



**It's Marvellous
May!**

We trust this newsletter finds
you well and enjoying our
glorious late-Autumn weather.

UPCOMING SPECIAL DAYS



Happy Mother's Day

We'd like to wish all our fabulous Mums a wonderful day of love and spoils on the 11th of May.



Intl. Day of Families

It doesn't matter what 'your' family looks like, from ours to yours, we wish you a delightful Family Day.

HOLIDAY GROUP SUCCESS!



Easter Cooking Fun

You can't go wrong with chocolate, and our Easter bunny pikelets were a definite 'hit' with the kiddos.



Science & Learning

Our excursion to Scitech sure was a good session of learning, but with plenty of fabulous fun too!

Thank you for participating - a good time was had by all!

Next up - a survey to help us improve!

SCHOOL HOLIDAY GROUPS SURVEY



We value your feedback.

Help us improve our School Holiday Group Activities. Four quick clicks is all it takes.

[Begin](#)

REMINDER - NO WAITLIST



Depression, Anxiety & Trauma

PTSD & Anger Management

Gender & Sexual dysphoria

LGBTQIA+ & Neurodivergence

Grief & Bereavement

SUPPORTING OUR COMMUNITY



In 2025, we'll again support the

Cancer Council

The team at OCH will be enjoying a cuppa for Australia's Biggest Morning Tea, to raise funds for this worthy cause. We hope you're able to do the same at your place!

BLOG ALERT



Seasonal Affective Disorder

Why your mood can change with the seasons.....

[Read the BLOG here](#)

AND JUST FOR FUN



May 5th 2025

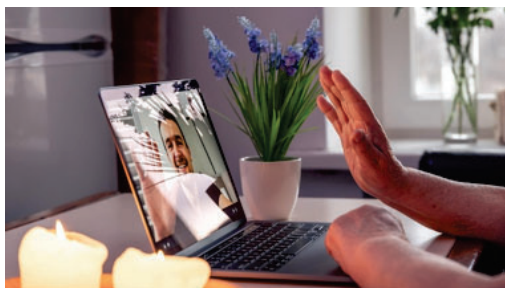
Because a day without laughter would be most miserable indeed.



May 6th 2025

The post-Easter weight-watching will have to wait another while!

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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