



FREE service for parents & carers who reside in the local government areas of Mundaring, Swan, Bassendean & Bayswater



Circle of Security Parenting

Wednesdays: 2:00pm - 3:30pm
5, 12, 19, 26 October, 2, 9, 16, &
23 November

Venue: via online video conference platform

Crèche: Not available for this program
FULL - Taking expressions of interest for future programs



Circle of Security Parenting

Tuesdays: 7:00pm - 9:00pm
11, 18, 25 October, 1, 8, 15, 22 &
29 November

Venue: via online video conference platform

Crèche: Not available for this program
FULL - Taking expressions of interest for future programs

Circle of Security Parenting

Wednesdays: 9:30am - 11:30am
19, 26 October, 2, 9, 16, 23, 30 November
& 7 December

Venue: Maylands Public Library

Crèche - Bookings essential. Limited places available at 'The RISE' for a minimal fee. Please enrol at www.bayswaterrecreation.com.au/the-rise-creche and follow the booking instructions.

Online bookings can be made up to 7 days in advance. Phone: 9208 2414 during Crèche hours

Circle of Security Parenting (abbr.)

for Parents & Babies 4 - 5 months
Tuesdays: 1:00pm - 3:00pm
25 October, 1 November (week break)
15, 22, 29 November, 6 & 13 December

Venue: Ellenbrook Community Library

Crèche: Not available for this program

Tuning in to Kids

In partnership with Brockman Community House

Tuesdays: 9:30am - 11:30am
1, 8, 15, 22, 29 November &
6 December

Venue: Brockman Community House

Crèche: Limited places. Bookings essential.
Cost \$7 per session
Contact Brockman House 08 9279 1588

Tuning in to Kids

In partnership with Parky Care

Thursdays: 9:30am - 11:30am
27 October, 3, 10, 17, 24, November &
1 December

Venue: Parkerville Baptist Church

Crèche: Not available for this program

Registration for all programs is essential

For further information and to express interest to attend, or if you are interested in future programs:

Phone: 08 9290 6827 Email: parentingservice@mundaring.wa.gov.au

<https://www.midvalehub.org.au/copy-of-parenting-and-family-suppor>

Supported by



Shire of Mundaring Children's Services





FREE service for parents & carers who reside in the local government areas of Mundaring, Swan, Bassendean & Bayswater



Engaging Adolescence

Thursdays: 7:00pm - 9:00pm
3, 10 & 17 November

Venue: via online video conference platform

Crèche: Not available for this program

Self Care and Mindfulness Workshop

Tuesday: 9:30am - 11:30am
25 October

Venue: Brockman Community House

Crèche: Limited places. Bookings essential.
Cost \$7 per session
Contact Brockman House 08 9279 1588



Supporting Your Child's Emotional Development

Wednesday: 7:30pm - 9:00pm
2 November

Venue: via online video conference platform

Crèche: Not available for this program



Anxiety and Your Child

Wednesday: 7:30pm - 9:00pm
9 November

Venue: via online video conference platform

Crèche: Not available for this program



Emotion Coaching Your Child

Wednesday: 7:00pm - 9:00pm
16 November

Venue: via online video conference platform

Crèche: Not available for this program



Protective Behaviours Parent Workshop

Wednesday: 7:00pm - 9:00pm
23 November

Venue: via online video conference platform

Crèche: Not available for this program

Registration for all programs is essential

For further information and to express interest to attend, or if you are interested in future programs:

Phone: 08 9290 6827 Email: parentingservice@mundaring.wa.gov.au

<https://www.midvalehub.org.au/copy-of-parenting-and-family-support>

Supported by



Shire of Mundaring Children's Services



Program/Workshop Overview



MIDVALE HUB
FOR FAMILIES

Enquiries for all programs: Phone: 08 9290 6827
Email: parentingservice@mundaring.wa.gov.au
<https://www.midvalehub.org.au/copy-of-parenting-and-family-support>

Circle of Security Parenting

8 x 2 hour sessions

Face to Face and Online

Circle of Security Parenting is an 8 session program for parents and carers of children 4 months to 6 years. The program is designed to enhance the bond and sense of security for both parents and their children. Learn more about:

- understanding children and their emotional development
- understanding parenting influences
- helping children to feel safe in their world
- identifying and enhancing parenting strengths

Tuning into Kids

6 x 2 hour sessions

Face to Face and Online

Tuning in to Kids is a 6 session program for parents and carers with children aged 3 to 10 years. The program explores ways that parents can help their children develop emotional intelligence and increase the emotional connection between parents and children.

Learn more about:

- developing emotion coaching skills to help children understand and regulate their own feelings and emotions
- promoting co-operative behaviour in young children
- developing parents' own emotional awareness
- helping children to feel safe in their world
- managing emotions such as anger and anxiety

Engaging Adolescence

3 x 2 hour sessions

Face to Face and Online

Engaging Adolescents is a 3 session program for parents and carers of young people aged 11 to 18 years. The program explores the changing landscape of a young person and the different skills parents can use to keep connected with their young person.

Learn more about:

- building positive relationships with your young people
- setting realistic boundaries
- working out how to respond in tricky emotional situations
- having difficult conversations about going out, internet use, gaming or school work

Let's Talk Mindfulness & Self-Care

1 x 2 hour session

Face to Face

This workshop is for parents of children aged 0 - 18 years and aims to explore simple ways to practice mindfulness and self-care.

This interactive session highlights the importance of taking care of ourselves as a parent which helps support family well-being.

Learn more about:

- what is self-care really?
- why self-care is important for parents
- barriers to self-care and how to overcome them
- the benefits of practising self-care and mindfulness practices
- self-care planning

Supported by



Shire of Mundaring Children's Services



Program/Workshop Overview



MIDVALE HUB
FOR FAMILIES

Enquiries for all programs: Phone: 08 9290 6827
Email: parentingservice@mundaring.wa.gov.au
<https://www.midvalehub.org.au/copy-of-parenting-and-family-support>

Supporting Your Child's Emotional Development

1 x 1.5 hour session

Face to Face and Online

This workshop is for parents of children aged 0 - 4 years and aims to support parents to gain an understanding of their child's emotional development and how to effectively respond to emotional experiences.

Learn more about:

- your child's developing brain
- social & emotional development of your child
- building on your attachment
- how to respond to your child's emotional experiences

Anxiety and Your Child

1 x 1.5 hour session

Face to Face and Online

This workshop is for parents of children aged 4 - 12 years and aims to explore and give an understanding of what anxiety is.

We will discuss:

- signs and symptoms of anxiety
- how we can support our child
- understanding our own reactions

Emotion Coaching Your Child

1 x 1.5 hour session

Face to Face and Online

This workshop is for parents of children aged 3 - 10 years and aims to support parents to gain an understanding of the types of emotions present in ourselves and our children, and how this can be supported within the home environment to develop emotional intelligence.

Protective Behaviours Parent Workshop

1 x 2 hour session

Face to Face and Online

This workshop is for parents of young children.

'We all have the right to be safe and feel safe at all times'

'We can talk with someone about anything, no matter what it is'

Protective Behaviours is a personal safety program that teaches children skills and strategies to recognise and respond to unsafe situations.

THIS WORKSHOP IS NOT SUITABLE FOR CHILDREN

Supported by



Shire of Mundaring Children's Services

