

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 3 Parenting Program

July

Young Active Parents Program
Tuesdays
2 July - 17 September 2024
9.30am - 11.30am

Communicare
28 Cecil Avenue
Cannington

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

Circle of Security® Parenting
Tuesdays
23 July - 10 September 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/CSAGC>



Kids and Anxiety
Thursday
25 July 2024
12.30pm - 2.30pm



Child and Parent Centre Westfield Park
11 Hemingway Drive
Camillo

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

Circle of Security® Parenting
Thursdays
25 July - 12 September 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/CSAHA>



Guiding Behaviours
Friday
26 July 2024
9.30am - 11.30am



Woodlupine Family Centre
88 Hale Road
Forrestfield

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

**Bringing up Great Kids:
Parenting after Family Violence**
Mondays
29 July - 2 September 2024
9.30am - 11.30am



Communicare
28 Cecil Avenue
Cannington

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

July

Positive Discipline in Everyday Parenting Mondays

29 July - 26 August 2024
9.30am - 11.30am



Riverton Library
67 Riley Road
Riverton

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

Little Sprouts Wednesdays 31 July - 28 August 2024 9.30am - 11.30am

Belmont Hub
Level 2
213 Wright Street
Cloverdale

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

Circle of Security® Parenting Wednesdays

31 July - 18 September 2024
10.00am - 12.00pm



Serpentine Jarrahdale Community Rec Centre
38 Mead Street
Byford

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

Tuning in to Kids® Wednesdays 31 July - 4 September 2024 12.00pm - 2.00pm



East Maddington Child and Parent Centre
79 Pitchford Avenue
(opposite 171 Westfield Street)
Maddington

✉ cpceastmaddington@centrecare.com.au

August

Raising Children in a Digital World Thursdays

8 August 2024
9.30am - 12.00pm



Communicare
28 Cecil Avenue
Cannington

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

Keeping Kids in Mind Thursdays 15 August - 12 September 2024 9.30am - 11.30am



Communicare
28 Cecil Avenue
Cannington

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

Let's Talk Teens Wednesdays 21 & 28 August 2024 6.00pm - 8.00pm

Communicare
28 Cecil Avenue
Cannington

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

Mindfulness and Self-care Thursday 22 August 2024 11.30am - 2.00pm



Brookman Child and Parent Centre
26 Brookman Avenue
Langford

✉ cpcbrooman@parkerville.org.au

September

Protective Behaviours

Monday

2 September 2024

9.30am - 11.30am

Forest Lakes Family Centre
39 Towncentre Drive
Thornlie

✉ info@familycentre.com.au

Kids and Anxiety

Tuesday

3 September

9.30am - 12.00pm

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

✉ cpcgosnells@centrecare.com.au



Protective Behaviours

Friday

6 September 2024

9.30am - 11.30am

Online

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

✉ parenting@communicare.org.au

📍 <https://www.trybooking.com/CSCUA>



“Young children experience their world as an environment of relationships, and these relationships affect virtually all aspects of their development.”

- National Scientific Council on the Developing Child.

Program Overviews

Bringing up Great Kids: Parenting after Family Violence (6-session program)

For mothers of children impacted by family violence

Bringing up Great Kids: Parenting after Family Violence is a mindful, reflective, and respectful program for mothers and female caregivers impacted by family violence.

This program supports parents to:

- Understand how family violence affects parenting and relationships with children and how it can be more effective.
- Identify and deliver the important messages they want to convey to their children.
- Learn more about brain development in children and its influence on their thoughts, feels and behaviour.
- Understand and respond to the meaning behind their children's behaviour.
- Discover ways to take care of themselves, to find support when needed, and to understand their inner strengths and courage.

Circle of Security® Parenting (8-session program)

For parents and carers of children 0-5 years

At times all parents feel lost about what their child might need from them.

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!

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

Kids and Anxiety (1-session program)

For parents and carers of children 4-12 years

Whilst some feelings of anxiety can be a normal part of a child's development, an increasing number of children are experiencing higher levels of anxiety that are impacting on their everyday life.

This workshop aims to assist parents and carers to understand anxiety and will provide simple strategies to use at home.

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.

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 enriches our parenting.

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.

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 Children in a Digital World (1-session program)

For parents and carers of children 4-12 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.

Tuning in to Kids® (6-session program)

For parents and carers of children 3-12 years

Helps parents and caregivers 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 give 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.

