



**Delightful  
December is  
already here**

It's officially the 'silly season' and the end of 2025. We've made it. It's been an incredible **10th year in business**, and we thank you for your support!

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**JANUARY HOLIDAY GROUPS**

LIMITED SPOTS

FILLING UP FAST

BOOK YOURS NOW



**KIDS AGED 5-10:**

Social Skills

Cooking

**TEENS AGED 10-15:**

Connect Groups

Cooking

[Click Here for the Schedule of Activities](#)

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# SOCIAL ACTIVITY INVITE



If you're keen to **learn respectful play** and **make some new friends**, give us a call to book your slot.

**Snacks and drinks are on us!**



For NDIS  
Participants



Aimed at kids aged  
13 and up



Bring yourself - we'll  
do the rest!

## LIMITED TIME OFFER

★ **ASSESSMENT FEES REDUCED** ★

**LIMITED TIME OFFER**



**Holiday ASSESSMENT pricing**  
**8 Dec 2025 to 31 Jan 2026**

Do you know someone looking for an assessment?

**AUTISM**   **LEARNING DISORDER**   **ADHD**   **COGNITIVE AND/OR IQ**

SPECIAL DISCOUNT    LIMITED TIME    ALL ASSESSMENTS

For more information or to find out how much you can save:

Phone 9344 1318  
Email [admin@onecentralhealth.com.au](mailto:admin@onecentralhealth.com.au)

**one**  
Central Health

**Don't delay - get in touch today!**

Do you know of someone who needs an **assessment**?

*Please feel free to share this special offer.*

We're offering a **SUPER SPECIAL** discount on assessment fees for the period **08 December '25 to 31 January '26.**

Don't delay - **call us today** for details.

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## CONTINUITY OF THERAPY

↓ Consider this before taking a LONG school holiday break ↓

# Taking A School Holiday Break?

Here are some reasons why you shouldn't

Keeps the momentum going

Reduces the risk of dysregulation

Achieves improved outcomes

Apply learnt strategies outside of school term



Breaks can sometimes lead to regression

Opportunity to address "holiday specific" challenges

Consistency solidifies your progress

Regular structure & routines are important

Don't break the CONTINUITY...



... PROGRESS is the REWARD!

**IMMEDIATE AVAILABILITY**



**Books are OPEN - call TODAY!**

## HELP US FINISH ON A HIGH

If you've had a good experience with us or with your clinician, would you be so kind as to leave us a review? It certainly helps small businesses like ours **grow, improve and provide better services!**

Please take a minute to leave us a review on



**Google**

Thank you for your support!



Simply click the image on the left, which will take you straight to the page to leave us a quick comment and some



**THANK YOU FOR BEING PART OF OUR JOURNEY!**

# IMPORTANT DATE

## IDPD

**December 3rd** is a day to raise awareness and promote the rights of people with disabilities in all aspects of daily life.



## BLOG ALERTS



**Coping with Changes to Social Media Law**



**How To Stay Healthy in the Summer Heat**

## JUST FOR FUN



1st December 2025



16th December 2025

## LAST BUT NOT LEAST



# 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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## ONE CENTRAL HEALTH

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