



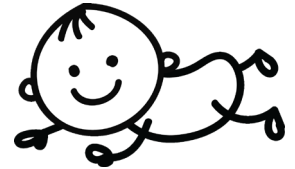
Bunbury/Harvey/Leschenault Community Health Program Calendar

January – April 2021

The following community health services and programs are available to all families in the community at no cost.

Early Parenting Group

A five week program to assist new parents with the demands of becoming a parent for the first time and to make this time enjoyable. Bring a rug for baby to lie on.



Dalyellup Child Health [Dalyellup Community Centre] 6 Gosse Way, Dalyellup	Thursdays, 14 January – 11 February	10am – 12noon
Hudson Rd Child Health [Bunbury Community Health] 24A Hudson Rd, Withers	Wednesdays, 17 March – 14 April	10am – 12noon
Prosser St Child Health [Lady Mitchell Centre] 2 Prosser St, South Bunbury	Wednesdays, 6 January – 27 January Thursdays, 11 March – 8 April	9:30am – 11:30am 9:30am – 11:30am
Forum Child Health [Behind Bunbury Forum, Strickland St Entrance] Strickland St, East Bunbury	Wednesdays, 3 February – 3 March	10am – 12noon
Eaton Child Health [Eaton Family Centre] Charterhouse St, Eaton	Wednesdays, 13 January – 10 February Wednesdays, 31 March – 28 April	9:30am – 11:30am 9:30am – 11:30am
Riverlinks Child Health [Behind Police Station, off Paris Rd] 1 Leisure Dr, Australind	Wednesdays, 17 February – 17 March	9:30am – 11:30am
Kingston Child Health [Kingston Early Learning Centre] Maquarie Dr, Australind	Wednesdays, 13 January – 10 February Thursdays, 25 March – 22 April	9:30am – 11:30am 9:30am – 11:30am

BOOKINGS ESSENTIAL please phone 1800 457 949.

Sleep Baby

A free program helping parents understand more about their baby's sleep, developmental changes and sleep patterns. Sleep and settling strategies based on research and opportunity to gain and share information between other parents.



Hudson Rd Child Health [Bunbury Community Health] 24A Hudson Rd, Withers	Wednesday 3 March	10am – 12noon
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BOOKINGS ESSENTIAL please phone 1800 457 949.

Introducing Solids

An information session for parents, with children aged 3-6 months, on introducing solids. Find out why and how solids are introduced; how much food and which foods to start with; and allergies and intolerances. Bring your baby along and a rug for baby to lie on.



Dalyellup Child Health [Dalyellup Community Centre] 6 Gosse Way, Dalyellup	Thursday 28 January	1pm – 3pm
Eaton Child Health [Eaton Family Centre] Charterhouse Street, Eaton	Wednesday 3 March	9:30am – 11:30am
Prosser St Child Health [Lady Mitchell Centre] 2 Prosser St, South Bunbury	Tuesday 6 April	9:30am – 11:30am
Riverlinks Child Health [Behind Police Station, off Paris Rd] 1 Leisure Dr, Australind	Tuesday 4 May	9:30am – 11:30am
Hudson Rd Child Health [Bunbury Community Health] 24A Hudson Rd, Withers	Thursday 3 June	1pm – 3pm

BOOKINGS ESSENTIAL please phone 1800 457 949.

8-Month Group Session

A one-off group session to support parents and carers with babies aged around 8 months, providing you with an opportunity to get together with a Child Health Nurse and ask any questions about your baby's nutrition, sleep, play and development.



Prosser St Child Health [Lady Mitchell Centre] 2 Prosser St, South Bunbury	Thursday 14 January	9:30am – 11:30am
Riverlinks Child Health [Behind Police Station, off Paris Rd] 1 Leisure Dr, Australind	Wednesday 17 March	
Eaton Child Health [Eaton Family Centre] Charterhouse Street, Eaton	Wednesday 24 March	
Hudson Rd Child Health [Bunbury Community Health] 24A Hudson Rd, Withers	Wednesday 17 February	10am – 12noon

BOOKINGS ESSENTIAL please phone 1800 457 949.

Circle of Security (Dads Group)

An 6 week program (2 hours per week) for parents/carers of children aged 0-5 years.



What you will learn:

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

Eaton Family Centre Charterhouse St, Eaton	Tuesdays, 16 February – 23 March	6pm – 8pm (DAD'S EVENING GROUP)
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Enquires/bookings please contact Ruth McFall ruth.mcfall@health.wa.gov.au

Triple P (Positive Parenting Program) Workshop 'Dealing with Disobedience'

Come along to find out why children misbehave and discuss ways that encourage positive behaviour and cooperation in children. For parents and carers of children aged 3-8 years.



Leschenault Leisure Centre Leisure Dr, Australind	Friday 19 February	9:30am – 11:30am
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BOOKINGS ESSENTIAL please phone 9797 4000.

Dalyellup Community Centre 6 Gosse Way, Dalyellup	Wednesday 17 March	9:30am – 11:30am
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BOOKINGS ESSENTIAL please phone 9795 2888.

Triple P (Raising Happy Kids) Seminar Series

These short seminars will leave you feeling confident to deal positively and effectively with common child behavioural and emotional issues. For parents and carers of children aged 3-8 years.

You can attend just one, two or all three seminars.

Bunbury City Library 1 Parkfield St, Bunbury	The Power of Positive Parenting	Saturday 6 March	10am – 12noon
	Raising Confident Competent Children	Saturday 13 March	
	Raising Resilient Children	Saturday 20 March	

FOR BOOKINGS or INFORMATION please phone 9795 2888, or Bunbury City Library 9792 7190

Immunisation Service

Community immunisation clinics are for all standard infant and adult immunisations.

Please remember to bring your Medicare Care and Immunisation Record Book.



	Times	Jan	Feb	March	April
Child and Parent Centre – Carey Park Primary School	9am – 12pm		Tuesday 16 th	Tuesday 16 th	Tuesday 20 th
Eaton Family Centre	9am – 3pm	Friday 8 th	Friday 5 th	Friday 5 th	Friday 9 th
Harvey Child Health Clinic	9:30am – 12pm	Tuesday 19 th	Tuesday 23 rd	Tuesday 23 rd	Tuesday 27 th
Hudson Road Community Health Centre	9am – 3pm	Tuesday 5 th Monday 18 th Friday 29 th	Tuesday 2 nd Friday 26 th	Tuesday 2 nd Friday 26 th Tuesday 30 th	Tuesday 6 th Friday 30 th
Prosser St Child Health Clinic	9am – 12pm	Thursday 14 th	Thursday 11 th	Thursday 11 th	Thursday 8 th
Riverlinks Child Health Clinic	9am – 2:30pm	Tuesday 12 th Friday 22 nd	Tuesday 9 th Friday 19 th	Tuesday 9 th Friday 19 th	Tuesday 13 th Friday 23 rd

BOOKINGS ESSENTIAL please phone 9795 2814.

Please note all immunisations by APPOINTMENT ONLY, no Open Clinics are currently running

For more information about our programs, visit our website

www.childhealth.health.wa.gov.au

and select the “Bunbury and Harvey” District.

If you would like to be added to the distribution list to receive the Bunbury/Harvey Community Health Program Calendar please contact kirsty.skoglund@health.wa.gov.au