



**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 Refresher

**Mondays: 7:00pm - 8:30pm**  
**15, 22 & 29 January**

**Venue: via online video conference platform**

**Crèche: Not available for this program**



## Circle of Security Parenting-Couples

**Tuesdays: 7:00pm - 9:00pm**  
**23, 30 January, 6, 13, 20, 27 February,**  
**5 & 12 March**

**Venue: via online video conference platform**

**Crèche: Not available for this program**



## Circle of Security Parenting

**Wednesdays: 7:00pm - 9:00pm**  
**24, 31 January, 7, 14, 21, 28 February,**  
**6 & 13 March**

**Venue: via online video conference platform**

**Crèche: Not available for this program**

## Circle of Security Parenting

**Tuesdays: 9.30am - 11.30am**  
**6, 13, 20, 27 February, 5, 12, 19 & 26 March**

**IN PARTNERSHIP WITH**  
**MIDLAND WOMEN'S HEALTH CARE PLACE**

**Venue: Midland Women's Health Care Place**

**Crèche: available at \$2 per child per session.**  
**Please enquire on registration.**

## Circle of Security Parenting Parent's & Babies Group

**Tuesdays: 1pm - 3pm**  
**6, 13, 20, 27, February, 5, 12, 19, & 26 March**

**IN PARTNERSHIP WITH ANGLICARE WA**

**Venue: Brockman Community House**  
**Crèche - Not available for this program.**  
**Babies welcome.**

**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](mailto:parentingservice@mundaring.wa.gov.au)**  
**<https://www.midvalehub.org.au/copy-of-parenting-and-family-suppor>**

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# What's On Term 1 2024

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## Bringing Up Great Kids in the Early Years

**Mondays: 1pm - 3pm**  
29 January, 5, 12, 19 & 26 February

**Venue: Child & Parent Centre - Clayton View**

**Crèche: Not available for this program. Babies welcome.**

## 1 2 3 Magic & Emotion Coaching

**Tuesdays: 9.30am - 11.30am**  
6, 13 & 20 February

IN PARTNERSHIP WITH BROCKMAN COMMUNITY HOUSE

**Venue: Brockman Community House**

**Crèche: May be available at \$7 per session.**

## Parenting Toddlers

**Thursdays: 9.30am - 11.30am**  
8, 15 & 22 February

**Venue: Parkerville Baptist Church**

**Crèche: May be available.  
Please enquire on registration.**



## Bonus Parents: Making Stepfamilies Work

**Fridays: 12noon - 2pm**  
9, 16 & 23 February

IN PARTNERSHIP WITH ANGLICARE WA

**Venue: via online video conference platform**

**Crèche: Not available for this program**

## Tuning in to Kids

**Wednesdays: 9.30am - 11:30am**  
21, 28 February, 6, 13, 20 & 27 March

**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](http://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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# Midvale Hub Parenting Service

Perth (North East)

# What's On Term 1 2024



**MIDVALE HUB**  
FOR FAMILIES

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## Bringing Up Great Kids - Parenting Adolescents

Wednesdays: 6.30pm - 8:30pm  
21, 28 February, 6, 13, 20 & 27 March

IN PARTNERSHIP WITH ANGLICARE WA

Venue: Midvale Hub Parenting Service Perth NE

Crèche - Not available for this program

## ADHD & Your Child

Tuesdays: 9.30am - 11.30am  
27 February, 5, 12 & 19 March

IN PARTNERSHIP WITH BROCKMAN COMMUNITY HOUSE

Venue: Brockman Community House

Crèche: May be available at \$7 per session.

## Engaging Adolescents

Thursdays: 9:30am - 11:30am  
29 February, 7 & 14 March

Venue: Parkerville Baptist Church

Crèche: Not available for this program

## Keeping Kids In Mind

Thursdays: 6:00pm - 8:30pm  
29 February, 7, 14, 21 & 28 March

Venue: Midvale Hub Parenting Service Perth NE

Crèche - Not available for this program

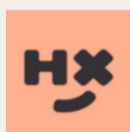
## Protective Behaviours Parent Program

Mondays: 10am - 11:30am  
11, 18 & 25 March

IN PARTNERSHIP WITH ANGLICARE WA

Venue: Beechboro Library

Crèche - Not available for this program



MIDVALE HUB PARENTING SERVICE  
PERTH NE | Humanitix  
MIDVALE HUB PARENTING SERVICE PERTH NE  
uses Humanitix for their events. Discover...  
[humanitix.com](https://www.humanitix.com)

You can express your interest to attend any of  
these programs via Humanitix

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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## Let's Talk Toilet Learning

**Wednesday: 7pm - 8:30pm**  
**17 January**

**Venue: via online video conference platform**

**Crèche: Not available for this program**

## Building Resilience In Your Adolescent

**Thursday: 5pm - 7pm**  
**18 January**

**Venue: headspace Midland**

**Crèche: Not available for this program**

## Raising Children In A Digital World

**Thursday: 5pm - 7:30pm**  
**1 February**

**Venue: Old Midland Court House**

**Workshop will be promoted via City of Swan Libraries Eventbrite.**

## Anxiety & Your Child

**Thursday: 6:30pm - 8:30pm**  
**8 February**

**Venue: Derrick Ernst Neighbourhood Centre**

**Crèche: Not available for the program**



## Anxiety & Your Child

**Monday: 7pm - 9pm**  
**12 February**

**Venue: via online video conference platform**

**Crèche: Not available for this program**

**Registration for all programs is essential**

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## Promoting Positive Behaviours

**Wednesday: 9:30am - 11:30am**  
**14 February**

**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](http://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 Your Child's Resilience

**Wednesday: 7pm - 9pm**  
**13 March**

**Venue: via online video conference platform**

**Crèche: Not available for this program**

## Building Your Child's Resilience

**Tuesday: 9.30am - 11.30am**  
**26 March**

**IN PARTNERSHIP WITH BROCKMAN COMMUNITY HOUSE**

**Venue: Brockman Community House**

**Crèche: May be available at \$7 per session.**



**You can express your interest to attend any of these workshops via Humanitix**

**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



Enquiries for all programs: Phone: 08 9290 6827  
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## Circle of Security Parenting

8 x 2 hour sessions

Face to Face and Online

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

## 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

## 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

## 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



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**Bonus Parents : Making Stepfamilies Work**      3 x 2 hour session      Online

Share experiences and add to your skills to make your stepfamily even stronger. Step Families face unique challenges which are not always recognised, and different strategies are often needed to meet family needs. Topics include:

- influences from the past
- 'blending' families
- the discipline challenge
- new roles
- strengthening the couple relationship

**Tuning into Kids**      6 x 2 hour sessions      Face to Face

Tuning into 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

**Bringing Up Great Kids - Parenting Adolescents**      6 x 2 hour session      Face to Face

This program focuses on promoting and supporting respect, caring and nurturing relationships between Parents and Caregivers and their Adolescent.

We explore what is going on in the Adolescent brain in the context of behaviour. Reflect on our role in supporting our Adolescent to forge their own identity. Find meaningful ways to stay connected with your Adolescent

**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



# Program/Workshop Overview



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## Engaging Adolescents

3 x 2 hour session

Face to Face

Engaging Adolescents explores the changing landscape of young people and the different skills parents can use to connect with their young person.

This program is a practical guide to help steer through the challenging times with confidence and how we can have those tough conversations.

## 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

## Protective Behaviours Parenting Program

3 x 1.5 hour sessions

Face to Face

This program aims to provide adults with the information and tools to empower children and young people with strategies to promote resilience and safety. This is an abuse prevention program.

This program teaches and promotes concepts of:

- emotional intelligence
- empowerment
- assertiveness
- problem-solving
- an understanding of safety

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## 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

## Building Resilience In Your Adolescent

1 x 2 hour session

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.

## Raising Children In A Digital World

1 x 2.5 hour session

Face to Face

For parents and caregivers of children aged 4 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

## Anxiety and Your Child

1 x 2 hour session

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

## 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.

## Building Your Child's Resilience

1 x 2 hour session

Face to Face & 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.

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