

Health & Wellbeing

ADVERTISING FEATURE

Family Life: It's not always easy

The constant demands for time and general busyness means that families sometimes struggle to connect in meaningful ways.

COVID-19 has put extra pressures on families, sometimes to do with employment and financials, for others it may have triggered negative emotions, depression, anxiety, stress or tension between family members.

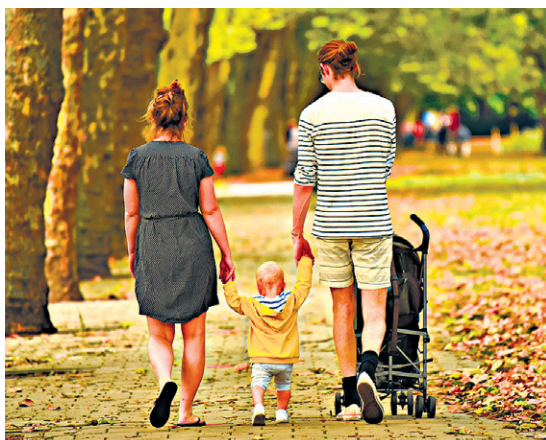
Talking, checking in and connecting with each other regularly is important to maintain healthy family relationships.

The 5-week Family LINK program facilitated by HelpingMinds is for families living in and around the Swan region.

HelpingMinds supports families who would like to connect with each other in fun and nurturing ways, through a variety of interactive activities, games and discussions.

Various topics and common challenges are explored and discussed. This includes learning about each person's particular communication style and ways to resolve conflict in healthy ways.

Fiona Langley, Family LINK Facilitator, says "Families who have completed the program report feeling heard and more accepted by their family members, as well as feeling less isolated and alone through



connections made with other families.

Often mums, dads and kids gain a new understanding of each other's worlds in a fun, interactive and relaxed way."

Family LINK is a free program for families living in and

around the Swan region with children under the age of 18.

Programs are run all year round in various places in the City of Swan such as Midland and Ellenbrook. Call HelpingMinds on (08) 9427 7100 for more information.

Don't ignore the snore

If you have been diagnosed with Obstructive Sleep Apnoea (OSA), it's a high chance your doctor would have recommended Continuous Positive Airway Pressure (CPAP) therapy, the gold standard treatment for OSA.

However, it can be a challenge to get used to therapy, especially if you don't receive the right help and support from the start.

At High Wycombe Pharmacy working in association with CLM Sleep Co, our experienced consultants will work with you to tailor a treatment that works

for you.

There are many types of CPAP devices and masks available, so we will work with you to find the perfect fit. Our trial program ensures you end up purchasing the equipment only if treatment works for you.

We will also help you along the way and continue to support you throughout this lifelong journey.

From now until 30th Sept, we are offering the ResMed device with a free extended warranty for only \$1,595.

You will also receive a free mask and a welcome voucher with a



bonus membership. Contact us to find out more.

High Wycombe Pharmacy 9454 7572.

Grace Baptist celebrating their 8th Anniversary

Much is said today about staying healthy: healthy living, healthy eating, healthy mind, healthy relationships.

People put a great deal of effort into their present state of health – and that is important. But what about the future?

Preparations are made for retirement with superannuation,

life insurance and pre-paid funerals.

Again, these are important things to plan and prepare. But what about Eternity?

Many people have heard of Arthur Stace, better known as "Mr Eternity" who wrote that very word all over the streets of Sydney.

His Purpose was to ensure people thought

about and were prepared for eternity.

The most famous verse in the Bible is John 3:16 and says "For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life."

This verse tells us God has made all the preparations for our

eternity & all He asks is for us to turn to Him in repentance and faith.

We must realise our need of a saviour because of sin and our hopelessness without Him.

Eternity with God or without Him, that is the choice we must make and the preparation that will ensure eternal health.

GRACE BAPTIST CHURCH

8TH ANNIVERSARY

Sunday 20th September

Family Worship 10.00am
Anniversary Service 1.30pm

Meeting at: Brown Park Community Centre
Salisbury Rd, Swan View

Pastor: Graham Thomas
Ph: 0425 354 159
gbcmidland.org.au

"For by grace are ye saved through faith..."
Ephesians 2:8

Would you like to strengthen your family relationships?

Family LINK is a free program that will help your family to connect and talk to each other in a fun and relaxed way.

Midland

12 Oct to 16 Nov (6 weeks)

Monday evenings | 5.30–7.30pm

Ellenbrook

7 & 14 Nov (follow-up meal 26 Nov)

Saturday afternoons | 1–5pm

Call 9427 7100 for more information

FREE | Catering provided

Registration essential

If transport is a barrier, please speak to our team on registration

"We were struggling to connect as a family and were focusing on the negatives. The Family LINK program helped us realise each other's unique strengths and qualities. I now have hope for my little family." – Beth, 43



This program is open to families living in and around the Swan region. Funded by the Australian Government Department of Social Services.

helpingminds.org.au

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Offer ends 30th Sept 2020.

Available at:
High Wycombe Pharmacy
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T: 9454 7572 E: clmhighwycombe@gmail.com

Terms and conditions apply. Offer is valid while stocks last or until 30th Sept 2020. To be eligible for the bonus membership and welcome voucher, the device must be registered within 30 days of the purchase date.