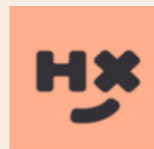




FREE service for parents & carers who reside in the local government areas of Mundaring, Swan, Bassendean or Bayswater

Follow us on:



MIDVALE HUB PARENTING SERVICE  
PERTH NE | Humanitix

MIDVALE HUB PARENTING SERVICE PERTH NE uses Humanitix for their events. Discover...

humanitix.com

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](mailto: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

## Bringing Up Great Kids in the Early Years

Fridays: 12noon - 2pm  
19, 26 July, 2, 8, & 16 August



Venue:

Dayton Family HUB

Crèche:

Not available for this program.

IN PARTNERSHIP WITH NGALANG MOORT NGALANG KURLANGAH

## Bringing Up Great Kids in the Early Years

Tuesdays: 12.30pm - 2.30pm  
23, 30 July, 6, 13, & 20 August



Venue:

Brockman Community House

Crèche:

Not available for this program.

Please note: this planner may be subject to change

Supported by



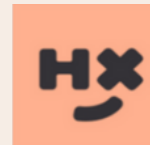
Shire of Mundaring Children's Services





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

Follow us on:



MIDVALE HUB PARENTING SERVICE  
PERTH NE | Humanitix  
MIDVALE HUB PARENTING SERVICE PERTH NE  
uses Humanitix for their events. Discover...  
humanitix.com

IN PARTNERSHIP WITH NGALANG MOORT NGALANG KURLANGAH

## Circle of Security Parenting

Mondays: 9.30am - 11.30am  
22, 29 July, 5, 12, 19, 26 August,  
2 & 9 September



**Venue:**

Child & Parent Centre - Arbor Grove

**Crèche:**

Available - Bookings are essential.  
Please enquire on registration.

IN PARTNERSHIP WITH MIDLAND WOMEN'S HEALTH CARE PLACE

## Circle of Security Parenting

Tuesdays: 9.30am - 11.30am  
23, 30 July, 6, 13, 20, 27 August,  
3 & 10 September



**Venue:**

Midland Women's Health Care Place

**Crèche:**

Available at \$2 per child per session.  
Please enquire on registration.

IN PARTNERSHIP WITH MEERILINGA

## Circle of Security Parenting

Wednesdays: 10.00am - 12 noon  
24, 31 July, 7, 14, 21, 28 August, 4  
& 11 September



**Venue:**

Bullsbrook College - Demountable

**Crèche:**

Available. Bookings are essential.  
Please enquire on registration.

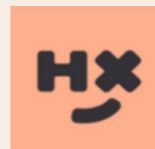
Please note: this planner may be subject to change





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

Follow us on:



MIDVALE HUB PARENTING SERVICE  
PERTH NE | Humanitix  
MIDVALE HUB PARENTING SERVICE PERTH NE  
uses Humanitix for their events. Discover...  
humanitix.com

## Parenting Toddlers

Thursdays: 9.30am - 11.30am  
1, 8 & 15 August



### Venue:

Parkerville Baptist Church

### Crèche:

Available. Bookings are essential.  
Please enquire on registration.

## Tuning in to Kids

Wednesdays: 9.30am - 11.30am  
7, 14, 21, 28 August,  
4 & 11 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](http://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

Wednesdays: 7pm - 9pm  
21, 28 August, 4, 11, 18 & 25  
September



### Venue:

Via online platform

### Crèche:

Not available for this program

Please note: this planner may be subject to change





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



## ADHD & Your Child

Thursdays: 7pm - 9pm  
8, 15, 22 & 29 August



**Venue:**

Via online platform

**Crèche:**

Not available for this program

## Keeping Kids In Mind

Fridays: 10am - 12.30pm  
23, 30 August, 6, 13 & 20 September



**Venue:**

Midvale Hub Parenting Service Perth NE

**Crèche:**

Not available for this program

## Promoting Positive Behaviours

Tuesday: 9.30am - 11.30am  
16 July

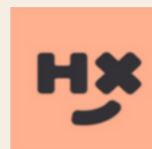


**Venue:**

Brockman Community House

**Crèche:**

Not available for this program.



MIDVALE HUB PARENTING SERVICE  
PERTH NE | Humanitix

MIDVALE HUB PARENTING SERVICE PERTH NE  
uses Humanitix for their events. Discover...

[humanitix.com](https://humanitix.com)

Supported by



Shire of Mundaring Children's Services





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

## Emotion Coaching Your Child

Thursday: 10am - 12noon  
25 July

**Venue:**

Boya Library  
Bookings through - Shire of Mundaring  
Libraries Eventbrite

**Crèche:**

Not available for this program.



## Let's Talk Toilet Learning

Monday: 7pm - 8.30pm  
29 July



**Venue:**

Via online platform

**Crèche:**

Not available for this program

## Anxiety & Your Child

Wednesday: 9.30am - 11.30am  
31 July

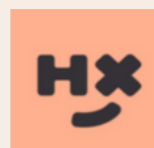


**Venue:**

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](http://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.



MIDVALE HUB PARENTING SERVICE  
PERTH NE | Humanitix

MIDVALE HUB PARENTING SERVICE PERTH NE uses Humanitix for their events. Discover...

[humanitix.com](http://humanitix.com)

Supported by



Shire of Mundaring Children's Services





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

## **Anxiety & Your Child**

Tuesday: 9.30am - 11.30am  
20 August



**Venue:**

Brockman Community House

**Crèche:**

Not available for this workshop

## **Protective Behaviours Parent Workshop**

Thursday: 10am - 12noon  
12 September

**Venue:**

Boya Library  
Bookings through - Shire of Mundaring  
Libraries Eventbrite

**Crèche:**

Not available for this program.

## **Raising Children in a Digital World**

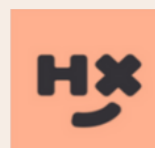
Thursday: 10am - 12noon  
22 August

**Venue:**

Boya Library  
Bookings through - Shire of Mundaring  
Libraries Eventbrite

**Crèche:**

Not available for this program.



**MIDVALE HUB PARENTING SERVICE  
PERTH NE | Humanitix**

MIDVALE HUB PARENTING SERVICE PERTH NE uses Humanitix for their events. Discover...

[humanitix.com](https://humanitix.com)

Supported by



Shire of Mundaring Children's Services





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



## Protective Behaviours Parent Workshop

Thursday: 7pm - 9pm  
5 September



**Venue:**

Via online platform

**Crèche:**

Not available for this program

## Protective Behaviours Parent Workshop

Thursday: 10am - 12noon  
12 September

**Venue:**

Boya Library  
Bookings through - Shire of Mundaring Libraries Eventbrite

**Crèche:**

Not available for this program.

## Emotion Coaching Your Child

Tuesday: 9.30am - 11.30am  
17 September

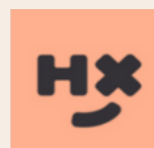


**Venue:**

Brockman Community House

**Crèche:**

Not available for this program.



MIDVALE HUB PARENTING SERVICE  
PERTH NE | Humanitix

MIDVALE HUB PARENTING SERVICE PERTH NE uses Humanitix for their events. Discover...

[humanitix.com](https://humanitix.com)

Supported by



Shire of Mundaring Children's Services



# Program/Workshop Overview



## **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

## **Circle of Security Parenting** 8 x 2 hour sessions **Face to Face**

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

## **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:

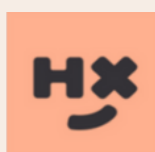
- Early brain development
- Promoting cooperation and supporting tantrums
- Ways to handle transitions
- Understanding social and emotional development

## **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
- managing emotions such as anger and anxiety



**MIDVALE HUB PARENTING SERVICE**  
**PERTH NE | Humanitix**

MIDVALE HUB PARENTING SERVICE PERTH NE  
uses Humanitix for their events. Discover...

[humanitix.com](https://humanitix.com)

Supported by



Shire of Mundaring Children's Services



# Program/Workshop Overview



## **ADHD & Your Child**

**4 x 2 hour sessions**

**Online**

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

## **Keeping Kids in Mind**

**5 x 2.5 hour sessions**

**Face to Face**

The main focus of Keeping Kids in Mind (KKIM) is to help each parent build a more secure world for their children post separation.

We explore more about:

- loss and grief after separation
- the hidden world of children
- rebuilding resilience
- bridging the gap
- looking back and moving forward

## **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.

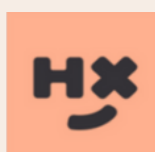
We will discuss strategies to guide and encourage positive behaviour in our children.

## **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.



**MIDVALE HUB PARENTING SERVICE**  
**PERTH NE | Humanitix**

MIDVALE HUB PARENTING SERVICE PERTH NE  
uses Humanitix for their events. Discover...

[humanitix.com](https://humanitix.com)

Supported by



Shire of Mundaring Children's Services



# Program/Workshop Overview



## **Let's Talk Toilet Learning**

**1 x 1.5 hour session**

**Online**

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

## **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

## **Protective Behaviours Parent Workshop 1 x 2 hour session Face to Face & online**

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

## **Raising Children In A Digital World**

**1 x 2 hour session**

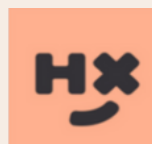
**Face to Face**

For parents and caregivers of children aged 3 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



**MIDVALE HUB PARENTING SERVICE**  
**PERTH NE | Humanitix**

MIDVALE HUB PARENTING SERVICE PERTH NE  
uses Humanitix for their events. Discover...

[humanitix.com](https://www.humanitix.com)

Supported by



Shire of Mundaring Children's Services





# MIDVALE HUB PARENTING SERVICE PERTH NORTH EAST



**FREE** parenting programs, workshops and support for parents and carers of children aged 0 - 18 years and reside in the local government areas of Mundaring, Swan, Bassendean or Bayswater



**MIDVALE HUB PARENTING SERVICE  
PERTH NE | Humanitix**

MIDVALE HUB PARENTING SERVICE PERTH NE uses Humanitix for their events. Discover...

 [humanitix.com](https://humanitix.com)