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## what's on in house

Issue 9 July 2015



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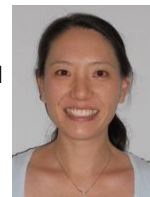
### Term 3: Monday 20th July - Friday 25th September

Hi everyone and welcome back to our cosy little House. We hope you all had a nice break.

Now that you've settled in and established social and support networks, its time to extend your parenting (and survival) skills and knowledge by attending one of the great workshops we have on offer.

This term, we not only welcome in Spring, but also a new Management Committee. Being on our committee will give you valuable experience in governance, a new set of transferable skills and the confidence to become a Board Member in organizations or business in the future to help in you address the gender inequality. Mind you, we need some male committee members on our committee to balance the equality issue here!

Jen will be on leave from early August through to late September on a overseas adventure (lucky Jen). Alison Rear, one of our playgroup mums and a current Committee Member, will be taking over Jen's role. Ali is a mother of three, highly skilled, energetic and passionate about community services. Please welcome her and take the opportunity to share your community development ideas with her.



*Jen and Fran*

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## The Annual General Meeting - Wednesday 16th September

Becoming a committee member is an opportunity for up-skilling, resume building and making a difference in your community, whilst working in a team with other inspiring people. It would be beneficial to have a member from each playgroup as a representative on the Committee.



WSNH is a not-for-profit organisation governed by a volunteer Management Committees which is essential for the acquisition of funding in line with the Department of Local Government and Communities Service Agreement 2013 -2018.

Two members from each playgroup are required to attend the AGM.  
For further details [Read More](#)

Nomination forms available from Jenni, Alison or Fran or have a chat with one of our current Committee Members.

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## Positive Parenting Program *takes the guesswork out of parenting!*

*The Seminar Series is light touch parenting advice for the most common parenting issues.*

These three stand alone seminars deal with the most common parenting issues we all face.

Wednesday mornings at the House from 9.30 - 11.10am

26th August Seminar 1. The Power of Positive Parenting

2nd September Seminar 2. Raising Confident, Competent Children

9th September Seminar 3. Raising Resilient Children

Bookings: [www.trybooking.com/BET](http://www.trybooking.com/BET) or 1300 550 879

Crèche bookings: 9446 2757



**Group Triple P** *more intensive advice and support -*

offering simple routines and small changes that can make a big difference to your family. Delivered as an eight week program, it includes five 2 hour group sessions and three follow up phone calls to tailor the program to the needs of each family.

Wednesday mornings at the House from 9.30 - 11.30am

on the 29th July, 5th, 12th & 19th August and 16th September.

Info and Bookings **1300 550 879** or email at [positiveparenting@health.wa.gov.au](mailto:positiveparenting@health.wa.gov.au)



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## Let's Sleep

A free program to support parents of children 6-12 month experiencing sleep and settling issues.



Helping your children to go to sleep and get enough sleep can take time and for many parents can

be exhausting! This involves one group session and a follow-up phone call from a Community Health Nurse a week later.

Content includes:

- Establishing good sleep patterns
- Realistic expectation of sleep
- Sleep and sleep settling strategies
- Giving you confidence to assist your child to self settle
- Sharing ideas and experiences with the group to support each other



Tuesday 18th August 9.30 - 11.30

Bookings: Community Health Nurse - Tonya Kalajzic 9245 5782

Creche Bookings: WSNH 9446 2757

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## Work/Life Balance for Mothers - Parenting Workshops



Balancing work and life can be tough at the best of times especially when you add being a mother to the mix.

The City of Stirling Family Services is pleased to be offering a series of workshops, commencing **here on 8th August** at WSNH to provide mums with information, tips and strategies to ease the balancing act.

To register and view further information about the workshop topics click

[Read more](#)



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## Renew Fitness Workouts

Unwind with other playgroup parents - Feel great, Look great and have FUN! Our qualified, experienced trainers will have you boxing, circuit and resistance training and working out with partners. Bring a water bottle and towel.  
Tuesdays 7.30 - 8.30pm outdoors at WSNH  
\$90 (10 week Term) \$15 Casual *First session is FREE!* Enrolments 9446 2757



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## Child Health Checks

18 month and 3 year old health checks are being conducted at WSNH each fortnight by our local Child Health Nurses. Bookings can be made by on 1300 749 869.



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## Playgroup Term Fees

\$30.00 - families of children up to 18 months.

\$35.00 - families of children 18+ months or two or more children.

*A discount of 20% applies to Centrelink Concession Card holders.*



PAYMENT OF FEES to WSNH can be made in cash at the Office or by Direct

Deposit to: Name: WSNH BSB: 036-036 Account:106-063 Ref: your name

& payment details.

*Fees due by 10th August.*

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