



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



Circle of Security Parenting

Venue: via online video conference platform

Tuesdays: 7:00pm - 9:00pm

Crèche: Not available for this program

10, 17, 24, 31 October, 7, 14, 21, 28 November

Circle of Security Parenting

Venue: Midland Women's Health Care Place

Tuesdays: 9.30am - 11.30am

17, 24, 31 October, 7, 14, 21, 28 November
& 5 December

Crèche: available at \$2 per child per session.
Please enquire on registration.

Circle of Security Parenting Parent's & Babies Group

Venue: Maylands Public Library

Wednesdays: 9.30am - 11.30am

18, 25, October, 1, 8, 15, 22, 29 November
& 6 December

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.

Tuning in to Kids

Venue: Brockman Community House

Tuesdays: 9.30am - 11:30am

17, 24, 31 October, 7, 14 & 21 November

Crèche: May be available at \$7 per session.
Bookings are essential



Tuning in to Kids

Venue: via online video conference platform

Tuesdays: 7pm - 9pm

17, 24, 31 October, 7, 14 & 21 November

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





What's On Term 4 2023

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

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Tuning in to Kids

Thursdays: 9:30am - 11:30am
19, 26 October, 2, 9, 16, & 23 November

Venue: Parkerville Baptist Church

Crèche: May be available.
Please enquire on registration.

ADHD & Your Child

Wednesdays: 10am - 12noon
18, 25 October, 1 & 8 November

Venue: Midvale Hub Parenting Service
Perth North-East - Midvale

Crèche: Not available for this program

Tuning in to Teens

Thursdays: 6:30pm - 8:30pm
26 October, 2, 9, 16, 23 & 30 November

Venue: headspace Midland

Crèche: Not available for this program

1 2 3 Magic & Emotion Coaching

Mondays: 9.30am - 11.30am
30 October, 6 & 13 November

Venue: Bassendean Memorial Library

Crèche: Not available for this program

1 2 3 Magic & Emotion Coaching

Wednesdays: 9.30am - 11.30am
22, 29 November & 6 December

Venue: Derrick Ernst Neighbourhood Centre

Crèche: Not available for the program

Registration for all programs is essential

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Promoting Positive Behaviours

Monday: 9:30am - 11:30am
9 October

Venue: Bassendean Memorial Library

Crèche: Not available for this program

Anxiety & Your Child

Thursday: 10:00am - 12noon
12 October

Venue: Boya Library

Crèche: Not available for this program

Building Your Child's Resilience

Monday: 9:30am - 11:30am
16 October

Venue: Bassendean Memorial Library

Crèche: Not available for this program

Building Your Adolescents Resilience

Tuesday: 5pm - 7pm
17 October

Venue: Midland Library

Crèche: Not available for this program

Building Your Child's Resilience

Thursday: 10am - 12noon
26 October

Venue: Boya Library

Crèche: Not available for this program

Registration for all programs is essential

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Transition to Kindy

Monday: 9:30am - 11:30am
6 November

Venue: Child & Parent Centre Arbor Grove Ellebrook

Crèche: May be available for this workshop

Supporting Your Child's Emotional Development

Wednesday: 9:30am - 11:30am
8 November

Venue: Derrick Ernst Neighbourhood Centre

Crèche: Not available for the program

Transition to Kindy

Tuesday: 9:30am - 11:30am
14 November

Venue: Bullsbrook Library

Crèche: Not available for the program

Anxiety & Your Child

Wednesday: 9:30am - 11:30am
15 November

Venue: Derrick Ernst Neighbourhood Centre

Crèche: Not available for the program

Transition to Kindy

Monday: 9:30am - 11:30am
20 November

Venue: Beechboro Library

Crèche: Not available for the program

Registration for all programs is essential

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

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Transition to Kindy

Monday: 12:30pm - 2:30pm
20 November

Venue: Midland Library

Crèche: Not available for the program

Transition to Kindy

Monday: 10:30am - 12:30pm
27 November

Venue: Ballajura Library

Crèche: Not available for the program

Promoting Positive Behaviours

Wednesday: 9:30am - 11:30am
28 November

Venue: Brockman Community House

Crèche: May be available at \$7 per session.
Bookings are essential



Supporting Your Child's Emotional Development

Tuesday: 7pm - 8.30pm
28 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:

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Program/Workshop Overview



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

ADHD & Your Child

4 x 2 hour sessions

Face to Face

For parents and caregivers of children aged 6 to 12 years who has been diagnosed or in the process of diagnosis for ADHD?

We will explore and learn more about:

- understanding ADHD and the brain
- ways of nurturing positive relationships
- working together with your child to handle difficulties by offering practical strategies
- building self-esteem, resilience & confidence in your child

Tuning into Teens

6 x 2 hour sessions

Face to Face

A 6 session program for parents and carers with children aged 12 to 18 years. The program provides parents with a greater understanding of their teen's emotional experiences and explores specific skills that help parents to be supportive, empathic and stay connected with their teen. Learn more about:

- understanding teenage development
- supporting teens to manage difficult emotions
- promoting positive behaviours
- supporting teens to maintain friendships and deal with conflict



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1 2 3 Magic & Emotion Coaching

3 x 2 hour sessions

Face to Face

This is a 3-session program for parents and carers with children aged 3 to 10 years. The program explores ways parents can increase their children's ability to manage and self-regulate their feelings and reactions. Learn more about:

- building positive relationships with children
- encouraging positive behaviour
- setting family rules and routines
- planning to avoid or manage potentially difficult situations

Promoting Positive Behaviours

1 x 2 hour session

Face to Face

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.

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.



Program/Workshop Overview



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Building Resilience In Your Adolescent 1 x 2 hour session

Face to Face

For parents and caregivers of young people aged 11 to 18 years
Resilience is important for mental health. Young people with greater resilience are better able to manage stress, which is a common response to difficult situations.
This workshop talks about understanding resilience in young people and factors for developing and building resilience.
It explores parents/carers strategies to promote young people's resilience in everyday life.

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

Transition to Kindy

1 x 2 hour session

Face to Face

For parents and caregivers of children transitioning to Kindergarten.
This workshop aims for parents and carers to develop an understanding of what to prepare for as children transition into a Kindy environment, and how this change can be supported.

This workshop will explore:

- school readiness
- routines
- lunches
- toilet learning and other useful information to prepare you and your child.

