

# South West Metropolitan Parenting Service

## Term 3 2023 Program



Courses, workshops, and community network for parents and carers of children aged pre-birth to 18 years old.

### July

**Sing and Play (referral essential)**  
**Fridays 10:00 am - 11:30 am**  
**From 21 July to 11 September**  
Location: Coolbellup Hub  
Host: Cockburn Parenting  
Bookings: [parenting@cockburn.wa.gov.au](mailto:parenting@cockburn.wa.gov.au)

**PlayTime: help with tricky times and transitions (parent and child attend together)**  
**(8 weeks)**



**Mondays 10:00 am - 11:30 am**  
**From 24 July to 11 September**  
Location: Meerilinga Hilton  
Host: Meerilinga Parenting  
Booking: 0419 588 849

**My Time Aboriginal Parents' Group**



**Tuesdays 12:00 pm - 2:00 pm**  
**From 27 July to 12 September**  
Location: Coolbellup Hub  
Host: Cockburn Parenting  
Booking: [cockburn@parenting.wa.gov.au](mailto:cockburn@parenting.wa.gov.au)  
Creche Available

**Circle of Security Parenting**



**Thursdays 10:00 am - 12:00 pm**  
**From 27 July to 12 September**  
Location: Coolbellup Hub  
Host: Cockburn Parenting Service  
Booking: [parenting@cockburn.wa.gov.au](mailto:parenting@cockburn.wa.gov.au)

**Calm and Confident Parenting Webinar Series:**

**Supporting Sibling Bonds (recording available)**



**Thursday 27 July 12:00 pm - 12:30 pm**

Location: Online  
Host: Meerilinga Parenting Service  
Booking: <https://us02web.zoom.us/j/81912345678>

**Parent Circle (for those who have completed Parenting by Connection workshop)**

**Friday 28 July 1:00 pm - 2:30 pm**  
Location: The Meeting Place, Fremantle  
Host: Meerilinga Parenting Service  
Booking: 0419 588 849

### August

**Circle of Security (abbreviated) Parenting Course**



**Thursdays 5:00 pm - 7:00 pm**  
**From 3 August to 7 September**  
Location: Darius Wells Library and Resource Centre, Kwinana  
Host: KEYS Parenting Service  
Bookings: 9439 1838  
Crèche available

**Making Friends With Tantrums**



**Monday 7 August 10:00 am - 11:30 am**  
Location: Online  
Host: Cockburn Parenting Service  
Bookings: [parenting@cockburn.wa.gov.au](mailto:parenting@cockburn.wa.gov.au)

### August

**Talking With Your Teen**



**Monday 14 August 10:00 am - 11:30 am**  
Location: Online  
Host: Cockburn Parenting Service  
Bookings: [parenting@cockburn.wa.gov.au](mailto:parenting@cockburn.wa.gov.au)

**Calm and Confident Parenting Webinar Series:**

**Positive Screen Use for Tweens (recording available)**



**Friday 10 August 12:00 pm - 12:30 pm**

Location: Online  
Host: Meerilinga Parenting Service  
Booking: <https://us02web.zoom.us/j/81912345678>

**Family Fun Time at Carawatha Park (parent and child attend together)**



**Thursday 17 August 10:00 am - 11:30 am**  
Location: Carawatha Park, Melville  
Host: Meerilinga Parenting Service  
Booking: <https://www.eventbrite.com.au/e/family-fun-time-at-carawatha-park-tickets-643448270097>

**Parent Circle (for those who have completed Parenting by Connection workshop)**

**Friday 18 August 1:00 pm - 2:30 pm**  
Location: The Meeting Place, Fremantle  
Host: Meerilinga Parenting Service  
Booking: 0419 588 849

**Calm and Confident Parenting Webinar Series:**

**Reaching Your Teen and Building Your Bond (recording available)**



**Thursday 24 August 12:00 pm - 12:30 pm**  
Location: Online  
Host: Meerilinga Parenting Service  
Booking: <https://us02web.zoom.us/j/81912345678>

**Bringing Up Great Teens**



**Thursday 24 August 5:00 pm - 7:30 pm**  
Location: Online OR in person at Meerilinga Hilton (85 Rennie Crescent South, Hilton)  
Host: Meerilinga Parenting Service  
Booking: Online- <https://us02web.zoom.us/j/81912345678>  
In Person- <https://www.eventbrite.com.au/e/bringing-up-great-teens-tickets-643474438367>

**Protective Behaviours Parenting Intensive Tuesdays 9:30 am - 11:30 am**



**From 29 August to 12 September**  
Location: Darius Wells Library and Resource Centre, Kwinana  
Host: KEYS Parenting Service  
Booking: 9439 1838  
Crèche Available

**Dads Make a Difference Online**



**Thursday 31 August 6:30 pm - 8:30 pm**  
Location: Online  
Host: Meerilinga Parenting Service  
Booking: <https://us02web.zoom.us/j/81912345678>

### September

**Calm and Confident Parenting Webinar Series:**

**Tough Conversations with Children (recording available)**



**Thursday 7 September 12:00 pm - 12:30 pm**

Location: Online  
Host: Meerilinga Parenting Service  
Booking: <https://us02web.zoom.us/j/81912345678>

**Parent Circle (for those who have completed Parenting by Connection workshop)**

**Friday 15 September 1:00 pm - 2:30 pm**

Location: The Meeting Place, Fremantle  
Host: Meerilinga Parenting Service  
Booking: 0419 588 849



Online



Creche



Family welcome

Please note: Due to COVID-19, events are subject to change or cancellation based on WA Public Health advice. If you have registered for an event that is rescheduled, cancelled, or changed into an online event, we will notify you as soon as possible.

All public health and social measures remain in place for events held at locations. To ensure the safety of our children, families, community, and staff, our teams continue to monitor the situation and update our respective COVID-19 policies accordingly.

# Workshop Overviews

## Workshops

### **Making Friends with Tantrums:**

An online session for parents/carers to support your understanding of children's behaviour and emotions. We look at the causes of children's tantrums and you will learn tools that will assist you to encourage children's positive behaviour and cooperation.

### **Talking with your Teen:**

The teenage years can be a challenge to navigate for both parents and teens. This presentation will provide information to increase your understanding of your teen's development, and the changes they are experiencing. Discover ways to encourage communication and a closer connection using the tool of emotion coaching. For parents and carers of pre-teens and teens

### **Calm and Confident Parenting Webinar Series**

Join Meerilinga Parenting Service for a series of 30 minute lunchtime webinars where we explore solutions to a wide variety of everyday parenting challenges. The webinars will be recorded and available on request, and the recording sent to those who register.

### **Family Fun Time**

Songs, stories and games to help with tricky times and transitions. Enjoy a morning at the park with your 0 - 5 year old while learning about playful strategies to support family life to go smoothly.

### **PlayTime**

Mondays in Terms 2 and 3 are a time for parents to get playful at Meerilinga Hilton! Parent and child attend this workshop together to learn about how putting connection at the centre of family life can help with cooperation. Parents can choose to engage with online, self-paced information outside of the sessions, and enjoy some playful tips using songs, stories and games to help in hard moments.

### **Dads Make a Difference**

A workshop for Dads, those who identify as a Dad, and other father-figures including Uncles, Grandfathers and more. All are welcome to this conversation around why Dads are so important. We'll share some key connection-focused strategies for Dads to use to build connected families, and a support tool for Dads to build their ability to lead their families well.

### **Bringing Up Great Teens**

A 2.5 hour session based on the Bringing Up Great Kids program, delivered both online AND in person. This workshop will focus on self-care and mindfulness for parents. The workshop will also provide neuroscience, information and advice about navigating the developmental stage of the teen years. We'll learn about supporting young people aged 13 - 18 and the importance of relationship, reflection and connection.

### **Supporting Tweens and Teens**

**For:** parents of adolescents/teens.

This workshop focuses on strengthening your connection with your teen. Utilising strategies from the Circle of Security and Parenting by Connection Programs, learn to listen and respond to your teen, support them through difficulties, helping them solve problems and set boundaries.

## Workshops

### **Circle of Security Parenting**

**For:** parents of children from birth to 18 years

This workshop series focuses on supporting and strengthening parent-child relationships, and teaches new ways to understand and respond to your children's behaviour.

Workshops in this series include:

- Circle of Security Parenting (8 weeks)
- Circle of Security Introductory Session (2 hours)
- Circle of Security Parenting Reconnect (2 hours)

### **Bringing Up Great Kids**

**For:** pregnant parents and parents with children up to age of 12. This workshop series encourages parents to become more reflective and mindful in their parenting approach such as understanding parenting styles, brain development in children, communication skills and how to find support.

Workshops in this series include:

- Bringing Up Great Kids (6 weeks)
- Bringing Up Great Kids in the First 1000 Days (5 weeks)
- Bringing Up Great Kids Adolescents (6 weeks)

### **Hand in Hand Parenting**

**For:** parents of children from birth to 18 years.

This workshop series helps families build a stronger parent-child connection. It provides tools that allow children to flourish and supports parents to become confident leaders in their families and communities.

Workshops in this series include:

- Parenting by Connection Starter Class (6 weeks)
- Understanding Tears and Tantrums (3 weeks)
- Build Your Bond (3 weeks)
- New Mums and Dads (3 weeks)
- Let's Talk About Sleep (2 hours)
- Potty Time (2 hours)
- Chaos to Connection (2 hours)
- Various other one-off sessions

### **Protective Behaviours Parenting Intensive:**

**For:** parents of children from birth to 18 years.

This 3 week program will delve into strategies for helping kids:

- Develop confidence in their abilities, assertiveness and problemsolving skills, emotional regulation, resilience, and empathy
- Know when and where to go to for help (in any area of life),
- Make wise choices around behaviour, friendships, & relationships • \\
- Improve emotional wellbeing
- Understand consent

## Support Groups

### **My Time: Aboriginal Parent Support Group**

**For:** Aboriginal parents and grandparents.

**Duration:** Weekly during school term.

This group combines yarnning, art, culture, and self-care. Members meet weekly during school term at the Coolbellup Hub. Lunch and childcare is provided.

### **Parent Circle**

An ongoing, monthly support circle for those familiar with the tool of Listening Partnerships, this workshop is for those who have completed a Parenting by Connection / Hand in Hand Parenting workshop.

# Resources for Parents & Carers



## Helplines

### **Lifeline 13 11 14**

A free 24 hour crisis support and suicide prevention service

### **Kids Helpline 1800 551 800**

Free and confidential 24/7 phone counselling service for young people aged 5-25 years old

### **Crisis Care 1800 199 008**

Contact Crisis Care if you are concerned about the wellbeing of a child, are escaping domestic violence or experiencing homelessness

### **Ngala Parenting Line 9368 9368 or 1800 111 546**

A free support service for WA parents and caregivers of children from conception to 18 years

### **13 Yarn 13 92 76**

24/7 crisis support line for Aboriginal and Torres Strait Islander people. This service is run by Aboriginal and Torres Strait Islanders.

### **Thirrili 1800 805 801**

is a 24/7 postvention phone service for Aboriginal and Torres Strait Islander people who are bereaving after losing someone from suicide.

## Contact

### **Meerilinga Parenting Service**

0418 792 121 [meerilinga.org.au](http://meerilinga.org.au)

### **Cockburn Parenting Service**

08 9411 3855 [cockburn.wa.gov.au](http://cockburn.wa.gov.au)

### **KEYS Parenting Service**

08 9439 1838 [keyswa.org](http://keyswa.org)

### **Translating and Interpreting Service (TIS) 13 14 50**

This is a free interpreting service provided by the Australian Government for people who do not speak English. They can connect you with the service of your choice and interpret for you.

## Resources

### **Raising Children**

[raisingchildren.net.au](http://raisingchildren.net.au)

### **Hand in Hand Parenting**

[handinhandparenting.org](http://handinhandparenting.org)

### **Zero to Three**

[zerotothree.org](http://zerotothree.org)

### **Better Beginnings**

[better-beginnings.com.au](http://better-beginnings.com.au)

### **Beyond Blue's Healthy Families**

[healthyfamilies.beyondblue.org.au](http://healthyfamilies.beyondblue.org.au)

### **The Fathering Project**

[thefatheringproject.org](http://thefatheringproject.org)

### **Australian Childhood Foundation**

#### **COVID-19 Resources**

[childhood.org.au/covid-19](http://childhood.org.au/covid-19)

Scan this QR code to visit the South West Metropolitan Parenting Service website hosted by Meerilinga.



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