

Family and Relationship Services

Workshops for parents and carers

Term Four 2018:

1. Young Active Parents Program (Ongoing):

For parents under the age of 25 years

Come and meet other parents in a welcoming atmosphere. Play and learn with your child and enjoy different fun activities each week. A parent support worker will be available each week to discuss any parenting topics and for general support.

Facilitator:	Parent Support Worker Communicare	Dates:	Wednesdays ongoing- starting 10th October	Crèche:	N/A child participates
Venue:	Communicare, 28 Cecil Ave, Cannington	Time:	10.30am-12.30pm	Bookings:	parenting@communicare.org.au 9251 5777

2. Understanding Anxiety & Depression in Youth

For parents & carers of children aged 10-17 years.

Do you have a young person in your life that may be experiencing Anxiety or Depression? This course covers the challenges experienced by anxious and/or depressed adolescents and provides practical ideas and tips for parents and carers to assist their child and themselves.

Facilitator:	Romy Pritchard	Dates:	Wednesday 14 November	Crèche:	No crèche available
Venue:	Communicare, 28 Cecil Ave, Cannington	Time:	6.30pm-8.30pm	Bookings:	parenting@communicare.org.au 9251 5777

3. Kids & Anxiety:

For parents & carers of children aged 3-12 years.

Whilst some feelings of anxiety can be a normal part of children's development, an increasing number of children are experiencing higher levels of anxiety that are impacting on their everyday life. This course aims to assist parents and caregivers to understand anxiety and provides simple strategies for parents and caregivers to use at home.

Facilitator:	Romy Pritchard	Dates:	Wednesday 7 November	Crèche:	No crèche available
Venue:	Communicare, 28 Cecil Ave, Cannington	Time:	6.30pm-8.30pm	Bookings:	parenting@communicare.org.au 9251 5777

FAMILY AND RELATIONSHIP SERVICES

A 28 Cecil Ave, Cannington, 6107
T (08) 9251 5745
E parenting@communicare.org.au
W communicate.org.au



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Facilitator:	Romy Pritchard	Dates:	Thursday 22 November	Crèche:	No crèche available
Venue:	Wambro Community Family Centre 1 Moreton Crescent	Time:	6.15pm-8.15pm	Bookings:	KEYS- 9439 1838

5. Art Therapy

For parents & carers of children aged 4-17 years.

Art Therapy reduces anxiety in children & adults by encouraging mindfulness and creativity. It allows for a simpler and more direct way to express emotions, thoughts and feelings whilst having zero pressure to be verbal. The use of art materials and the act of creativity can stop cycles of repetitive thought and worry, calm down the body and subsequently, the mind.

What to expect during the workshop:

- Gain some insight into your child's anxiety
- See your child explore anxiety in a positive light
- Strengthen your relationship with your child through the shared experience of Art Therapy
- Learn several Art Therapy techniques that you and your child can complete together at home
- To get creative!

Facilitator:	Parent Support Worker Communicare	Dates:	15th & 16th January 2019	Crèche:	N/A child/ adult participates
Venue:	Communicare, 28 Cecil Ave, Cannington	Time:	10.00am-12.00pm (4-12 years) 1.00pm-3.00pm (13-17years)	Bookings:	9251 5777 parenting@communicare.org.au

Bookings are essential to secure a place, and all workshops are free of charge.

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