

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 4 Parenting Program

September

Young Active Parents Program
Tuesdays
24 September - 17 December 2024
9.30am - 11.30am

Communicare
28 Cecil Avenue
Cannington

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

October

Circle of Security® Parenting
Thursdays
10 October - 28 November 2024
10.00am - 12.00pm



Online
(Access to a device with sound and video enabled is essential)

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

Circle of Security® Parenting
Wednesdays
16 October - 4 December 2024
12.00pm - 1.30pm



Brookman Child and Parent Centre
26 Brookman Avenue
Langford

✉ cpcbrooman@parkerville.org.au

Let's Talk Toilet Training
Thursday
17 October 2024
9.30am - 11.00am

Karawara Family and Community Centre
61 Lowan Loop
Karawara

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

Circle of Security® Parenting
Thursdays
17 October - 5 December 2024
6.30pm - 8.00pm



Online
(Access to a device with sound and video enabled is essential)

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

Little Sprouts
Tuesdays
22 October - 19 November 2024
9.30am - 11.30am



Manning Community Centre
Early Years Room
2 Conochie Crescent
Manning

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

October

Raising Children in a Digital World
Tuesday
22 October 2024
9.30am - 12.00pm

Kalamunda Library
7 Williams Street
Kalamunda

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

Circle of Security® Parenting
Wednesdays
23 October - 11 December 2024
10.00am - 12.00pm

Roleystone Neighbourhood Family Centre
19 Wygonda Road
Roleystone

📍 <https://courses.rolefamilycentre.com.au/>



Bringing up Great Kids
Thursdays
24 October - 28 November 2024
9.30am - 11.30am



Communicare
28 Cecil Avenue
Cannington

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

Power of Play
Friday
25 October 2024
9.30am - 11.30am



Woodlupine Family Centre
88 Hale Road
Forrestfield

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

November

Transition to High School
Wednesday
6 November 2024
6.30pm - 8.30pm



Online
(Access to a device with sound and video enabled is essential)

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

Mindfulness and Self Compassion
Friday
8 November 2024
9.30am - 12.00pm



Woodlupine Family Centre
88 Hale Road
Forrestfield

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

Let's Talk Teens
Tuesdays
12 & 19 November 2024
6.00pm - 8.00pm



Online
(Access to a device with sound and video enabled is essential)

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

Guiding Behaviours
Thursday
14 November 2024
12.30pm - 2.30pm



Meerilinga Children and Community Services
104 Edney Road
High Wycombe

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

November

Let's Talk Toilet Training

Monday

18 November 2024

12.30pm - 2.00pm



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

✉ cpcgosnells@centrecare.com.au



Program Overviews

Bringing up Great Kids (6-session program)

For parents and carers of children 0-10 years

The Bringing Up Great Kids (BuGK) program is built on the understanding that parents need good support to be the kind of parents they aspire to be. It recognises the significant challenges faced by parents and provides self-care strategies for them. It also helps parents understand that there is no perfect recipe for raising great kids!

The program promotes respectful interactions and encourages the development of children's positive self-identity.

BUGK is fun, interactive and guilt-free. It gives parents practical help to understand the emotional development of their children, develop attentive communication skills with them, and enjoy the two-way learning journey of parenthood.

It is recommended that parents are able to attend all 6 sessions.

Circle of Security® Parenting (8-session program)

For parents and carers of children 0-5 years

Parenting can sometimes feel like a complex puzzle, leaving you wondering what your child truly needs from you. You're not alone in this journey. Every parent experiences moments of uncertainty, and that's where the Circle of Security Parenting Program can make a difference.

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.

Guiding Behaviours (1-session program)

For parents and carers of children 1-5 years

Most parents and carers would like their children to do the right thing – even when they're not looking.

A child's brain is a work in progress and is developing at the rate of millions of connections a day.

The way we respond, as parents and carers, can greatly influence how and what they learn. It can also affect a child's self-regulation, emotional control and decision making.

Come along to this workshop for tips and strategies that will help guide and teach your children in multiple ways, everyday!

Let's Talk Teens (2-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 Toilet Training (1-session program)

For parents and carers of children 18 months - 4 years

Join us to discover when and how to start toilet training your toddler. Gain practical tips and build confidence for this exciting milestone!

What participants can learn:

- Signs your child is ready
- Essential skills and strategies
- Tips for a smooth process

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

Power of Play (1-session program)

For parents and carers of children 0-12 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?

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.

Mindfulness and Self-care (1-session program)

For all parents and carers of children 0-18 years

(Including Dads, Grandcarers, Step parents, Foster parents. All welcome!)

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 will look at mindfulness practice and self-compassion, and why they are vital for our well-being and can enrich our parenting.

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

For all parents and carers of children 3-12 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, rather than detract from it.

Transition to High School (1-session program)

For parents and carers of children in Year 6 (pre-teens/early teens)

Moving from primary school to high school is a significant event in a child's life. It often involves new classmates, changing friendships, multiple classes with different teachers, self-directed learning and an increased workload including homework.

Children are often also experiencing the changes and challenges related to going through puberty at the same time.

This workshop explores the world of an emerging teen and how parents can support them to build confidence, new skills and resilience in this next stage of their life.

Participants will require access to a device with sound and video enabled.

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.

