

NEWS & EVENTS



Circles
of learning

Merry Christmas

Help countless Australian children with one gift

This Christmas show your support for the children who continue to struggle with their health and learning by making a financial contribution to Circles of Learning.

Your contribution enables Circles of Learning to provide schools, families and community groups with our programs and services. In connecting children with the right tools they are able to unlock their own learning potential and move forward with the building blocks to lead a happy, healthy lifestyle. We are working together to assist all children find their own place in the world and become balanced, healthy, self assured adults.

All donations made to Circles of Learning are fully tax deductible. Make your contribution [via our website](#) through the safety and security of PayPal. Alternatively, post a cheque made out to:

Circles of Learning Limited
PO Box 928
Double Bay NSW 1360

*Wishing you a safe and happy Christmas
from the team at Circles of Learning!*

Judith, Andrea, Corina and Lynn

Tips for a healthy Christmas

- If your nerves are straining under pressure go to a quiet space and breathe.
- Remember your hat and sunscreen whenever you're outside.
- Keep sugary foods to a minimum—especially for the children.
- Drink lots of water to keep your brain calm and in optimal working condition.
- Laugh loud and often.



December Diary

3-20th Carols by the Tree. A free event at Darling Harbour, Sydney. Find out the full schedule of events [here](#).

18th It's the end of the school year. With more children out and about remember to drive slowly and with awareness.

21-23rd Discover Balance Workshops. Join the Bliss and Balance workshops with Georgina Delamain. Held in Woollahra. [Book here](#).



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Discover Balance



This brilliant series of workshops help create balance in your child's life, bringing lasting change to their behaviour and belief systems. The workshops provide art, language work, music, dance, sound and meditation as ways for children to positively express themselves. Children participate in games, exercises and dance to develop and broaden their natural abilities and skills and to motivate and inspire them whilst participating in a group situation. The workshops include all children who may also be gifted/sensitive and especially those often labeled with learning difficulties/disabilities such as ADHD, Autism and Dyslexia.

Bliss & Balance workshops for kids 21-23 December

Join the Bliss workshop (for self esteem and relaxation) from 9.30-12.30—cost \$250.

Or join the Balance workshop (also for self esteem and relaxation) from 2-5.15pm—workshop is FREE (usual price is \$288). We would like to thank Woollahra Council for the generous funding and support of this workshop.

Make sure you catch the early bird price of \$278 by 20th December for a second round of workshops in January. From 12th-15th and 18th-21st January, Holdsworth Community Centre in Woollahra. To book visit the website [here](#).

Discover Balance Colour Workshops for Women 4-18 January

Give yourself, or the woman/women in your life this wonderful opportunity to enjoy a series of 8 (1.5 hour) workshops. They work with colour, art, visualisations, yoga and breathing techniques to bring more balance, encourage a happy outlook and inspire confidence and relaxation. Cost: \$399.00

Venue to be confirmed (maximum 4). Beginning January 4th and continuing on the 11th and 18th in the mornings and evenings. Contact Georgina on 0430 811 469.

•Clever •Cid Health & Play Program

With thanks to Cross City Tunnel, this year the •Clever •Cid Health & Play program has been distributed to 15 schools throughout Sydney's Eastern suburbs and Inner West.

Those running the program have had wonderful success in improving children's focus and concentration. The results include better reading, improved learning ability and more awareness of the environment.

The garden and activities have proven to be a great success and as you can see by the photographs taken at Rozelle Public School, the children have loved learning and spending time in the garden.

Next year we expect the program to go into a further 30 schools across Sydney. If you have a school you would like to nominate we will see if it is possible for them to receive a full program in 2010.

With thanks to Jackie Chan Photography and Design for capturing the images.

