

2025

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

October

Young Active Parents Program

Tuesdays

30 September - 16 December 2025

9.30am - 11.30am

Communicare

28 Cecil Avenue

Cannington

✉ parenting@communicare.org.au

📍 www.trybooking.com/CNIEE

Circle of Security® Parenting

Mondays

20 October - 8 December 2025

9.30am - 11.00am

Communicare

28 Cecil Avenue

Cannington

✉ parenting@communicare.org.au

📍 www.trybooking.com/DFUUF



Protective Behaviours

Wednesday

22 October 2025

5.45pm - 7.45pm

Ruth Faulkner Library

213 Wright Street

Cloverdale

📍 Book via the City of Belmont's website

Circle of Security® Parenting

Thursdays

23 October - 11 December 2025

6.30pm - 8.00pm

Online (Zoom)

✉ parenting@communicare.org.au

📍 www.trybooking.com/DFIYU



Let's Talk Toilet Training

Friday

24 October 2025

12.30pm - 2.00pm

East Maddington Child and Parent Centre

79 Pitchford Avenue

(opposite 171 Westfield Street)

Maddington

✉ cpceastmaddington@centrecare.com.au



Little Sprouts

Mondays

27 October - 24 November 2025

9.30am - 11.00am

Manning Community Centre

2 Conochie Crescent

Manning

✉ parenting@communicare.org.au

📍 www.trybooking.com/DFUUI

October

Bringing up Great Kids

Fridays

31 October - 5 December 2025

9.30am - 11.30am

Woodlupine Family Centre

88 Hale Road

Forrestfield



✉ parenting@communicare.org.au

📍 www.trybooking.com/DFJLD

November

Let's Talk Toddlers

Wednesday 5 November 2025

6.00pm - 8.00pm

Rostrata Family and Neighbourhood Centre

Prendwick Reserve

Prendwick Way

Willetton

☎ 08 9457 3888

✉ admin@rostratafc.org.au

Protective Behaviours

Friday

7 November 2025

9.30am - 11.30am

Westfield Park Child and Parent Centre

11 Hemingway Drive

Camillo



✉ parenting@communicare.org.au

📍 www.trybooking.com/DGEHP

Raising Children in a Digital World

Friday

7 November 2025

9.30am - 11.30am

Online (Teams)



✉ parenting@communicare.org.au

📍 www.trybooking.com/DCTSG

Together Again Series

Tuesdays

11 - 25 November 2025

9.30am - 11.30am

Communicare

28 Cecil Avenue

Cannington

✉ parenting@communicare.org.au

📍 www.trybooking.com/DFUXH

Parenting Challenges in a Digital World

Friday

14 November 2025

9.30am - 11.30am

Online (Teams)



✉ parenting@communicare.org.au

📍 www.trybooking.com/DFULI

Raising Babies and Toddlers in a Digital World

Thursday 20 November 2025

9.30am - 11.00am

Brookman Child and Parent Centre

26 Brookman Avenue

Langford

✉ cpcbrooman@parkerville.org.au

Understanding Anxiety and Depression in Young People

Thursday 20 November 2025

6.30pm - 8.30pm

Online (Zoom)



✉ parenting@communicare.org.au

📍 www.trybooking.com/DFYFC

November

Filling Your Cup

Thursday

27 November 2025

9.30am - 10.30am

Brookman Child and Parent Centre

26 Brookman Avenue

Langford

✉ cpcbrooman@parkerville.org.au

Preparing Children for School

Thursday 27 November 2025

1.00pm - 2.00pm

Ruth Faulkner Library and

Museum (Children's Area)

213 Wright Street

Cloverdale

✉ parenting@communicare.org.au

📍 www.trybooking.com/DFSAG

The South East Metro Parenting Service (SEMPSS) is a free service for parents and carers of children aged 0 to 18. We're here to support you in your role as a parent—no judgment, no pressure. Just real conversations, practical tools, and a team that genuinely cares.

You might like to come along to a parenting workshop, have a one-on-one chat with one of our friendly team, or join a small group to connect with other parents. Whether you're feeling overwhelmed, looking for ideas, or just need someone to talk to, we're here to help.

We cover all kinds of parenting topics including parent-child relationships, attachment, behaviour, communication, emotional regulation, sleep, feeding, toileting, play and development.

We don't claim to have all the answers, but we'll walk alongside you and share strategies you can try in your own way, in your own time.

It's free, local, and designed to support you — because parenting doesn't come with a rulebook.

Join Communicare's online Parenting Community - A safe, supportive online community for local families or if you'd like to find out more or have a chat, we'd love to hear from you.

🗣 08 9251 5777

✉ parenting@communicare.org.au



Program Overviews

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.

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.

Filling Your Cup (1-session program)

For parents and carers of children 0-18 years

Take time to refill your own cup so you can continue to pour into your family.

'Filling Your Cup' is a supportive workshop designed for parents to explore the importance of self-care, balance, and wellbeing.

You'll learn how to recognise your own needs, manage stress, and create space for personal renewal—because when parents are nurtured, children thrive too.

Let's Talk Toddlers (1-session program)

For parents and carers of children 18 months - 4 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

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 the signs of when your child is ready, essential skills and strategies and tips for a smooth process.

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 recently had a new baby?

Join our 5 week group, to share and learn about your baby's growth and development, along with others who are also on this important journey.

Come along, have a cuppa in a relaxing and welcoming space. Topics and information will include:

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

Parenting Challenges in a Digital World (1-session program)

For parents and carers experiencing complex challenges managing technology at home

Do you sometimes feel that technology controls every part of your child's life?

We live in a world of screens and devices, which tend to take over our lives and replace other activities. With children this can mean refusing to attend school, family conflict, tantrums and other daily challenges. This program explores the addictive nature of technology, the impact it has on children and how to reclaim the balance of technology and other activities. There will also be time to explore individual family experiences.

Preparing Children for School (1-session program)

For parents and carers of children starting school

Is your child starting school next year?

Please join us for information and tools around things parents can do to help with this important transition.

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

In today's digital age, technology is an integral part of our lives—and it's increasingly influencing the lives of our children from a very young age. Our workshop, "Raising Babies and Toddlers in a Digital World," is designed to equip parents with essential tools and strategies to ensure that technology supports, rather than hinders, their child's development. Additionally, we'll provide guidance on preventing future problems by addressing potential pitfalls early on and offering proactive solutions to support a healthy and balanced relationship between your child and technology.

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

For parents and carers of children 4-12 years

Join our free program to learn strategies for managing technology in your home and supporting your child's growth in the digital age.

In this program, you'll discover how to:

- Understand the impact of technology on your child's social, emotional, and cognitive development.
- Set healthy screen time boundaries and create a safe digital environment.
- Support your child's digital literacy and online safety.
- Use technology to enhance learning and development, rather than detract from it.

Our facilitators will guide you with practical tips for raising confident, responsible kids in today's tech-driven world.

'Together Again' Series (3-session program)

Three sessions that support families working towards reunification with their child/ren.

Session 1 - Understanding your Child/ren

See situations through your child/ren's eyes and explore what they might need at different development stages.

Session 2 - Building the Relationship with your Child/ren

Discuss ways you can re-connect with your child/ren, rebuild trust and consider what they need from you as parents.

Session 3 - Making the most of time with your Child/ren

Explore how you can make the most of the time you have with your child/ren, whether that is a supervised visit, time after school or an overnight stay etc

Understanding Anxiety and Depression in Youth (1-session program)

For parents and carers of children aged 8-18 years

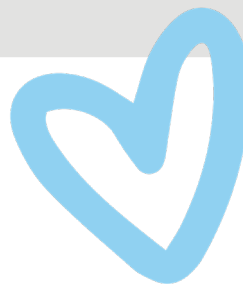
Do you have a young person in your life that may be experiencing Anxiety or Depression? This workshop covers the challenges experienced by anxious and/or depressed adolescents and provides practical ideas and tips for parents and carers to assist their child and themselves.

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.



Supported by



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