



Child and Parent Centre Gosnells Newsletter Issue 45. September 2019

Welcome to our September Newsletter,

This month we want to share something a little different. We want tell you a little about what we do behind the scenes. In late August we hosted Emerging Minds to run a one day training session on Children and Mental Health for services in the Gosnells - Armadale area. We had 45 attendees.

I would encourage you to check out Emerging Minds fantastic new app we heard about; Child360 app. This is available for parents and carers to use as a tool to reflect on how you are going in supporting your child's social and emotional wellbeing. Feel free to ask us more when you are next at the Centre.



Our Parent Blog – Featuring Theresa

Hello, I'm Theresa and have been coming to the centre for over 2 years now with my children Jayden and Jasmine. Even though it isn't around the corner for me I've always been more than happy to travel as they have always greeted the kids and myself with smiling faces.

I've attended a variety of workshops that have best suited me and my family which have helped me with strategies and giving me information to help me be the best mum and have the best relationship with my children. While doing this they have provided a crèche that has familiar staff, so I can get the best out of the workshop. I would not be able to attend them if they didn't provide this service.

We have attended playgroups, school holiday activities, rhyme time, visited the health nurse for immunisation and talked about any concerns I have had. The centre is a huge part of my family's weekly routine. I have met and chatted with some amazing mum's and have made forever friends as my children have, with other children and the staff. We have all grown and learnt so much.

Child and Parent Centre Gosnells.
173 Hicks Street, Gosnells (Access from Clara Street)
Ph: 9398 8720 email: CPCGosnells@centrecare.com.au

Meet our Staff

To help you get to know us better, we will share a little about the staff at the centre each Newsletter



Name: Amal

Role: Administration Officer

Favourite Colour: Black

Most memorable childhood moment: When my dad bought me a puppy for my 10th birthday.

When in Primary School what did you want to do for a job?
Vet

Favourite Food: Kebbi

Most Inspirational Person:
Mr Pollock he was the best sports teacher.



Parent Workshops

Crèche available upon request. Workshops are free, bookings required.

FEARS

12.30pm – 2.30pm
Tuesday 3rd September

Parenting – is there an app for that

12.30pm to 2.30pm
Tuesday 17 September

Circle of Security

12.30pm to 2.30pm
Monday 5, 12, 19 & 26 August & 2,9,16, 23 September.

Other Services

Immunisation Clinic

9.15am – 2.15pm (by appointment only)
11, 25 September

Parenting Support Worker

Ruth Gordon-Smith
08 9398 8720 (by appointment only)



2 cups plain flour
4 Tbs Cream of Tartar
1 cup salt
2 cups water (boiled)
2 Tbs cooking oil
Food colouring

Method:
Place all ingredients in a heat proof bowl. Add the boiling water and mix. Add a little more flour to the mix before taking out to kneed.

Term 3 Activities

Park Play – Sutherlands Park

Tuesday 3.00pm to 5.00pm
24 September

Playtime Playgroup

Wednesdays 12.30pm to 2.30pm
4, 11, 18, 25 September



Multicultural Playgroup

Thursdays 9.00am to 11.00am
5, 12, 19, 26 September



Monkey funk

Tuesdays 9.30am to 10.15am
3, 10 September

Monkey funk

Tuesday 10.30am to 11.00am
3, 10 September

Baby Rhyme Time

Thursdays 2.00pm to 2.30pm
5, 12, 19, 26 September



Settle-In Playgroup

Wednesdays 9.00am – 11.00am
4, 11, 18, 25 September

For newly arrived migrants (less than 5years) with children 0-5years

First Steps Playgroup

Fridays 12.30pm to 2.30pm
6, 13, 20, 27 September

For families with children under 6years who have difficulties communicating and socialising with others

Moorditj Kulunga Playgroup

Fridays 9.30am to 11.30am
6, 13, 20, 27 September

For families with Aboriginal children age 0-4years.



To register for Activities:

Telephone: 9398 8720

Email: CPCGosnells@centrecare.com.au

Or download our FREE App!



Download our free mobile phone app
To be kept up to date with everything that is happening at the Child and Parent Centre Gosnells!

Search and download "Child and Parent Centre Gosnells" in your app store.