BOOKINGS ESSENTIAL



WEDNESDAY

PLAYCONNECT+ (0-5 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!

9.30am to 11.30am - 23 July to 24 September (10 weeks)

Call Playgroup WA on 1800 171 882 to book your place.



FRIDAY

FRIDAY FUN DAY (0-4 years)

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

9.30am to 11.00am

8 August to 26 September

(8 weeks - commencing week 3 of term)

BOOKINGS ESSENTIAL

BOOKINGS ARE ESSENTIAL FOR MOST PROGRAMS & WORKSHOPS

Bookings can only be confirmed by phoning 9367 0967
or by emailing cpceastwaikiki@ngala.com.au

**All Child and Parent Centre programs,
services and workshops are FREE**

PARENTING PROGRAMS & WORKSHOPS

PSYCHOLOGIST ON THE COUCH

Facilitated by a Department of Education Psychologist, these relaxed and informal information sessions give parents the opportunity to have an open discussion on the following topics:

My mum said that too... Now there's TikTok

Discover how your childhood shapes your parenting style. Thursday 14 August - 11am - 1pm

Stress & Wellbeing

Chocolate Parenting: Coping Without Crumbling

This two-part workshop is designed to help parents and carers navigate life's pressures.

Week 1 - explores common triggers, coping habits, and values-based goal setting.

Week 2 - introduces simple mindfulness techniques to manage thoughts and emotions more effectively... *no chocolate required!*

11am - 1pm - Thursdays 28 August & 11 September

VENUE: Ngala, 113 Read St, Rockingham

Creche available upon request.

BOOKINGS ESSENTIAL

SCHOOL HOLIDAYS

PLAYCONNECT+ (3-8 years)

FREE holiday play sessions for children with delayed development and/or disability.

Siblings welcome.

9.30am - 11.30am - Wednesdays 1 & 8 October

BOOKINGS ESSENTIAL. Call 1800 171 882 or email hotline@playgroupwa.com.au



TRIPLE P

ONLINE PARENTING WORKSHOPS

Learning to Use the Toilet

11 August, 8pm - 10pm &

14 August, 12pm - 1pm (power hour)

Raising Resilient Children

25 August, 8pm - 10pm

Healthy Screen Time Habits

8 September, 8pm - 10pm &

18 September 12pm - 1pm (power hour)



Scan the QR code to register

CHILD HEALTH & DEVELOPMENT

CHILD HEALTH NURSE

PURPLE BOOK APPOINTMENTS

**Make an appointment for your child's developmental checks
at 8 weeks, 4, 12 & 24 months**

Contact your Child Health Team on 1300 749 869 to book an appointment.

2-YEAR-OLD CHECKS

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 an appointment.