

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 4 Parenting Program

October

Young Active Parents Program

Tuesdays

6 October - 24 November 2026

9.30am - 11.30am

Communicare
28 Cecil Avenue
Cannington

✉ parenting@communicare.org.au

📍 www.trybooking.com/CNIEE

Circle of Security® Parenting

Mondays

19 October - 7 December 2026

9.30am - 11.00am

Online (Teams)

✉ parenting@communicare.org.au

📍 www.trybooking.com/DPMAM



Protective Behaviours

Tuesday

20 October 2026

9.30am - 11.30am

Communicare
28 Cecil Avenue
Cannington

✉ parenting@communicare.org.au

📍 www.trybooking.com/DPLCR

Circle of Security® Parenting

Tuesdays

20 October - 8 December 2026

12.30pm - 2.30pm

Meerilinga Children and Community Services
104 Edney Road
High Wycombe

✉ parenting@communicare.org.au

📍 www.trybooking.com/DPLER



Circle of Security® Parenting

Thursdays

22 October - 10 December 2026

6.30pm - 8.00pm

Online (Zoom)

✉ parenting@communicare.org.au

📍 www.trybooking.com/DPLFI



Circle of Security® Parenting

Fridays

23 October - 11 December 2026

9.30am - 11.00am

Communicare
28 Cecil Avenue
Cannington

✉ parenting@communicare.org.au

📍 www.trybooking.com/DPHJU



October

Raising Babies & Toddlers in a Digital World **Monday 26 October 2026** **1.00pm - 2.30pm**



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

✉ CPCEastMaddington@centrecare.com.au

Raising Children in a Digital World **Thursdays** **29 October 2026** **9.00am - 11.00am**

Rivervale Primary School
99 Acton Avenue
Rivervale

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

November

Tuning in to Kids® **Mondays** **2 November - 7 December 2026** **9.30am - 11.30am**



Communicare
28 Cecil Avenue
Cannington

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

Parenting Across Cultures **Tuesday** **3 November 2026** **9.30am - 11.30am**

Belmont Hub
Level 2 | 213 Wright Street
Cloverdale

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

Little Sprouts **Wednesday** **4 November 2026** **9.30am - 11.00am**

Manning Community Centre
2 Conochie Crescent
Manning

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

Let's Talk Toilet Training **Wednesday** **11 November 2026** **6.30pm - 8.00pm**

Southbank Montessori
265 Berwick Street
East Victoria Park

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

Setting Boundaries **Friday** **13 November 2026** **9.15am - 11.15am**

Cloverdale Education Support Centre
180 Fisher Street
Cloverdale

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

Let's Talk Teens **Tuesdays** **17 & 24 November 2026** **6.30pm - 8.30pm**



Online (Teams)

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

Let's Talk Toddlers
Thursday
19 November 2026
12.30pm - 2.30pm



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

✉ CPCGosnells@centrecare.com.au

Let's Talk Toilet Training
Friday
20 November 2026
9.30am - 11.00am



Woodlupine Family Centre
88 Hale Road
Forrestfield

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

Let's Talk Toddlers
Tuesday
24 November 2026
12.30pm - 2.00pm



Online (Teams)

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

Mindfulness & Self Compassion
Wednesday
25 November 2026
9.15am - 11.45am

Victoria Park Community Centre
248 Gloucester Street
East Victoria Park

📍 humanitix.com/perinatal-mindfulness

Preparing Children for School
Thursday
26 November 2026
12.30pm - 2.00pm



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

✉ CPCGosnells@centrecare.com.au

Mindfulness & Self Compassion
Friday
27 November 2026
9.30am - 11.00am



Woodlupine Family Centre
88 Hale Road
Forrestfield

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

December

Mindfulness & Self Compassion
Thursday
3 December 2026
12.30pm - 2.30pm



Westfield Park Child and Parent Centre
11 Hemingway Drive
Camillo

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

Let's Talk Toilet Training
Wednesday
9 December 2026
9.30am - 11.00am

Belmont Hub
Level 2 | 213 Wright Street
Cloverdale

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

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.

Little Sprouts - Understanding baby's development (5-session program)

For parents of babies 0-9 months

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

Parents bring baby to group. Parents are asked to bring along a blanket or mat to lay baby on.

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.

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

For parents and carers of children aged 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.

Parenting Across Cultures (1-session program)

For parents and carers of children 0-18 years

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

Come along to the Belmont Hub to meet with other parents in similar situations and share ideas about how to navigate this change, whilst preserving your family's culture and values.

Preparing Children for School (1-session program)

For parents and carers of children starting school next year

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 & 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.

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.

We also invite you to 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**



Supported by



 **COMMUNICARE**
CREATING FUTURES

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