

# 2023

## What's On



## South East Metro Parenting Support Service

Programs for Parents and Carers of children 0-18 years living in the South-East Metro area

### Term 2 Parenting Program

#### April

**Young Active Parents Program**  
**Tuesdays**  
**11 April - 27 June 2023 (Term Two)**  
**9.30am - 11.30am**

Communicare  
28 Cecil Avenue  
Cannington

✉ [parenting@communicare.org.au](mailto:parenting@communicare.org.au)  
📍 <https://www.trybooking.com/CGUCS>

**Little Sprouts**  
**Fridays**  
**28 April - 26 May 2023**  
**9.30am - 11.30am**

Serpentine Jarrahdale Community Rec Centre  
38 Mead Street  
Byford

✉ [parenting@communicare.org.au](mailto:parenting@communicare.org.au)  
📍 <https://www.trybooking.com/CGTXB>

#### May

**Treasuring Moments**  
**Mondays**  
**1 - 22 May 2023**  
**12.30pm - 2.30pm**

Gosnells Child and Parent Centre  
173 Hicks Street  
(access via Clara Street)  
Gosnells

✉ [cpcgosnells@centrecare.com.au](mailto:cpcgosnells@centrecare.com.au)



**Circle of Security Parenting**  
**Tuesdays**  
**2 May - 20 June 2023**  
**9.30am - 11.00am**

Belmont Hub  
Level 2  
213 Wright Street  
Cloverdale

✉ [parenting@communicare.org.au](mailto:parenting@communicare.org.au)  
📍 <https://www.trybooking.com/CGWHS>



**Positive Discipline in Everyday Parenting**  
**Wednesdays**  
**3 - 31 May 2023**  
**9.30am - 11.30am**

Riverton Library  
67 Riley Road  
Riverton

✉ [parenting@communicare.org.au](mailto:parenting@communicare.org.au)  
📍 <https://www.trybooking.com/CGWHS>



**Circle of Security Parenting (Online)**  
**Thursdays**  
**4 May - 22nd June 2023**  
**6.30pm - 8.00pm**

Online Zoom

✉ [parenting@communicare.org.au](mailto:parenting@communicare.org.au)  
📍 <https://www.trybooking.com/CGZBR>



## May

**Mindfulness for Mums**  
**Saturday**  
**6 May 2023**  
**9.00am - 11.00am**



Woolupine Family Centre  
88 Hale Road  
Forrestfield

✉ [parenting@communicare.org.au](mailto:parenting@communicare.org.au)  
📍 <https://www.trybooking.com/CGZCT>

**Infant Massage**  
**Monday**  
**8 May 2023**  
**10.30am - 11.30am**

Armadale Library  
Shop 64 / Armadale Central Shopping Centre  
10 Orchard Avenue  
Armadale

📍 <https://www.eventbrite.com.au/e/infant-massage-tickets-601047929537>

**Budget Bites**  
**Wednesday**  
**17 May 2023**  
**9.30am - 11.30am**



Communicare  
28 Cecil Avenue  
Cannington

✉ [parenting@communicare.org.au](mailto:parenting@communicare.org.au)  
📍 <https://www.trybooking.com/CGXFH>

**Tuning in to Kids**  
**Fridays**  
**19 May - 23 June 2023**  
**9.15am - 11.15am**



East Maddington Child and Parent Centre  
79 Pitchford Avenue  
(opposite 171 Westfield Street)  
Maddington

✉ [cpceastmaddington@centrecare.com.au](mailto:cpceastmaddington@centrecare.com.au)

**Guiding Behaviours**  
**Wednesday**  
**31 May 2023**  
**6.30pm - 8.30pm**

Mercy Care Early Learning  
1 Wilfred Court  
Thornlie

☎ 08 9358 1475  
✉ [thornlie\\_ELC@mercyare.com.au](mailto:thornlie_ELC@mercyare.com.au)



## June

**Little Sprouts**  
**Thursdays**  
**1 - 29 June 2023**  
**9.30am - 11.30am**

Victoria Park Community Centre  
248 Gloucester Street  
East Victoria Park

✉ [parenting@communicare.org.au](mailto:parenting@communicare.org.au)  
📍 <https://www.trybooking.com/CGZMP>

**Kids and Anxiety**  
**Wednesday**  
**7 June 2023**  
**6.00pm - 8.30pm**

Communicare  
28 Cecil Avenue  
Cannington

✉ [parenting@communicare.org.au](mailto:parenting@communicare.org.au)  
📍 <https://www.trybooking.com/CGWJO>

# June

**Kids and Anxiety**  
**Friday**  
**9 June 2023**  
**9.30am - 12.00pm**



Woodlupine Family Centre  
88 Hale Road  
Forrestfield

✉ [parenting@communicare.org.au](mailto:parenting@communicare.org.au)  
📍 <https://www.trybooking.com/CGZHC>

**Parenting Across Cultures**  
**Monday**  
**12 June 2023**  
**12.30pm - 2.30pm**



Gosnells Child and Parent Centre  
173 Hicks Street  
(access via Clara Street)  
Gosnells

✉ [cpcgosnells@centrecare.com.au](mailto:cpcgosnells@centrecare.com.au)

**Love Languages**  
**Tuesday**  
**13 June 2023**  
**10.30am - 12.00pm**



Manning Community Centre  
2 Conochie Crescent  
Manning

✉ [parenting@communicare.org.au](mailto:parenting@communicare.org.au)  
📍 <https://www.trybooking.com/CGZNY>

**Raising Children in a Digital World**  
**Tuesday**  
**13 June 2023**  
**5.30pm - 8.00pm**

Armadale Library  
Shop 64 / Armadale Central Shopping Centre  
10 Orchard Avenue  
Armadale

📍 <https://www.eventbrite.com.au/e/raising-children-in-a-digital-world-tickets-601050918477>

**Introducing your Baby to Solids**  
**Friday**  
**16 June 2023**  
**10.00am - 11.00am**

Woodlupine Family Centre  
88 Hale Road  
Forrestfield

✉ [parenting@communicare.org.au](mailto:parenting@communicare.org.au)  
📍 <https://www.trybooking.com/CGWJX>

**Let's Talk Toddlers**  
**Wednesday**  
**21 June 2023**  
**9.30am - 11.30am**



Belmont Hub  
213 Wright Street  
Cloverdale

✉ [parenting@communicare.org.au](mailto:parenting@communicare.org.au)  
📍 <https://www.trybooking.com/CGZOY>

**Let's Talk Toilet Training**  
**Friday**  
**23 June 2023**  
**9.30am - 11.00am**

Woodlupine Family Centre  
88 Hale Road  
Forrestfield

✉ [parenting@communicare.org.au](mailto:parenting@communicare.org.au)  
📍 <https://www.trybooking.com/CGZIU>

**Raising Children in a Digital World**  
**Tuesday**  
**27 June 2023**  
**9.30am - 12.00pm**

Kalamunda Library  
2 Railway Road  
Kalamunda

✉ [parenting@communicare.org.au](mailto:parenting@communicare.org.au)  
📍 <https://www.trybooking.com/CGZJQ>

All workshops are provided free to parents and carers living in the South-East Metro area.  
When registering please provide your full name, the name of the workshop, contact number and your residential postcode.  
Thank you.

## Program Overviews

### **Budget Bites (1-session program)**

#### **For parents and carers experiencing financial stress**

Is it sometimes hard to think of what to cook for dinner? Does the weekly budget just not seem to stretch as far as you would like?

With food and energy prices rising, and growing children to take care of, parents and carers are under increasing financial pressure.

Join us for a workshop sharing practical ideas and strategies as to how to solve some of these challenges, including recipes that will not blow the budget. Topics covered will include:

- True food cost - checking the cost per gram etc
- Triggers
- Planning and shopping to lists
- Cook Once - eat twice/thrice
- Cheap Eats
- Plan a “fake-away” meal
- Freezer stash.

### **Circle of Security Parenting (8-session program)**

#### **For parents and carers of children 0-5 years**

At times all parents feel lost or without a clue about what our child might need from us.

The Circle of Security Parenting program looks beneath behaviour to make sense of what your child is really asking from you. It provides a ‘map’ to help better read your child’s needs, understand your child’s emotional world, support your child’s ability to successfully manage emotions, build their self-esteem, support their need to build new skills and strengthen the relationship you have with your child.

### **Guiding Behaviours (1-session program)**

#### **For parents and carers of children 1 - 3 years**

Parenting children can be the most rewarding and satisfying role many of us will have in our lifetime.

This interactive workshop will help you to discover new ways to build your knowledge and skills to motivate your children to achieve their goals, build strong relationships with family and friends and make good decisions in different areas of their life.

Come and explore with other parents, topics such as how to improve your child’s confidence and social skills, strengthen their values and identity and create a vision that will help them to achieve their dreams.

### **Infant Massage (1-session program)**

#### **For parents and carers with babies 0-12 months**

Discover the magic of Infant Massage.

Parents are discovering that massage can not only help their child settle, sleep better, reduce crying and relieve problems such as wind, colic and constipation but helps them to feel less stressed, more confident and develop a closer bond with their baby.

Join us for a 1 hour practical workshop during which a qualified instructor will teach you massage techniques and help you develop a deep connection with your baby.

## **Introducing Solids to your Baby (1-session program)**

### **For parents and carers of babies 0-12 months**

As babies get older, they need solid food to get enough nutrients for growth and development.

Have your questions answered by an experienced Child and Family Health Nurse.

Topics include:

- Ready Set Go. Why does timing matter?
- First Foods. What should I feed my baby?
- Allergy Prevention. When to introduce the common allergy causing foods.
- Questions & Answers

## **Kids and Anxiety (1-session program)**

### **For parents and carers of children 3 -12 years**

Whilst some feelings of anxiety can be a normal part of a child's development, an increasing number of children are experiencing higher levels of anxiety that are impacting on their everyday life.

This workshop aims to assist parents and carers to understand anxiety and will provide simple strategies to use at home.

## **Let's Talk Toddlers (1-session program)**

### **For parents and carers of children 18 months - 3 years**

This introductory parenting workshop assists parents and carers to better understand their toddler's world.

It includes providing practical ideas on how you can meet your child's needs and manage challenging behaviours, whilst building a secure relationship with them.

## **Let's Talk Toilet Training (1-session program)**

### **For parents and carers of children 18 months - 4 years**

How and when is the best time to 'take the plunge' into toilet training your child?

This is an exciting stage for your toddler - but may fill parents with trepidation!

Come and learn how best to approach this process and what skills are needed from you and your child.

## **Little Sprouts (5-session program)**

### **For parents and carers of babies 0 - 9 months**

Have you had a new baby? Join us for a cuppa in a relaxing and welcoming space, to share and learn about your baby's growth and development, along with others who are also on this important journey. Topics and information will include:

- Calming and connecting with your baby through massage
- Understanding your baby - early brain development
- Tuning in to your baby - social and emotional development
- Playing with your baby - building brains through play
- Taking care of you, so you can take care of baby.

## **Love Languages (1-session program)**

### **For parents and carers of children 3-12 years**

Each child expresses and receives love through one of 5 different communication styles.

This introductory course assists parents and caregivers to discover their child's primary love language and provides skills conveying unconditional feelings of respect and affection.

Based on 'The Five Love Languages of Children' by Gary Chapman and Ross Campbell MD.

## **Mindfulness for Mums (1-session program)**

### **For parents and carers of children 0-18 years**

Most of us are hard on ourselves when it comes to parenting.

Would you like to learn some mindfulness skills and practices to help you be kinder to yourself?

This workshop will look at mindfulness practice and self-compassion, and why they are vital for our well-being.

## **Parenting Across Cultures (1-session program)**

### **For parents and carers of Children 0-18 years**

Did you grow up outside of Australia and are now raising children inside Australia?

Meet with other parents in similar situations and share ideas about how we navigate this change whilst still preserving our family's culture.

## **Positive Discipline in Everyday Parenting (5-session program)**

### **For parents and carers of Children 4-12 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.

## **Raising Children in a Digital World (1-session program)**

### **For parents and carers of children 4-12 years**

Participants will learn strategies to help them support their children in a digital world including how to best use technology to enhance their child's development, rather than detract from it.

## **Treasuring Moments (4-session program)**

### **For parents and carers with children of all ages**

Enjoy the little things. One day you may look back and realise they were the important things.

Come and relax, be creative and reflect on your parenting journey. Meet other parents as you create a memory keep sake of your child's development journey so far including special moments, highlights, and key milestones.



## **Tuning in to Kids (6-session program)**

**For parents and carers of children 3-12 years**

This workshop aims to help parents 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 into Kids is a parenting program that aims to give helpful ways of teaching children the skills of emotional intelligence.

## **Young Active Parents Program (Term Program)**

**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 group facilitator will be available each week for further support.



Working alongside parents and caregivers for the wellbeing and development of their children by recognising and building on their knowledge, strengths and confidence.

Communicare Parenting and Families