

# HEALTHY MIND CENTRE NEWSLETTER

MAY 2023

## LEGO CLUB IS BACK!

NEXT GROUP STARTING  
WEDNESDAY MAY 26TH FROM 3:30-5PM!

For children aged 7-12 years.  
Spots are limited, so register for an  
intake session below, or call our friendly  
Admin team on 6388 9229 for further  
information!

Register here: <https://bit.ly/3Nu6>



## LOVING OUR NEW WAITING ROOM ADDITION!

We've recently added a lovely  
new addition to our waiting  
room. Rest assured we will be  
adding some special little  
guests to the tank soon.  
What shall we name them???  
Would love to hear your ideas



## WELCOME BACK...

## REBECCA (BEC)

We are delighted to have team members returning back after a short break. Rachel and Bec have appointments available for new clients. Gabi will be returning to the administrative team in the office shortly.



## GABRIELLE (GABI)



## RACHEL



## DO YOU OWN A BUSINESS, OR WANT YOUR WORKPLACE TO OFFER AN EMPLOYEE MENTAL HEALTH PROGRAM?

HMC offers numerous local and national businesses mental health support under Employee Assistance Programs (EAP)! Get in touch to see how this tailored approach could benefit you!

Read our latest blog on Play Therapy [here](#) by Play Therapist Ange!

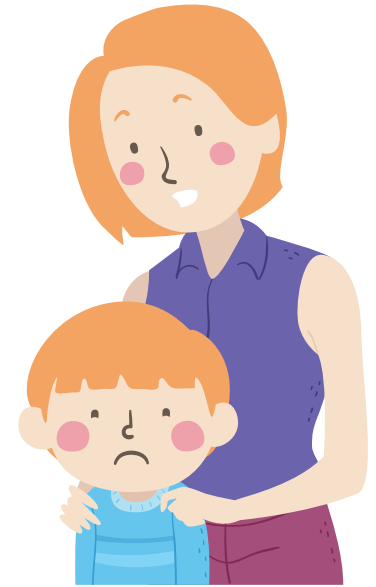


# CIRCLE OF SECURITY ONLINE PARENTING GROUP

HMC is running Circle of Security online from **Tuesday 6th June from 7:30pm AEST.**

Security in the parent-child relationship is one of the main contributors to long term well-being in children throughout their entire life. Children whose parent's are able to meet their attachment and security needs have better relationships, higher self-esteem, feel less anger, and trust that good things will come their way.

Circle of Security Parenting (CoS-P) is an evidence-based way for parents to help their children develop security in relationships, whilst feeling proactive and calm in their parenting.



[Find out more  
and register  
online here!](#)

## DID YOU KNOW... YOU CAN BOOK OR RESCHEDULE YOUR APPOINTMENTS ONLINE?

It's important to us that clients feel in control of appointments. Client comfort and ease are our priority. So, we've made it easier for you to have the access and control of your appointments right at your fingertips!

[Click here](#) to start using the Online bookings link  
If you have any issues, let us know as we may need to send you an invite to your client portal!



Are you following us on Instagram? Check it out to see what we get up to!