

Parenting Support

Wanslea's Children and Parenting Support is a FREE service in the City of Stirling and City of Belmont.

Bringing Up Great Kids

A 6 week workshop for parents and carers raising children aged 0-12 years to help:

- Understand your child's behaviour and how to best support them
- Identify and communicate important messages to your child effectively

Term 2 - City of Stirling (Mirrabooka)

Tuesdays 9.30am - 12.30pm
23 April to 28 May

Term 3 - City of Belmont (Rivervale)

Wednesdays 9.30am - 12.30pm
31 July to 4 September

Term 4 - City of Stirling (Mirrabooka)

Tuesdays 9.30am - 12.30pm
22 October to 26 November



Supported
by Stirling



These workshops are run by Wanslea with support from the City of Stirling and City of Belmont.



About our programs



Bringing Up Great Kids:

Bringing Up Great Kids is an evidence based reflective parenting program developed by the Australian Childhood Foundation. Wanslea are offering this 6 week program to support parents raising children aged 0-12 years of age. Bringing Up Great Kids is run in a group environment to support you to:

- Learn about your parenting style and how it can be more effective
- Identify the important messages you want to convey to the children in your care and how to achieve this
- Learn more about brain development in children and how this influences their thoughts, feelings and behaviour
- Understand the meaning of children's behaviour
- Work out how to overcome some of the obstacles getting in the way of being the kind of parent you would like to be
- Discover ways to take care of yourself and find support when you need it.

Please ensure you are available to attend all 6 group sessions as each session builds upon the previous one. You will receive a certificate to recognise your completion of the course.

Locations:

Term 2 & Term 4: Stirling Leisure Centres - Herb Graham, 38 Ashbury Crescent, Mirrabooka.

Term 3: Rivervale Community Centre, Francisco Street, Rivervale.

**Please note these locations may change however will remain within the close vicinity and participants will be notified in advance.*

Places in these workshops are limited, so please register your details via Humanitix:

events.humanitix.com/bringing-up-great-kids-workshops-term-2-2024

If you have any questions or would like support registering please email cps@wanslea.org.au

In Home Parenting Support:

Wanslea's Children and Parenting Support service also offers an in home parenting program working with parents to

- Strengthen and enhance your relationship with your child
- Better protect your child's physical safety and well-being needs
- Support your child's growth and development through play
- Connect to networks and resources in your community
- Develop new strategies to guide your children's behaviour.

For more information about areas we work in or to refer to the program, please see our website:

www.wanslea.org.au/programs/children-and-parenting-support

