

Child Health Support Services



Child and Parent Centre
Collie Valley



Through **WACHS** (West Australian Country Health Services), **CDS** (Child Development Services) and **CHN** (Child Health Nurses) team.

Child Health Nurse

To make an appointment call **1800 457 949** (Mon – Fri).

Contact **9734 5887** to speak to a child health nurse.

Clinic days at Child and Parent Centre Monday & Tuesday.

**Speech Pathologist, Social Worker
Occupational Therapist, and
Physiotherapist**

Call **9735 1450** to make an appointment

Other Services

4 Families

A free family support service to help parents through the tough times.
Focusing on children's mental, emotional and social wellbeing.

AngliCare financial counselling

Call **9734 6500** to make an appointment

CONTACT US:
6 Cable Street, Collie WA 6225

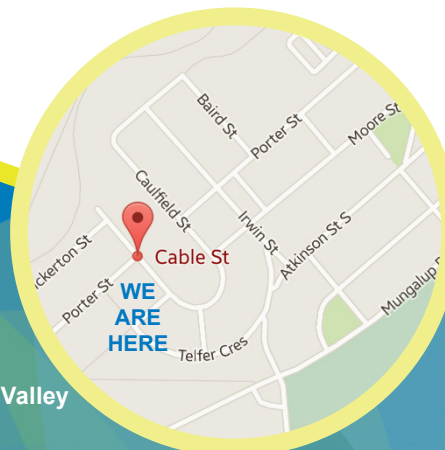
9734 3364

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www.childandparents.wa.edu.au/collie-valley

Download our App - Child and Parent Centre Collie Valley

Facebook - Collie-Valley-Investing In Our Youth



Making the best of the early years.



**Child and Parent Centre - Collie Valley,
offers a range of family friendly facilities
and services to support parents, carers and
children in the early years of their life.**

For families with young children, birth to 5 years, we offer playgroups to promote creative, emotional, physical and cognitive development and play, and to just have fun. We also offer after school activities for children from 4 to 8 years.

For parents, carer and families we offer a range of child health support services, counselling, parenting programs, support groups and other services.

Come in and check us out!

In partnership with
**Investing in
our youth Inc.**



Early Years Programs

Collie Valley Kid's Play Groups

Playgroups are offered to families and children, birth to 5 years. Its a great place to allow your child to have fun while encouraging mental, social, independent and creative learning.

Monday, Tuesday and Wednesdays 9.00am – 11.00am

Baby Business (0-2)

Each term a new and exciting 8 week program is created to help parents and their babies learn new things, meet new people and socialise.

Fridays 10.00am – 12.00pm

After School Programs

Untangled Kids Yoga

Untangled Kids Yoga is run by a qualified Zenergy Yoga Instructor. Children aged 5 to 8 years can enjoy a relaxing session of yoga presented through fun games and mindfulness.

Please ring the centre for more information or to register.

> *Keep a watch out for our school holiday programs and other after school programs.*



Supporting Parents and Carers

We have a number of great parent workshops and support groups to support you with the most important job in the world.

HIPPY

The Home interaction Program for Parents and Youngsters (HIPPY) is a two year, home based early childhood learning and parenting program that empowers parents and carers as their child's first teacher. This program helps children make a successful transition to school and promotes academic success. HIPPY Play groups are also run periodically.

Incredible Years

The Incredible Years Parenting Program was the first of its kind to be delivered in Western Australia in 2017. The world renown program teaches parents the skills to provide a nurturing, playful, loving and affectionate home environment which is vital for healthy child development.

MyTime

MyTime is a support program created to provide a safe and nurturing space for parents and carers of children with a disability, developmental delay or chronic illness. It's a place to relax, unwind and share experiences with peers.

Triple P

Come along to this program, where you will be given effective strategies to deal with common behavioural problems.

Circle of Security

Circle of Security is a relationship based parenting program designed to help you see and hear your child's needs. This program is an 8 week course facilitated by a qualified professional. The program is offered to parents and carers of children 0-5 years.

Hanen

Hanen Program is designed specifically for parents of young children (birth to 5 years of age) who have been identified as having a language delay. In a small, personalized group setting, parents learn practical strategies to help their children learn language naturally throughout their day together.

We also have a comprehensive advice service where you can drop in anytime and chat with our Family Liaison Worker. To make an appointment call 9734 3364.