# **South West** Metropolitan Parenting Service

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



# Term 2 2022 Program

# **April**

# **Children and Anxiety** Wednesday 27 April 10am-12pm

Location: Online via Zoom Host: Meerilinga Parenting Service Booking: cnaonline.eventbrite.com.au

# Circle of Security Parenting (8 weeks) Thursdays 10am-12pm Starting: Thursday 28 April

Location: Online via Zoom Host: Meerilinga Parenting Service Booking: belynda.smith@meerilinga.org.au

# **Parent Circle** Friday 29 April 10am-12pm

Location: Fremantle Women's Health Centre 114 South Street, Fremantle Host: Meerilinga Parenting Service Booking: belynda.smith@meerilinga.org.au

# **Engaging Adolescents (4 weeks)** Fridays 9am-11am Starting: Friday 29 April

Location: Online via Zoom Host: KEYS Parenting Service Booking: trybooking.com/BYLND

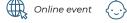


# My Time Aboriginal Parents Group (8 weeks) Tuesdays 12pm-2pm Starting: Tuesday 3 May

Location Coolbellup Hub 90 Cordellia Ave, Coolbellup Booking: parenting@cockburn.wa.gov.au

# **Tuning into Teens (6 weeks)** Thursdays 7pm-8.30pm **Starting: Thursday 5 May**

Location: Online via Zoom **Host: Cockburn Parenting Service** Booking: parenting@cockburn.wa.gov.au





# e note: Due to COVID-19, events are subject to change or cancellation base 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. An paint, neutral and social measures remain in piace for events field at location. 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.

# May

# Wellbeing for Mum: Mother's Day Event Friday 6 May 9.30am-12.30pm

Location: Meerilinga Hilton 85 Rennie Crescent S Hilton Host: Meerilinga Parenting Service Booking: susie.perkins@meerilinga.org.au

# Parenting by Connection Starter Class (6 weeks) Tuesdays 10am-12pm Starting: Tuesday 10 May

Location: Online via Zoom Host: Meerilinga Parenting Service Booking: belynda.smith@meerilinga.org.au

# **Bringing Up Great Kids (6 weeks)** Wednesdays 10am-11.30am Starting: Wednesday 11 May

Location: Online via Zoom Host: Cockburn Parenting Service Booking: parenting@cockburn.wa.gov.au

# **Tuning into Kids (6 weeks)** Thursdays 7pm-9pm Starting: Thursday 12 May

Location: Online via Zoom Host: Meerilinga Parenting Service Booking: susie.perkins@meerilinga.org.au

# New Mums and Dads (3 weeks) Wednesdays 10am-11.30am Starting: Wednesday 18 May

Location: Online via Zoom Host: Meerilinga Parenting Service Booking: belynda.smith@meerilinga.org.au

# **Build Your Bond (3 weeks)** Wednesdays 6.30pm-8pm Starting: Wednesday 18 May

Location: Online via Zoom Host: Meerilinga Parenting Service Booking: belynda.smith@meerilinga.org.au

# **Circle of Security Parenting (6 weeks)** Fridays 9.30am-11.30am Starting: Friday 27 May

Location: Online via Zoom Host: KEYS Parenting Service Booking: (08) 9439 1838

# **Parent Circle** Friday 20 May 10am-12pm

Location: Fremantle Women's Health Centre 114 South Street, Fremantle Host: Meerilinga Parenting Service Booking: belynda.smith@meerilinga.org.au

# June

# **Family Fun Time** Wednesday 1 June 10am-11am

Location: Online via Zoom Host: Meerilinga Parenting Service Booking: famfuntime.eventbrite.com.au

### Children's Emotional Wellbeing Thursday 2 June & Thursday 9 June 9.30am-11.30am

Location: Darius Wells Library and Resource Centre, Robbos Way, Kwinana Town Centre Host: KEYS Parenting Service Booking: trybooking.com/BYLMY

# **Parent Circle** Friday 10 June 10am-12pm

Location: Fremantle Women's Health Centre 114 South Street, Fremantle Host: Meerilinga Parenting Service Booking: belynda.smith@meerilinga.org.au

# Parenting with Mindfulness (3 weeks) Mondays 10am-11.30am Starting: Monday 13 June

Location Coolbellup Hub 90 Cordellia Ave, Coolbellup Host: Cockburn Parenting Service Booking: parenting@cockburn.wa.gov.au

# Wednesday 15 June 6.30pm-8pm

Booking: cospreconnect.eventbrite.com.au

# **Sensory Kids** Thursday 16 June 9.30am-11.30am

Location: Darius Wells Library and Resource Centre, Robbos Way, Kwinana Town Centre Host: KEYS Parenting Service

Location: Online via Zoom **Host: Cockburn Parenting Service** Booking: parenting@cockburn.wa.gov.au

Location: Online via Zoom Host: Meerilinga Parenting Service Booking: settinglimitsonline.eventbrite.com.au







Location: Online via Zoom Host: Meerilinga Parenting Service

Booking: trybooking.com/BYLMX

## **Understanding Children's Behaviour** Thursday 16 June 7pm-8.30pm

# **Setting Limits**

Wednesday 22 June 10am-12pm















# **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.

### **Wellbeing for Mums and Dads**

For: parents of children from birth to 18 years Duration: 2 hour session

This workshop provides key strategies for parents to prioritise their own wellbeing so they can provide the caring and connection their children need to thrive.

# 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 hours

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.

# **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/preteen, 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. Cain 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

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

adversity.

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. Cain 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.

# **Parent Circle**

For: parents of children from birth to 18 years **Duration**: 2 hours

This workshop is for parents and carers who have completed a Parenting by Connection Starter Class.

# **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 (6 weeks)
- Understanding Tears and Tantrums (3 weeks)
- Build Your Bond (3 weeks)
- New Mums and Dads (3 weeks)
- Setting Limits (3 weeks)
- Building Sibling Bonds (4 weeks)
- Parent Refresh (4 Weeks)

# **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 yarning, 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

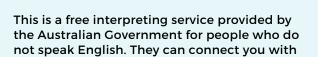
# **KEYS Parenting Service**

08 9439 1838 keyswa.org

supported by:







the service of your choice and interpret for you.

**Translating and Interpreting Service** 

# Resources

# **Raising Children**

(TIS) 13 14 50

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.







