



Child and Parent Centre Gosnells

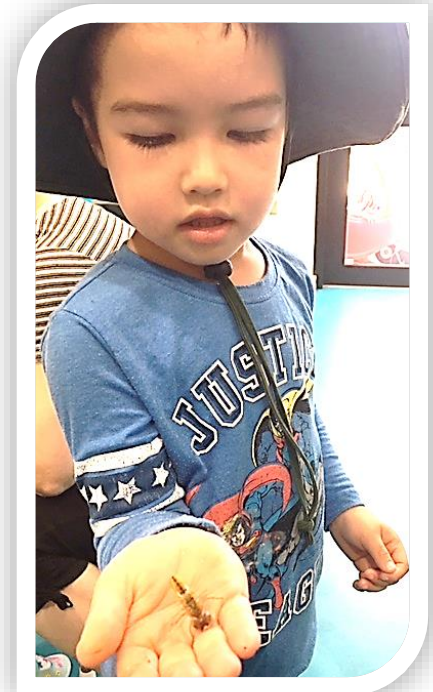
Newsletter Issue 15. March 2017

Welcome to our March newsletter.

We are halfway through the first term of school and we have been busy already.

Playgroups have been very well attended with our biggest playgroup ever on a Wednesday in February – 43 children! Some of the children found a dragonfly in the garden and all had a close up look, exploring the wings and counting its legs (see photos).

We have now started a Toddler Rhyme Time session on Tuesday mornings. Some of our babies from Baby Rhyme Time have moved into the new group catering for crawling and just walking babies/toddlers. How quickly they grow up!





Parent Workshops

Calmer Kids 4 Week Program

Thursdays 9, 16, 23, 30 March

3.00pm – 4.15pm

A 4 week program for 5-8 year old's focusing on emotional regulation and social skills.

Raising Calm and Connected Kids- A workshop on self-regulation and resilience.

Monday 20 March

9.00am – 10.30am

Crèche available

Self-regulation and resilience is how easily your child deals with a stressful situation and then recovers.

This workshop will discuss the building blocks to self-regulation plus what is normal social and emotional development for children aged 0-8

Learn how to better manage your own stress levels

Learn the keys to reducing your child stress

Learn how to teach your child how to self-regulate

Languages of Love – Parent Workshop

Monday 27 March

9.00am – 10.30am

Crèche available

This free seminar will provide you with insight into your child's own love language. Does your child speak a different language? Everything depends on the love relationship between you and your child.

When children feel loved, they do their best.

To register for Activities:

Telephone: 9398 8720

Email: CPCGosnells@centrecare.com.au

Or download our FREE App!

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

Term 1 Activities

Rhyme Time

Tuesdays 9.15am – 10.00am



7, 14, 21, 28 March

(Continuing through Term 1)

Songs, stories and rhymes for families with under 5's

Places limited, bookings essential.

Toddler Rhyme Time

10.30am – 11.15am



7, 14, 21, 28 March

(Continuing through Term 1)

Songs, stories and rhymes for families with toddlers.

Places limited, bookings essential.

Child and Parent Centre Playgroup

Wednesdays 9.00am – 11.00am



8, 15, 22, 29 March

(Continuing through Term 1)

For families with children aged 0 to 4 years living in Huntingdale and Gosnells.

Multicultural Playgroup

Thursdays 9.00am – 11.00am



2, 9, 16, 23, 30 March

(Continuing through Term 1)

For families with children aged 0 to 4 years living in Huntingdale and Gosnells.

Moorditj Kulunga Playgroup

Fridays 10.00am – 12.00noon



3, 10, 17, 24, 31 March

(Continuing through Term 1)

For Aboriginal families with children aged 0 to 4 years.

Baby Rhyme Time

Fridays 1.30pm – 2.15pm



3, 10, 17, 24 March

(Continuing through Term 1)

Songs, stories and rhymes for families with babies under 12 months.

Places limited, bookings essential.