

South West Metropolitan Parenting Service

Term 3 2023 Program



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

July

Sing and Play (referral essential)
Fridays 10:00 am - 11:30 am
From 21 July to 11 September
 Location: Coolbellup Hub
 Host: Cockburn Parenting
 Bookings: parenting@cockburn.wa.gov.au

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



Mondays 10:00 am - 11:30 am
From 24 July to 11 September
 Location: Meerilinga Hilton
 Host: Meerilinga Parenting
 Booking: 0419 588 849

My Time Aboriginal Parents' Group
Tuesdays 12:00 pm - 2:00 pm
From 27 July to 12 September
 Location: Coolbellup Hub
 Host: Cockburn Parenting
 Booking: cockburn@parenting.wa.gov.au
 Crèche Available



Circle of Security Parenting
Thursdays 10:00 am - 12:00 pm
From 27 July to 12 September
 Location: Coolbellup Hub
 Host: Cockburn Parenting Service
 Booking: parenting@cockburn.wa.gov.au



Calm and Confident Parenting Webinar Series:
Supporting Sibling Bonds
(recording available)
Thursday 27 July 12:00 pm - 12:30 pm
 Location: Online
 Host: Meerilinga Parenting Service
 Booking:
<https://us02web.zoom.us/meeting/register/tZElfuih-rDggHNcrZimNfj7IEqCBJ9EAtc-T>



Parent Circle (for those who have completed
Parenting by Connection workshop)
Friday 28 July 1:00 pm - 2:30 pm
 Location: The Meeting Place, Fremantle
 Host: Meerilinga Parenting Service
 Booking: 0419 588 849

August

Talking With Your Teen
Monday 14 August 10:00 am - 11:30 am
 Location: Online
 Host: Cockburn Parenting Service
 Bookings: parenting@cockburn.wa.gov.au



Calm and Confident Parenting Webinar Series:
Positive Screen Use for Tweens
(recording available)



Friday 10 August 12:00 pm - 12:30 pm
 Location: Online
 Host: Meerilinga Parenting Service
 Booking:
https://us02web.zoom.us/meeting/register/tZUld-yorjMiHtBDIzm_lavN3AN3ntmkCUMK

Family Fun Time at Carawatha Park
(parent and child attend together)
Thursday 17 August 10:00 am - 11:30 am
 Location: Carawatha Park, Melville
 Host: Meerilinga Parenting Service
 Booking:
<https://www.eventbrite.com.au/e/family-fun-time-at-carawatha-park-tickets-643448270097>



Parent Circle (for those who have completed
Parenting by Connection workshop)
Friday 18 August 1:00 pm - 2:30 pm
 Location: The Meeting Place, Fremantle
 Host: Meerilinga Parenting Service
 Booking: 0419 588 849

Calm and Confident Parenting Webinar Series:
Reaching Your Teen and Building Your Bond
(recording available)
Thursday 24 August 12:00 pm - 12:30 pm
 Location: Online
 Host: Meerilinga Parenting Service
 Booking:
<https://us02web.zoom.us/meeting/register/tZOlde-murjgoCt1tcHpMB5bjRlqLgBRerlrE>



Bringing Up Great Teens
Thursday 24 August 5:00 pm - 7:30 pm
 Location: Online OR in person at Meerilinga Hilton
 (85 Rennie Crescent South, Hilton)
 Host: Meerilinga Parenting Service
 Booking:
 Online-
<https://us02web.zoom.us/meeting/register/tZMsfu-ChrzMoHtxVsSxm0z56sOf409GvkHbT>
 In Person-
<https://www.eventbrite.com.au/e/bringing-up-great-teens-tickets-643474438367>



Protective Behaviours Parenting Intensive
Tuesdays 9:30 am - 11:30 am
From 29 August to 12 September
 Location: Darius Wells Library and Resource Centre, Kwinana
 Host: KEYS Parenting Service
 Booking: 9439 1838
 Crèche Available



Dads Make a Difference Online
Thursday 31 August 6:30 pm - 8:30 pm
 Location: Online
 Host: Meerilinga Parenting Service
 Booking:
<https://us02web.zoom.us/meeting/register/tZYsf-6hqzsiGdZ1oKvKuRupAn8LCJi8FwOp>



September

Calm and Confident Parenting Webinar Series:
Tough Conversations with Children
(recording available)
Thursday 7 September 12:00 pm - 12:30 pm
 Location: Online
 Host: Meerilinga Parenting Service
 Booking:
https://us02web.zoom.us/meeting/register/tZEvd-e-rrT4rHdEMLY8HJAH_tY5rF7s-VJ5-



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

August

Circle of Security (abbreviated) Parenting Course
Thursdays 5:00 pm - 7:00 pm
From 3 August to 7 September
 Location: Darius Wells Library and Resource Centre, Kwinana
 Host: KEYS Parenting Service
 Bookings: 9439 1838
 Crèche available



Making Friends With Tantrums
Monday 7 August 10:00 am - 11:30 am
 Location: Online
 Host: Cockburn Parenting Service
 Bookings: parenting@cockburn.wa.gov.au



Online Crèche 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

Making Friends with Tantrums:

An online session for parents/carers to support your understanding of children's behaviour and emotions. We look at the causes of children's tantrums and you will learn tools that will assist you to encourage children's positive behaviour and cooperation.

Talking with your Teen:

The teenage years can be a challenge to navigate for both parents and teens. This presentation will provide information to increase your understanding of your teen's development, and the changes they are experiencing. Discover ways to encourage communication and a closer connection using the tool of emotion coaching. For parents and carers of pre-teens and teens

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.

Dads Make a Difference

A workshop for Dads, those who identify as a Dad, and other father-figures including Uncles, Grandfathers and more. All are welcome to this conversation around why Dads are so important. We'll share some key connection-focused strategies for Dads to use to build connected families, and a support tool for Dads to build their ability to lead their families well.

Bringing Up Great Teens

A 2.5 hour session based on the Bringing Up Great Kids program, delivered both online AND in person. This workshop will focus on self-care and mindfulness for parents. The workshop will also provide neuroscience, information and advice about navigating the developmental stage of the teen years. We'll learn about supporting young people aged 13 - 18 and the importance of relationship, reflection and connection.

Supporting Tweens and Teens

For: parents of adolescents/teens.

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.

Workshops

Circle of Security Parenting

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 of 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)
- Bringing Up Great Kids Adolescents (6 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)
- Let's Talk About Sleep (2 hours)
- Potty Time (2 hours)
- Chaos to Connection (2 hours)
- Various other one-off sessions

Protective Behaviours Parenting Intensive:

For: parents of children from birth to 18 years.

This 3 week program will delve into strategies for helping kids:

- Develop confidence in their abilities, assertiveness and problemsolving skills, emotional regulation, resilience, and empathy
- Know when and where to go to for help (in any area of life),
- Make wise choices around behaviour, friendships, & relationships • \\
- Improve emotional wellbeing
- Understand consent

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 is 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

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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