

What's Happening at TLC this Month?

December Issue 2022



SNEAK PEEK OF WHAT'S INSIDE:

Meet some of our Hornsby staff

2022 Recap

Our Availability

Christmas Craft

Elf on a shelf

Christmas message and dates to remember

Christmas is coming, it's December!

As we come to the end of 2022, Therapy & Learning Centre continues to be jam packed with fun, exciting activities!

This month we have embraced the Christmas spirit! We have done all sorts of Christmas crafts, some of which you'll see more of below.

2022 has been an amazing year for Therapy & Learning Centre and we'd like to take some time to reflect on our achievements.

Keep reading!

Meet Nyree!

Nyree has worked as an Occupational Therapist at Therapy & Learning Centre since 2001. Nyree works at our Hornsby clinic on Mondays, Tuesdays, Thursday afternoons, and Fridays. She loves working with children ages 3-18 years of age and easily establishes a good rapport with the child and their family. Nyree recognises that when children attend therapy, they are working on things that are challenging for them. She recognises each child's strengths and interests, and plans her therapy sessions accordingly to enable the children to experience joy while mastering skills that will help them in their daily life.

Nyree is not just a therapist, she is a therapy mum. She has two school-aged children, both of which have benefited from various early interventions. She is a keen netballer and has played with the same local netball club since she was 10-years-old.



✧ **Hornsby** ✧

Meet Sabina!



Sabina loves helping children achieve their goals while having lots of fun in the process! She is constantly updating her skill set and is working towards achieving a title in Paediatric Physiotherapy, with plans to complete courses in bike skills and AUSLAN next on her list. When she is not coming up with new ideas for obstacle courses and games, Sabina enjoys martial arts, exploring Sydney with her family and dog, aerial fitness, and swimming.

Her favourite activities in physiotherapy sessions include beanbag tossing, crab soccer, and scooterboard variations.

✧ **Hornsby** ✧

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Our Availability

As some of our clients transition into primary school, our availability at our Hornsby and Bella Vista is changing as we enter 2023.

Our Bella Visits clinic has some openings during school hours going into 2023. These times may be filled quickly.

Our Macquarie Park clinic currently has availability, afterschool and during school hours.

Our availability is forever changing. Please visit our website to make an enquiry on our contact form.

2022 Recap!

2022 was an exciting year for Therapy & Learning Centre! Let's go back in time and remember a few of the things we accomplished this year.

- Our special new addition to Therapy & Learning Centre opened earlier in the year, our Macquarie Park clinic! It is a great open space with availability for ongoing therapy and assessments.
- We have had a physiotherapist and an occupational therapist visit Sydney Grammar every Monday during 2022. This is something that will continue into 2023. If you would like to enquire, please do not hesitate to contact us via phonecall or our website.
- We welcomed a new physiotherapist this year, Daniel. He is currently working at our Macquarie Park clinic on Tuesdays and Thursdays and our Hornsby clinic every second Saturday. We are so excited to have his knowledge and expertise as apart of our team.
- We have welcomed a friendly-face back to TLC, Nadege. We are so excited to have her back as a part of our team.
- We had some team building outings in 2022, where our staff bonded and worked together on some fun activities. For one of the activities we all tried to paint a lovely sunset!
- Our amazing physiotherapist at Hornsby, Sabina, completed her level 2 in paediatric physiotherapy in May.
- Our director, Emma, participated in a business course throughout 2022. She shared the TLC experience in a boardroom presentation in Melbourne.

This months TLC stars

Throughout the year we like to recognise our staff for their amazing work. Below are some of our TLC Superstars!



Christmas Craft!



These activities encourage:

Elf yourself activity:

- Scissor skills
- Body awareness
- Sequencing steps
- Bilateral coordination

Letter to Santa:

- Handwriting legibility
- Letter formation
- Sentence structure
- Sentence spacing

And don't forget:

CHRISTMAS SPIRIT!



TLC ELF ON A SHELF



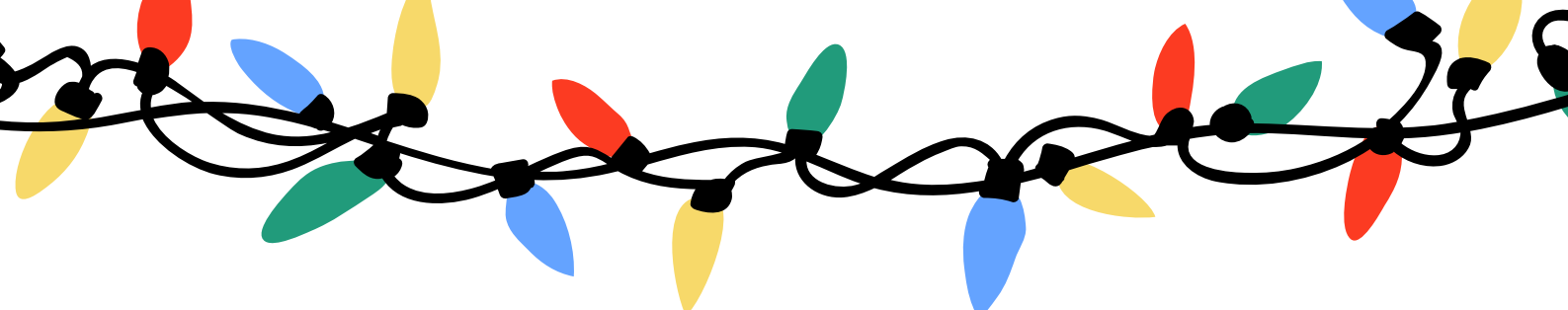
TLC CHRISTMAS PARTY!

Here are some photos from our TLC Christmas party!



A big thankyou to our wonderful staff at TLC! It has been such an amazing year together and we can't wait to see what next year brings.





THERAPY &
LEARNING CENTRE
WOULD LIKE TO
WISH EVERYONE A
SAFE, AND MERRY
CHRISTMAS AND A
HAPPY NEW YEAR!
WE'LL SEE YOU IN
2023!

**We are closed from the 24th of
December - 2nd of January.**

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