



**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

Venue: via online video conference platform

Tuesdays: 7:00pm - 9:00pm

Crèche: Not available for this program

10, 17, 24, 31 October, 7, 14, 21, 28 November

## Circle of Security Parenting

Venue: Midland Women's Health Care Place

Tuesdays: 9.30am - 11.30am

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

17, 24, 31 October, 7, 14, 21, 28 November & 5 December

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

Venue: Maylands Public Library

Wednesdays: 9.30am - 11.30am

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.

18, 25, October, 1, 8, 15, 22, 29 November & 6 December

## Tuning in to Kids

Venue: Brockman Community House

Tuesdays: 9.30am - 11:30am

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

17, 24, 31 October, 7, 14 & 21 November



## Tuning in to Kids

Venue: via online video conference platform

Tuesdays: 7pm - 9pm

Crèche: Not available for this program

17, 24, 31 October, 7, 14 & 21 November

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>

Supported by



Shire of Mundaring Children's Services





# What's On Term 4 2023

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## **Tuning in to Kids**

**Thursdays: 9:30am - 11:30am**  
**19, 26 October, 2, 9, 16, & 23 November**

**Venue: Parkerville Baptist Church**

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

## **ADHD & Your Child**

**Wednesdays: 10am - 12noon**  
**18, 25 October, 1 & 8 November**

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

**Crèche: Not available for this program**

## **Tuning in to Teens**

**Thursdays: 6:30pm - 8:30pm**  
**26 October, 2, 9, 16, 23 & 30 November**

**Venue: headspace Midland**

**Crèche: Not available for this program**

## **1 2 3 Magic & Emotion Coaching**

**Mondays: 9.30am - 11.30am**  
**30 October, 6 & 13 November**

**Venue: Bassendean Memorial Library**

**Crèche: Not available for this program**

## **1 2 3 Magic & Emotion Coaching**

**Wednesdays: 9.30am - 11.30am**  
**22, 29 November & 6 December**

**Venue: Derrick Ernst Neighbourhood Centre**

**Crèche: Not available for the program**

**Registration for all programs is essential**

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## Promoting Positive Behaviours

**Monday: 9:30am - 11:30am**  
**9 October**

**Venue: Bassendean Memorial Library**

**Crèche: Not available for this program**

## Anxiety & Your Child

**Thursday: 10:00am - 12noon**  
**12 October**

**Venue: Boya Library**

**Crèche: Not available for this program**

## Building Your Child's Resilience

**Monday: 9:30am - 11:30am**  
**16 October**

**Venue: Bassendean Memorial Library**

**Crèche: Not available for this program**

## Building Your Adolescents Resilience

**Tuesday: 5pm - 7pm**  
**17 October**

**Venue: Midland Library**

**Crèche: Not available for this program**

## Building Your Child's Resilience

**Thursday: 10am - 12noon**  
**26 October**

**Venue: Boya Library**

**Crèche: Not available for this program**

**Registration for all programs is essential**

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## Transition to Kindy

**Monday: 9:30am - 11:30am**  
**6 November**

**Venue: Child & Parent Centre Arbor Grove Ellebrook**

**Crèche: May be available for this workshop**

## Supporting Your Child's Emotional Development

**Wednesday: 9:30am - 11:30am**  
**8 November**

**Venue: Derrick Ernst Neighbourhood Centre**

**Crèche: Not available for the program**

## Transition to Kindy

**Tuesday: 9:30am - 11:30am**  
**14 November**

**Venue: Bullsbrook Library**

**Crèche: Not available for the program**

## Anxiety & Your Child

**Wednesday: 9:30am - 11:30am**  
**15 November**

**Venue: Derrick Ernst Neighbourhood Centre**

**Crèche: Not available for the program**

## Transition to Kindy

**Monday: 9:30am - 11:30am**  
**20 November**

**Venue: Beechboro Library**

**Crèche: Not available for the 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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## Transition to Kindy

**Monday: 12:30pm - 2:30pm**  
**20 November**

**Venue: Midland Library**

**Crèche: Not available for the program**

## Transition to Kindy

**Monday: 10:30am - 12:30pm**  
**27 November**

**Venue: Ballajura Library**

**Crèche: Not available for the program**

## Promoting Positive Behaviours

**Wednesday: 9:30am - 11:30am**  
**28 November**

**Venue: Brockman Community House**

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



## Supporting Your Child's Emotional Development

**Tuesday: 7pm - 8.30pm**  
**28 November**

**Venue: via online video conference platform**

**Crèche: Not available for this program**

**Registration for all programs is essential**

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# Program/Workshop Overview



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

## 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

## Tuning into Teens

6 x 2 hour sessions

Face to Face

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 teen's emotional experiences and 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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## 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

## 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.

## 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

## Building Your Child's Resilience

1 x 2 hour session

Face to Face

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.





# Program/Workshop Overview



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## **Building Resilience In Your Adolescent** 1 x 2 hour session

Face to Face

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.

## **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

## **Transition to Kindy**

1 x 2 hour session

Face to Face

For parents and caregivers of children transitioning to Kindergarten.  
This workshop aims for parents and carers to develop an understanding of what to prepare for as children transition into a Kindy environment, and how this change can be supported.

This workshop will explore:

- school readiness
- routines
- lunches
- toilet learning and other useful information to prepare you and your child.

