

2022

What's On



South East Metro Parenting Support Service

Workshops for Parents and Carers of children 0-18 years living in the South-East Metro

Term 2 Parenting Program

April



Young Active Parents Program
Tuesdays
12 April - 28 June 2022
9.30am - 11.30am

Communicare
28 Cecil Avenue
Cannington

Bookings: parenting@communicare.org.au
<https://yapp2022.eventbrite.com.au>

Keeping Kids in Mind
5-sessions

Calling for Expressions of Interest
To enable us to deliver this program we require a minimum number of participants. Once this requirement is met we will notify families of dates and times. For further information or to register your interest please email us your **full name, postcode and contact number** to: **parenting@communicare.org.au** or call us on **08 9251 5777**

May

Circle of Security Parenting
Tuesdays
3 May - 21 June 2022
6.30pm - 8.30pm

Online - Zoom

Bookings: parenting@communicare.org.au
<https://cosponline3may22.eventbrite.com.au>



Building Courage and Resilience in Children Event
Wednesday
4 May 2022
6.30pm - 8.30pm

Don Russell Performing Arts Centre
13 Murdoch Road
Thornlie

Bookings: <https://drpac.sales.ticketsearch.com/sales/salesevent/52848>



Circle of Security Parenting
Thursdays
5 May - 23 June 2022
6.30pm - 8.30pm

Victoria Park Community Centre
248 Gloucester Street
East Victoria Park

Bookings: parenting@communicare.org.au
https://cosp_5may.eventbrite.com.au

Positive Discipline in everyday Parenting
Fridays
6 May - 3 June 2022
9.30am - 11.30am

Communicare
28 Cecil Avenue
Cannington

Bookings: parenting@communicare.org.au
<https://pdep6may2022.eventbrite.com.au>



May

Exploring Parenting through Creative Journaling

Mondays
9 - 30 May 2022
12.30pm - 2.30pm

Child and Parent Centre Gosnells
173 Hicks Street
(access via Clara Street)
Gosnells

Bookings: cpcgosnells@centrecare.com.au



Circle of Security Parenting Wednesdays

11 May - 29 June 2022
9.30am - 11.30am

Online - Zoom

Bookings: parenting@communicare.org.au
<https://cosponlinemay22.eventbrite.com.au>



Tuning in to Kids
Wednesdays
11 May - 15 June 2022
9.30am - 11.30am

Belmont Community Hub
213 Wright Street
Cloverdale

Bookings: parenting@communicare.org.au
<https://tuningintokidsbelmontmay22.eventbrite.com.au>

Engaging Adolescents
Wednesdays
11 - 25 May 2022
5.30pm - 7.30pm

headspace
Units 1 & 2
1468 Albany Highway
Cannington

Bookings: parenting@communicare.org.au
<https://engagingadol22.eventbrite.com.au>

Circle of Security Parenting
Thursdays
12 May - 30 June 2022
9.30am - 11.30am

Serpentine Jarrahdale Community
Recreation Centre
38 Mead Street
Byford

Bookings: parenting@communicare.org.au
<https://cosp12maybyford.eventbrite.com.au>



Raising Children in a Digital World
Thursday
19 May 2022
9.30am - 11.00am

Hillview Intercultural Community Centre
1-3 Hill View Place
Bentley

Bookings: parenting@communicare.org.au
<https://rcdw19may22.eventbrite.com.au>

ADHD and Understanding your Child's Behaviour
Monday
23 May 2022
9.30am - 12.00pm

Online - Zoom

Bookings: parenting@communicare.org.au
<https://cahdsadhd26may.eventbrite.com.au>



Bringing up Great Kids
Thursdays
26 May - 30 June 2022
12.30pm - 2.30pm

Child and Parent Centre East Maddington
79 Pitchford Avenue
(access via Westfield Street)
Maddington

Bookings: cpceastmaddington@centrecare.com.au



May

Peer Support for Parents of Children with ADHD
Monday
30 May 2022
12.30pm - 2.00pm



Communicare
28 Cecil Avenue
Cannington

Bookings: parenting@communicare.org.au
<https://adhdsupport4parents.eventbrite.com.au>

June

Budget Bites
Wednesday
1 June 2022
12.30pm - 2.00pm



Online - Zoom



Bookings: parenting@communicare.org.au
<https://budgetbitesjune22.eventbrite.com.au>

Protective Behaviours
Wednesday
1 June 2022
4.00pm - 6.00pm

Meerilinga Children and Family Centre
104 Edney Road
High Wycombe

Bookings: parenting@communicare.org.au
<https://protectivebehaviourshw1june.eventbrite.com.au>

Let's Talk Toilet Training
Friday
10 June 2022
9.00am - 10.30am



Child and Parent Centre East Maddington
79 Pitchford Avenue
(access via Westfield Street)
Maddington

Bookings: cpceastmaddington@centrecare.com.au

Kids and Anxiety
Friday
10 June 2022
9.30am - 11.30am



Woodlupine Family Centre
88 Hale Road
Forrestfield

Bookings: parenting@communicare.org.au
<https://kidsanxiety10jun22.eventbrite.com.au>

Mindfulness and Self-care
Friday
10 June 2022
9.30am - 11.30am



Communicare
28 Cecil Avenue
Cannington

Bookings: parenting@communicare.org.au
<https://mindfulness10jun22.eventbrite.com.au>

My Child and Autism
Fridays
17 - 24 June 2022
9.30am - 12.00pm



Communicare
28 Cecil Avenue
Cannington

Bookings: www.earlydays.com.au

Let's Talk Toilet Training
Friday
24 June 2022
9.30am - 11.30am



Woodlupine Family Centre
88 Hale Road
Forrestfield

Bookings: parenting@communicare.org.au
<https://toiletingwfc24jun22.eventbrite.com.au>



All workshops are provided free to parents and carers living in the South-East Metro area.

Please provide your full name, contact number and residential postcode when registering via email.

Workshop Overviews

Autism in the Early Years: My Child and Autism (2-session program)

For parents and carers of children 0-6 years

A free interactive workshop for parents and family members of children on the autism spectrum or those who have concerns about their child. Early Days Workshops are held in small groups and give families opportunities to share ideas with each other. They are run by highly skilled and experienced early childhood professionals.

Bringing up Great Kids (6-session program)

For parents and carers of children of all ages

The Bringing up Great Kids (BuGK) Program offers all parents and carers a fresh way to understand and nurture relationships with their children.

It is an effective program in supporting the development of mindful and positive relationships between parents/carers and children.

It focuses on building positive and nurturing relationships between parents and their children. The program aims to support parents to review and enhance their patterns of communication with their children, to promote more respectful interactions and encourage the development of children's positive self-identity.

Budget Bites (1-session program)

For parents and carers of children of all ages

Is it sometimes hard to think of what to cook for dinner? Does the weekly budget just not seem to stretch as far as you would like? Have you noticed food prices going up? Do you have children that eat you out of house and home?

Join us for a workshop sharing practical ideas and strategies on how to solve some of these challenges, including recipes that will not blow the budget.

Building Courage and Resilience in Children (GoS Talk Event)

For parents and carers of children of all ages

Courage and resilience are vital qualities that help children adapt in the face of adversity and challenge, with their hearts, minds and spirits intact. Both courage and resilience are qualities that can be cultivated in any child, and parents are in the perfect position to do this.

In this transformational session, we will explore why resilience is so important and how to nurture these essential qualities in our children.

Circle of Security Parenting (8-session program)

For parents and carers of children 0-5 years

At times all parents feel lost or without a clue about what our child might need from us.

The Circle of Security Parenting program looks beneath behaviour to make sense of what your child is really asking from you. It provides a 'map' to help better read your child's needs, understand your child's emotional world, support your child's ability to successfully manage emotions, build their self-esteem, support their need to build new skills and strengthen the relationship you have with your child.

Engaging Adolescents (3-session program)

For parents and carers of children 3-12 years

Parenting adolescent children can challenge even the most confident of parents.

This interactive workshop will give parents and carers a better understanding of their adolescent children, how they are feeling and what they may be thinking.

Participants will also learn how to set realistic boundaries and how to have those tough conversations.

Exploring Parenting through Creative Journaling (4-session program)

For parents and carers of 3 -12 years

Life gets busy and we often don't find the time to reflect on our family, ourselves or our children.

Join us for some artistic journaling and activities where we will get creative and explore strengths and challenges in parenting, celebrate our children's uniqueness and identify future goals for our families and ourselves as parents.

Keeping Kids in Mind (5-session program)

For parents experiencing conflict after separation

This program is designed to assist parents to see through their children's eyes the experience of parental separation.

In this challenging time parents can sometimes lose sight of how their children are experiencing this life changing event. Our facilitators will approach this workshop with the latest research in this area to equip parents with information they need to create the best outcome for their child now and for the future. This workshop is thought provoking and a must for a parent going through separation and finding it very tough.

Kids and Anxiety (1-session program)

For parents and carers of children 3-12 years

Whilst some feelings of anxiety can be a normal part of a child's development, an increasing number of children are experiencing high levels of anxiety that are impacting on their everyday life.

This workshop aims to assist parents and carers to understand anxiety and will provide simple strategies to use at home.

Let's Talk Toilet Training (1-session program)

For parents and carers of toddlers (18 months - 3 years)

How and when is the best time to 'take the plunge' into toilet training your child? This is an exciting stage for your toddler - but may fill parents with trepidation!

Come and learn how best to approach this process and what skills are needed from you and your child.

Mindfulness and Self-care (1-session program)

For parents and carers of children of all ages

Most of us are hard on ourselves when it comes to parenting. Would you like to learn some mindfulness skills and practices to help you be kinder to yourself?

This workshop looks at mindfulness practice and self-compassion, and why they are vital for our well-being.

Parenting Information: Understanding your Child's Behaviour (1-session program)

For parents and carers of children with ADHD

Presented by CAHDS Clinical Nurse Specialist and Clinical Psychologist

The information session helps parents/carers look at understanding behaviour from a different perspective, including the reasons for the behaviour and impact of other factors on children's behaviour.

It is hoped that parents will gain a better understanding of the reasons for your child's behaviour so you can help them achieve their goals and meet their needs now and into the future.

Peer Support for Parents and Carer of Children with ADHD (1-session program)

For parents and carers of children 3-12 years

Do you have a child with ADHD? Do you often feel overwhelmed by daily challenges?

We invite you to come along and meet other families going through similar experiences, exchange ideas and support each other through discussion and sharing.

Positive Discipline in everyday Parenting (5-session program)

For parents and carers of children 4-12 years

Positive discipline is an approach to parenting that strengthens the child-parent relationship, guides behaviour and teaches children problem solving and conflict resolution. It guides children through warmth and structure to increase their competence in handling situations and developing empathy and respect for themselves and others. It is about long-term solutions that develop children's own self-discipline and their life-long skills.

Protective Behaviours (1-session program)

For parents and carers of children 3-12 years

Equip your child with the language and principles of protective behaviours. These can help children identify unsafe situations and arm them with the tools to either seek appropriate assistance or protect themselves, as you can't be with your children 24 hours a day.

Raising Children in a Digital World (1-session program)

For parents and carers of children 4-12 years

Participants will learn strategies to help them support their children in a digital world including how to best use technology to enhance their child's development, rather than detract from it.

This workshop uses research from Telethon Collaborate for Kids.

Tuning in to Kids (6-session program)

For parents and carers of children 3-12 years

This workshop aims to help parents teach their children to understand and regulate their emotions. Children with good emotional intelligence often have better emotional, social and physical functioning, as well as fewer behavioural challenges.

Young Active Parents Program (Term Program)

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 group facilitator will be available each week for further support.