

What's On In September 2023



MIDVALE HUB
FOR FAMILIES

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

Please note: this planner may be subject to change

Promoting Positive Behaviours

Tuesday: 9:30am - 11:30am
5 September

Venue: Midland Women's Health Care Place
Crèche: \$2 per child. Bookings essential.



Protective Behaviours Parent Workshop

Friday: 9:30am - 11:30am
8 September

Venue: Child and Parent Centre Arbor Grove

Crèche: May be available - please enquire on registration

Online Safety Parent Workshop Presented by WA Child Safety Services

Wednesday: 6:30pm - 9:00pm
6 September

Venue: Holy Cross College Ellenbrook

Crèche: Not available for this program



Supporting Your Child's Emotional Development

Monday: 1:00pm - 2:30pm
11 September

Venue: Child and Parent Centre Arbor Grove

Crèche: Not available for this workshop

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



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Anxiety & Your Child

Monday: 6.00pm - 8.00pm
11 September

Venue: Child and Parent Centre Arbor Grove

Crèche: Not available for this workshop

Building Your Child's Resilience

Tuesday: 9.30am - 11.30am
12 September

Venue: Midland Women's Health Care Place
Crèche: \$2 per child. Bookings essential.



Protective Behaviours Parent Workshop

Tuesday: 12noon - 2.30pm
12 September

Venue: Brockman Community House

Crèche: Not available for this workshop

Building Your Child's Resilience

Thursday: 9.30am - 11.30am
14 September

Venue: Parkerville Baptist Church

Crèche: Not available for this workshop

Registration for all programs is essential

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Supporting Your Child's Emotional Development

Thursday: 10:00am - 12noon
14 September

Venue: Boya Public Library
register through eventbrite
[Supporting Your Child's Emotional Development Tickets, Thu 14/09/2023 at 10:00 am | Eventbrite](#)

Crèche: Not available for this workshop

Anxiety & Your Child

Wednesday: 9.30am - 11.30am
20 September

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.



Promoting Positive Behaviours

Wednesday: 7:00pm -9:00pm
20 September

Venue: via online video conference platform

Crèche: Not available for this program

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Emotion Coaching Your Child

Thursday: 10:00am - 12noon
21 September

Venue: Boya Public Library
register through eventbrite
[Emotion Coaching Your Child Tickets, Thu 21/09/2023 at 10:00 am | Eventbrite](#)

Crèche: Not available for this workshop

Anxiety & Your Child

Thursday: 9.30am - 11.30am
21 September

Venue: Parkerville Baptist Church

Crèche: Not available for this workshop

Registration for all programs is essential

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Program/Workshop Overview



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Promoting Positive Behaviours

1 x 2 hour session

Face to Face and Online

For parents and carers of children 3 to 10 years

This workshop is designed to explore ways that parents can guide and support children's positive behaviours.

We learn more about understanding and how emotions affect behaviour.

We will discuss strategies to guide and encourage positive behaviour in our children.

Protective Behaviours Parent Workshop

1 x 2. Hour session

Face to Face

The Protective Behaviours Parent Workshop is an internationally recognised personal safety program aimed to empower children, young people and adults with strategies to promote safety, problem solving and resilience including: for parents and carers of children aged birth to 13 years.

- assert their right to feel safe
- identify a trusted adult to talk to
- recognise 'signs' their bodies give them when they may be unsafe
- learn body safety rules and safety strategies
- learn the difference between safe and unsafe secrets

Online Safety Parent Workshop

Face to Face

This workshop will be presented by WA Child Safety Services
For parents of children of primary and high school aged children
Content includes:

- Social media, networking, and gaming
- The impact of technology on the body & mind
- Cyberbullying
- Exposure to inappropriate content
- Online grooming and 'sextortion'
- Parental controls and resources

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Supporting Your Child's Emotional Development

1 x 1.5 hour session

Face to Face

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 2 hour session

Face to Face

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

Building Your Child's Resilience

1 x 2 hour session

Face to Face

For parents and caregivers of children 4 to 12 years

Resilience is important for children's mental health. Children with greater resilience are better able to manage stress, which is a common response to difficult events. This workshop talks about understanding resilience for children, factors for developing, and building resilience in children. It explores parents/carers strategies to promote children's resilience in everyday life.

