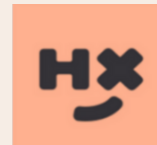




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Registration for all programs is essential

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>

OR

Scan the QR code to express your interest via Humanitix

IN PARTNERSHIP WITH MIDLAND WOMEN'S HEALTH CARE PLACE

Circle of Security Parenting

Tuesdays: 9.30am - 11.30am
23, 30 April, 7, 14, 21, 28 May, 4
& 11 June



Venue:

Midland Women's Health Care Place

Crèche: available at \$2 per child per session.

Please enquire on registration.



Circle of Security Parenting Couples

Tuesdays: 7:00pm - 9:00pm
23, 30 April, 7, 14, 21, 28 May, 4
& 11 June

Venue:

via online video conference platform

Crèche: Not available for this program.

FULL

Please note: this planner may be subject to change

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Circle of Security Parenting

Wednesdays: 7:00pm - 9:00pm
24 April, 1, 8, 15, 22, 29 May, 5 & 12 June

Venue:

via online video conference platform

Crèche: Not available for this program.

FULL

Circle of Security Parenting

Thursdays: 9.30am - 11.30am
2, 9, 16, 23, 30 May, 6, 13 & 20 June



Venue:

Parkerville Baptist Church

Crèche:

May be available for this program.

Circle of Security Parenting

Fridays: 9.30am - 11.30am
3, 10, 17, 24, 31 May, 7, 14 & 21 June



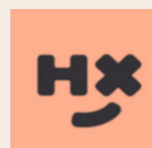
IN PARTNERSHIP WITH ANGLICARE WA

Venue:

Child & Parent Centre Arbor Grove
Ellenbrook

Crèche:

May be available for this workshop.



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Circle of Security Parenting

Tuesdays: 6.30pm - 8.30pm
7, 14, 21, 28, May, 4, 11, 18, &
25 June



IN PARTNERSHIP WITH ANGLICARE WA

Venue:

Brockman Community House

Crèche:

Not available for this program.

1 2 3 Magic & Emotion Coaching

Wednesdays: 9.30am - 11.30am
22, 29 May & 5 June



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.

Tuning in to Teens

Thursdays: 6:30pm - 8:30pm
22, 30 May, 6, 13, 29
& 27 June

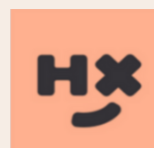


Venue:

headspace Midland

Crèche:

Not available for this program.



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IN PARTNERSHIP WITH NGALANG MOORT NGALANG KURLANGAH

Bringing Up Great Kids in the Early Years

Tuesdays: 9.30am - 11.30am
28 May, 4, 11, 18
& 25 June



Venue:

Brockman Community House

Crèche:

May be available at \$7 per session.

Parenting Toddlers

Wednesdays: 9.30am - 11.30am
12, 19 & 26 June



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.



Raising Children In A Digital World

Tuesday: 7pm - 9pm
30 April

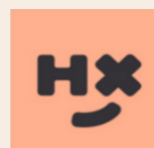


Venue:

via online video conference platform

Crèche:

Not available for this program.



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Emotion Coaching Your Child

Tuesday: 9.30am - 11.30am

7 May



Venue:

Brockman Community House

Crèche:

May be available at \$7 per session.

Let's Talk Toilet Learning

Wednesday: 9.30am - 11am

8 May



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.

Emotion Coaching Your Child

Wednesday: 9.30am - 11.30am

15 May

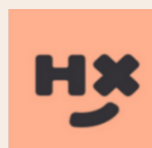


Venue:

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.



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Program/Workshop Overview



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

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

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

Bringing Up Great Kids - In the Early Years

5 x 2 hour sessions

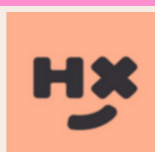
Face to Face

Bringing Up Great Kids in the Early Years a 5 session program for parents and carers of Children 0 - 8 months. Parents and Babies attend this program together.

This program supports building positive relationships and interactions between parents and their babies.

We will explore:

- understanding our babies needs in early life and how to meet these needs
- understanding origins or parenting styles and the importance of a positive start
- ways of giving nurturing messages to our babies ways to take care of ourselves during our parenting journey



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Program/Workshop Overview



Parenting Toddlers

3 x 2 hour session

Face to Face

For parents and caregivers of children aged 18 months to 3 years.

Let's learn together some practical ways that can support you to feel more confident as you guide your Toddler's behaviour.

Learn more about:

- Early brain development
- Promoting cooperation and supporting tantrums
- Ways to handle transitions
- Understanding social and emotional development

Raising Children In A Digital World

1 x 2 hour session

Online

For parents and caregivers of children aged 4 to 12 years

This workshop provides valuable insight and tools to protect our children online and find the balance within the family about the digital world we now live in.

Topics include:

- explore the bigger picture about the digital world
- social media safety
- cyberbullying prevention and managing screen time

Emotion Coaching Your Child

1 x 2 hour session

Face to Face

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.

Let's Talk Toilet Learning

1 x 1.5 hour session

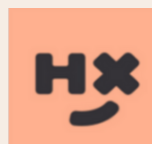
Face to Face

For parents and caregivers of children 18 months to 4 years

The best time to begin toilet learning is when your child is ready to learn.

Learn more about:

- What are the signs your child is ready?
- How parents can support the process
- Everyday strategies to start, maintain and manage the process
- Resources available to support toilet learning



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Telephone: (08) 9290 6827

Email: parentingservice@mundaring.wa.gov.au



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