

2026 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 1 Parenting Program

January

Young Active Parents Program

Tuesdays

13 January - 31 March 2026

9.30am - 11.30am

Communicare

28 Cecil Avenue

Cannington

✉ parenting@communicare.org.au

📍 www.trybooking.com/CNIEE

February

Circle of Security® Parenting

Tuesdays

3 February - 24 March 2026

12.30pm - 2.30pm

Meerilinga Children and Community Service

104 Edney Road

High Wycombe

✉ parenting@communicare.org.au

📍 www.trybooking.com/DIBQB



Circle of Security® Parenting

Thursdays

5 February - 26 March 2026

6.30pm - 8.00pm

Online (Zoom)

✉ parenting@communicare.org.au

📍 www.trybooking.com/DIBQH



Circle of Security® Parenting

Thursdays

19 February - 2 April 2026

12.30pm - 2.00pm

Gosnells Child and Parent Centre

173 Hicks Street (entrance off Clara Street)

Gosnells

✉ cpcgosnells@centrecare.com.au



Tuning in to Kids®

Fridays

20 February - 27 March 2026

9.30am - 11.30am

Woodlupine Family Centre

88 Hale Road

Forrestfield

✉ parenting@communicare.org.au

📍 www.trybooking.com/DIBQO



All About Sleep

Tuesday

24 February 2026

9.30am - 11.00am

Kalamunda Library

7 Williams Road

Kalamunda

✉ parenting@communicare.org.au

📍 www.trybooking.com/DIBQX

February

Positive Discipline in Everyday Parenting
Wednesdays
25 February - 25 March 2026
9.30am - 11.30am



Communicare
28 Cecil Avenue
Cannington

✉ parenting@communicare.org.au
📍 www.trybooking.com/DIBRF

The Power of Play
Thursday
26 February 2026
12.30pm - 2.30pm



Westfield Park Child and Parent Centre
11 Hemingway Drive
Camillo

✉ parenting@communicare.org.au
📍 www.trybooking.com/DISHQ

March

Little Sprouts
Wednesdays
4 March - 1 April 2026
9.30am - 11.00am

Victoria Park Community Centre
248 Gloucester Street
East Victoria Park

✉ parenting@communicare.org.au
📍 www.trybooking.com/DIBSA

Let's Talk Teens
Tuesdays
10 & 17 March 2026
9.30am - 11.30am

Communicare
28 Cecil Avenue
Cannington

✉ parenting@communicare.org.au
📍 www.trybooking.com/DIFUM

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-to-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

All About Sleep (1-session program)

For parents and carers of children 0-2 years

This workshop helps parents understand how their babies sleep, what patterns are common in the first few months and what a healthy, safe sleep environment looks like. We will discuss what circumstances make it hard for babies to achieve a restful sleep and realistic expectations of baby's development in this ever-changing period of growth.

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.

Let's Talk Teens (2-session program)

For parents and carers of children 12-18 years

This 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.

Little Sprouts (5-session program)

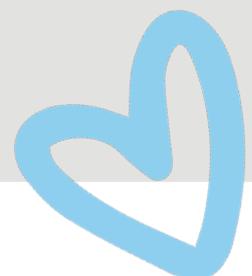
For parents and carers of babies 0-9 months

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



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 0-12 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?

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.

Tuning in to Kids® (6-session program)

For parents and carers of children 3-12 years

This interactive workshop will help parents and carers 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.

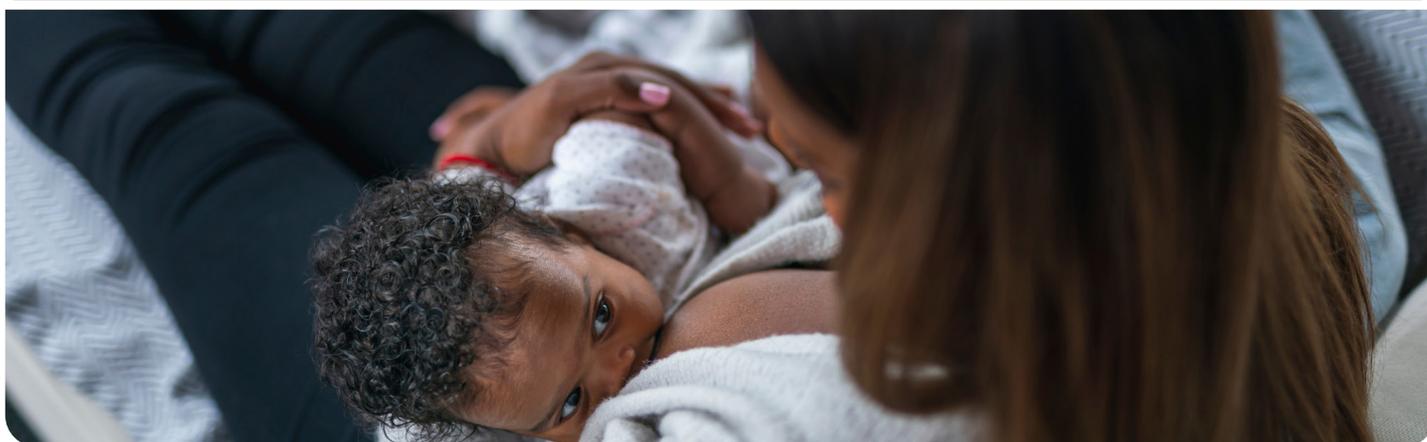
Tuning in to Kids® is a parenting program that aims to provide helpful ways of teaching children the skills of emotional intelligence.

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.



Supported by



 **COMMUNICARE**
CREATING FUTURES

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