



What's On Term 1 2023

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



Circle of Security Parenting - for couples

Wednesdays: 7:00pm - 9:00pm

11, 18, 25 January, 1, 8, 15, 22 February & 1 March

Venue: via online video conference platform

Crèche: Not available for this program



Circle of Security Parenting

Tuesdays: 7:00pm - 9:00pm

17, 24, 31 January, 7, 14, 21, 28 February & 7 March

Venue: via online video conference platform

Crèche: Not available for this program

Circle of Security Parenting

Thursdays: 9:30am - 11:30am

9, 16, 23 February, 2, (week break) 16, 23, 30 March & 6 April

Venue: Child and Parent Centre Arbor Grove

**Crèche - Bookings essential. Limited places available.
Contact: Midvale Hub Parenting Service Perth (NE)
08: 8290 6827**

Circle of Security Parenting

Tuesdays: 6:30pm - 8:30pm

14, 21, 28 February, 7, 14, 21, 28 March & 4 April

Venue: Brockman Community House

Crèche: Not available for this program



Tuning in to Kids

Mondays: 7:00pm - 9:00pm

**13, 20, 27 February, (week break)
13, 20 & 27 March**

Venue: via online video conference platform

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>**

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Shire of Mundaring Children's Services





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Tuning in to Kids

Wednesdays: 9:30am - 11:30am
22 February, 1, 8, 15, 22 & 29 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 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

Mondays: 6:30pm - 8:30pm
13, 20, 27 February, (week break)
13, 20 & 27 March

Venue: Child and Parent Centre Arbor Grove
Crèche: Not available for this program

Bringing Up Great Kids for Aboriginal Families

Wednesdays: 12:30pm - 2:30pm
22 February, 1, 8, 15, 22, & 29 March

Venue: Child and Parent Centre Swan
Crèche: Not available for this program

Bringing Up Great Kids in the Early Years

Tuesdays: 9:30am - 11:30am
28 February, 7, 14, 21, & 28 March

Venue: Brockman Community House
Crèche: Not available for this program
Babies 0 - 6 months welcome

ADHD & Your Child

Thursdays: 12:30pm - 2:30pm
16, 23, 30 March & 6 April

Venue: Child and Parent Centre Arbor Grove
Crèche: Not available for this program

Registration for all programs is essential

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1 2 3 Magic & Emotion Coaching

Wednesdays: 10am - 12noon
1, 8 & 15 March

Venue: Bassendean Memorial Library

Crèche: Not available for this program

1 2 3 Magic & Emotion Coaching

Thursdays: 9:30am - 11:30am
16, 23 & 30 March

Venue: Parkerville Baptist Church

Crèche: Not available for this program

Engaging Adolescents

Tuesdays: 10:00am - 12noon
21, 28 March & 4 April

Venue: Headspace Midland

Crèche: Not available for this program

Registration for all programs is essential

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

Let's Talk Toilet Learning

Tuesday: 9:30am - 11:30am
17 January

Venue: Brockman Community House

Crèche: Limited places. Bookings essential.
Cost \$7 per session
Contact Brockman House 08 9279 1588



Emotion Coaching Your Child

Wednesday: 7:00pm - 9:00pm
18 January

Venue: via online video conference platform

Crèche: Not available for this program

Emotion Coaching Your Child

Thursday: 6:30pm - 8:30pm
19 January

Venue: Child and Parent Centre Arbor Grove

Crèche: Not available for this program

Anxiety & Your Child

Friday: 9:30am - 11:30am
20 January

Venue: Brockman Community House

Crèche: Limited places. Bookings essential.
Cost \$7 per session
Contact Brockman House 08 9279 1588



Anxiety & Your Child

Tuesday: 7:00pm - 9:00pm
24 January

Venue: via online video conference platform

Crèche: Not available for this program

Registration for all programs is essential

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

Let's Talk Toilet Learning

Thursday: 7:00pm - 9:00pm
2 February

Venue: via online video conference platform

Crèche: Not available for this program

Anxiety & Your Child

Thursday: 9:30am - 11:30am
9 February

Venue: Parkerville Baptist Church

Crèche: Not available for this program

Supporting Your Child's Emotional Development

Thursday: 6:30pm - 8:00pm
9 February

Venue: Child and Parent Centre Arbor Grove

Crèche: Not available for this program

Let's Talk Toilet Learning

Wednesday: 9:30am - 11:30am
15 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 and follow the booking instructions.

Online bookings can be made up to 7 days in advance. Phone: 9208 2414 during Crèche hours

Emotion Coaching Your Child

Tuesday: 9:30am - 11:30am
21 February

Venue: Brockman Community House

**Crèche: Limited places. Bookings essential.
Cost \$7 per session
Contact Brockman House 08 9279 1588**

Registration for all programs is essential

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Emotion Coaching Your Child

Thursday: 9:30am - 11:30am
23 February

Venue: Parkerville Baptist Church

Crèche: Not available for this program



Supporting Your Child's Emotional Development

Thursday: 7:30pm - 9:00pm
15 March

Venue: via online video conference platform

Crèche: Not available for this program



Protective Behaviours Parent Workshop

Wednesday: 7:00pm - 9:00pm
22 March

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

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

Bringing Up Great Kids for Aboriginal Families

6 x 2 hour sessions

Face to Face

For parents and carers of children

The program is to support families to build on trust, support and growth as parents. This program explores six stories of messages we can reflect on as parents, and be guided through your own narrative.

Bringing Up Great Kids In The Early Years

5 x 2 hour sessions

Face to Face

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



Program/Workshop Overview



MIDVALE HUB
FOR FAMILIES

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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

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