



South East Metro Parenting Support Services

Workshops for Parents & Carers

Term Three 2018

1. Positive Discipline In Everyday Parenting:

For parents & carers of children aged 4-12 years

Positive discipline is an approach to parenting that strengthens the child-parent relationship, guides behaviour and teaches children problem solving and conflict resolution. It guides children through warmth and structure to increase their competence in handling challenging situations and developing empathy and respect for themselves and others. It is about long-term solutions that develop children's own self-discipline and their life-long skills.

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|---------------------|--|---------------|--|------------------|---|
| Facilitator: | Parenting Support Worker Communicare | Dates: | Thursday 19, 26 July 2, 9 & 16 August | Crèche: | Crèche available |
| Venue: | Communicare, 28 Cecil Ave, Cannington | Time: | 1.00pm-2.30pm | Bookings: | 9251 5777 parenting@communicare.org.au |

2. 123 Magic & Emotion Coaching:

For parents & carers of children aged 3-10 years

Finding effective ways to respond to your child's difficult behaviours and emotional outbursts can be stressful. In this course you will learn practical strategies for responding to challenging behaviour and increase your skills in encouraging and promoting positive behaviour in children aged 3 – 10 years. **Three-session workshop**

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|---------------------|---|---------------|----------------------------------|------------------|---|
| Facilitator: | Parenting Support Worker, Communicare | Dates: | Friday 20, 27 July & 3 August | Crèche: | Crèche available |
| Venue: | Challis Child Parent Centre, 40 Braemore St, Armadale | Time: | 9.30am-11.30am | Bookings: | 9251 5777 parenting@communicare.org.au |

3. Keeping Our Kids Safe (Protective Behaviours):

For parents & carers of children of all ages

Equip your child with the language and principles of protective behaviours. These can help children identify unsafe situations and arm them with the tools to either seek appropriate assistance or protect themselves. As you can't be with your child 24 hours a day, this workshop looks at how you can help them keep themselves safe

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|---------------------|--|---------------|--------------------|------------------|---|
| Facilitator: | Parenting Support Worker, Communicare | Dates: | Wednesday 1 August | Crèche: | Crèche available |
| Venue: | Leisurelife Centre, 34 Kent St, East Victoria Park | Time: | 9.30am-11.00am | Bookings: | 9251 5777 parenting@communicare.org.au |

Bookings are essential to secure a place, and all workshops are free of charge

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4. Parenting Children with ADHD:

EVENING COURSE

For parents & carers of children aged 4-13 years

This **5 week** workshop is designed for parents of children with ADHD and is facilitated by real parents who live with ADHD everyday. The main topics will include methods to understand and manage your emotions, strategies which are known to work with ADHD, up to date information on ADHD, managing defiant behaviours and setting boundaries

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|---------------------|---------------------------------------|---------------|----------------------------------|------------------|---|
| Facilitator: | Susan Hughes & Elena Trethowan | Dates: | Thursday 2, 9, 16, 23, 30 August | Crèche: | No crèche available |
| Venue: | Communicare, 28 Cecil Ave, Cannington | Time: | 6.00pm- 8.30pm | Bookings: | 9251 5777 parenting@communicare.org.au |

5. Tuning Into Kids:

For parents & carers of children aged 3 - 9 years

Tuning in to Kids is a **6 week** parenting program that aims to help parents and caregivers teach their children to understand and regulate their emotions. Children with good emotional intelligence often have better emotional, social, and physical functioning, as well as fewer behavioural difficulties. Tuning in to Kids is a parenting program that aims to give helpful ways of teaching children the skills of emotional intelligence.

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|---------------------|---|---------------|--|------------------|---|
| Facilitator: | Parenting Support Worker Communicare | Dates: | Monday 6, 13, 20, 27 August 3, 10 September | Crèche: | Crèche available |
| Venue: | Communicare, 28 Cecil Ave, Cannington | Time: | 9.30am-11.30am | Bookings: | 9251 5777 parenting@communicare.org.au |

6. 123 Magic & Emotion Coaching:

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|---------------------|---|---------------|--------------------------|------------------|------------------|
| Facilitator: | Parenting Support Worker Communicare | Dates: | Friday 10, 17, 24 August | Crèche: | Crèche Available |
| Venue: | Child Parent Centre, East Maddington Primary School, 79 Pitchford Ave | Time: | 9.30am-11.00am | Bookings: | CPC- 9459 1166 |

Bookings are essential to secure a place, and all workshops are free of charge

SOUTH EAST METRO PARENTING SUPPORT SERVICE

A 28 Cecil Ave, Cannington 6107
T 08 9251 5777
E parenting@communicare.org.au
W communicate.org.au

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7. Jump Start:

For parents & carers of children 3 years old

A **5 week playgroup style structured program** that will assist you and your child in preparing for school. Topics include building social skills and independence, separation anxiety, setting boundaries and developing language and listening skills. Please bring a healthy snack and drink bottle for your child's morning tea!

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|---------------------|--|---------------|--|------------------|---|
| Facilitator: | Parenting Support Worker, Communicare | Dates: | Tuesday 14, 21, 28 August 4, 11 September | Crèche: | N/A Child Participates |
| Venue: | Communicare, 28 Cecil Ave, Cannington | Time: | 9.30am-11.30am | Bookings: | 9251 5777 parenting@communicare.org.au |

9. Lets Talk Toddlers:

For parents & carers of toddlers

This introductory parenting workshop assists parents to better understand their toddler's world. It includes providing practical ideas on how you can meet your child's needs and manage challenging behaviours, whilst building a secure relationship with them.

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|---------------------|---|--------------|---------------------|------------------|---|
| Facilitator: | Parenting Support Worker, Communicare | Date: | Wednesday 15 August | Crèche: | Crèche available |
| Venue: | Child Parent Centre 34 Brookman Ave, Langford | Time: | 12.00pm-1.30pm | Bookings: | 9258 4646 cpcbroomman@parkerville.org.au |

8. 123 Magic & Emotion Coaching :

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| Facilitator: | Parenting Support Worker, Communicare | Dates: | Friday 17, 24, 31 August | Crèche: | Crèche available |
| Venue: | CPC-Gwynne Park Primary School, 11 Tijuana Rd, Armadale | Time: | 9.30am-11.30am | Bookings: | 9251 5777 parenting@communicare.org.au |

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|---------------------|---|---------------|----------------------------|------------------|---|
| Facilitator: | Parenting Support Worker, Communicare | Dates: | Monday 3, 10, 17 September | Crèche: | Crèche available |
| Venue: | Leisurelife Centre, 34 Kent St, Vic Park | Time: | 9.30am-11.30am | Bookings: | 9251 5777 parenting@communicare.org.au |

10. Babies on the Move :

For parents & carers of children aged 0-12 months

This **4 week** workshop will aid & support parents & carers through the most common difficulties faced in the first year of parenting. The main topics will include: 1. Moving onto solids 2. Sleep & routines 3. Behaviour & brain development 4. Safety for your baby. Parents will have the opportunity to ask questions & connect with other parents.

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|---------------------|--|---------------|------------------------------------|------------------|---|
| Facilitator: | Parenting Support Worker, Communicare | Dates: | Tuesday 4, 11, 18, 25 September | Crèche: | N/A Child Participates |
| Venue: | Communicare, 28 Cecil Ave, Cannington | Time: | 9.30am – 11.30am | Bookings: | 9251 5777 parenting@communicare.org.au |

11. Lets Talk Parenting :

For parents & carers from diverse cultural backgrounds

Would you like to get some help that is supportive and respectful of your culture?

We all need a little help dealing with common parenting issues once in a while. If you have any questions or need some support parenting your baby, child or teenager, then please feel welcome to come along and discuss with others. The Parenting Support Worker will be there with support and information and to answer any questions or concerns you may have. Hope to see you there! Light refreshments provided.

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|---------------------|---|---------------|-----------------------|------------------|---|
| Facilitator: | Parenting Support Worker Save the Children | Dates: | Wednesday 5 September | Crèche: | Crèche available |
| Venue: | Communicare, 28 Cecil Ave, Cannington | Time: | 1.30pm-2.30pm | Bookings: | 9251 5777 parenting@communicare.org.au |

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12. Toilet Training:

For parents & carers of toddlers

An informative workshop to support you and your child with toilet training and provide you with the knowledge and tools to help you through this important stage of a child's development.

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|---------------------|---|---------------|----------------------|------------------|------------------|
| Facilitator: | Parenting Support Worker Communicare | Dates: | Thursday 6 September | Crèche: | Crèche available |
| Venue: | Child Parent Centre, East Maddington Primary School, 79 Pitchford Ave | Time: | 9.30am-11.00am | Bookings: | CPC- 9459 1166 |

13. Setting Boundaries:

For parents & carers of children aged 0-12 years

Setting limits whilst still being a loving parent is an important part of raising responsible children. This introductory workshop addresses what boundaries are, why they are important and how parents and caregivers can help children develop boundaries for themselves.

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|---------------------|---|---------------|-----------------------|------------------|---|
| Facilitator: | Parenting Support Worker Communicare | Dates: | Thursday 13 September | Crèche: | Crèche available |
| Venue: | Child Parent Centre 34 Brookman Ave, Langford | Time: | 12.30pm-2.00pm | Bookings: | 9258 4646 CPCBrookman@parkerville.org.au |

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