

2024

What's On



South East Metro Parenting Support Service

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

Term 2 Parenting Program

April

Young Active Parents Program
Tuesdays
2 April - 25 June 2024
9.00am - 11.00am

Communicare
28 Cecil Avenue
Cannington

✉ parenting@communicare.org.au
📍 <https://www.trybooking.com/CNIEE>

Raising Children in a Digital World
Wednesday
24 April 2024
6.30pm - 8.30pm

Southbank Montessori
265 Berwick Street
East Victoria Park

✉ parenting@communicare.org.au
📍 <https://www.trybooking.com/CQBJT>

Little Sprouts
Tuesdays
30 April - 28 May 2024
9.30am - 11.30am

Victoria Park Community Centre
248 Gloucester Street
East Victoria Park

✉ parenting@communicare.org.au
📍 <https://www.trybooking.com/CQBHB>

Adjusting to Parenthood
Tuesday
30 April 2024
12.00pm - 2.00pm

Armadale Library
10 Orchard Avenue
Armadale

✉ parenting@communicare.org.au
📍 <https://www.trybooking.com/COAHI>

May

Circle of Security® Parenting
Wednesdays
1 May - 19 June 2024
9.30am - 11.45am

Belmont Hub
Level 2 | 213 Wright Street
Cloverdale

✉ parenting@communicare.org.au
📍 <https://www.trybooking.com/CQBHX>



Circle of Security® Parenting
Thursdays
2 May - 20 June 2024
6.30pm - 8.00pm

Online

✉ parenting@communicare.org.au
📍 <https://www.trybooking.com/CQBNK>

**Tuning in to Kids
Mondays
6 May - 17 June 2024
9.30am - 11.30am**



Communicare
28 Cecil Avenue
Cannington

✉ parenting@communicare.org.au
📍 <https://www.trybooking.com/CQCNH>

**Let's Talk Teens
Wednesday
8 May 2024
6.00pm - 8.30pm**



Woodlupine Family Centre
88 Hale Road
Forrestfield

✉ parenting@communicare.org.au
📍 <https://www.trybooking.com/CQHRL>

**Positive Discipline in Everyday Parenting
Thursdays
9 May - 6 June 2024
12.30pm - 2.45pm**



Meerilinga Children and Community Services
104 Edney Road
High Wycombe

✉ parenting@communicare.org.au
📍 <https://www.trybooking.com/CQBOM>

**Let's Talk Toilet Training
Tuesday
14 May 2024
12.30pm - 2.00pm**



East Maddington Child and Parent Centre
79 Pitchford Avenue
(opposite 171 Westfield Street)
Maddington

✉ cpceastmaddington@centrecare.com.au

**Little Sprouts
Wednesdays
15 May - 12 June 2024
9.30am - 11.30am**

Serpentine Jarrahdale Community
Recreation Centre
38 Mead Street
Byford

✉ parenting@communicare.org.au
📍 <https://www.trybooking.com/CQBQZ>

**Kids and Anxiety
Thursday
23 May 2024
10.00am - 12.30pm**



Online

✉ parenting@communicare.org.au
📍 <https://www.trybooking.com/CQBQC>

**Parenting across Cultures
Wednesdays
29 May 2024
12.00pm - 2.00pm**

Brookman Child and Parent Centre
26 Brookman Avenue
Langford

✉ cpcbrookman@parkerville.org.au

**Let's Talk Toilet Training
Thursday
30 May 2024
12.30pm - 2.30pm**



Westfield Child and Parent Centre
11 Hemingway Drive
Camillo

✉ parenting@communicare.org.au
📍 <https://www.trybooking.com/CQCRU>

June

Raising Babies & Toddlers in a Digital World

Tuesday 4 June 2024

1.00pm - 2.00pm



East Maddington Child and Parent Centre
79 Pitchford Avenue
(opposite 171 Westfield Street)
Maddington

✉ cpceastmaddington@centrecare.com.au

Let's Talk Toilet Training

Thursday

6 June 2024

9.30am - 11.00am



Manning Community Centre
Early Years Room
2 Conochie Crescent
Manning

✉ parenting@communicare.org.au

📍 <https://www.trybooking.com/CQDJS>

Let's Talk Toddlers

Tuesday

11 June 2024

6.30pm - 8.30pm

Southbank Montessori
265 Berwick Street
East Victoria Park

✉ parenting@communicare.org.au

📍 <https://www.trybooking.com/CQBKX>

The Power of Play

Friday

14 June 2024

9.30am - 11.30am



Brookman Child and Parent Centre
26 Brookman Avenue
Langford

✉ cpcbroomman@parkerville.org.au

Love Languages of Children

Thursday

20 June 2024

12.30pm - 2.30pm



Westfield Park Child and Parent Centre
11 Hemingway Drive
Camillo

✉ parenting@communicare.org.au

📍 <https://www.trybooking.com/CQCTB>

Protective Behaviours

Thursday

27 June 2024

12.30pm - 2.30pm



Online

✉ parenting@communicare.org.au

📍 <https://www.trybooking.com/CQBSS>



Program Overviews

Adjusting to Parenthood (1-session program)

For expectant parents and parents of new babies

This interactive workshop provides information and support to expectant parents and those who are navigating the first couple of months of parenthood with their new babies.

It will explore ways to develop a connection and attachment with your newborn during this special time and topics such as sleep and settling, baby development, feeding expectations and adjusting to new routines.

This program connects parents with others making the journey into parenthood.

Circle of Security® Parenting (8-session program)

For parents and carers of children 0-5 years

At times all parents feel lost about what their child might need from them.

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.

Kids and Anxiety (1-session program)

For parents and carers of children 4-12 years

Whilst some feelings of anxiety can be a normal part of a child's development, an increasing number of children are experiencing higher 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 Teens (1-session program)

For parents and carers of teenagers 13-18 years

This single session workshop supports parents to navigate the tricky teenage years. Gain more understanding about your teen's world and the changing role of parents. Explore the science of teenage development and how to effectively communicate in a way that builds connection and respect.

Learn strategies that support teens to develop their identity and the skills needed to successfully transition into adulthood.

Let's Talk Toddlers (1-session program)

For parents and carers of children 18 months - 3 years

This introductory parenting workshop assists parents and carers to better understand their toddler's world.

It provides practical ideas on how you can meet your child's needs and manage challenging behaviours, whilst building a secure relationship with them.

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

For parents and carers of children 18 months - 4 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.

Little Sprouts (5-session program)

For parents and carers of babies 0 - 9 months

Have you had a new baby?

Join us for a cuppa in a relaxing and welcoming space, to share and learn about your baby's growth and development, along with others who are also on this important journey.

Topics and information will include:

- Calming and connecting with your baby through massage
- Understanding your baby - early brain development
- Tuning in to your baby - social and emotional development
- Playing with your baby - building brains through play
- Taking care of you, so you can take care of baby.

Love Languages of Children (1-session program)

For parents and carers of children 0-12 years

Each child expresses and receives love through one of five different communication styles. This introductory program assists parents and caregivers to discover their child's primary love language and provides skills in conveying unconditional feelings of respect and affection.

Based on 'The Five Love Languages of Children' by Gary Chapman and Ross Campbell MD.

Parenting across Cultures (1-session program)

For parents and carers of children 0-18 years

Did you grow up outside of Australia and are now raising children inside Australia?

Meet with other parents in similar situations and share ideas and strategies that will help navigate this change whilst still preserving your family's culture and values.

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 challenging 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.

The Power of Play (1-session program)

For parents and carers of Children 0-5 years

Play is an essential activity for all children. It gives them the opportunity to develop imagination, problem solving skills and interpersonal skills. But what does play look like in everyday life and how as parents can we set the scene for a healthy and age-appropriate play environment?

This workshop will highlight the benefit and the value of play and provide parents with creative ways to interact with their child to support their development.

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 to develop their personal safety, knowledge and skills.

By sharing protective behaviours with your child, you will be helping to develop life long skills of assertiveness, self-confidence, problem solving, communication, resilience and reaching out for help when needed.

Raising Babies and Toddlers in a Digital World (1-session program)

For parents and carers of Babies and Toddlers 0-3 years

This short workshop will help prepare parents to raise babies and toddlers in a digital world, respond to current challenges and minimise potential future ones.

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

For parents and carers of children 4-12 years

Participants will learn strategies to help manage technology in the home, keep children safe and support their children living in this digital world, including how to best use technology to enhance their child's development.

Tuning in to Kids (6-session program)

For parents and carers of children 3-12 years

Helps parents and caregivers 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 difficulties. Tuning in to Kids is a parenting program that aims to give helpful ways of teaching children the skills of emotional intelligence.

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.

“Young children experience their world as an environment of relationships, and these relationships affect virtually all aspects of their development.”

- National Scientific Council on the Developing Child.