

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 3 Parenting Program

July

Young Active Parents Program

Tuesdays

7 July - 22 September 2026

9.30am - 11.30am

Communicare
28 Cecil Avenue
Cannington

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

Circle of Security® Parenting Thursdays

30 July - 17 September 2026

6.30pm - 8.00pm

Online (Zoom)

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



August

Circle of Security® Parenting Mondays

3 August - 21 September 2026

9.30am - 11.00am

Communicare
28 Cecil Avenue
Cannington

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



Tuning in to Kids® Mondays

3 August - 7 September 2026

6.30pm - 8.30pm

Online (Teams)

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



Keeping Kids in Mind Wednesdays

5 August - 2 September 2026

9.30am - 11.30am

Communicare
28 Cecil Avenue
Cannington

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

Baby Series - All About Sleep Friday

7 August 2026

9.30am - 11.00am

Woodlupine Family Centre
88 Hale Road
Forrestfield

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



August

Setting Boundaries

Tuesday

11 August 2026

12.30pm - 2.30pm

Meerilinga Children & Community Services
104 Edney Road
High Wycombe

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



Positive Discipline in Everyday Parenting

Wednesdays

12 August - 9 September 2026

9.30am - 11.30am

Belmont Oasis
Progress Way
Belmont

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



Baby Series: Raising Babies & Toddlers in a Digital World

Monday 17 August 2026

1.00pm - 2.30pm

East Maddington Child and Parent Centre
79 Pitchford Avenue
(entrance off Westfield Street)
Maddington

✉ CPCEastMaddington@centrecare.com.au



Parenting Across Cultures

Wednesday

19 August 2026

9.30am - 11.30am

Piara Waters Library
352 Wright Road
Piara Waters

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

Baby Series: Raising Babies & Toddlers in a Digital World

Friday 21 August 2026

9.30am - 11.30am

Woodlupine Family Centre
88 Hale Road
Forrestfield

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



Let's Talk Teens

Thursdays

27 August & 3 September 2026

6.00pm - 8.00pm

Women's Health & Wellbeing Service
Suite 7 | level 1
Community Lotteries House
2232c Albany Highway, Gosnells

📍 letstalkteens26.eventbrite.com.au

September

Protective Behaviours

Tuesday

1 September 2026

12.30pm - 2.30pm

Victoria Park Community Centre
248 Gloucester Street
East Victoria Park

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

Exploring Parenting through Creative Activities

Thursdays 3 - 24 September 2026

12.30pm - 2.30pm

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

✉ CPCGosnells@centrecare.com.au



September

Baby Series: Let's Talk Toddlers
Friday
4 September 2026
9.30am - 11.30am



Woodlupine Family Centre
88 Hale Road
Forrestfield

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

Raising Children in a Digital World
Wednesday
9 September 2026
9.30am - 11.30am

Queens Park Primary School
202 Treasure Road
Queens Park

📍 [HTTPS://FORMS.OFFICE.COM/R/VVXCCVZJJK](https://forms.office.com/R/VVXCCVZJJK)

Baby Series: The Power of Play
Friday
18 September 2026
9.30am - 11.30am



Woodlupine Family Centre
88 Hale Road
Forrestfield

✉ parenting@communicare.org.au
📍 WWW.TRYBOOKING.COM/DNADE

Baby Series: Mindfulness & Self Compassion
Friday
25 September 2026
9.30am - 11.30am

Woodlupine Family Centre
88 Hale Road
Forrestfield

✉ parenting@communicare.org.au
📍 WWW.TRYBOOKING.COM/DNAHC

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.

Exploring Parenting through Creative Activities (4-session program)

For parents and carers of children 3-12 years

Life gets busy and we often don't find the time to reflect on our family, ourselves, or our children. Participants will use artistic journaling and activities to get creative and explore strengths and struggles in parenting. Participants will also celebrate children's uniqueness and identify future goals for their families and themselves as parents.

Keeping Kids in Mind (5-session program)

For parents experiencing conflict after separation

Parents love their children and want the best for them. However, after separation, parenting often gets much tougher.

Keeping Kids in Mind is a 5-week course for separated parents who are experiencing on-going conflict. The course is designed to:

- assist parents to see through their children's eyes the experience of parental separation.
- develop greater understanding about how to support children following family separation

The course covers the following topics:

- Grief and Loss after Separation
- The Hidden World of Children
- Rebuilding Resilience
- Bridging the Gap
- Looking Back and Moving Forward



Mindfulness & Self Compassion (1-session program)

For parents of young children

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.

Let's Talk Teens (2-session program)

For parents and carers of teens 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.

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.

Parenting Across Cultures (1-session program)

For parents and carers of children aged 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 aged 2-12 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.

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.

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 & Toddlers in a Digital World (1-session program)

For parents and carers of children 0-3 years

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.

Setting Boundaries (1-session program)

For parents and carers of children 2-12 years

This introductory program addresses what boundaries are, why they are important and how parents and caregivers can help set boundaries that support children's development, reinforce appropriate behaviour and create helpful daily routines.

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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