Moora Community Connections

The below information summarises what help/support is available for the community in these challenging times

#3 April 15, 2020

Moora Community Resource Centre

Our doors may be closed but you can still connect with us.

P: 9653 1053

E: mooracrc@gmail.com

Tai Chi Tuesdays

Tai Chi videos posted on the Moora CRC Facebook page on Tuesday Mornings, 10 am - join in, call a mate, have fun, stay fit, stay connected, stay healthy.

Behaviour Tonics

1-2-3 magic and emotion coaching to help parents manage difficult behaviour in 2-12 years olds. Live interaction Webinar. To register please email :jpages@wanslea.asn.au or call 0447 622 736.

1-2-3 Magic™ and Emotion Coaching

To help parents manage difficult behaviour in 2 - 12 year olds

Facilitated by Brad Williams who will provide a humorous look at parenting and a serious look at discipline!

LIVE AND INTERACTIVE WEBINAR

Wedneday 22nd, 29th April & 6th May 2020

3 x 90min sessions 7- 8.30pm

(participants will have password access to a recording of each webinar)

To register - jpages@wanslea.asn.au OR 0447 622 736

You will learn:

- The two approaches to parenting.
- How to discipline without arguing, yelling or smacking.
- How to handle kids testing behaviour.
- How to teach and encourage positive behaviour, social skills and independance.
- How to control obnoxious behaviour.
- How to show empathy while developing emotional intelligence in your child.
- How to strengthen the relationship with your child.

COVID-19 Support

The Moora CRC website has information and support. http://moora.crc.net.au/covid-19-support.html

Are you looking for ways to support your community? How about reaching out to your neighbours and making sure they're okay.

Virtual Stay on Your Feet.

Stay on your Feet exercises posted on the Moora CRC Facebook page on Thursday mornings 9 am same as Tai Chi. Exercise sheets also available at Moora CRC.

ANZAC activity packs

Kids ANZAC activity packs will be available to collect from Monday the 20th of April. (Colourings, dot-to-dots, crafts). Get yours outside the CRC, join in. Lest We Forget

ADF Mental Health All-hours Support Line

1800 628 036

THANK YOU

Is there someone you want to thank?
Please get in touch with
Jodie 0433532288

If you are able to help or need assistance with anything, please contact Moora Community Resource Centre on 08 9653 1053 and we will do our best to assist.

Moora Community Resource Centre

Your local connection