



It's Amazing April

There's an early Easter and school holidays, cooler weather on the way and the 1st quarter of the year is over. WOW, that happened fast!

APRIL HOLIDAY GROUPS

It's time to book your spot in a School Holiday Group Session

THE KITCHEN IS CALLING!



Tacos

Pasta salad

M/wave cinnamon apples

Air fryer chips



Mini pizzas

Air fryer nachos

Cheesecake cups

Rice bubble treats

SO JOIN US TO COOK UP A STORM IN BOTH WEEKS!

HOLIDAY EVENT REMINDER

In addition to regular Holiday Groups, we're once again running our successful activity for **DUNGEONS & DRAGONS** - where learning respectful play and friendship are the order of the day.



DATE:

15 April 2026

TIME:

10am - 12pm

VENUE:

Balcatta

For NDIS
clients, aged 13+

Bring yourself - we'll
do the rest

Snacks and soft
drinks provided

INTRODUCING NEW SPECIALISED SUPPORTS

We are proud to introduce a new array of supports targeted at individuals who need professional support across a diverse range of specialist areas.

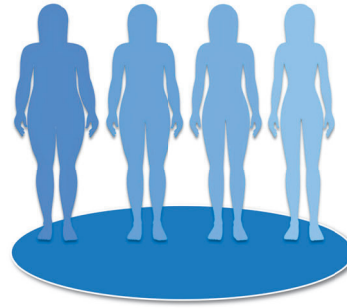
GENDER & SEXUALITY CONCERNS



We provide support for those experiencing concerns around gender & sexual identity.

(08) 9344-1318 www.onecentralhealth.com.au admin@onecentralhealth.com.au

EATING DISORDERS & BODY IMAGE



ANOREXIA NERVOSA

BULIMIA NERVOSA

BINGE EATING

EATING NON-FOODS (PICA)

AVOIDANT/RESTRICTIVE FOOD INTAKE (AFRID)

OTHER SPECIFIC FEEDING & EATING DISORDERS (OSFED)

We provide support for those experiencing concerns around food, eating and body image.

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Our clinicians offer confidential, inclusive and peer-lead expertise, both in-clinic and via telehealth. So if you or someone you know could benefit from some care and understanding, please give us a call. We can help!

NDIS NEWS

The NDIS are running a pilot study to help understand what's involved in providing quality therapy supports.

- due to run over the next 12 months
- will also look at the types of therapy workers involved
- will focus on outcomes for participants

[More 'Therapy Pilot' Info Here](#)

SERVICES SPOTLIGHT



Autism

ADHD

Learning Disorders (SLD)

IQ/ Cognitive

Anxiety & Depression

Trauma, grief and loss

Stress, fatigue and workplace

Family & relationships

We have capacity - call today!

CALENDAR EVENTS



WORLD AUTISM DAY

02 April - A day to celebrate the strengths and rights of autistic individuals while promoting acceptance and inclusion.

EASTER WEEKEND

3-6 April - we wish all our clients a peaceful and happy Easter, and a safe return if you're travelling.





INTN'L EARTH DAY

22 April - where communities worldwide show commitment towards environmental protection and preservation.

ANZAC DAY

25 April - commemorating all those who served and died in war, conflict and peacekeeping.



BLOG ALERTS



Adding speech goals to daily routines

Including speech goals in everyday activities



Getting your kids to 'open up'.

How to get your child to talk about their day

AND JUST FOR FUN.....



01 April 2026



04 April 2026

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



ONE CENTRAL HEALTH

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