

2022

What's On



South East Metro Parenting Support Service

Workshops for Parents and Carers of children 0-18 years living in the South-East Metro

Term 4 Parenting Program

September	October 
<p>Young Active Parents Program Tuesdays 27 September - 20 December 2022 9.30am - 11.30am</p> <p>Communicare 28 Cecil Avenue Cannington</p> <p>Bookings: parenting@communicare.org.au https://yapp2022.eventbrite.com.au</p>	<p>Introducing Solids to your Baby Wednesday 12 October 2022 9.30am - 10.30am</p> <p>Serpentine Jarrahdale Community Recreation Centre Mead Street Byford</p> <p>Bookings: parenting@communicare.org.au https://Intro2Solids.eventbrite.com.au</p>
<p>Mindfulness and Self-care Friday 14 October 2022 9.30am - 12.00pm</p> <p>Woodlupine Family Centre 88 Hale Road Forrestfield</p> <p>Bookings: parenting@communicare.org.au https://Mindfulness_141022.eventbrite.com.au</p> 	<p>Circle of Security Parenting Mondays 17 October - 5 December 2022 12.30pm - 2.00pm</p> <p>Online Program (Zoom)</p> <p>Bookings: parenting@communicare.org.au https://CoSP_T4Online.eventbrite.com.au</p> 
<p>1-2-3 Magic and Emotion Coaching Mondays 17 - 31 October 2022 12.30pm - 2.30pm</p> <p>East Maddington Child and Parent Centre 79 Pitchford Avenue (opposite 171 Westfield Street) East Maddington</p> <p>Bookings: cpceastmaddington@centrecare.com.au</p> 	<p>Let's Talk Toddlers Tuesday 18 October 2022 9.30am - 11.30am</p> <p>Manning Community Centre Early Years Room 2 Conochie Crescent Manning</p> <p>Bookings: parenting@communicare.org.au https://Toddlers_181022.eventbrite.com.au</p> 

October

Circle of Security Parenting Tuesdays

18 October - 6 December 2022
6.30pm - 8.30pm

Online Program (Zoom)

Bookings: parenting@communicare.org.au
https://cosp_18oct.eventbrite.com.au/



Circle of Security Parenting Wednesdays

19 October - 7 December 2022
9.30am - 11.00am

Serpentine Jarrahdale Community Recreation
Centre
Mead Street
Byford

Bookings: parenting@communicare.org.au
https://cosp_t4byford.eventbrite.com.au/



Circle of Security Parenting Wednesdays

19 October - 7 December 2022
9.30am - 11.30am

Belmont Community Hub
213 Wright Street
Cloverdale

Bookings: parenting@communicare.org.au
https://cosp_belmont_191022.eventbrite.com.au/



Autism in the Early Years Developing my Child's Independence Friday

21 October 2022
9.30am - 12.00pm

Communicare
28 Cecil Avenue
Cannington

Bookings: <https://www.autism.org.au/event/>



Little Sprouts Tuesdays

25 October - 22 November 2022
9.30am - 11.30am

Victoria Park Community Centre
248 Gloucester Street
East Victoria Park

Bookings: parenting@communicare.org.au
https://littlesprouts_251022.eventbrite.com.au/



The Power of Play

Supporting your child's intellectual,
emotional, social, and physical development.
Thursday - 27 October 2022
9.30am - 11.30am

Communicare
28 Cecil Avenue
Cannington

Bookings: parenting@communicare.org.au
https://thepowerofplay_271022.eventbrite.com.au/



November

Tuning in to Kids Wednesdays

2 November - 7 December 2022
9.30am - 11.30am

Riverton Library
67 Riley Road
Riverton

Bookings: parenting@communicare.org.au
https://TuningintoKids_021122.eventbrite.com.au



ADHD Info Session for Parents Self-care and Stress Management Thursday

3 November 2022
9.30am - 12.00pm

Online Program (Zoom)

Bookings: parenting@communicare.org.au
https://adhdselfcarestress_031122.eventbrite.com.au/



November

All About Adolescents
Thursday
3 November 2022
6.00pm - 8.00pm

Woodlupine Family Centre
88 Hale Road
Forrestfield

Bookings: parenting@communicare.org.au
<https://AllAboutAdolescents.eventbrite.com.au>

Grow them Up
Fridays
4 - 11 November 2022
9.30am - 11.30am

Communicare
28 Cecil Avenue
Cannington

Bookings: parenting@communicare.org.au
https://growthemup_041122.eventbrite.com.au/



ADHD Peer Support for Parents
Thursday
10 November 2022
9.30am - 11.00am

Communicare
28 Cecil Avenue
Cannington

Bookings: parenting@communicare.org.au
https://ADHDPeerSupport_101122.eventbrite.com.au



Food Sensations® for Children
Thursdays
17 November - 15 December 2022
9.15am - 12.00pm

Communicare
28 Cecil Avenue
Cannington

Bookings: parenting@communicare.org.au
https://foodsensations_171122.eventbrite.com.au/



Let's Talk Toilet Training
Thursday
17 November 2022
9.30am - 11.30am

John McGrath Hall
97 Hensman Street
South Perth

Bookings: parenting@communicare.org.au
https://toileting_171122.eventbrite.com.au/



Let's Talk Toilet Training
Thursday
17 November 2022
12.30pm - 2.00pm

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

Bookings:
CPCEastMaddington@centrecare.com.au



Raising Children in a Digital world
Thursday
17 November 2022
4.00pm - 5.30pm

Meerilinga Child and Family Centre
104 Edney Road
High Wycombe

Bookings: parenting@communicare.org.au
https://raisingchildreninadigiworld_171122.eventbrite.com.au/

Let's Talk Toilet Training
Friday
18 November 2022
9.30am - 11.00am

Forest Lakes Family Centre
39 Towncentre Drive
Thornlie

Bookings: info@familycentre.com.au
or 9493 3122

November

Kids and Anxiety
Tuesday
22 November 2022
9.15am - 11.15am

Kelmscott Primary School
River Road
Kelmscott

Bookings: parenting@communicare.org.au
https://kidsandanxiety_kps.eventbrite.com.au/

Transition to High School
Thursday
24 November 2022
12.30pm - 2.00pm

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

Bookings:
CPCEastMaddington@centrecare.com.au



5 Love Languages of Children
Thursday
24 November 2022
3.30pm - 5.00pm



Lesmurdie Library
21 Reid Road
Lesmurdie

Bookings: parenting@communicare.org.au
https://5lovelanguages_241122.eventbrite.com.au/

December

Let's Talk Toilet Training
Thursday
8 December 2022
1.30pm - 3.00pm

Forrestfield Public Library
3 Salix Way
Forrestfield

Bookings: parenting@communicare.org.au
https://letstalktoilettraining_081222.eventbrite.com.au/

Protective Behaviours
Monday
12 December 2022
9.30am - 11.30am

Online Program (Zoom)

Bookings: parenting@communicare.org.au
<https://protectivebehaviours121222.eventbrite.com.au/>



All workshops are provided free to parents and carers living in the South-East Metro area.

Workshop Overviews

All About Adolescents (1-session program)

For parents and carers of young people 8-18 years

Parenting adolescent boys and girls can be a challenging experience. It is a time of huge social and emotional changes for them, and for parents.

This introductory program aims to provide parents and carers an understanding of the various aspects of adolescent boys and girls, and provide effective strategies to assist in supporting both parent and child.

Autism in the Early Years: Developing my Child's Independence (1-session program)

For parents and carers of children 0-6 years

This workshop will cover the following topics:

- Understanding why everyday self-care skills can be hard for a child with ASD.
- Teaching strategies for all skills.
- Tips for specific skill areas i.e. eating, sleeping, toileting etc.

Circle of Security Parenting (8-session program)

For parents and carers of children 0-5 years

At times all parents feel lost or without a clue about what our child might need from us.

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.

Food Sensations® for Children (5-session program)

For parents and carers with at least one child under 5 years

Join Foodbank WA's university qualified nutritionists for a free, hands-on and fun healthy eating and cooking program.

Enjoy getting to know other parents and take home free recipe books, a shopping bag, 'Let's Feed the Family' parents' guide and kids healthy eating plate.

- Healthy eating for children aged 0-5 years
- Tips for making mealtimes less stressful
- Lunchboxes, label reading and food safety
- Feeding the family on a budget
- Quick, easy, delicious, low cost recipes

Parents are required to bring along their child to the free creche. Children will join the parents at the end of the session to share a healthy meal.

5 Love Languages of Children (1-session program)

For parents and carers of children 0-12 years

Each child expresses and receives love through one of five different communication styles. This introductory course assists parents and caregivers to discover their child's primary language and provides skills in conveying unconditional feelings of respect and affection.

Based on 'The Five Love Languages of Children' by Gary Chapman and Ross Campbell MD.

Grow them Up (2-session program)

For parents and carers of young people 3-12 years

Discover new ways to build knowledge, skills and motivation in your children that help them achieve their goals, build strong relationships with family and friends and make good decisions in different areas of their life.

Come and explore with other parents - topics such as increasing capacity in social skills, building strong values & identity, managing money wisely and creating a vision / motivation toward future goals.

Information for Parents of Children with ADHD: Communication (1-session program)

For parents and carers of children with ADHD

Presented by Complex Attention and Hyperactivity Disorders Service (CAHS)

This session looks at the impact stress and challenging behaviours of ADHD can have on the family including:

- Why family self-care is important
- What are some of the positives and challenges of caring for children with ADHD
- The body's response to stress
- Stress management strategies

Participants will come away with a better understanding of the importance of self-care and how you can realistically achieve this for your family.

Introducing Solids to your Baby (1-session program)

For parents and carers of babies 0-12 months

As babies get older, they need solid food to get enough nutrients for growth and development.

Get your questions answered by an experienced Child and Family Health Nurse.

Topics include:

- Ready Set Go. Why does timing matter?
- First Foods. What should I feed my baby?
- Allergy Prevention. When do I introduce food allergens?
- Questions & Answers

Kids and Anxiety (1-session program)

For parents and carers of children 3-12 years

Whilst some feelings of anxiety can be a normal part of a child's development, an increasing number of children are experiencing high 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 Toddlers (1-session program)

For parents and carers of toddlers (18 months - 3 years)

This introductory parenting workshop assists parents to better understand their toddler's world.

It includes providing 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 toddlers (18 months - 4 years)

How and when is the best time to 'take the plunge' into toilet training your child? This is an exciting stage for your toddler - but may fill parents with trepidation!

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 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
- Play 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 parents and carers of children 0-18 years

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 looks at mindfulness practice and self-compassion, and why they are vital for our well-being.

Peer Support for Parents and Carer of Children with ADHD (1-session program)

For parents and carers of children 3-12 years

Do you have a child with ADHD? Do you often feel overwhelmed by daily challenges?

We invite you to come along and meet other families going through similar experiences, exchange ideas and support each other through discussion and sharing.

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. These can help children identify unsafe situations and arm them with the tools to either seek appropriate assistance or protect themselves, as you can't be with your children 24 hours a day.

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

For parents and carers of children 4-12 years

Participants will learn strategies to help them support their children in a digital world including how to best use technology to enhance their child's development, rather than detract from it.

This workshop uses research from Telethon Collaborate for Kids.

1-2-3 Magic and Emotion Coaching (3-session program)

For parents and carers of babies 0-12 years

Responding to your child's challenging behaviours can be exhausting. This program will help you understand why the behaviour may be occurring, and help you develop appropriate boundaries, as well as provide coaching strategies to help children understand their emotions and how to better manage 'big feelings'.

The Power of Play - Supporting your Child's intellectual, emotional, social and physical development

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 inform parents on the value of play and different, creative ways to interact with their child to support their development.

Transition to High School (1-session program)

For parents and carers of pre-teens/early teens

Moving from primary school to high school is a significant event in a child's life. It often involves new classmates, changing friendships, multiple classes with different teachers, self-directed learning and an increased workload including homework.

Children are often also experiencing the changes and challenges related to going through puberty at the same time.

This workshop explores the world of an emerging teen and how parents can support them to build confidence, new skills, and resilience in this next stage of their life.

Tuning in to Kids (6-session program)

For parents and carers of children 3-12 years

This workshop aims to help parents 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 challenges.

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.



Working alongside parents and caregivers for the wellbeing and development of their children by recognising and building on their knowledge, strengths and confidence.

Communicare Parenting and Families