

# South East Metro Parenting Support Services

## Workshops for Parents & Carers

### Term One 2018

#### 1. Protective Behaviours:

For parents & carers of children aged 0 - 17 years.

A one session parenting workshop for parents of children all ages. Equip your child with the language and principles of protective behaviours, these can help children identify unsafe situations and arm them with the tools to either seek appropriate assistance or protect themselves. You can't be with your child 24 hours a day, so learn how you can help them keep themselves safe

**Facilitator:** Parenting Support Worker  
[Communicare](#)

**Dates:** Tuesday 30 Jan

**Crèche:** Crèche available

**Venue:** Armadale Community Family Centre, 101 Challis Rd, Seville Grove

**Time:** 9.30am-11.30am

**Bookings:** 9251 5745

[parenting@communicare.org.au](mailto:parenting@communicare.org.au)

#### 2. Babies on the Move:

For parents & carers of children aged 0 - 12 months

This 4 week workshop will aid & support parents & carers through the most commonly difficult issues faced in the first year of parenting. The main topics will include: 1. Moving onto solids 2. Sleep & routines 3. Behaviour & brain development 4. Safety for your baby. Parents will have the opportunity to ask questions & connect with other parents.

**Facilitator:** Parenting Support Worker  
[Communicare](#)

**Dates:** Wednesdays: 31 Jan, 7, 14, 21 Feb

**Crèche:** N/A Babies participate

**Venue:** Victoria Park Library, 27 Sussex St, East Victoria Park

**Time:** 9.30am-11.30am

**Bookings:** 9251 5745

[parenting@communicare.org.au](mailto:parenting@communicare.org.au)

#### 3. Tuning in to Kids:

For parents & carers of children aged 3 - 9 years.

Tuning in to Kids is a **6 week** parenting program that aims to help parents and caregivers teach their children to understand and regulate their emotions. Children with good emotional intelligence often have better emotional, social, and physical functioning, as well as fewer behavioural difficulties. Tuning in to Kids is a parenting program that aims to give helpful ways of teaching children the skills of emotional intelligence.

**Facilitator:** Parenting Support Worker  
[Communicare](#)

**Dates:** Wednesdays: 14, 21, 28 Feb, 7, 14, 12 March

**Crèche:** Crèche available

**Venue:** Riverton Library, 67 Riley Rd, Riverton

**Time:** 10.00am-11.30am

**Bookings:** 9251 5745

[parenting@communicare.org.au](mailto:parenting@communicare.org.au)

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

SOUTH EAST METRO PARENTING SUPPORT SERVICE

A 28 Cecil Ave, Cannington 6107  
T 08 9251 5777  
E [parenting@communicare.org.au](mailto:parenting@communicare.org.au)  
W [communicare.org.au](http://communicare.org.au)

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### 4. Jump Start:

#### For parents & carers of children 3 years old

A **5 week playgroup style program** supporting parents to prepare children for starting school! Parents attend with their 3 year old and each session includes a short discussion and children's activities on topics such as building social & emotional skills, developing independence, understanding & managing behaviour.. Bookings are essential!

<b>Facilitator:</b>	Parenting Support Workers Communicare	<b>Dates</b>	Fridays: 16, 23 Feb, 2, 9, 16 March	<b>Crèche:</b>	N/A child participates
<b>Venue:</b>	39 Coops Ave, Thornlie	<b>Time:</b>	10.00am - 12.00pm	<b>Bookings:</b>	9251 5745 parenting@communicare.org.au

### 5. Tuning into Teens:

#### For parents & carers of children aged 10 - 18 years.

#### EVENING COURSE

Positive family relationships are essential for adolescent health, including mental health and behaviour. For parents, understanding the role of emotions in family life will help improve relationships and raise happy, healthy teenagers. In this workshop you will have the opportunity to learn developmentally appropriate skills in:

- understanding adolescent development accepting teens' emotions
- managing feelings of rejection in response to teens increasing independence
- creating opportunities for connection between parent and teen

<b>Facilitator:</b>	Parenting Support Worker Communicare	<b>Dates:</b>	Wednesdays: 21, 28 Feb, 7, 14, 21, 28 March	<b>Crèche:</b>	No Crèche available
<b>Venue:</b>	Riverton Library, 67 Riley Rd, Riverton	<b>Time:</b>	5.00pm-7.00pm	<b>Bookings:</b>	9251 5745 parenting@communicare.org.au

### 6. 123 Magic & Emotion Coaching:

#### For parents & carers of children aged 3 - 10 years.

Finding effective ways to respond to your child's different behaviours and outbursts can be stressful. In this course you will learn practical strategies for responding to challenging behaviour and increase your skills in encouraging and promoting positive behaviour in children aged 3 – 10 years. **Three-session workshop**

<b>Facilitator:</b>	Parenting Support Worker Communicare	<b>Dates:</b>	Wednesdays 7, 14, 21 March	<b>Crèche:</b>	Crèche available
<b>Venue:</b>	Byford Baptist Church, Lot 1 Stanley Road, Byford	<b>Time:</b>	12.30pm-2.00pm	<b>Bookings:</b>	9251 5745 parenting@communicare.org.au

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### 7. Positive Discipline in Everyday Parenting

For parents & carers of children aged 0 - 12 years.

Positive discipline is an approach to parenting that strengthens the child-parent relationship, guides behaviour and teaches children problem solving and conflict resolution. It guides children through warmth and structure to increase their competence in handling challenging situations and developing empathy and respect for themselves and others. It is about long-term solutions that develop children's own self-discipline and their life-long skills.

**Facilitator:** Parenting Support Worker  
[Communicare](#)

**Dates:** Thursdays: 8, 15, 22, 29  
March, 5 April

**Crèche:** Crèche available

**Venue:** Leisure World Thornlie,  
Thornlie Ave & Culross Ave

**Time:** 10.00am – 11.30am

**Bookings:** 9251 5745

[parenting@communicare.org.au](mailto:parenting@communicare.org.au)

### 8. 123 Magic & Emotion Coaching:

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**Facilitator:** Parenting Support Worker  
[Communicare](#)

**Dates:** Mondays: 12, 19, 26 March

**Crèche:** Crèche available

**Venue:** Communicare,  
28 Cecil Ave,  
Cannington

**Time:** 9.30am-11.30am

**Bookings:** 9251 5745

[parenting@communicare.org.au](mailto:parenting@communicare.org.au)

### 9. Let's Talk Parenting

For parents & carers from diverse cultural backgrounds

Would you like to get some help that is supportive and respectful of your culture?

We all need a little help dealing with common parenting issues once in a while. If you have any questions or need some support parenting your baby, child or teenager, then please feel welcome to come along and discuss with others. The Parenting Support Worker will be there with support and information and to answer any questions or concerns you may have. Hope to see you there! Light refreshments provided.

**Facilitator:** Parenting Support Worker  
[Save the Children](#)

**Dates:** Thursday 22 March

**Crèche:** Crèche available

**Venue:** Communicare,  
28 Cecil Ave,  
Cannington

**Time:** 12.30pm-2.00pm

**Bookings:** 9251 5745

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### 10. 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.

<b>Facilitator:</b>	Parenting Support Worker Communicare	<b>Dates:</b>	Wednesdays ongoing: Starting 10 January 2018	<b>Crèche:</b>	N/A baby/ child participates
<b>Venue:</b>	Communicare, 28 Cecil Ave, Cannington	<b>Time:</b>	10.30am-12.30pm	<b>Bookings:</b>	9251 5745  parenting@communicare.org.au

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