



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

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-support>

OR

Scan the QR code to express your interest via Humanitix

## Young Parent Group

IN PARTNERSHIP WITH THE BRAVE FOUNDATION

Thursdays: 10.30am - 12pm  
Commencing weekly  
from 28 April 2025

**Venue:**

Child & Parent Centre Swan - Clayton View



**Crèche:**

Not available for this program.  
Babies attend with parent



## WA MyTime Online - Peer Support Group

Mondays: 7pm - 8.30pm  
Commencing weekly  
from 28 April 2025

**Venue:**

via online video conference platform



**Crèche:**

Not available for this program

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## Circle of Security Parenting

Thursdays: 9.30am - 11.30am  
8, 15, 22, 29, May 5, 12, 19 & 26  
June 2025



**Venue:**

Parkerville Baptist Church

**Crèche:**

Free

Please enquire on registration.

## Circle of Security Parenting

Wednesdays: 9.30am - 11.30am  
7, 14, 21, 28 May 4, 11, 18 & 25 June  
2025



**Venue:**

Maylands 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.

## Circle of Security Parenting

Fridays: 9.30am - 11.30am  
9, 16, 23, 30 May 6, 13, 20 & 27  
June 2025



**IN PARTNERSHIP WITH ANGLICARE WA**

**Venue:**

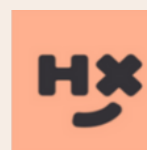
Child and Parent Centre Arbor Grove

**Crèche:**

Free

Please enquire on registration.

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## Circle of Security Parenting

Wednesdays: 7pm to 9pm  
28 May 4, 11, 18, 25 June 2,  
9 & 16 July 2025



**Venue:**

via online video conference platform

**Crèche:**

Not available for this program

## Tuning in to Kids

Tuesdays: 9:30am to 11:30am  
3, 10, 17, 24 June & 1 July 2025



IN PARTNERSHIP WITH MIDLAND WOMENS  
HEALTH CARE PLACE

**Venue:**

Midland Women's Health Care Place

**Crèche:**

Available for \$2 per session  
Please enquire on registration

## Empowered Parenting Helping your Adolescent return to school

Thursdays: 6:30pm to 8:30pm  
19, 26 June & 3 July 2025



IN PARTNERSHIP WITH  
HEADSPACE MIDLAND

**Venue:**

headspace Midland

**Crèche:**

Not available for this program

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## Emotion Coaching Your Child

Tuesday: 10pm - 12pm  
6 May 2025

**Venue:**

Boya Library  
Bookings through - Shire of Mundaring  
Libraries - Humanitix  
<https://events.humanitix.com/060525b>

**Crèche:**

Not available for this workshop

## Mindful Parenting

Tuesday: 9:30am to 11:30am  
13 May 2025



**Venue:**

Midland Women's Health care Place

**Crèche:**

Available for \$2 per session  
Please enquire on registration



## Online Safety Parent Workshop

Facilitated by WA Child Safety Services

Thursday: 6:30pm - 9pm  
22 May 2025



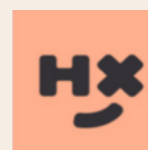
**Venue:**

Via Online Platform

**Crèche:**

Not available for this workshop

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## Protective Behaviours Parent Workshop

Facilitated by WA Child Safety Services

Thursday: 6:30pm - 9pm  
5 June 2025



**Venue:**

Via Online Platform

**Crèche:**

Not available for this workshop

## Anxiety & Your Child

Monday: 6:30pm - 8:30pm  
23 June 2025



**Venue:**

Parkerville Baptist Church

**Crèche:**

Not available for this program

## Raising Children in a Digital World

Tuesday: 10am - 12pm  
24 June 2025

**Venue:**

Boya Library

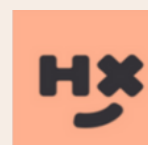
Bookings through - Shire of Mundaring  
Libraries - Humanitix

<https://event.humanitix.com/240625am>

**Crèche:**

Not available for this workshop

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## **Emotion Coaching Your Adolescent**

Tuesday: 5pm - 7pm  
24 June 2025

**Venue:**

Boya Library  
Bookings through - Shire of Mundaring  
Libraries - Humanitix  
<https://event.humanitix.com/240625pm>

**Crèche:**

Not available for this workshop



## **Raising Children in a Digital World**

Tuesday: 7pm - 9pm  
1 July 2025



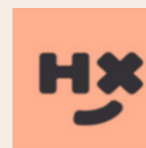
**Venue:**

Via Online Platform

**Crèche:**

Not available for this workshop

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# Program/Workshop Overview



## **Young Parent Group**

**Weekly x 1.5 hour sessions**

**Face to Face**

Connect, share & grow together every week.

The Young Parent Group provides a safe & nurturing environment for young parents to connect, share experiences & support each other through the joys and challenges of parenting. Join us for fun activities!

## **Circle of Security Parenting**

**8 x 2 hour sessions**

**Face to Face & 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

## **WA MyTime Online**

**Weekly x 1.5 hour sessions**

**Online**

MyTime is a free peer support group for parents and carers of a child with a disability, chronic medical condition, developmental delay or other additional needs.

## **Tuning into Kids**

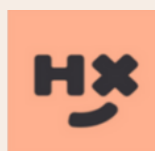
**6 x 2 hour sessions**

**Face to Face**

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
- managing emotions such as anger and anxiety



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# Program/Workshop Overview



## **Empowered Parenting - Helping your adolescent return to school**      **3 x 2 hour sessions**      **Face to Face**

This 3-week program helps parents support young people aged 11-14 who are reluctant to attend school. It focuses on building trust, overcoming challenges, and staying engaged in education.

You'll learn how to:

- Maintain a strong connection with your young person
- Communicate effectively to foster openness and trust
- Learn to understand emotions to effectively support and guide your young person
- Collaborate with schools to address challenges
- Build resilience to boost confidence and problem-solving skills.

## **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

## **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

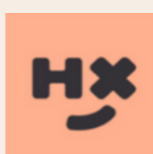
## **Raising Children In A Digital World**      **1 x 2 hour session**      **Face to face or Online**

For parents and caregivers of children aged 3 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



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# Program/Workshop Overview



## Mindful Parenting

**1 x 2 hour session**

**Face to Face**

Learn practical techniques to strengthen your relationship with your child and create a peaceful home environment.

What You'll Learn:

- Mindful Communication: How to truly listen and connect with your child.
- Emotional Awareness: Understand your emotions and those of your child.
- Stress Reduction: Techniques to stay calm and present in challenging moments.
- Self-Care: Strategies for taking care of yourself as a parent.

## Online Safety Parent Workshop

**1 x 2.5 hour session**

**Online**

Facilitated by WA Child Safety Services

Learn more about:

- \* Social media, networking, and gaming
- \* The impact of technology on the body & mind
- \* Cyberbullying
- \* Exposure to inappropriate content
- \* Online grooming and 'sextortion'
- \* Parental controls and resources

## Protective Behaviours Parent Workshop

**1 x 2.5 hour session**

**Online**

Facilitated by WA Child Safety Services

Empowering our Children

DID YOU KNOW - 90% of abused children are abused by someone they know and trust

- 30 - 60% of child sexual abuse is committed by children and young people

You will learn valuable personal safety skills and strategies that can help empower children and keep them safe from abuse.

You will leave the workshop with practical ideas and conversation starters.

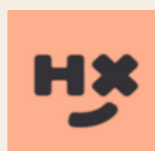
**THIS WORKSHOP IS NOT SUITABLE FOR CHILDREN**

## Emotion Coaching Your Child

**1 x 2 hour session**

**Face to Face**

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.



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# MIDVALE HUB PARENTING SERVICE PERTH NORTH EAST



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