

South West Metropolitan Parenting Service

Term 4 2022 Program



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

October

PlayTime (8 weeks)

Parent & child attend together
Tuesdays 10.00-11.30am

Starting: Tuesday 11 October

Location: Meerilinga Hilton, 85 Rennie Cres S, Hilton WA 6163

Host: Meerilinga Parenting Service

Booking: belynda.smith@meerilinga.org.au



Raising Emotionally Healthy Children

Wednesday 12 October 7.00 - 8.30pm

Location: Online

Host: Cockburn Parenting

Booking: parenting@cockburn.wa.gov.au



Sing and Grow for Young Parents (8 weeks)

Thursdays 10.00 - 11.30am

Starting: Thursday 13 October

Location: Coolbellup Hub, 90 Cordelia Ave, Coolbellup

Host: Cockburn Parenting

Booking: parenting@cockburn.wa.gov.au



Ready for School

Thursday 13 October 9.30 - 11.30am

Location: Palmyra Primary School, 60 McKimmie Rd, Palmyra

Host: Meerilinga Parenting Service

Booking: belynda.smith@meerilinga.org.au

Sing and Play Supported Playgroup (9 weeks)

Fridays (referral only)

Starting: Friday 14 October

Location: Coolbellup Hub, 90 Cordelia Ave, Coolbellup

Host: Cockburn Parenting Service

Contact: parenting@cockburn.wa.gov.au



Bringing up Great Kids (6 weeks)

Fridays 9.30 - 11.30am

Starting: Friday 14 October

Location: Fremantle Women's Health Centre, 114 South St, Fremantle

Host: Meerilinga Parenting Service

Booking: belynda.smith@meerilinga.org.au

Circle of Security Parenting (7 weeks)

Mondays 10.00am - 12.00noon

Starting: Monday 17 October

Location: Coolbellup Hub, 90 Cordelia Ave, Coolbellup

Host: Cockburn Parenting Service

Booking: parenting@cockburn.wa.gov.au

Creche Available



My Time Aboriginal Parents' Group (8 weeks)

Tuesdays 12.00noon - 2.00pm

Starting: Tuesday 18 October

Location: Coolbellup Hub, 90 Cordelia Ave, Coolbellup

Host: Cockburn Parenting Service

Booking: parenting@cockburn.wa.gov.au

Creche Available



Circle of Security Parenting (8 weeks)

Thursdays 9.30 - 11.30am

Starting: Thursday 20 October

Location: Darius Wells Library and Resource Centre, Robbos Way, Kwinana Town Centre

Host: KEYS Parenting

Booking: Call 9439 1838

Creche Available



October

Sensory Kids

Friday 21 October 9.30 - 11.30am

Location: Warnbro Family Centre, 1 Moreton Crescent, Warnbro

Host: KEYS Parenting

Booking: www.trybooking.com/CCTEM

Parent Circle

Friday 21 October 1.00 - 2.30pm

Location: The Meeting Place, 245 South Terrace, South Fremantle

Host: Meerilinga Parenting Service

Booking: belynda.smith@meerilinga.org.au

Protective Behaviours Parenting

Tuesday 25 October 9.00am - 12.00noon

Location: Makybe Rise Primary School, Balddivis

Host: KEYS Parenting

Booking: www.trybooking.com/CCUJO

Build Your Bond (3 weeks)

Wednesdays 6.30 - 8.00pm

Starting: Wednesday 26 October

Location: Online, via Zoom

Host: Meerilinga Parenting Service

Booking: belynda.smith@meerilinga.org.au



November

Ready for School

Wednesday 2 November 12.30 - 2.30pm

Location: Honeywood Primary School, Wandi

Host: KEYS Parenting

Booking: www.eventbrite.com/e/getting-your-child-ready-for-school-honeywood-primary-tickets-411795901627?keep_tld=1

Protective Behaviours

Tuesday 8 November 6.00 - 8.30pm

Location: Meerilinga Cockburn, 219 Winterfold Road Coolbellup

Host: Meerilinga Parenting Service

Booking: www.eventbrite.com.au/e/417754453817

Potty Time

Tuesday 15 November 12.30 - 2.30pm

Location: Meerilinga Hilton, 85 Rennie Cres S, Hilton

Host: Meerilinga Parenting

Booking: www.eventbrite.com/e/potty-time-tickets-412721570327?aff=ebdssbdestsearch&keep_tld=1

Connecting With Your Teen

Wednesday 16 November 9.30am - 12.00noon

Location: Darius Wells Library and Resource Centre, Robbos Way, Kwinana Town Centre

Host: KEYS Parenting

Booking: www.trybooking.com/CCTII

Creche Available



Parent Circle

Friday 19 November 1.00 - 2.30pm

Location: The Meeting Place, 245 South Terrace, South Fremantle

Host: Meerilinga Parenting Service

Booking: belynda.smith@meerilinga.org.au

Consent Workshop with We Are Womxn

Wednesday 23 November 7.00 - 8.30pm

Location: Online

Host: Cockburn Parenting

Booking: Call 9411 3855 or email

parenting@cockburn.wa.gov.au



November

Let's Talk About Sleep

Friday 25 November 9.30 - 11.30am

Location: Fremantle Women's Health Centre, 114 South St, Fremantle

Host: Meerilinga Parenting

Booking: www.eventbrite.com/e/lets-talk-about-sleep-tickets-412724649537?aff=ebdssbonlinesearch&keep_tld=1

Children's Emotional Wellbeing

Tuesday 29 November 9.30am - 12.30pm

Location: Westerly Family Centre, Cooloongup

Host: KEYS Parenting

Booking: www.trybooking.com/CCTFE

Setting Limits

Wednesday 28 November 7.00 - 8.30pm

Location: Online

Host: Cockburn Parenting

Booking: parenting@cockburn.wa.gov.au



Tweens, Teens, and Screens

Wednesday 30 November 6.30 - 8.30pm

Location: Online, via Zoom

Host: Meerilinga Parenting

Booking:

https://us02web.zoom.us/meeting/register/tZcpcemhpjrsGtYVEysMV_TiaiPKeok15LH5



December

Family Fun Time at Kaadidjny Park

Friday 2 December 10.00 - 11.30am

Location: Kaadidjny Park, Melville

Host: Meerilinga Parenting

Booking: www.eventbrite.com.au/e/family-fun-time-at-kadidjny-tickets-419333697377



Parent Circle

Friday 16 December 1.00 - 2.30pm

Location: The Meeting Place, 245 South Terrace, South Fremantle

Host: Meerilinga Parenting Service

Booking: belynda.smith@meerilinga.org.au

Family Fun Time at the Meeting Place Fremantle

Friday 16 December 10.00 - 11.30am

Location: The Meeting Place, 245 South Terrace, South Fremantle

Host: Meerilinga Parenting Service

Booking: www.eventbrite.com.au/e/family-fun-time-at-the-meeting-place-fremantle-tickets-419336054427



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

Ready for School

For: parents of children from 3 to 6 years

Duration: 2 hour session

This session will help families to support their children during the transition to school, with a focus on communication, social/emotional and independence skills.

Thriving Together

For: parents of children from birth to 18 years

Duration: 2 hour session

This session will inform parents about child development and support children's resilience and confidence by giving strategies for building strong connections.

Tweens, Teens and Screens

For: parents of children from 8 to 18 years

Duration: 2 hour session

This session will help parents with practical tips for how to set limits with their tweens/teens around screen use.

Consent Workshop for Parents

For: parents of young people aged 13 to 17 years

Duration: 1.5 hour session

This workshop includes: consent laws; age and consent; alcohol and consent; technology; sexual consent; pornography and consent; and consent in action

Safe Play: Understanding sexual development and responding to behaviours

For: parents of children from 5-17 years

Duration: 2 hour session

This workshop will help parents and carers with how to respond to sexual behaviours in children, provide an overview of what is considered normal and age appropriate, which behaviours need to be monitored closely and which behaviours are a cause for concern.

Take a Stand on Bullying

For: parents of children from 5-17 years

Duration: 2 hour session

This workshop identifies bullying behaviours and offers a range of strategies for parents to emotionally support and advocate for their child, whether their child is experiencing or exhibiting bullying behaviours.

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.

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)**

Bringing Up Great Kids

For: pregnant parents and parents with children up to age 12

This workshop series encourages parents to become more reflective and mindful in their parenting approach such as understanding parenting styles, brain development in children, communication skills and how to find support.

Workshops in this series include:

- **Bringing Up Great Kids (6 weeks)**
- **Bringing Up Great Kids in the First 1000 Days (5 weeks)**

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 Mums and Dads (3 weeks)**
- **Let's Talk About Sleep (2 hours)**
- **Potty Time (2 hours)**
- **Dads Make a Difference (2 hours)**
- **Chaos to Connection (2 hours)**
- **Parent Circle (1.5 hours)**

Tuning into Kids

For: parents of children from 2 to 12 years

This workshop series is an evidence-based emotion coaching program that supports parent and child to build emotional intelligence.

Workshops in this series include:

- **Tuning into Kids (6 weeks)**
- **Dads Tuning into Kids (6 weeks)**

Tuning into Teens (6 weeks)

This course will help you understand your teen and the developmental changes they are experiencing. Learn communication skills and help your teen with their emotions. Through this course you will help them manage their feelings and support them in feeling understood.

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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