



It's April already!

(No, we can't believe it either)

We trust that this newsletter finds you well, ready for the holidays, and looking forward to the cooler weather that April hopes to bring.

Upcoming Holiday Closures



Easter Weekend

We will be closed on the **18th and 21st of April**, and take this opportunity to wish you a wonderful Easter long weekend.



ANZAC Day

We will be closed on the **25th of April** for the ANZAC Day public holiday, a day for honouring our fallen soldiers.

School Holiday Groups

Keep boredom at bay!

Join us for our popular program of School Holiday Group Activities.

Here are the details:

- Balcatta & South Lake Clinics
- Aligns with NDIS goals
- Run by experienced clinicians
- Incursions AND Excursions

So what's lined up?

- * Fidget making
- * Bowling
- * Cooking
- * Scitech

**Spots are limited,
so book yours NOW!**

[Details by clinic here](#)





Day of Autism Awareness

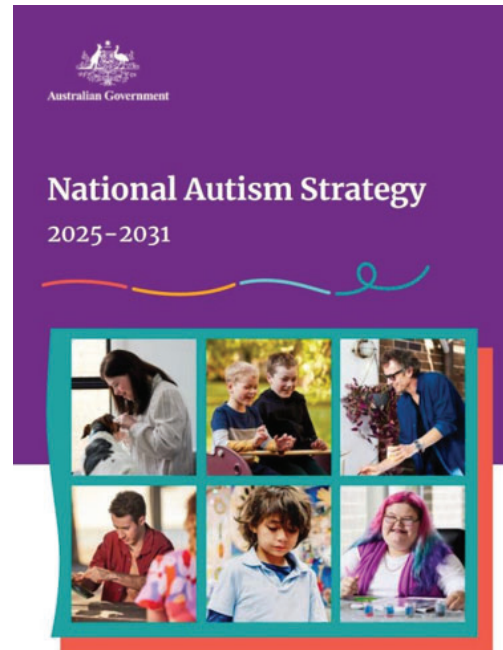
April is, in fact, **Autism Awareness Month**, but April 2nd in particular is a day for raising awareness about Autistic individuals throughout the world, and celebrating all people with Autism in our local communities.

Did you know?

There's a **National Autism Strategy** in place which sets out a vision for a safe and inclusive society for all Autistic people.

It's a framework for improving outcomes for Autistic people, supporting and empowering them to thrive in all aspects of life.

[More Info here](#)



PSYCHOLOGY - NO WAITLIST



If you're in need of supports, we have immediate capacity:-

Depression, Anxiety & Trauma
PTSD & Anger Management
Gender & Sexual dysphoria
LGBTQIA+ & Neurodivergence
Grief & Bereavement



Continuity of Therapy

There are many reasons why you should attend therapy regularly -**especially during the school holidays**:

- **it keeps the momentum going**
- **minimises the risk of dysregulation**
- **leads to notably improved outcomes**
- **you can apply learnt strategies outside of school term**

Why undo all the hard work by missing sessions just because it's holidays?! We recommend attending regular sessions throughout the holidays, and stay on

track to reaching your goals. **Your progress will be your reward!**



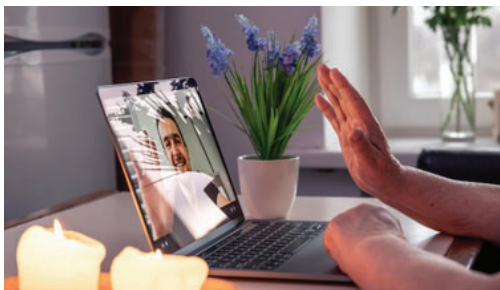
BLOG ALERT

SCHOOL REFUSAL

Our latest BLOG highlights a tricky issue, shows why it happens, and offers some helpful advice in negotiating this minefield.

[Read the BLOG here](#)

General Clinic Reminders



Consider Telehealth

Telehealth is almost always an option if you can't make it into a clinic for any reason, dependant only on your individual needs.

[Call us to discuss this option](#)



Sick? Don't Come In

If our clinicians believe you to be unwell, they may cancel your appointment for their own wellbeing, and you ***could be charged***.

[Please reschedule your session](#)

THANK YOU FOR YOUR SUPPORT

Call Us: Mon - Fri; 9am - 5pm

Clinic Open Hours: Mon - Fri; 9am - 5pm

Email Enquiries: admin@onecentralhealth.com.au

Mailing Address: 24/257 Balcatta Road, Balcatta, WA, 6021



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