

Family and Relationship Services

Workshops

Term 3 Program - 2019

1. Parenting Kids with ADHD

For parents & carers of children aged 3-13 years.

This **3 week** workshop is designed for parents of children with ADHD and is facilitated by real parents who live with ADHD every day. The main topics will include methods to understand and manage your emotions, strategies which are known to work with ADHD, up to date information, managing defiant behaviours and setting boundaries.

Date:	Thursdays 8 th , 15 th & 22 nd August 2019	Time:	9.30am – 11.30am	Facilitator:	Susan Hughes
Location:	Leisureworld Thornlie Ave & Culross Ave Thornlie	Creche:	Yes	Bookings:	9251 5777 parenting@communicare.org.au

2. Stand up to Bullying

For parents & carers of children aged 5-17 years.

It can be distressing for parents or caregivers to find out their child is being bullied or bullying others. This introductory course identifies bullying behaviours and supports parents and caregivers in teaching children strategies to reduce the incidence of being bullied or bullying.

Date:	Friday 23 rd August 2019	Time:	9.30am – 11.30am	Facilitator:	Romy Pritchard
Location:	Mandurah Baptist Church 370 Pinjarra Road Mandurah	Creche:	Yes	Bookings:	9581 0581 Peel.PCWA@anglicarewa.org.au

Bookings are essential to secure a place, and all workshops are free of charge.

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3. Understanding Anxiety & Depression in Youth

For parents & carers of children aged 10-17 years.

Do you have a young person in your life that may be experiencing Anxiety or Depression? This course covers the challenges experienced by anxious and/or depressed adolescents and provides practical ideas and tips for parents and carers to assist their child and themselves.

Date:	Friday 23 rd August 2019	Time:	12.30 – 2.30pm	Facilitator:	Romy Pritchard
Location:	Mandurah Baptist Church 370 Pinjarra Road Mandurah	Creche:	No	Bookings:	9581 0581 Peel.PCWA@anglicarewa.org.au

4. Keeping Kids in Mind

For parents & carers of children aged 10-17 years.

Parents love their children and want the best for them. However, after separation, parenting often gets much tougher. Keeping Kids in Mind is a **5 week** course for separated parents who are experiencing on-going conflict. The course is designed to:

- Assist parents to see through their children's eyes the experience of parental separation.
- Develop great understanding about how to support children following family separation.

Date:	Tuesdays 27 th Aug & 3 rd , 10 th , 17 th & 24 th of Sept 2019	Time:	5.30 – 8.00pm	Facilitator:	Zoe Hughes & Stephanie Rea
Location:	Communicare 28 Cecil Avenue Cannington	Creche:	No	Bookings:	9251 5777 parenting@communicare.org.au

Bookings are essential to secure a place, and all workshops are free of charge.

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5. Kids & Anxiety

For parents & carers of children aged 3-12 years.

Whilst some feelings of anxiety can be a normal part of children's development, an increasing number of children are experiencing higher levels of anxiety that are impacting on their everyday life. This course aims to assist parents and caregivers to understand anxiety and provide simple strategies for parents and caregivers to use at home.

Date:	Tuesday 27 th August 2019	Time:	12.30 – 2.30pm	Facilitator:	Zoe Hughes
Location:	Wirrabirra Primary School 71 Corfield Street Gosnells	Creche:	Yes	Bookings:	cpcgosnells@centrecare.com.au

6. Understanding Anxiety & Depression in Youth

For parents & carers of children aged 10-17 years.

Do you have a young person in your life that may be experiencing Anxiety or Depression? This course covers the challenges experienced by anxious and/or depressed adolescents and provides practical ideas and tips for parents and carers to assist their child and themselves.

Date:	Thursday 12 th September 2019	Time:	6pm – 8.30pm	Facilitator:	Romy Pritchard
Location:	Leisurelife Cnr Gloucester & Kent St East Victoria Park	Creche:	No	Bookings:	9251 5777 parenting@communicare.org.au

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7. Art Therapy

For parents & carers of children aged 5 - 12 years who struggle with anxiety (parents participate).

Art Therapy reduces anxiety in children & adults by encouraging mindfulness and creativity. It allows for a simpler and more direct way to express emotions, thoughts and feelings whilst having zero pressure to be verbal. The use of art materials and the act of creativity can stop cycles of repetitive thought and worry, calm down the body and subsequently, the mind.

Date:	October School Holidays	Time: TBC	Facilitator: Amber Leigh Cummings
Location:	Mandurah Family Centre	Creche: N/A Child & Parent participate	Bookings: 9251 5777 parenting@communicare.org.au

8. Young Active Parents Program (Ongoing)

For parents under the age of 25 years.

Come and meet other parents in a welcoming atmosphere. Play and learn with your child and enjoy different fun activities each week. A parent support worker will be available each week to discuss any parenting topics and for general support.

Date:	Every Wednesday	Time: TBC	Facilitator: Parent Support Worker - Communicare
Location:	Communicare 28 Cecil Avenue Cannington	Creche: N/A Child participates	Bookings: 9251 5777 parenting@communicare.org.au

Bookings are essential to secure a place, and all workshops are free of charge.