



It's Marvellous March

The 3rd month of the year and the start of Autumn has arrived - we hope it's magical for you all.

**INTRODUCING NEW
SPECIALISED SUPPORTS**

We are proud to introduce a new array of targeted supports to address specific concerns that have been identified in the wider community.

These **SPECIALISED SUPPORTS** will be provided by clinicians with extensive experience, focussing on best-practice therapy within each area.



SPECIALISED SUPPORTS

GENDER & SEXUALITY CONCERNS

We provide inclusive and peer-lead support for those with concerns around sexuality and gender identity.



We can support you with:

- a safe, affirming space to explore identity and navigate coming out
- managing gender dysphoria, and addressing relationship concerns
- matters surrounding sexual orientation and transgender/non-binary mental health issues
- trauma recovery, transitioning, self-acceptance and managing minority stress



PAYMENT OPTIONS

Mental Health Care Plan

Private Referral

So if you or someone you know needs support, we can help.

Call us for a chat TODAY!



Balcatta
Unit 24/257
Balcatta Rd,
Balcatta
WA 6021

LOCATIONS

South Lake
Unit 9/752
North Lake Rd,
South Lake
WA 6164

Kalgoorlie
Unit 2/28
Cheetham Str,
Kalgoorlie
WA 6430



(08) 9344-1318

www.onecentralhealth.com.au

admin@onecentralhealth.com.au





SPECIALISED SUPPORTS

EATING DISORDERS & BODY IMAGE

We provide support for those experiencing concerns around food, eating and body image, with or without a formal diagnosis.



We can support you with:

- Changes or distress in your relationship with food or your body
- Body image concerns and comparison
- Restrictive or loss-of-control eating
- Avoidant or sensory-based eating patterns



FLEXIBLE PAYMENT OPTIONS

Eating Disorder Care Plan
Mental Health Care Plan
Private Consultation
NDIS if funded.

So if you or someone you know needs support, we can help.

Call us for a **FREE 15 min chat TODAY!**



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APRIL HOLIDAY GROUPS

With Easter school holidays in exactly a month, now is the time to book your spot in our regular **School Holiday Group Sessions**. This time around - it's all about **COOKING FUN!**

April Holidays 2026

Balcatta Clinic



Cooking Fun Wk 1

Wed 08/04

Kids 5-9; 11am - 12.30pm

Fri 10/04

10 Yrs+; 11am - 12.30pm

Cooking Fun Wk 2

Wed 15/04

10 Yrs+ 10.30am - 12pm

Fri 17/04

Kids 5-9; 10.30am - 12pm



Book Your Spot Today

Call us:

9344-1318

Email:

admin@onecentralhealth.com.au

SPECIAL HOLIDAY EVENT

In addition to regular Holiday Activities, we're once again running our successful group for **DUNGEONS & DRAGONS** - where learning respectful play and friendship are the order of the day. Limited spots - **so book early!**

APRIL SCHOOL HOLIDAY GROUPS

HOW TO PLAY DND

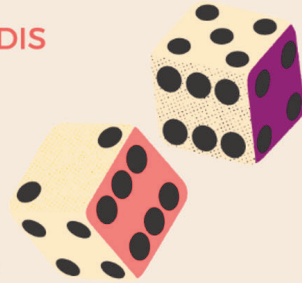


Always wanted to get into
Dungeons and Dragons, but don't
know where to start?

We will be running a group for NDIS
participants aged 13 and up.

Group Focus

- Reviewing the basic rules
- Creating your own game
- How to be a respectful player



Venue: Balcatta Clinic
When: Wed 15/04/2026
Time: 10am to 12pm

Bring yourself and we'll
do the rest!
Snacks and juice/ soft
drinks provided

To book your spot, call : 9344-1318, or
email : admin@onecentralhealth.com.au



Attended by two NDIS registered clinicians.

NDIS NEWS

The 'new' way of NDIS planning is coming soon:

- due to roll out mid-2026

- officially called 'New Framework Planning'
- will make things fairer & easier for participants
- new NDIS rules are being developed to guide the new framework
- public consultation is open until 06 March 2026 so share your views!

[Have Your Say In This Survey](#)

Here is an update on the Thriving Kids Program:

- supports for children aged 8 and under
- access to the program will start 1 October 2026
- for developmental delay and autism with LOW support needs
- children with significant disabilities continue to be eligible for NDIS
- The Thriving Kids Advisory Group Final Report was released in Feb

[Read More About Thriving Kids](#)

MyNDIS and Portal updates are now in progress:

- improved flexibility & control
- better protection of NDIS accounts
- changes going live throughout February
- personal information can be updated online instead of calling
- includes bank accounts, address, email info and contact numbers

[Read About Portal Updates Here](#)

Symposium Early Birds

Whilst applications have now closed for the event bursaries, early bird tickets can still save you \$200, available until 30th March or until sold out.



Celebrating 10 Years

With exciting changes to both venue and program, it's sure to be a sell-out, so click the link below for more information or to book **EARLY BIRD** tickets.

[Click Here for the Details](#)

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

LABOUR DAY

02 March celebrates the historic 8-hour workday victory of the 1850s (8 hours work, 8 recreation, 8 rest).



WOMEN'S DAY

08 March celebrates the the social, economic, cultural, and political achievements of women.

BLOG ALERTS



Spotting the Signs of a person with Anorexia

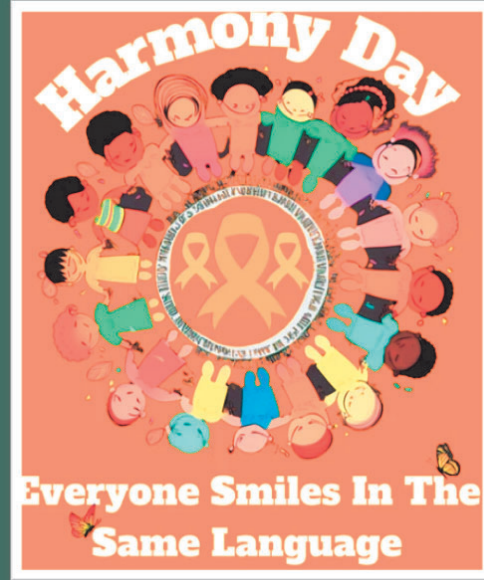


Supporting People with Hidden Disabilities

AND JUST FOR FUN.....



01 March 2026



21 March 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



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