

Community News

SENSE RUGBY

Does your child need help to be part of a team or a group?

Sense Rugby is a rugby based Occupational Therapy program and we are teaming up with Rugby WA and Calm and Connected to launch in Perth!!

We use modified rugby drills to help kids:

- Process sensory information
 - Focus on activities
- Work on their coordination
- Manage their emotions
- Have fun with other kids!

Come and try it at our launch day! Not only will it be free and fun, but it will be run by Australian Rugby Sevens Olympian – Jesse Parahi.

When: Saturday 16 June 2018

Time: 10am - 2 pm (Final Times will be confirmed on sign-up)

Where: Rugby WA HQ, 203 Underwood Ave, Floreat



Sign up on our website at <http://www.senserugby.com.au/sign-up-for-free-launch-dates-here/> or contact Katie Barnes on 0488 990 083 or katie.barnes@westernforce.com.au

Jesse Parahi

Jesse has been a regular fixture in the Rugby Sevens World Series for the past 6 years. He won a bronze medal at the Glasgow Commonwealth Games in 2014, participated in the Sevens Rugby World Cup in Moscow and was awarded the 2012 RUPA Rugby sevens excellence award. In 2015, he helped the team qualify for the Olympics in Rio and became an Australian Olympian in 2016.



Carlien Parahi

Carlien is an experienced Paediatric Occupational Therapist who spends her days helping children and their families to get to the bottom of learning, developmental and social-emotional delays. She has significant experience in helping parents to understand more about and help children to overcome or improve Sensory Processing Disorders/difficulties, delays in gross motor or fine motor skill development, Autism Spectrum Disorders, Social-emotional difficulties, ADHD and many more. Carlien has a special interest in sport and its therapeutic use. Her empathetic nature and knowledge in child development has helped hundreds of children become more successful at their daily activities.

GET IN TOUCH

WWW.SENSERUGBY.COM.AU
HELLO@SENSERUGBY.COM.AU
PH: 0421 229 069

FACEBOOK: SENSERUGBY
INSTAGRAM: @SENSERUGBY



Government of Western Australia
Department of Health
Child and Adolescent Health Service



Free Triple P - Discussion Groups

You are invited to attend a Triple P Discussion Group/s. This is a short 2 hour session that will focus on some of the commonly experienced behaviours that parents can struggle with eg: disobedience, fighting and aggression.

The next **FREE** Discussion Groups are being held at:
West Stirling Neighbourhood House
228 Hancock Street
Doubleview

Topic	Date
Dealing with disobedience	15 May 2018
Managing fighting and aggression	29 May 2018
Managing fighting and aggression (Repeat)	12 June 2018

Time: 9.30am - 11.30am (all sessions)

RSVP: Bookings are essential and places are limited.

**Please register via: healthywa.wa.gov.au/parentgroups or
phone 1300 749 869 for more information.**

Please contact West Stirling Neighbourhood House direct to
reserve a crèche spot - 9446 2757.

To find other available programs please visit our website
[www.healthywa.wa.gov.au/Triple P](http://www.healthywa.wa.gov.au/Triple_P)

CHURCHLANDS NETWORK of schools

presents WORKSHOP 4:

Circle of Security.



In this workshop Toni Tomlin, Psychologist, talks about the Circle of Security program and how secure parent-child relationships can be supported and strengthened so that parents can:

- Understand their child's emotional world by learning to read emotional needs
- Support their child's ability to successfully manage emotions
- Enhance the development of their child's self esteem
- Honour the innate wisdom and desire for their child to be secure

Tuesday 26th June 7:30 – 9:00pm Floreat Park Primary School
Early Learning Centre, offsite Kindergarten
122 Birkdale Street Floreat.

To register for this workshop please email Ann.Johnston@education.wa.edu.au Write CNPS – Workshop in the subject line and include your name and phone number in the body of the email.



Parenting in June West Leederville

Mums Raising Boys (up to 12yrs) Thursday, 31 May 10am-12.30pm

This session includes building confidence and competence in sons and setting

Understanding Stepfamily Relationships W/end

Fri/Sat/Sun 8 9 10 June 6.30-9pm/1-5.30pm/10am-1pm \$75pp/\$120 couple

In this workshop you will challenge some myths about stepfamilies -

- find out what has proven to be helpful and unhelpful
- learn how to grow a strong and loving couple relationship
- learn how to manage discipline and understand the needs of the children
- have an opportunity to address particular issues within the group

Parenting After Separation Tuesday, 19 June 6.30-9pm \$30pp

If it is managed well by the adults, separation doesn't have to be harmful for children.

Successful Single Parenting Monday, 25 June 6.30-9pm \$30pp

If you are a single parent and are through the initial break-up stage, this workshop will provide strategies to help you develop a close and special relationship with your child.

Dads Raising Teenage Girls Monday, 25 June 6.30-9pm \$30pp

Learn ways of responding to your child to assist them to learn how to regulate their emotions.

Where : Level 1, 22 Southport Street, West Leederville

Places are limited - contact (08) 6164 0200 to register today!

For more info click [here](#) or go to www.relationshipswa.org.au



Pupil Free Day

Come join us at Outside School Hours Care for nonstop fun with friends, including outdoor group games & sport, cooking, art & craft and much more!!!

Date: Thursday 31st May & Friday 1st June 2018

Time: 7:00am - 6:00pm

Location: West Leederville Primary School

To register your child in the fun curriculum day programs we have on offer, please visit our website www.campaustralia.com.au For more information contact our Customer Service Team on ph: 1300 105 343.



www.campaustralia.com.au



SCHOOL HOLIDAY

ATHLETICS CLINIC

Designed to develop athletics skills and techniques for boys and girls aged 8 to 16 years

Where: WA Athletics Stadium
Stephenson Ave, Floreat WA 6014

When: Tues 10th & Wed 11th July.

Time: 9:00am to 3:00pm
(Registration commences 8:30am)

Cost: 1 Day \$90
2 Days \$160
Includes Hat or Shoe Bag

Athletes are able to choose four events to specialize in each day.

For more information or to register please go to:
sprintingfast.com/school-holiday-clinics/

EVENTS CHOICES

Sprints/Starts

Hurdles

Middle Distance

Long Jump

Triple Jump

High Jump

Discus

Javelin

Shot Put



We also offer an in term program, please see website at: sprintingfast.com/junior-development/





North Perth Playgroup

15 HAYNES STREET



**NEW MEMBERSHIPS
AVAILABLE!**
MOTHERS GROUPS WELCOME
OR JOIN AN EXISTING GROUP
A great opportunity for play
and socialising!!
日本人プレイグループメンバー募集中

Come and join us for a play and meet local parents. We have plenty of toys, books, outdoor play equipment and craft activities.

Sessions

Monday-Friday 9:30-11:30, 12pm-2pm, 3pm-5pm

Membership fee is \$155 per year (of which \$35 is PGWA insurance) or \$77.50 with a health care card (includes \$17.50 insurance)

more info contact: nppgwa@gmail.com

**Dolly Bhargava from Behaviour Zen Pty Ltd (ABN: 74612728275)
Presents**

**Achieving Practical Positive
Solutions Workshop Series
To Enhance the Lives of the People
We Support**



Dolly Bhargava is a Speech Pathologist with a Masters in Special Education. She has 17 years of experience in providing positive, realistic and practical solutions to children, adolescents and adults who have emotional and behavioural difficulties in early childhood, school, family homes, prisons, accommodation and community settings. She has authored and developed a number of insightful books and apps, including America's National Parenting Publications Award Winner 'Taking CHARGE of my Rainbow of Emotions'. She has recently developed an innovative App and Book Series, 'Behaviour Zen'. Behaviour Zen aims to systematically guide educators, parents and professionals to assess- prevent- manage challenging emotional and behavioural responses in individuals with Anxiety Disorders, Conduct Disorder, Autism Spectrum Disorder, Oppositional Defiant Disorder and Attention Deficit Hyperactivity Disorder. Please visit www.behaviourzen.com for more information

So come along to hear a range of practical and interactive workshops that provide an expert blend of information, skills and strategies that will educate, empower and enable you to be the CHANGE in the lives of the people you support.

Workshop Title	When?	These practical and interactive workshops will address the following:
<input type="checkbox"/> Supporting Individuals with Autism Spectrum Disorder	05/06/18 (9am – 3pm)	- Introduction to Autism Spectrum Disorder (ASD) -Social, emotional, motor, cognitive, sensory, communication needs of individuals with ASD -Strategies to address the needs and -Develop their skills at school, home and in the community
<input type="checkbox"/> Developing Emotional Regulation Skills in Individuals with Anxious, Oppositional and Aggressive Behaviours	06/06/18 (9am – 3pm)	-Development of emotions -Understanding anxious, oppositional and aggressive behaviour -Effectively responding to anxious, oppositional & aggressive behaviour -Developing emotional regulation skills at school, home and community - Understanding compassion fatigue and caring for ourselves
<input type="checkbox"/> Assessing, Preventing and Managing Challenging Behaviour	11/06/18 (9am – 3pm)	- Introduction to challenging behaviour -Causes of challenging behaviours -Internalised and externalised challenging behaviours -Utilising the positive behaviour support framework to identify proactive, active and reactive strategies for school, home and community - Understanding compassion fatigue and caring for ourselves
<input type="checkbox"/> Teaching students affected by trauma	12/06/18 (9am – 3pm)	- Introduction to trauma -Types of trauma -Impact of trauma on development and learning -Strategies to promote a sense of safety, build trust and address learning needs of children impacted by trauma - Understanding compassion fatigue and caring for ourselves
<input type="checkbox"/> Attachment and Development of Self Regulation Skills	13/06/18 (9am – 3pm)	-Introduction to attachment - Types of insecure attachment -Impact of attachment on self regulation development -Strategies to promote development of self regulation skills - Understanding compassion fatigue and caring for ourselves

WAAPA Winter School 2018

WAAPA at ECU is offering an exciting performing arts program for children and young people these July school holidays. For the first time, we are including courses for students from Years 1 to 12. The Winter School includes classes in drama, acting, screen acting, dance, musical theatre and RAP. For information about the many courses on offer please visit [Winter School](#) or contact Gabrielle Metcalf at g.metcalf@ecu.edu.au or 9370 6775.



2018 / 2019

EXPLORE
Short Courses

CONNECT
Professional Development and
Corporate Training

