

TERM 2 2022



MIDVALE HUB
FOR FAMILIES

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

Midvale Hub Parenting Service Perth (North East)

Supporting Your Child's Emotional Development

Tuesday 9.30am – 11.30am

3 May

Venue: Brockman Community House

Crèche: Limited places. Bookings essential.

Cost \$5 per session

Contact Brockman House 08 9279 1588

Circle of Security Parenting

In partnership with Child and Adolescent Health Service

Tuesdays 1pm – 3pm

3, 10, 17, 24, 31 May, 7, 14, 21, June

Venue: via online video conference platform

Crèche: Not available for this program

Circle of Security Parenting

Thursdays 9.30am – 11.30am

5, 12, 19, 26 May, 2, 9, 16 & 23 June

Venue: Child & Parent Centre Arbor Grove

Crèche: Limited places. Bookings essential

**Please call the Child & Parent Centre to book
(08) 9263 2845**

1-2-3 Magic & Emotion Coaching

Wednesdays 9.30am – 11.30am

5, 12 & 19 May

Venue: Parkerville Baptist Church

Crèche: Not available for this program

Parenting Your Child with ADHD

Facilitated by Susan Hughes ADHD Parent Coach and Educator

Mondays 10am – 12noon

9, 16, 23 & 30 May

Venue: Child & Parent Centre Arbor Grove

Crèche: Limited places. Bookings essential

**Please call the Child & Parent Centre to book
(08) 9263 2845**

Protective Behaviours Parent Workshop

Facilitated by WA Child Safety Services

Monday 7pm – 9pm

9 May

Venue: via online video conference platform

Crèche: Not available for this program



Registration for all programs are 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>



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

Circle of Security Parenting

In partnership with Brockman Community House

Tuesdays 9.30am – 11.30am
10, 17, 24, 31 May, 7, 14, 21 & 28 June

Venue: Brockman Community House
Crèche: Limited places. Bookings essential.
Cost \$5 per session
Contact Brockman House 08 9279 1588

Let's Talk Toileting

Tuesday 7pm – 8.30pm

Venue: via online video conference platform
Crèche: Not available for this program

Circle of Security Parenting

Wednesdays 7pm – 9pm
11, 18, 25 May, 1, 8, 15, 22 & 29 June

Venue: via online video conference platform
Crèche: Not available for this program

Circle of Security Parenting - Couples

Wednesdays 7pm – 9pm
11, 18, 25 May, 1, 8, 15, 22 & 29 June

Venue: via online video conference platform
Crèche: Not available for this program

Online Safety Parent Workshop

Facilitated by WA Child Safety Services
Thursday 7pm – 9pm
19 May

Venue: via online video conference platform
Crèche: Not available for this program

Fathering 101

Facilitated by Brad Williams from Behaviour Tonics
Monday 7pm – 8.30pm
30 May

Venue: via online video conference platform
Crèche: Not available for this program



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Supporting Your Child's Emotional Development
Tuesday 7pm – 9pm
9 June

Venue: via online video conference platform
Crèche: Not available for this program

1-2-3 Magic & Emotion Coaching
In partnership with the Town of Bassendean
Mondays 10am – 12noon
13, 20 & 27 June

Venue: Bassendean Memorial Library
Crèche: Not available for this program

Let's Talk Toileting
Monday 9.30am – 11.30am
13 June

Venue: Derrick Ernst Neighbourhood Centre
Occasional Child Care: Available on site for a small fee
Bookings essential prior to the workshop
Phone: (08) 9375 1985 to register your child.

Supporting Your Child's Emotional Development
Wednesday 9.30am – 11.30am
15 June

Venue: Maylands Public Library
Crèche: Limited places. Booking essential. Please enrol at www.bayswaterrecreation.com.au/the-rise-creche and follow the booking instructions. Phone: 9208 2414

1-2-3 Magic & Emotion Coaching
Facilitated by Behaviour Tonics
Wednesdays 7pm – 8.30pm
15, 22 & 29 June

Venue: via online video conference platform
Crèche: Not available for this program

Let's Talk Teens
Thursdays 7pm – 8.30pm
16, 23 & 30 June

Venue: via online video conference platform
Crèche: Not available for this program



Registration for all programs are 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
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MIDVALE HUB
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Midvale Hub Parenting Service Perth (North East)

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

The Importance of Play

Monday 9.30am – 11.30am
20 June

Venue: Derrick Ernst Neighbourhood Centre

Occasional Child Care: Available on site for a small fee

Bookings essential prior to the workshop

Phone: (08) 9375 1985 to register your child.

The Importance of Play

Monday 9.30am – 11.30am
27 June

Venue: Meerilinga Children and Family Centre

Crèche: Please call (08) 9377 4749 or

sarah.marron@Meerilinga.org.au for crèche and

workshop bookings.

Circle of Security Parenting - Couples

Tuesdays 7pm – 9pm
21, 28 June, 5, 12, 19, 26 July, (1 week break) 9 & 16
August

Venue: via online video conference platform

Crèche: Not available for this program

Let's Talk Toileting

Wednesday 9.30am – 11.30am
22 June

Venue: Maylands Public Library

Crèche: Limited places. Booking essential. Please enrol at www.bayswaterrecreation.com.au/the-rise-creche and follow the booking instructions. Phone: 9208 2414

Protective Behaviours Parent Workshop

Monday 9.30am – 11.30am
29 June

Venue: Maylands Public Library

Crèche: Limited places. Booking essential. Please enrol at www.bayswaterrecreation.com.au/the-rise-creche and follow the booking instructions. Phone: 9208 2414



Registration for all programs are essential

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

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OVERVIEW OF PROGRAMS



MIDVALE HUB
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Midvale Hub Parenting Service Perth (North East)

Enquiries for all programs:

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

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Circle of Security Parenting (8 sessions) 2 hours a session

Delivered face to face and online platform

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

1-2-3 Magic and Emotion Coaching (3 sessions) 2 hours a session

Delivered face to face

1-2-3 Magic and Emotion Coaching is a 3 session program for parents and carers with children aged 3 to 11 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 Your Child with ADHD (4 sessions) 2 hours a session

Face to face delivery

This program is targeted to parents and carers raising children with ADHD

Facilitated by Susan Hughes, ADHD Parent Coach and Educator.

Learn more about:

- Up to date information on ADHD and how it impacts on your child's ability to carry out daily tasks and why it can be challenging
- What does being a 'Good Parent' mean today?
- Parenting strategies and tools which are known to work with ADHD
- Managing defiant behaviours and setting boundaries
- Understanding how your emotions impact how you parent
- Methods to manage your emotions and the benefit of looking after yourself

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OVERVIEW OF PROGRAMS

Midvale Hub Parenting Service Perth (North East)

Enquiries for all programs:

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MIDVALE HUB
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1-2-3 Magic and Emotion Coaching (3 sessions) 1.5 hours a session

Online platform delivery

Facilitated by Behaviour Tonic

1-2-3 Magic and Emotion Coaching is a 3 session program for parents and carers with children aged 3 to 11 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

Let's Talk Teens (3 sessions) 1.5 hours a session

Online platform delivery

Let's Talk Teens is a 3 session program for parents of children aged 12 – 18 years.

This is an informal/interactive program that aims to provide parents with the space to talk and discuss parenting teenagers.

It explores ways that parents can be supportive, empathic and stay connected to their teens.

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OVERVIEW OF WORKSHOPS

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Supporting Your Child's Emotional Development (1 session) 2 hours

For parents and cares of children 0 to 4 years

This workshop aims to support parents an understanding of their child's emotional development and how to effectively respond to emotional experiences.

We explore the importance of understanding brain development, attachment with your child, respond to our child's emotional experiences in a way that is keeping the attunement and relationship the focus with your child.

Delivered face to face and online platform

Protective Behaviours Parent Workshop (1 session) 2hours

Facilitated by WA Child Safety Services

For parents and cares of young children.

This personal safety empowerment program is aimed to teach parents valuable personal safety skills and strategies that can help empower your child and keep them safe from abuse.

Learn the skills to help your child identify unsafe situations and arm them with tools to seek appropriate assistance to protect themselves.

THIS WORKSHOP IS NOT SUITABLE FOR CHILDREN

Online platform delivery

Let's Talk Toileting (1 session) 2 hour session

For parents and carers of children 18 months to 4 years

This toileting workshop explores ways that we can support our child in toileting.

We explore whether my child ready for toileting, when to start the toileting journey and what can I do to prepare for this new experience for my child.

Delivered face to face and online platform

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MIDVALE HUB
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Online Safety Parent Workshop (1 session) 2 hours

Online platform delivery

Facilitated by WA Child Safety Services

Learn more about:

- Social media, gaming and apps
- How screens affect kid's wellbeing
- Online grooming and catfishing
- Explicit content
- Personal information/image sharing
- Cyberbullying
- Resource recommendations

Fathering 101 (1 session) 1.5 hours

Online platform delivery

Facilitated by Brad Williams from Behaviour Tonics

Men are more involved in parenting than ever before, but with so much information it can be hard to know how to do it with confidence.

Learn more about:

- Old school vs new school fathering
- Developing self-regulation in kids
- Why set limits and boundaries?
- Dad's can be great teachers
- Is it too much to expect, that parents be 'on the same page'?
- What role do consequences play?
- Positive re-enforcement vs bribery
- Strengthening relationships

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Importance of Play (1 session) 2 hours

Face to face delivery

For parents and carers of young children.

This workshop talks about the importance of play with your child and how we can encourage this in everyday experiences.

We take a look at early brain development and how play influences the brain structure. How creative we can be in play with our children and the benefits it has in our relationship with our child.

Protective Behaviours Parent Workshop (1 session) 2hours

Face to face delivery

For parents and cares of young children.

This personal safety empowerment program is aimed to teach parents valuable personal safety skills and strategies that can help empower your child and keep them safe from abuse.

Learn the skills to help your child identify unsafe situations and arm them with tools to seek appropriate assistance to protect themselves.

THIS WORKSHOP IS NOT SUITABLE FOR CHILDREN

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