

# 2021 What's On



## South East Metro Parenting Support Service

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

### Term 4 Parenting Program

October	
<p><b>Young Active Parents Program</b> Each Tuesday 12 October - 14 December 2021 9.30am - 11.30am</p> <p>Communicare 28 Cecil Avenue Cannington</p> <p><b>Bookings:</b> <a href="mailto:parenting@communicare.org.au">parenting@communicare.org.au</a> <a href="https://yapp_t4.eventbrite.com.au">https://yapp_t4.eventbrite.com.au</a></p>	<p><b>Setting Boundaries</b> Thursday 14 October 2021 1.00pm - 3.00pm</p> <p>Meerilinga Edney Road High Wycombe</p> <p><b>Bookings:</b> <a href="mailto:parenting@communicare.org.au">parenting@communicare.org.au</a> <a href="https://settingboundaries_meerilinga.eventbrite.com.au">https://settingboundaries_meerilinga.eventbrite.com.au</a></p> 
<p><b>Circle of Security Parenting</b> Wednesdays 20 October - 8 December 2021 10.00am - 12.00pm</p> <p>Belmont Community Hub 213 Wright Street Cloverdale</p> <p><b>Bookings:</b> <a href="mailto:parenting@communicare.org.au">parenting@communicare.org.au</a> <a href="https://cosp_belmonthub.eventbrite.com.au">https://cosp_belmonthub.eventbrite.com.au</a></p> 	<p><b>Circle of Security Parenting</b> Thursdays 21 October - 9 December 2021 10.00am - 12.00pm</p> <p>Victoria Park Community Centre 248 Gloucester Street East Victoria Park</p> <p><b>Bookings:</b> <a href="mailto:parenting@communicare.org.au">parenting@communicare.org.au</a> <a href="https://cosp_eastvicpark.eventbrite.com.au">https://cosp_eastvicpark.eventbrite.com.au</a></p> 
<p><b>Peer Support for Parents of Young People</b> Wednesdays 20 October and 8 December 2021 5.30pm - 7.00pm</p> <p>Headspace Armadale 40 Fourth Road Armadale</p> <p><b>Bookings:</b> <a href="mailto:parenting@communicare.org.au">parenting@communicare.org.au</a> <a href="https://peersupport_hs.eventbrite.com.au">https://peersupport_hs.eventbrite.com.au</a></p>	<p><b>Protective Behaviours</b> Thursday 21 October 2021 9.00am - 11.00am</p> <p>Mundijong Primary School Livesey Street Mundijong</p> <p><b>Bookings:</b> <a href="mailto:parenting@communicare.org.au">parenting@communicare.org.au</a> <a href="https://pb_mundijong.eventbrite.com.au">https://pb_mundijong.eventbrite.com.au</a></p>

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

## October

**Let's Talk Toilet Training**  
**Friday**  
**22 October 2021**  
**9.30am - 11.00am**

Forest Lakes Family Centre  
39 Towncentre Drive  
Thornlie

**Bookings:** 08 9493 3122  
[www.trybooking.com/BUJBG](http://www.trybooking.com/BUJBG)  
Children welcome but no formal creche



**Positive Discipline in Everyday Parenting**  
**Mondays**  
**25 October - 22 November 2021**  
**9.30am - 11.30am**

Riverton Library  
67 Riley Road  
Riverton

**Bookings:** [parenting@communicare.org.au](mailto:parenting@communicare.org.au)  
[https://pdep\\_25oct.eventbrite.com.au/](https://pdep_25oct.eventbrite.com.au/)



**Tuning in to Kids**  
**Tuesdays**  
**26 October - 7 December 2021**  
**9.30am - 11.30am**

Karawara Family and Community Centre  
61 Lowan Loop  
Karawara

**Bookings:** [parenting@communicare.org.au](mailto:parenting@communicare.org.au)  
[https://tiks\\_karawara.eventbrite.com.au](https://tiks_karawara.eventbrite.com.au)

**Let's Talk Toilet Training**  
**Tuesday**  
**26 October 2021**  
**12.30pm - 2.00pm**

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

**Bookings:** [CPCGosnells@centrecare.com.au](mailto:CPCGosnells@centrecare.com.au)



**Little Sprouts Parents and Babies Group**  
**Wednesdays**  
**27 October - 24 November 2021**  
**9.30am - 11.30am**

Serpentine Jarrahdale Community  
Recreation Centre - Kingia Room  
Mead Street  
Byford

**Bookings:** [parenting@communicare.org.au](mailto:parenting@communicare.org.au)  
<https://parentssubs.eventbrite.com.au>

**Grow them Up**  
**Thursdays**  
**28 October and 4 November 2021**  
**12.30pm - 2.30pm**

East Maddington Child and Parent Centre  
79 Pitchford Avenue (access via Westfield Street)  
Maddington

**Bookings:**  
[CPCEastMaddington@centrecare.com.au](mailto:CPCEastMaddington@centrecare.com.au)



## November

**Engaging Adolescents -**  
**Transition to High School**  
**Mondays**  
**1 November - 15 November**  
**5.30pm - 7.30pm**

Online - Zoom

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



**Autism Workshop:**  
**Helping my Child Cope with Change**  
**Friday 5 November 2021**  
**9.30am - 11.30am**

Communicare  
28 Cecil Avenue  
Cannington

**Bookings:** Aimee on 9207 7785 or  
[early.days@autism.org.au](mailto:early.days@autism.org.au)  
[www.earlydays.com.au](http://www.earlydays.com.au)



## November

### Guiding Behaviours

Tuesday

2 November 2021

12.30pm - 2.30pm

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

**Bookings:** [CPCGosnells@centrecare.com.au](mailto:CPCGosnells@centrecare.com.au)



### Parent Information Session: Sensory

Processing for Children with ADHD

Thursday 4 November 2021

9.30am - 12.00pm

Communicare  
28 Cecil Avenue  
Cannington

**Bookings:** [parenting@communicare.org.au](mailto:parenting@communicare.org.au)  
[https://cahds\\_4nov.eventbrite.com.au](https://cahds_4nov.eventbrite.com.au)



### Parenting Information Session: Executive

Functioning for Children with ADHD

Thursday 11 November 2021

9.30am - 12.00pm

Communicare  
28 Cecil Avenue  
Cannington

**Bookings:** [parenting@communicare.org.au](mailto:parenting@communicare.org.au)  
[https://cahds\\_11nov.eventbrite.com.au](https://cahds_11nov.eventbrite.com.au)



### Austism Workshop: Encouraging

Social Interactions through Play

Friday 12 November 2021

9.30am - 11.30am

Communicare  
28 Cecil Avenue  
Cannington

**Bookings:** Aimee on 9207 7785 or  
[early.days@autism.org.au](mailto:early.days@autism.org.au)  
[www.earlydays.com.au](http://www.earlydays.com.au)



### Peer Support for Parents of

Children with ADHD

Thursday 18 November 2021

9.30am - 11.00am

Communicare  
28 Cecil Avenue  
Cannington

**Bookings:** [parenting@communicare.org.au](mailto:parenting@communicare.org.au)  
[https://parentpeersupport\\_adhd.eventbrite.com.au](https://parentpeersupport_adhd.eventbrite.com.au)



### Let's Talk Toilet Training

Tuesday

23 November 2021

6.00pm - 8.00pm

Leeming Child Care  
71 Calley Drive  
Leeming

**Bookings:** [parenting@communicare.org.au](mailto:parenting@communicare.org.au)  
[https://toileting\\_leeming.eventbrite.com.au](https://toileting_leeming.eventbrite.com.au)

### Preparing Children for School

Wednesday

24 November 2021

10.00am - 11.30am

Victoria Park Library  
27 Sussex Street  
East Victoria Park

**Bookings:**  
<https://victoriaparkau.evanced.info/signup/>



### Keeping Kids in Mind

Term 4 2021

Communicare  
28 Cecil Avenue  
Cannington

#### Calling for Expressions of Interest

To enable us to deliver this program we require a minimum number of participants. Once this requirement is met we will notify families of dates and times.

To register your interest please email us your full name, postcode and contact number to:  
[parenting@communicare.org.au](mailto:parenting@communicare.org.au) or call us on **9251 5777**

All workshops are provided free to parents and carers living in the South-East Metro area.

Please provide your full name, contact number and residential postcode when registering via email.

## Workshop Overviews

### **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.

### **Setting Boundaries (1-session program)**

#### **For parents and carers of children 2-12 years**

Setting limits whilst still being a loving parent is an important part of raising responsible children. This introductory workshop addresses what boundaries are, why they are important and how parents and carers can help children develop boundaries for themselves.

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

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

This internationally recognised program focuses on how to strengthen the parent/child relationship. It helps parents and carers learn new ways to understand their child's behaviour and needs, as well as explores the importance of having a secure attachment.

### **Peer Support for Parents with Young People (2-sessions)**

#### **For parents and carers of young people 12-18 years**

Raising young people can feel like a whole new world, especially when you are supporting them through mental health challenges. We invite you to come along and meet other parents going through similar experiences, exchange ideas and support each other through discussion and sharing.

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

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

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, as you can't be with your children 24 hours a day.

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

#### **For parents and carers of children 18 months - 3 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 you with some trepidation!

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

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

#### **For parents and carers of children 2-12 years**

Positive Discipline is an approach to parenting that strengthens the child-parent relationship, guides positive 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.

### **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 challenges.

## **Little Sprouts: Understanding your baby's development in the first 6 months (5-session program)**

### **For parents with babies (newborn - 6 months)**

Have you recently had a new baby? Join our 5 week group, to share and learn about your baby's growth and development, along with others who are also on this important journey.

Come along, have a cuppa in a relaxing and welcoming space: Topics and information will include:

- Calming and connecting with your baby through massage - learn some handy techniques
- Understanding your baby - early brain development
- Communicating with your baby - bonding and attachment
- Tuning in to your baby - social and emotional development
- Taking care of you, so you can take care of baby

## **Grow them Up (2-session program)**

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

This interactive workshop gives parents and carers the opportunity to explore topics such as increasing capacity in their child's social skills, strengthen their values and identity, managing money wisely and creating a vision and motivation toward future goals.

## **Engaging Adolescents - Transition to High School (3-session program)**

### **For parents and carers of children commencing High School in 2022**

Moving from primary school to high school is a significant event in a child's life. It often involves new classmates, changing friendships, multiple classes with different teachers, self-directed learning and an increased workload including homework.

Children are often also experiencing the changes and challenges related to going through puberty at the same time.

This 3 session online workshop aims to take you through the world of your emerging teen with the prospect of starting high school.

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

### **For parents and carers of children 1-10 years**

Most parents and carers would like their children to do the right thing - even when they're not looking. The child's brain is a work in process and is developing at the rate of millions of connections a day. The way we respond, as parents and carers, can greatly influence how and what they learn. It can also effect a child's self-regulation, emotional control and decision making.

## **Autism Workshop: Encouraging Interaction through Play and Social Learning (1-session program)**

### **For parents and carers of children 0-6 years**

This workshop will help you:

- understand the importance of play
- learn ways to incorporate play into everyday life
- learn fun practical strategies that encourage interaction with your child
- build on your child's current interests
- provide families with opportunities to share ideas with each other.

## **Sensory Processing for Children with ADHD (1-session program for Parents)**

### **For parents and carers of children with ADHD**

This workshop aims to help parents of children who:

- fidget or struggle to sit still
- are very distractible
- are easily upset by noise, activity or touch.

At the end of the session it is hoped that parents will gain a better understanding of their child's unique sensory processing patterns as well as an awareness of sensory strategies that will support their child's self-regulation.

## **Autism Workshop - Helping My Child cope with Change (1-session program)**

### **For parents and carers of children aged 0-6 years**

This workshop will help you:

- understand why change is difficult for young children
- identify challenges and successes for when change occurs
- make a plan to help your child and family cope
- develop strategies for day-to-day, minor, major and unexpected changes
- provide families with opportunities to share ideas with each other.

## **Executive Functioning for Children with ADHD (1-session program for parents)**

### **For parents and carers of children with ADHD**

Executive Functioning difficulties are common in children with ADHD. Executive functioning is a group of mental processes that helps us perform our daily activities such as planning and organising you day and tasks and problem-solving.

This workshops aims to:

- help parents understand what executive functioning is
- outline types of executive function
- look at what can impact on being able to use these skills effectively
- help you identify if your child is struggling with their executive functioning
- identify some general strategies to help your child with their executive functioning.

## **Peer Support Group for Parents of Children with ADHD (1-session program)**

### **For parents and carers of children with ADHD**

Do you have a child with ADHD? Do you often feel overwhelmed by daily challenges?

We invite you to come along and meet other families going through a similar experience, exchange ideas and support each other through discussion and sharing.

## **Preparing Children for School (1-session program)**

### **For parents and carers of children**

Is your child starting school next year?

Please join us for information and tools around things parents can do to help with this important transition.