



**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 Parent's & Babies Group

Venue: Child & Parent Centre - Arbor Grove

Crèche: Not available for this program.

**Mondays: 9am - 11am**

**17, 24, 31 July, 7, 14 August, (week break), 28 August, 4 & 11 September**

## Circle of Security Parenting

Venue: via online video conference platform

**Mondays: 7:00pm - 9:00pm**

**17, 24, 31 July, 7, 14, 21, 28 August & 4 September**

Crèche: Not available for this program

## Circle of Security Parenting Couples

Venue: via online video conference platform

**Tuesdays: 7:00pm - 9:00pm**

**18, 25 July, 1, 8, 15, 22, 29 August & 5 September**

Crèche: Not available for this program

## Circle of Security Parenting (Abbrev.) Parent's & Babies Group

Venue: The Derrick Ernst Neighbourhood Centre

**Mondays: 1:00pm - 3:00pm**

**24, 31 July, 7, 14, 21, 28 August & 4 September**

Crèche: Not available for this program

## Circle of Security Parenting

Venue: Brockman Community House

**Tuesdays: 9.30am - 11.30am**

**25, July, 1, 8, 15, 22, 29 August, 5 & 12 September**

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

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 3 2023

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## Tuning in to Kids

Wednesdays: 7pm - 9pm  
12, 19, 26 July, 2, 9 & 16 August

Venue: via online video conference platform

Crèche: Not available for this program

## Tuning in to Kids

Wednesdays: 9:30am - 11:30am  
2, 9, 16 August, (week break), 30 August,  
6 & 13 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](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.

## Tuning in to Kids

Tuesdays: 9:30am - 11:30am  
3, 10, 17 August, 24, 31 August & 7  
September

Venue: Parkerville Baptist Church

Crèche: May be available.  
Please enquire on registration.

## Engaging Adolescents

Mondays: 6:30pm - 8:30pm  
31 July, 7 & 14 August

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

Crèche: Not available for this program

## Bringing Up Great Kids in the Early Years

Tuesdays: 1pm - 3pm  
1, 8, 15, 22 & 29 August

Venue: Brockman Community House

Crèche: Not available for this program

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## Let's Talk Toilet Learning

Thursday: 1:00pm - 2:30pm  
13 July

Venue: via online video conference platform

Crèche: Not available for this program



## Let's Talk Toilet Learning

Monday: 7:00pm - 8:30pm  
19 July

Venue: via online video conference platform

Crèche: Not available for this program



## Supporting Your Child's Emotional Development

Thursday: 1:00pm - 2:30pm  
20 July

Venue: via online video conference platform

Crèche: Not available for this program



## Emotion Coaching Your Child

Wednesday: 7pm - 9pm  
16 August

Venue: via online video conference platform

Crèche: Not available for this program

## Building Resilience In Your Adolescent

Thursday: 5pm - 7pm  
17 August

Venue: headspace Midland

Crèche: Not available for this program

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## Supporting Your Child's Emotional Development

Wednesday: 7pm - 8.30pm  
30 August

Venue: via online video conference platform

Crèche: Not available for this program

## Protective Behaviours Parent Workshop

Friday: 9:30am - 11.30am  
8 September

Venue: Child & Parent Centre Arbor Grove

Crèche: May be available.  
Please enquire on registration.

## Supporting Your Child's Emotional Development

Monday: 1pm - 2.30pm  
11 September

Venue: Child & Parent Centre Arbor Grove

Crèche: Not available for the program

## Protective Behaviours Parent Workshop

Tuesday: 12noon - 2:30pm  
12 September

Venue: Brockman Community House

Crèche: Not available for this program

## Building Your Child's Resilience

Thursday: 9:30am - 11:30am  
14 September

Venue: Parkerville Baptist Church

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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## **Anxiety & Your Child**

**Wednesday: 9:30am - 11:30am**  
**20 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](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.**



## **Promoting Positive Behaviours**

**Wednesday: 7:00pm - 9:00pm**  
**20 September**

**Venue: via online video conference platform**

**Crèche: Not available for this program**

## **Anxiety & Your Child**

**Thursday: 9:30am - 11:30am**  
**21 September**

**Venue: Parkerville Baptist Church**

**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](mailto:parentingservice@mundaring.wa.gov.au)**

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# Program/Workshop Overview



**MIDVALE HUB**  
FOR FAMILIES

Enquiries for all programs: Phone: 08 9290 6827  
Email: [parentingservice@mundaring.wa.gov.au](mailto:parentingservice@mundaring.wa.gov.au)  
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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

## 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

## 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

## Bringing Up Great Kids in the Early Years

5 x 2 hour sessions

Face to Face

Bringing Up Great Kids in the Early Years is a 5 session program for parents and carers with babies from birth to 8 months.

This program supports building positive relationships and interactions between parents and the 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



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## 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

## 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

## 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.

## 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.



# Program/Workshop Overview



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FOR FAMILIES

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

## 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 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.

## 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

## 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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