

South West Metropolitan Parenting Service

Term 1 2023 Program



Courses, workshops, and community network for parents and carers of children aged pre-birth to 18 years old.

January

Family Fun Craft Morning

Wednesday 25 January 10am - 12noon

Location: Coolbellup Hub

Host: Cockburn Parenting

Booking: parenting@cockburn.wa.gov.au

February

Child Development - What to Expect 0-3 months

Monday 6 February 1pm - 2pm

Location: Online

Host: Cockburn Parenting

Booking: parenting@cockburn.wa.gov.au

Circle of Security Parenting (8 weeks)

Wednesdays 9.30am - 11.30am

Starting: Wednesday 8 February

Location: Lydon/Baker rooms, upstairs Darius Wells Library and Resource Centre.

Host: KEYS Parenting

Booking: 9439 1828

Creche available.

Diverse Women's Group

Wednesdays 9.30am - 11.30am

Starting: Wednesday 8 February

Location: Coolbellup Hub.

Host: Cockburn Parenting

Booking: parenting@cockburn.wa.gov.au

Creche available.

Circle of Security Parenting (8 weeks)

Thursdays 10am-12pm

Starting: Thursday 9 February

Location: Willagee Community Centre

Host: Meerilinga Parenting Service

Booking: 0419 588 849

Parent Circle (for those who have completed

Parenting by Connection workshop)

Friday 10 February 1.00pm - 2.30pm

Location: The Meeting Place, Fremantle

Host: Meerilinga Parenting

Booking: 0419 588 849

My Time Aboriginal Parents Group

Tuesdays 12.00noon-2.00pm

Starting: Tuesday 14 February

Location: Coolbellup Hub

Host: Cockburn Parenting

Booking: parenting@cockburn.wa.gov.au

Circle of Security Parenting- abbrev. (7 weeks)

Thursdays 10.00am - 12.00noon

Starting Tuesday 16 February

Location: Coolbellup Hub

Host: Cockburn Parenting Service

Booking: parenting@cockburn.wa.gov.au

New Parenting: Support for Mums, Dads and Carers of Babies

Wednesdays 6.30pm - 8.00pm

Location: Online via Zoom

Host: Meerilinga Parenting

Booking: 0419 588 849

February

New Parenting: Support for Mums, Dads and Carers of Babies

Wednesdays 6.30pm - 8.00pm

Location: Online via Zoom

Host: Meerilinga Parenting Service

Booking: 0419 588 849

Children and Anxiety

Friday 24 February 10.00am - 12.00noon

Location: Meerilinga Cockburn

Host: Meerilinga Parenting Service

Resources fee: \$5.00

Booking: www.eventbrite.com.au/e/children-and-anxiety-tickets-474968813507

Protective Behaviours

Friday 24 February 9.00am - 12.00noon

Location: Lydon/Baker rooms, upstairs Darius Wells Library and Resource Centre.

Host: KEYS Parenting Service

Booking: www.trybooking.com/CEHXQ

Not suitable for children.

Creche available.

March

Family Fun Time

Friday 3 March 10.00am - 11.30am

Location: Kadidjiny Park, Kitchener Road, Melville

Host: Meerilinga Parenting Service

Resources fee: \$5.00 per family

Booking: www.eventbrite.com.au/e/family-fun-time-tickets-477839600107

Parent Circle (for those who have completed

Parenting by Connection workshop)

Friday 3 March 1.00pm - 2.30pm

Location: The Meeting Place, Fremantle

Host: Meerilinga Parenting Service

Booking: 0419 588 849

Child Development - What to Expect 3-6 months

Wednesday 8 March 7.00pm - 8.00pm

Location: Online

Host: Cockburn Parenting Service

Booking: parenting@cockburn.wa.gov.au

Supporting Siblings

Friday 10th March 10am-12noon

Location: Meerilinga Cockburn

Host: Meerilinga Parenting Service

Resources fee: \$5.00

Booking: www.eventbrite.com.au/e/supporting-siblings-tickets-477839098607

Engaging Adolescence(4 weeks)

Tuesdays 4.30pm-6.30pm

Starting Tuesday 14 March

Location: Frank Konecny room, upstairs Darius Wells Library and Resource Centre.

Host: KEYS Parenting Service

Resources fee: \$10.00 per family

Booking: www.trybooking.com/CEHWS

No creche available.

March

Partnering Well in Parenting Webinar

Friday 17 March 10.00am - 11.00am

(recording available to registrants)

Location: Online via Zoom

Host: Meerilinga Parenting Service

Resources fee: \$5.00

Booking: www.eventbrite.com.au/e/partnering-well-in-parenting-webinar-tickets-477839369417

Harmony Week Storytime

Friday 24 March 10am-11.30am

Location: Meerilinga Cockburn

Host: Meerilinga Parenting Service

Resources fee: \$5.00 per family

Booking: www.eventbrite.com.au/e/harmony-week-storytime-tickets-477841606107

Parent Circle (for those who have completed Parenting by Connection workshop)

Friday 31 March 1.00pm - 2.30pm

Location: The Meeting Place, Fremantle

Host: Meerilinga Parenting Service

Booking: 0419 588 849

Building Resilience

Monday 3 April 7.00 - 8.30pm

Location: Online

Host: Cockburn Parenting Service

Booking: parenting@cockburn.wa.gov.au



Online



Creche



Family welcome

Please note: Due to COVID-19, events are subject to change or cancellation based on WA Public Health advice. If you have registered for an event that is rescheduled, cancelled, or changed into an online event, we will notify you as soon as possible.

All public health and social measures remain in place for events held at locations. To ensure the safety of our children, families, community, and staff, our teams continue to monitor the situation and update our respective COVID-19 policies accordingly.

Workshop Overviews

One-off workshops

Sensory Kids

For: parents of children from birth to 18 years

Duration: 2 hour session

This workshop will inform parents on how they can best support their children to organise their sensory input. Learn basic strategies, when to seek help and the correct referral pathways for support and therapy if required.

Understanding Children's Behaviour

For: parents of children from birth to 12 years

Duration: 1.5 hour session

This webinar covers how to help children when they are sad or angry and how to encourage a strong bond. Children are very much attuned to our emotional states and so it is important that we take care of ourselves and then we are in a better place to manage behaviour that is challenging.

Connecting With Your Teen

For: parents of adolescents/teens.

Duration: 2.5 hour session

This workshop focuses on strengthening your connection with your teen. Utilising strategies from the Circle of Security and Parenting by Connection Programs, learn to listen and respond to your teen, support them through difficulties, helping them solve problems and set boundaries.

Diverse women's friendship group

For: This group is for women who are from diverse cultural backgrounds and seeking to make new friends and have fun learning about various topics such as budgeting, parenting, self-care, health, and others. If English is your second language come along to connect with others while having fun. The group is run during school term at Coolbellup Hub. Free childcare is available. To enquire contact Liz on 9411 3447 or email commdev@cockburn.wa.gov.au

Building Resilience

We all want our children to be resilient. This webinar focuses on what we can do as parents to support children's resilience. Information will include what is resilience, why it is important and the parental factors that support resilience. To register phone Cockburn Parenting Service on 9411 3855 or email: parenting@cockburn.wa.gov.au

Family Craft Morning

Come along to the Coolbellup Hub for a morning of craft with your children. Morning tea will be provided. Suitable ages 2 - 10 years. Activities include sand art, clay, play dough and more. Registration is essential. Phone Cockburn Parenting Service on 9411 3855 or email parenting@cockburn.wa.gov.au

Your Child's Development: What to expect 0-3 months

Online webinar

This webinar explores what babies need to feel secure, the importance of connection for your baby's social/emotional development and what developmental outcomes to expect during the first 3 months. To register email parenting@cockburn.wa.gov.au

Your Child's Development: what to expect 3- 6 months

Online webinar

This webinar explores the developmental stages of babies 3- 6 months and how to support baby's security and development. Social and emotional development will be discussed and how you can support your baby's learning through play

Workshop series

Engaging Adolescents

For: parents of children from 11 to 18 years

Duration: 2 hour sessions, 4 weeks

This workshop will give you a better understanding into the mind of your teen/pre-teen, with strategies to help you support and guide them into adulthood in a positive way, resolve conflict and how to navigate difficult conversations.

Protective Behaviours

For: parents of children from birth to 18 years

Duration: 3 hour session or 2 x 90 min sessions

This workshop will help parents learn about positive life skills like assertiveness, emotional literacy and problem solving. Help children to better cope with anxiety and know when to take risks, where to go for help and how to speak up against peer pressure, bullying and abuse.

Protective Behaviours in the Early Years

For: parents of children from birth to 5 years

Duration: 3 hour session or 2 x 90 min sessions

This workshop covers the topics in the Protective Behaviours program with a focus on the Early Years. Learn skills to teach your children about body ownership, feeling safe, and asking for help. Gain valuable strategies for parents to help their children develop resilience, confidence, assertiveness, emotional regulation, and emotional literacy.

Children's Emotional Wellbeing

For: parents of children birth to 18 years

Duration: 2 hour sessions, 2 weeks

This 2-part workshop covers the below topics:
Part 1: Raising Resilient Kids - learn the strategies to equip children with the skills which enable them to adapt, cope, and grow through change, stress, uncertainty and adversity.
Part 2: Understanding & Managing Anxiety - learn to understand the difference between anxiety and feeling anxious, how to support children through anxious times, how to know and where to go when further help is needed.

1-2-3 Magic & Emotion Coaching

For: parents of children from 3-10 years

Duration: 2 hour sessions, 4 weeks

This 4-weeks series teaches a simple and effective approach to guiding and teaching behaviour and life skills in children from 3-10 years. Gain the knowledge and practical skills to set limits confidently and calmly when required and the ability to follow through with reasonable consequences.

Parenting with Mindfulness

For: parents of children from birth to 18 years

Duration: 1.5 hour sessions, 3 weeks

This workshop is about finding the space for presence in your life and learning that you are important. Learn how to practice and bring mindfulness to parenting so that you are more present, calm and connected.

Play Time

For: parents of children from birth to five years.

Duration: 1 hour sessions, 8 weeks

Parent and child attend this workshop together over 8 weeks, enjoying guided play activities and a session exploring songs, games and stories to help with tricky times and transitions. This workshop supports parents to meet their everyday parenting challenges with humour and to help their children's development through play.

Other workshops in this series include

- **Family Fun Time (1 hour)**

Workshop series

Circle of Security

For: parents of children from birth to 18 years

This workshop series focuses on supporting and strengthening parent-child relationships, and teaches new ways to understand and respond to your children's behaviour.

Workshops in this series include:

- **Circle of Security Parenting (8 weeks)**
- **Circle of Security Introductory Session (2 hours)**
- **Circle of Security Parenting Reconnect (2 hours)**

Hand in Hand Parenting

For: parents of children from birth to 18 years

This workshop series helps families build a stronger parent-child connection. It provides tools that allow children to flourish and supports parents to become confident leaders in their families and communities.

Workshops in this series include

- **Parenting by Connection Starter Class**
- **Understanding Tears and Tantrums**
- **Build Your Bond (3 weeks)**
- **New Parenting (3 weeks)**
- **Let's Talk About Sleep (2 hours)**
- **Potty Time (2 hours)**
- **Dads Make a Difference (2 hours)**
- **Partnering Well in Parenting (2 hours)**
- **Supporting Siblings (2 hours)**
- **Parent Circle (1.5 hours)**

Support groups

My Time: Aboriginal Parent Support Group

For: Aboriginal parents and grandparents.

Duration: Weekly during school term

This group combines yarnning, art, culture and self-care. Members meet weekly during school term at the Coolbellup Hub. Lunch and childcare are provided.

Resources for Parents & Carers



Helplines

Lifeline 13 11 14

A free 24 hour crisis support and suicide prevention service

Kids Helpline 1800 551 800

Free and confidential 24/7 phone counselling service for young people aged 5-25 years old

Crisis Care 1800 199 008

Contact Crisis Care if you are concerned about the wellbeing of a child, are escaping domestic violence or experiencing homelessness

Ngala Parenting Line 9368 9368 or 1800 111 546

A free support service for WA parents and caregivers of children from conception to 18 years

13 Yarn 13 92 76

24/7 crisis support line for Aboriginal and Torres Strait Islander people. This service is run by Aboriginal and Torres Strait Islanders.

Thirrili 1800 805 801

is a 24/7 postvention phone service for Aboriginal and Torres Strait Islander people who are bereaving after losing someone from suicide.

Contact

Meerilinga Parenting Service

08 9331 2211 meerilinga.org.au

Cockburn Parenting Service

08 9411 3855 cockburn.wa.gov.au

KEYS Parenting Service

08 9439 1838 keyswa.org

Translating and Interpreting Service (TIS) 13 14 50

This is a free interpreting service provided by the Australian Government for people who do not speak English. They can connect you with the service of your choice and interpret for you.

Resources

Raising Children

raisingchildren.net.au

Hand in Hand Parenting

handinhandparenting.org

Zero to Three

zerotothree.org

Better Beginnings

better-beginnings.com.au

Beyond Blue's Healthy Families

healthyfamilies.beyondblue.org.au

The Fathering Project

thefatheringproject.org

Australian Childhood Foundation

COVID-19 Resources

childhood.org.au/covid-19

Scan this QR code to visit the South West Metropolitan Parenting Service website hosted by Meerilinga.



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