

# South West Metropolitan Parenting Service

## Term 4 2023 Program



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

### October

**Parent Circle (for those who have completed Parenting by Connection workshop)**  
**Friday 13 October 1:00 pm - 2:30 pm**  
Location: The Meeting Place Fremantle  
Host: Meerilinga Parenting Service  
Bookings: 0419 588 849

**Ready for School**  
**Monday 16 October 9:00 am - 11:00 am**  
Location: Palmyra Primary School  
Host: Meerilinga Parenting Service  
Bookings:  
<https://www.eventbrite.com.au/e/ready-for-school-tickets-706511152877?aff=oddtcreator>

**123 Magic and Emotion Coaching**  
**Tuesdays 5:30 pm - 7:30 pm**  
**From 16 October to 6 November**  
Location: KEYS Office, Upstairs Darius Wells Library and Resource Centre  
Host: KEYS Parenting Service  
Booking: call 9439 1838 to register  
\$10 resource fee per family



**My Time Aboriginal Parents' Group**  
**Tuesdays 12:00 pm - 2:00 pm**  
**From 17 October to 5 December**  
Location: Coolbellup Hub  
Host: Cockburn Parenting Service  
Bookings: [parenting@cockburn.wa.gov.au](mailto:parenting@cockburn.wa.gov.au)  
Crèche available



**Diverse Women's Friendship Group**  
**Wednesdays 9:30 am - 11:30 am**  
**From 18 October to 6 December**  
Location: Coolbellup Hub  
Host: Cultural Diversity Officer  
Bookings: [Multicultural@cockburn.wa.gov.au](mailto:Multicultural@cockburn.wa.gov.au)  
Crèche available



**Potty Time**  
**Thursday 19 October 9:30 am - 11:30 am**  
Location: Piney Lakes Environmental Education Centre, Winthrop  
Host: Meerilinga Parenting Service  
Bookings:  
<https://www.eventbrite.com.au/e/ready-for-school-tickets-706511152877?aff=oddtcreator>

**Circle of Security Parenting (8 weeks)**  
**Thursdays 5:30 pm - 7:00 pm**  
**From 19 October to 7 December**  
Location: Meerilinga Hilton  
Host: Meerilinga Parenting Service  
Bookings: 0419 588 849

**Calm and Confident Parenting Webinar**  
**Series: Mindfulness for Parents**  
**(recording available)**  
**Friday 20 October 2:00 pm - 2:30 pm**  
Location: Online  
Host: Meerilinga Parenting Service  
Bookings:  
<https://us02web.zoom.us/meeting/register/tZcpceqrqDgiG9Jw9U-gzBLaV9JiogEctIDC>



### October

**Sing and Play (referral essential)**  
**Fridays 9:30 am - 11:00 am**  
**From 13 October to 8 December**  
Location: Coolbellup Hub  
Host: Cockburn Parenting Service  
Bookings: [parenting@cockburn.wa.gov.au](mailto:parenting@cockburn.wa.gov.au)

**Raising Children in a Digital World**  
**Monday 23 October 2:00 pm - 2:30 pm**  
Location: Palmyra Primary School  
Host: Meerilinga Parenting Service  
Bookings:  
<https://www.eventbrite.com.au/e/raising-children-in-a-digital-world-tickets-706509959307?aff=oddtcreator>

### November

**Parent Circle (for those who have completed Parenting by Connection workshop)**  
**Friday 3 November 1:00 pm - 2:30 pm**  
Location: The Meeting Place, Fremantle  
Host: Meerilinga Parenting Service  
Bookings: 0419 588 849

**Family Fun Time at Carawatha Park**  
**(parent and child attend together)**  
**Monday 6 November 10:00 am - 11:30 am**  
Location: Carawatha Park, Melville  
Host: Meerilinga Parenting Service  
Bookings:  
<https://www.eventbrite.com.au/e/family-fun-time-at-carawatha-park-6th-november-2023-tickets-700147318477?aff=oddtcreator>



**Starting Strong - Kindy**  
**Wednesday 8 November 9:30 am - 11:30 am**  
Location: KEYS Office, Upstairs Darius Wells Library and Resource Centre  
Host: KEYS Parenting Service  
Bookings:  
<https://www.trybooking.com/CLQCY>  
Crèche available



**Bringing Up Great Kids (4 weeks)**  
**Thursdays 12:00 pm - 2:30 pm**  
**From 16 November to 7 December**  
Location: Meerilinga Hilton  
Host: Meerilinga Parenting Service  
Bookings: 0419 588 849

**Family Fun Time at Carawatha Park**  
**(parent and child attend together)**  
**Monday 20 November 10:00 am - 11:30 am**  
Location: Carawatha Park, Melville  
Host: Meerilinga Parenting Service  
Bookings:  
<https://www.eventbrite.com.au/e/family-fun-time-at-carawatha-park-6th-november-2023-tickets-700147318477?aff=oddtcreator>



### November

**Starting Strong - High School**  
**Wednesday 22 November 9:30 am - 11:30 am**  
Location: KEYS Office, Upstairs Darius Wells Library and Resource Centre  
Host: KEYS Parenting Service  
Bookings: <https://www.trybooking.com/CLQXF>  
Crèche available



**Parent Circle (for those who have completed Parenting by Connection workshop)**  
**Friday 24 November 1:00 pm - 2:30 pm**  
Location: The Meeting Place, Fremantle  
Host: Meerilinga Parenting Service  
Bookings: 0419 588 849

### December

**Calm and Confident Parenting Webinar**  
**Series: Mindfulness for Parents**  
**(recording available)**  
**Friday 1 December 2:00 pm - 2:30 pm**  
Location: Online  
Host: Meerilinga Parenting Service  
Bookings:  
<https://us02web.zoom.us/meeting/register/tZArf-6vpjloHNQhi5H0eKyOkmIIYcsDx4XH#/registration>




**Family Fun Time at Carawatha Park**  
**(parent and child attend together)**  
**Monday 4 December 10:00 am - 11:30 am**  
Location: Carawatha Park, Melville  
Host: Meerilinga Parenting Service  
Bookings:  
<https://www.eventbrite.com.au/e/family-fun-time-at-carawatha-park-6th-november-2023-tickets-700147318477?aff=oddtcreator>



**Parent Circle (for those who have completed Parenting by Connection workshop)**  
**Friday 15 December 1:00 pm - 2:30 pm**  
Location: The Meeting Place, Fremantle  
Host: Meerilinga Parenting Service  
Bookings: 0419 588 849

 Crèche

 Online

 Family welcome

# Workshop Overviews

## Workshops

### Bringing Up Great Kids

Suitable for parents of children from 2 to 12 years. Participants will learn about child development, strategies for effective communication, and mindfulness and self-care tools. Delivered over four weeks.

### Calm and Confident Parenting Webinar Series

Join Meerilinga Parenting Service for a series of 30 minute webinars where we explore solutions to a wide variety of everyday parenting challenges. The webinars will be recorded and available on request, and the recording sent to those who register.

### Circle of Security Parenting

Circle of Security Parenting is an 8 session program ideal for parents and carers of children 4 months to 6 years, and suitable for parents of children of all ages. 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

### Family Fun Time

Songs, stories and games to help with tricky times and transitions. Enjoy a morning at the park with your 0-5 year old while learning about playful strategies to support family life to go smoothly.

### Potty Time

A workshop for parents and carers of toddlers (aged 1-4). Ideal for those who have hit stumbling blocks with potty learning, this talk will give plenty of ideas for making the process light and enjoyable for everyone. Learn about when your child is ready for the potty, and the steps needed to build their confidence. We'll cover information from the Parenting by Connection approach to support connection and cooperation through the transition to using the toilet. There'll be time for Q&A and a chance to share successes and challenges.

### Raising Children in a Digital World

Suitable for parents of children from 4 to 12 years. Participants will learn strategies to help them support their children in a digital world including how to best use technology to enhance their child's development, rather than detract from it.

## Workshops

### Ready for School

A two hour workshop presenting strategies for families to support the transition to school. Ideal for parents of children entering Kindy to Year 1.

### 1-2-3 Magic & Emotion Coaching

For parents/carers of children aged 3 - 10! Learn strategies to guide children's behaviour in a way that is positive and supports your child to develop skills for managing their big emotions, effectively communicate their needs, solve problems, and make positive choices. 4 week program. \$10 resource fee per family.

### Starting Strong - Kindy

For parents/carers of children starting Kindy in 2024. Learn strategies to support your child to manage big feelings around change, separation, and the anxiety associated with starting school. Learn how you can equip your child with the skills to be assertive, confident, find and ask for help if needed, solve problems, make new friends, and more.

### Starting Strong - High School

For parents/carers of pre-teens starting high school in 2024. This can be a challenging time for many students, as they experience anxiety around getting lost, multiple room and teacher changes across a day, older students, separation from friends, and increased homework. This session will equip you to support your pre-teen in managing these big changes and facing them with confidence. Learn strategies to support them to discover their strengths and to develop the skills they need for a strong and successful start to high school.

## Support Groups

### Diverse Women's Friendship Group

This group is for women who are from diverse cultural backgrounds and are seeking to develop new friendships and have fun learning about various topics such as parenting, budgeting, self-care, health and other topics. If English is your second language, come along to connect with other women while having fun. The group runs during school terms at Coolbellup Hub. Free childcare is available. To enquire please contact Liz on 9411 3447 or email [commdev@cockburn.wa.gov.au](mailto:commdev@cockburn.wa.gov.au)

### My Time: Aboriginal Parent Support Group

This group is for Aboriginal parents and grandparents.  
Duration: Weekly during school term. This group combines yarning, art, culture, and self-care. Members meet weekly during school term at the Coolbellup Hub. Lunch and childcare are provided.

### Parent Circle

An ongoing, monthly support circle for those familiar with the tool of Listening Partnerships, this workshop is for those who have completed a Parenting by Connection / Hand in Hand Parenting workshop.

# 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**

0418 792 121 [meerilinga.org.au](http://meerilinga.org.au)

### **Cockburn Parenting Service**

08 9411 3855 [cockburn.wa.gov.au](http://cockburn.wa.gov.au)

### **KEYS Parenting Service**

08 9439 1838 [keyswa.org](http://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](http://raisingchildren.net.au)

### **Hand in Hand Parenting**

[handinhandparenting.org](http://handinhandparenting.org)

### **Zero to Three**

[zerotothree.org](http://zerotothree.org)

### **Better Beginnings**

[better-beginnings.com.au](http://better-beginnings.com.au)

### **Beyond Blue's Healthy Families**

[healthyfamilies.beyondblue.org.au](http://healthyfamilies.beyondblue.org.au)

### **The Fathering Project**

[thefatheringproject.org](http://thefatheringproject.org)

### **Australian Childhood Foundation**

#### **COVID-19 Resources**

[childhood.org.au/covid-19](http://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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