

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



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

Circle of Security Parenting Reconnect

Wednesday 15 June 6.30pm-8pm

Location: Online via Zoom

Host: Meerilinga Parenting Service

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

Booking: trybooking.com/BYLMX



Understanding Children's Behaviour

Thursday 16 June 7pm-8.30pm

Location: Online via Zoom

Host: Cockburn Parenting Service

Booking: parenting@cockburn.wa.gov.au



Setting Limits

Wednesday 22 June 10am-12pm

Location: Online via Zoom

Host: Meerilinga Parenting Service

Booking: settinglimitsonline.eventbrite.com.au



Online event



Creche

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.

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/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.

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 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.



supported by:

