



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

Please note: this planner may be subject to change

Circle of Security Parenting

Tuesdays: 9:30am - 11:30am
2, 9, 16, 23, 30 May, 6, 13 & 20 June

Venue: Brockman Community House

Crèche: May be available at \$7 per session.
Please enquire on registration.

Circle of Security Parenting

Tuesdays: 7:00pm - 9:00pm
2, 9, 16, 23, 30 May, 6, 13 & 20 June

Venue: via online video conference platform

Crèche: Not available for this program

Circle of Security Parenting

Thursdays: 9:30am - 11:30am
4, 11, 18, 25 May, 1, 8, 15 & 22 June

Venue: Parkerville Baptist Church

Crèche - May be available. Please enquire on registration.

Tuning in to Kids

Thursdays: 9:30am - 11:30am
11, 18, 25 May, 1, 8 & 15 June

Venue: Child and Parent Centre Arbor Grove

Crèche: Not available for this program

Tuning in to Teens

Tuesdays: 6:15pm - 8:15pm
23, 30 May, 6, 13, 20 & 27 June

Venue: headspace Midland

Crèche: Not available for this program

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-suppor>

Supported by



Shire of Mundaring Children's Services





What's On Term 2 2023

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

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1 2 3 Magic & Emotion Coaching

Mondays: 6:30pm - 8:30pm
15, 22 & 29 May

Venue: Midvale Hub Parenting Service
Perth North-East - Midvale

Crèche: Not available for this program

1 2 3 Magic & Emotion Coaching

Wednesdays: 9:30am - 11:30am
7, 14 & 21 June

Venue: Bassendean Memorial Library

Crèche: Not available for this program

ADHD & Your Child

Wednesdays: 9:30am - 11:30am
7, 14, 21 & 28 June

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.

Registration for all programs is essential

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Let's Talk Toilet Learning

Monday: 7:00pm - 9:00pm
1 May

Venue: via online video conference platform

Crèche: Not available for this program



Anxiety & Your Your Child

Tuesday: 7:00pm - 9:00pm
2 May

Venue: via online video conference platform

Crèche: Not available for this program



Supporting Your Child's Emotional Development

Monday: 7:00pm - 8:30pm
8 May

Venue: via online video conference platform

Crèche: Not available for this program



Building Your Child's Resilience

Tuesday: 7:00pm - 9:00pm
9 May

Venue: via online video conference platform

Crèche: Not available for this program

Protective Behaviours Parent Workshop

Wednesday: 9:30am - 11:30am
10 May

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

Wednesday: 9:30am - 11:30am
17 May

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.

Let's Talk Toilet Learning

Thursday: 12:30pm - 2:00pm
18 May

Venue: Child and Parent Centre Arbor Grove

Crèche: Not available for this program

Let's Talk Toilet Learning

Wednesday: 9:30am - 11:30am
24 May

Venue: Bassendean Memorial Library

Crèche: Not available for this program

Building Your Child's Resilience

Wednesday: 9:30am - 11:30am
24 May

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.

Building Resilience In Your Adolescent

Monday: 6:30pm - 8:30pm
29 May

**Venue: Midvale Hub Parenting Service
Perth North-East - Midvale**

Crèche: Not available for this program

Registration for all programs is essential

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Emotion Coaching Your Child

Wednesday: 9:30am - 11:30am
31 May

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.

Anxiety & Your Child

Wednesday: 10am - 12noon
31 May

Venue: The Derrick Ernst Neighbourhood Centre

Crèche: Not available for this program

Emotion Coaching Your Child

Monday: 7:00pm - 9:00pm
12 June

Venue: via online video conference platform

Crèche: Not available for this program

Protective Behaviours Parent Workshop

Monday: 7:00pm - 9:00pm
19 June

Venue: via online video conference platform

Crèche: Not available for this program

Promoting Positive Behaviours

Monday: 7:00pm - 9:00pm
26 June

Venue: via online video conference platform

Crèche: Not available for this program

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Midvale Hub
Parenting Service

Perth (North East)

What's On Term 2 2023



MIDVALE HUB
FOR FAMILIES

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

Please note: this planner may be subject to change

Supporting Your Child's Emotional Development

Wednesday: 10am - 11.30am
28 June

Venue: The Derrick Ernst Neighbourhood Centre

Crèche: Not available for this program

Registration for all programs is essential

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

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Program/Workshop Overview



MIDVALE HUB
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Face to Face and Online

Circle of Security Parenting

8 x 2 hour sessions

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

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
- helping children to feel safe in their world
- managing emotions such as anger and anxiety

Tuning into Teens

6 x 2 hour sessions

Face to Face and Online

Tuning in to Teens is a 6 session program for parents and carers with children aged 12 to 18 years. The program provides parents with a greater understanding of their teens emotional experiences. The program explores specific skills that help parents to be supportive, empathic and stay connected with their teen.

Learn more about:

- understanding teenage development
- supporting teens to manage difficult emotions
- promoting positive behaviours
- supporting teens to maintain friendships and deal with conflict

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ADHD & Your Child

4 x 2 hour sessions

Face to Face

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

1 2 3 Magic & Emotion Coaching

3 x 2 hour sessions

Face to Face

This is a 3-session program for parents and carers with children aged 3 to 10 years.

The program explores ways parents can increase their children's ability to manage and self-regulate their feelings and reactions. Learn more about:

- building positive relationships with children
- encouraging positive behaviour
- setting family rules and routines
- planning to avoid or manage potentially difficult situations

Engaging Adolescents

3 x 2 hour sessions

Face to Face and Online

Engaging Adolescents is a 3 session program for parents and carers of young people aged 11 to 18 years.

The program explores the changing landscape of a young person and the different skills parents can use to keep connected with their young person.

Learn more about:

- building positive relationships with your young people
- setting realistic boundaries
- working out how to respond in tricky emotional situations
- having difficult conversations about going out, internet use, gaming or school work

Supporting Your Child's Emotional Development

1 x 1.5 hour session

Face to Face and Online

This workshop is for parents of children aged 0 - 4 years and aims to support parents to gain an understanding of their child's emotional development and how to effectively respond to emotional experiences.

Learn more about:

- your child's developing brain
- social & emotional development of your child
- building on your attachment
- how to respond to your child's emotional experiences

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Building Your Child's Resilience

1 x 2 hour session

Face to Face and Online

For parents and caregivers of children 4 to 12 years

Resilience is important for children's mental health. Children with greater resilience are better able to manage stress, which is a common response to difficult events. This workshop talks about understanding resilience for children, factors for developing, and building resilience in children. It explores parents/carers strategies to promote children's resilience in everyday life.

Let's Talk Toilet Learning

1 x 2 hour session

Face to Face and 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 and Online

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



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Emotion Coaching Your Child

1 x 2 hour session

Face to Face and Online

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.

Protective Behaviours Parent Workshop

1 x 2 hour session

Face to Face and Online

This workshop is for parents of young children.

'We all have the right to be safe and feel safe at all times'

'We can talk with someone about anything, no matter what it is'

Protective Behaviours is a personal safety program that teaches children skills and strategies to recognise and respond to unsafe situations.

THIS WORKSHOP IS NOT SUITABLE FOR CHILDREN

Building Resilience In Your Adolescent

1 x 2 hour session

Face to Face and Online

For parents and caregivers of young people aged 11 to 18 years

Resilience is important for mental health. Young people with greater resilience are better able to manage stress, which is a common response to difficult situations.

This workshop talks about understanding resilience in young people and factors for developing and building resilience.

It explores parents/carers strategies to promote young people's resilience in everyday life.



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Promoting Positive Behaviours

1 x 2 hour session

Face to Face and Online

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.

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