



**It's Joyous  
January**

And with the click of a finger, the new year has arrived. May 2026 bring you joy, harmony and much, much more!

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**JANUARY HOLIDAY GROUPS**

LAST CHANCE

FEW SPOTS LEFT

DO JOIN US



**KIDS AGED 5-10:**

Social Skills

Cooking

**TEENS AGED 10-15:**

Connect Groups

Cooking

[Click Here for the Details](#)

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## ONE DAY SPECIAL EVENT

→ 07 January 2026 ; 10am-12pm ←



Learn respectful play

Make some new friends

Call us to reserve your spot

Snacks and drinks are on us!

For NDIS Participants

Aimed at kids aged 13 and up

Bring yourself - we'll do the rest!

## IMMEDIATE AVAILABILITY



We have capacity - call today!

## REMINDER - HOLIDAY PRICING

## LIMITED TIME ONLY



Do you know someone looking for an assessment?

### WE HAVE A SPECIAL OFFER

AUTISM

LEARNING  
DISORDER

ADHD

COGNITIVE  
AND/OR IQ

● LOWER PRICING

● 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)



Don't delay - get in touch today!

If you know someone who is thinking of having any of these Assessments done any time soon, we're offering a **special holiday discount**.

*Feel free to share this information with friends and family.*

There's no better time,

SO

**CALL TODAY.**

## CONTINUITY OF THERAPY

↓ Consider this before taking a LONG school holiday break ↓

## Don't Stop Therapy During Holidays



- Keep the momentum going
- Minimise the risk of dysregulation
- Apply learnt strategies outside of school term
- Achieve noticeably improved outcomes

## Continuity Of Therapy Is Important

- ✓ Breaks can sometimes lead to regression
- ✓ Maintains consistent & structured routines
- ✓ Leverage the opportunity to address 'holiday specific' challenges.
- ✓ Solidifies your progress



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# TRAVELLING WITH DISABILITY

Travelling can be stressful, particularly if you or your loved one have a disability that isn't immediately apparent.

Perth Airport understand this, and have joined over 300 airports around the world in the Hidden Disabilities Sunflower program.



This program allows travellers with hidden disabilities (e.g. autism, chronic pain, anxiety) to discreetly signal that they need extra assistance.

So if you're travelling and may need additional support, read more information here.


THE HIDDEN DISABILITY SUNFLOWER

## HERE'S TO A GOOD START

Perhaps you didn't have a chance to leave us a review in December, so now's your chance!


**Help our business grow, improve and support you better!**

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!**

## CALENDAR EVENTS

## AUSTRALIA DAY

**January 26th** commemorates the nation's history, celebrates contemporary Australia, and acknowledges the contributions of all Australians.



## BLOG ALERTS

### Recognising Eating Disorders



**Spotting the Signs of an Eating Disorder**



**How to Protect your Child's Mental Health**

## JUST FOR FUN



## 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](mailto:admin@onecentralhealth.com.au)

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



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**ONE CENTRAL HEALTH**

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