

Midvale Hub Parenting Service

Perth (North East)

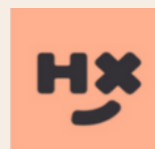
What's On Term 3 2024



**MIDVALE HUB
FOR FAMILIES**

**FREE service for parents & carers who reside in the local government
areas of Mundaring, Swan, Bassendean or Bayswater**

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Registration for all programs is essential

**For further information and to express interest to attend, or if you are interested in
future programs:**

Phone: 08 9290 6827 Email: parentingservice@mundaring.wa.gov.au

<https://www.midvalehub.org.au/copy-of-parenting-and-family-support>

OR

Scan the QR code to express your interest via Humanitix

Bringing Up Great Kids in the Early Years

**Fridays: 12noon - 2pm
19, 26 July, 2, 8, & 16 August**



Venue:

Dayton Family HUB

Crèche:

Not available for this program.

IN PARTNERSHIP WITH NGALANG MOORT NGALANG KURLANGAH

Bringing Up Great Kids in the Early Years

**Tuesdays: 12.30pm - 2.30pm
23, 30 July, 6, 13, & 20 August**



Venue:

Brockman Community House

Crèche:

Not available for this program.

Please note: this planner may be subject to change

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Shire of Mundaring Children's Services



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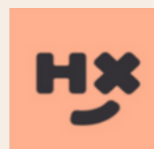
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IN PARTNERSHIP WITH NGALANG MOORT NGALANG KURLANGAH

Circle of Security Parenting

Mondays: 9.30am - 11.30am
22, 29 July, 5, 12, 19, 26 August,
2 & 9 September



Venue:

Child & Parent Centre - Arbor Grove

Crèche:

Available - Bookings are essential.
Please enquire on registration.

IN PARTNERSHIP WITH MIDLAND WOMEN'S HEALTH CARE PLACE

Circle of Security Parenting

Tuesdays: 9.30am - 11.30am
23, 30 July, 6, 13, 20, 27 August,
3 & 10 September



Venue:

Midland Women's Health Care Place

Crèche:

Available at \$2 per child per session.
Please enquire on registration.

IN PARTNERSHIP WITH MEERILINGA

Circle of Security Parenting

Wednesdays: 10.00am - 12 noon
24, 31 July, 7, 14, 21, 28 August, 4
& 11 September



Venue:

Bullsbrook College - Demountable

Crèche:

Available. Bookings are
essential.
Please enquire on registration.

Please note: this planner may be subject to change

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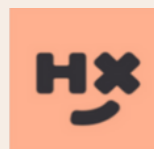
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Parenting Toddlers

Thursdays: 9.30am - 11.30am
1, 8 & 15 August



Venue:

Parkerville Baptist Church

Crèche:

Available. Bookings are
essential.
Please enquire on registration.

Tuning in to Kids

Wednesdays: 9.30am - 11.30am
7, 14, 21, 28 August,
4 & 11 September



Venue:

Maylands Public Library

Crèche:

Bookings essential. Limited places available
at 'The RISE' for a minimal fee. Please enrol at
www.bayswaterrecreation.com.au/the-rise-creche
and follow the booking instructions.
Online bookings can be made up to 7 days in
advance. Phone: 9208 2414 during Crèche
hours.



Tuning in to Kids

Wednesdays: 7pm - 9pm
21, 28 August, 4, 11, 18 & 25
September



Venue:

Via online platform

Crèche:

Not available for this program

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ADHD & Your Child

Thursdays: 7pm - 9pm
8, 15, 22 & 29 August



Venue:

Via online platform

Crèche:

Not available for this program

Keeping Kids In Mind

Fridays: 10am - 12.30pm
23, 30 August, 6, 13 & 20 September



Venue:

Midvale Hub Parenting Service Perth NE

Crèche:

Not available for this program

Promoting Positive Behaviours

Tuesday: 9.30am - 11.30am
16 July

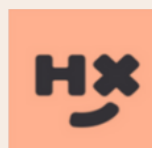


Venue:

Brockman Community House

Crèche:

Not available for this program.



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FREE service for parents & carers who reside in the local government areas of Mundaring, Swan, Bassendean or Bayswater

Emotion Coaching Your Child

Thursday: 10am - 12noon
25 July

Venue:

Boya Library
Bookings through - Shire of Mundaring
Libraries Eventbrite
<https://250724b.eventbrite.com.au>

Crèche:

Not available for this program.



Let's Talk Toilet Learning

Monday: 7pm - 8.30pm
29 July



Venue:

Via online platform

Crèche:

Not available for this program

Anxiety & Your Child

Wednesday: 9.30am - 11.30am
31 July



Venue:

Maylands Public Library

Crèche:

Bookings essential. Limited places available at 'The RISE' for a minimal fee. Please enrol at www.bayswaterrecreation.com.au/the-rise-creche and follow the booking instructions. Online bookings can be made up to 7 days in advance. Phone: 9208 2414 during Crèche hours.



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Anxiety & Your Child

Tuesday: 9.30am - 11.30am
20 August



Venue:

Brockman Community House

Crèche:

Not available for this workshop

Raising Children in a Digital World

Thursday: 10am - 12noon
22 August

Venue:

Boya Library
Bookings through - Shire of Mundaring
Libraries Eventbrite
<https://220824b.eventbrite.com.au>

Crèche:

Not available for this program.



Protective Behaviours Parent Workshop

Thursday: 7pm - 9pm
5 September

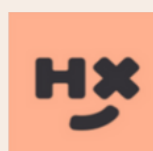


Venue:

Via online platform

Crèche:

Not available for this program



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Protective Behaviours Parent Workshop

Thursday: 10am - 12noon
12 September

Venue:

Boya Library
Bookings through - Shire of Mundaring
Libraries Eventbrite
<https://120924b.eventbrite.com.au>

Crèche:

Not available for this program.

Emotion Coaching Your Child

Tuesday: 9.30am - 11.30am
17 September

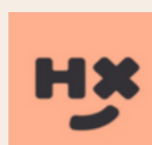


Venue:

Brockman Community House

Crèche:

Not available for this program.



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Program/Workshop Overview



MIDVALE HUB
FOR FAMILIES

Bringing Up Great Kids - In the Early Years 5 x 2 hour sessions Face to Face

Bringing Up Great Kids in the Early Years a 5 session program for parents and carers of Children 0 - 8 months. Parents and Babies attend this program together.

This program supports building positive relationships and interactions between parents and their babies.

We will explore:

- understanding our babies needs in early life and how to meet these needs
- understanding origins or parenting styles and the importance of a positive start
- ways of giving nurturing messages to our babies ways to take care of ourselves during our parenting journey

Circle of Security Parenting 8 x 2 hour sessions Face to Face

Circle of Security Parenting is an 8 session program for parents and carers of children 4 months to 6 years. The program is designed to enhance the bond and sense of security for both parents and their children. Learn more about:

- understanding children and their emotional development
- understanding parenting influences
- helping children to feel safe in their world
- identifying and enhancing parenting strengths

Parenting Toddlers 3 x 2 hour session Face to Face

For parents and caregivers of children aged 18 months to 3 years.

Let's learn together some practical ways that can support you to feel more confident as you guide your Toddler's behaviour.

Learn more about:

- Early brain development
- Promoting cooperation and supporting tantrums
- Ways to handle transitions
- Understanding social and emotional development

Tuning into Kids 6 x 2 hour sessions Face to Face and Online

Tuning in to Kids is a 6 session program for parents and carers with children aged 3 to 10 years. The program explores ways that parents can help their children develop emotional intelligence and increase the emotional connection between parents and children.

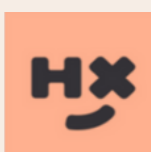
Learn more about:

- developing emotion coaching skills to help children understand and regulate their own feelings and emotions
- promoting co-operative behaviour in young children
- developing parents' own emotional awareness
- managing emotions such as anger and anxiety

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Program/Workshop Overview



MIDVALE HUB
FOR FAMILIES

ADHD & Your Child

4 x 2 hour sessions

Online

For parents and caregivers of children aged 6 to 12 years who has been diagnosed or in the process of diagnosis for ADHD?

We will explore and learn more about:

- understanding ADHD and the brain
- ways of nurturing positive relationships
- working together with your child to handle difficulties by offering practical strategies
- building self-esteem, resilience & confidence in your child

Keeping Kids in Mind

5 x 2.5 hour sessions

Face to Face

The main focus of Keeping Kids in Mind (KKIM) is to help each parent build a more secure world for their children post separation.

We explore more about:

- loss and grief after separation
- the hidden world of children
- rebuilding resilience
- bridging the gap
- looking back and moving forward

Promoting Positive Behaviours

1 x 2 hour session

Face to Face

For parents and carers of children 3 to 10 years

This workshop is designed to explore ways that parents can guide and support children's positive behaviours.

We learn more about understanding and how emotions affect behaviour.

We will discuss strategies to guide and encourage positive behaviour in our children.

Emotion Coaching Your Child

1 x 2 hour session

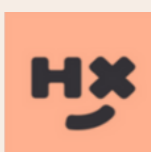
Face to Face

This workshop is for parents of children aged 3 - 10 years and aims to support parents to gain an understanding of the types of emotions present in ourselves and our children, and how this can be supported within the home environment to develop emotional intelligence.

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Program/Workshop Overview



MIDVALE HUB
FOR FAMILIES

Let's Talk Toilet Learning

1 x 1.5 hour session

Online

For parents and caregivers of children 18 months to 4 years

The best time to begin toilet learning is when your child is ready to learn.

Learn more about:

- What are the signs your child is ready?
- How parents can support the process
- Everyday strategies to start, maintain and manage the process
- Resources available to support toilet learning

Anxiety and Your Child

1 x 2 hour session

Face to Face

This workshop is for parents of children aged 4 - 12 years and aims to explore and give an understanding of what anxiety is.

We will discuss:

- signs and symptoms of anxiety
- how we can support our child
- understanding our own reactions

Protective Behaviours Parent Workshop 1 x 2 hour session Face to Face & online

The Protective Behaviours Parent Workshop is an internationally recognised personal safety program aimed to empower children, young people and adults with strategies to promote safety, problem solving and resilience including: for parents and carers of children aged birth to 13 years.

- assert their right to feel safe
- identify a trusted adult to talk to
- recognise 'signs' their bodies give them when they may be unsafe
- learn body safety rules and safety strategies
- learn the difference between safe and unsafe secrets

Raising Children In A Digital World

1 x 2 hour session

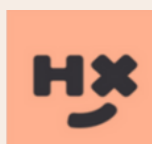
Face to Face

For parents and caregivers of children aged 3 to 12 years

This workshop provides valuable insight and tools to protect our children online and find the balance within the family about the digital world we now live in.

Topics include:

- explore the bigger picture about the digital world
- social media safety
- cyberbullying prevention and managing screen time



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MIDVALE HUB PARENTING SERVICE PERTH NORTH EAST



FREE parenting programs, workshops and support for parents and carers of children aged 0 - 18 years and reside in the local government areas of Mundaring, Swan, Bassendean or Bayswater



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