

South West Metropolitan Parenting Service Term 2 2023 Program



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

April

Calm and Confident Parenting Webinar Series:

Help Your Child Listen and Cooperate
(recording available)



Thursday 27 April 12.00pm-12.30pm

Location: Online

Host: Meerilinga Parenting

Booking:

[https://us02web.zoom.us/meeting/register/tZEIfuihrDgqHNGrZimNfj7IEqGBJ9EAtc-T](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/register/tZEIfuihrDgqHNGrZimNfj7IEqGBJ9EAtc-T)

Sing and Play (bookings essential)

Fridays 10.00am-11.30am

Starting: 28 April (Ending 30 June)

Location: Coolbellup Hub

Host: Cockburn Parenting

Bookings: parenting@cockburn.wa.gov.au

Family Fun Time at Carawatha Park (parent and child attend together)



Friday 28 April 10.00am-11.30am

Location: Carawatha Park, Melville

Host: Meerilinga Parenting

Booking: www.eventbrite.com.au/e/family-fun-time-at-carawatha-park-tickets-579838782407

May

PlayTime: help with tricky times and transitions (parent and child attend together) (8 weeks)



Mondays 10.00am-11.30am

From 1st May to 26 June (no session on 5th June)

Location: Meerilinga Hilton

Host: Meerilinga Parenting

Booking: 0419 588 849

Circle of Security Parenting (8 weeks)



Tuesdays 9.30am-11.30am

Starting: Tuesday 2 May

Location: Lydon Baker Room, Darius Wells Centre, Kwinana

Host: KEYS Parenting

Booking: 9439 1838

Creche Available

My Time Aboriginal Parents' Group (8 weeks)



Tuesdays 12.00noon-2.00pm

From 2 May to 20 June

Location: Coolbellup Hub

Host: Cockburn Parenting

Booking: cockburn@parenting.wa.gov.au

Creche Available

World Maternal Mental Health Day Celebration with Fremantle Women's Health Centre and Multicultural Futures

Wednesday 3 May

Location: Community and Health Function Room, City of Cockburn

Host: Meerilinga Parenting

Booking: 0419 588 849

1,2,3 Magic and Emotion Coaching (4 weeks)



Thursdays 9.30am-11.30am

From 4 May to 25 May

Location: KEYS Office, Darius Wells Centre

Host: KEYS Parenting

Booking: 9439 1838

Creche Available

May

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

Friday 5 May 1.00pm-2.30pm

Location: The Meeting Place Fremantle

Host: Meerilinga Parenting Service

Booking: 0419 588 849

Bringing Up Great Kids (6 weeks)

Thursdays 10am-12noon

From 11 May to 15 June

Location: Coolbellup Hub

Host: Cockburn Parenting

Booking: parenting@cockburn.wa.gov.au

Calm and Confident Parenting Webinar Series: Support Your Baby to Grow and Learn with Songs, Stories and Play (recording available)

Thursday 11 May 12.00pm-12.30pm

Location: The Meeting Place, Fremantle

Host: Meerilinga Parenting

Booking:

[https://us02web.zoom.us/meeting/register/tZMsc6gpjooH9CLrPsJdiLjNPUV Cox56p12](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/register/tZMsc6gpjooH9CLrPsJdiLjNPUV Cox56p12)

Build Your Bond (3 weeks)

Fridays 10.00am-12.00noon

From 12 May to 26 May

Location: Fremantle Women's Health Centre

Host: Meerilinga Parenting

Booking: 0419 588 849

Toddlers and Tantrums online

Wednesday 17 May 7.30pm-9.00pm

Location: Online

Host: Meerilinga Parenting Service

Booking:

[https://us02web.zoom.us/meeting/register/tZWudu6opj0oE91usq6519xqNRS3Avh7HoLk](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/register/tZWudu6opj0oE91usq6519xqNRS3Avh7HoLk)

Calm and Confident Parenting Webinar Series: Help Your Toddler Learn to Use the Potty (recording available)

Thursday 25 May 12.00pm-12.30pm

Location: Online via Zoom

Host: Meerilinga Parenting

Booking:

[https://us02web.zoom.us/meeting/register/tZAocep rpjlsE9ItJQ5BibKh1huRg6Tqd_A](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/register/tZAocep rpjlsE9ItJQ5BibKh1huRg6Tqd_A)

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

Friday 26 May 1.00pm-2.30pm

Location: The Meeting Place, Fremantle

Host: Meerilinga Parenting

Booking: 0419 588 849

Thriving Together - for Dads (and those who support them!)

Wednesday 31 May 7.30-9.00pm

Location: Online via Zoom

Host: Meerilinga Parenting Service

Booking:

[https://us02web.zoom.us/meeting/register/tZYvdOy urT8jHtb2ItVFOqK1-EW5ui36t0X](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/register/tZYvdOy urT8jHtb2ItVFOqK1-EW5ui36t0X)

June

Calm and Confident Parenting Webinar Series: Help Your Child with Separation Anxiety (recording available)

Thursday 8 June 12.00pm-12.30pm

Location: Online via Zoom

Host: Meerilinga Parenting

Booking:

[https://us02web.zoom.us/meeting/register/tZErdumqqjgrHd0ZukCEX00Jx4rTv-I2qAXP](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/register/tZErdumqqjgrHd0ZukCEX00Jx4rTv-I2qAXP)

Protective Behaviours (3 weeks)

Thursdays 9.30am-11.30am

From 8 June to 22 June

Location: KEYS Office, Darius Wells Centre, Kwinana

Host: KEYS Parenting

Booking: 9439 1838

Creche Available

Supporting Tweens and Teens

Friday 9 June 1.30pm-3.30pm

Location: Fremantle Women's Health Centre

Host: Meerilinga Parenting

Booking: www.eventbrite.com.au/e/supporting-tweens-and-teens-tickets-579867759077

What to Expect - 6-9 months

Monday 12 June 1.00pm-2.00pm

Location: Online

Host: Cockburn Parenting

Booking: parenting@cockburn.wa.gov.au

Children and Anxiety

Friday 16 June 9.00am-10.30am

Location: Honeywood Primary School, Wandi

Host: Meerilinga Parenting

Booking: www.eventbrite.com.au/e/children-and-anxiety-tickets-579871289637

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

Friday 23 June 1.00pm-2.30pm

Location: The Meeting Place, Fremantle

Host: Meerilinga Parenting

Booking: 0419 588 849



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

Workshops

Calm and Confident Parenting Webinar Series

Join Meerilinga Parenting Service for a series of 30 minute lunchtime 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.

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.

PlayTime

Mondays in Terms 2 and 3 are a time for parents to get playful at Meerilinga Hilton! Parent and child attend this workshop together to learn about how putting connection at the centre of family life can help with cooperation. Parents can choose to engage with online, self-paced information outside of the sessions, and enjoy some playful tips using songs, stories and games to help in hard moments.

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.

Build Your Bond

Three weeks of support, advice and information for parents of children aged 0-18. This workshop is based on the connection-focused strategies from Hand in Hand Parenting.

Thriving Together for Dads (and those who support them)

What do children need to thrive? How can dads support their child's development and build a thriving family? This evidence-informed workshop will give dads (and all parents attending) information about child development, conditions that will support children's resilience and confidence, and strategies for building strong connections and a thriving family.

Toddlers and Tantrums

Connection-based tools to support your child through emotional moments. Children's emotional outbursts cause some of the most trying moments in parenting. This workshop will give you a new way to view children's emotional moments-tantrums, crying, and other upsets- and introduce you to strategies that work beautifully to ease tension in your family. The talk will be based on Parenting by Connection, an approach centred on the importance of the parent-child connection.

Children and Anxiety

Connection-based tools to support your child through anxious moments. All children have anxious moments. You can help your child through these difficult feelings with strategies focused on connection and play. This evidence informed workshop will give ideas and tools to support your family to thrive using the 'Parenting by Connection' approach.

Workshops

Supporting Tweens and Teens

For: parents of adolescents/teens.

Duration: 2 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.

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)**
- **Chaos to Connection (2 hours)**

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.

Workshops

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.

Your Child's Development: what to expect 6 to 9 months

Online webinar

This webinar explores the developmental stages of infants aged 6 to 9 months and how to support the infant's security and development. Social and emotional development will be discussed and how you can support your child's learning through play.

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.

Diverse Women's Friendship Group:

This group is for women who are from diverse cultural backgrounds and 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

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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