

Family and Relationship Services

Workshops for parents and carers

Term Three 2018:

1. Understanding Anxiety & Depression in Youth

For parents & carers of children aged 8-17 years.

Do you have a young person in your life that may be experiencing Anxiety or Depression? This course covers the challenges experienced by anxious and/or depressed adolescents and provides practical ideas and tips for parents and carers to assist their child and themselves.

Facilitator:	Romy Pritchard	Dates:	Thursday 9 August	Crèche:	No Crèche available
Venue:	Headspace Armadale, 40 Fourth Rd, Armadale	Time:	6.30pm-8.30pm	Bookings:	parenting@communicare.org.au 9251 5777

2. Stand Up To Bullying:

For parents & carers of children aged 5-17 years.

It can be distressing for parents or caregivers to find out their child are being bullied or bullying others. This introductory course identifies bullying behaviours and supports parents and caregivers in teaching children strategies to reduce the incidence of being bullied or bullying.

Facilitator:	Romy Pritchard	Dates:	Tuesday 14 August	Crèche:	No Crèche available
Venue:	Westerly Family Centre, 27 Westerly Way, Coo롱gup	Time:	6.15pm-8.15pm	Bookings:	Bookings through KEYS 9439 1838

3. All About Adolescence:

For parents & carers of children aged 8-12 years.

Parenting adolescent boys & girls can be a challenging experience. It is a time of huge social and emotional changes for them, and for parents. This introductory course aims to provide parents an understanding of the various aspects of adolescent boys & girls and provide effective strategies to assist in supporting both parent and child.

Facilitator:	Romy Pritchard	Dates:	Thursday 16 August	Crèche:	No Crèche available
Venue:	Willetton Youth Centre, 67 Pinetree Gully Rd, Willetton	Time:	6.15pm-8.15pm	Bookings:	parenting@communicare.org.au 9251 5777

FAMILY AND RELATIONSHIP SERVICES

A 28 Cecil Ave, Cannington, 6107
T (08) 9251 5745
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W communicate.org.au



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4. Young Active Parents Program (Ongoing):

For parents under the age of 25 years

Come and meet other parents in a welcoming atmosphere. Play and learn with your child and enjoy different fun activities each week. A parent support worker will be available each week to discuss any parenting topics and for general support.

Facilitator:	Parent Support Worker Communicare	Dates:	Wednesdays ongoing- starting 18 July	Crèche:	No Crèche available
Venue:	Communicare Playgroup Room, 28 Cecil Ave, Cannington	Time:	10.30am-12.30pm	Bookings:	9251 5745 parenting@communicare.org.au

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