


South East Metropolitan Parenting Services

Workshops for Parents & Carers

Term 3, 2017

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

<p>Tuning in to Kids: For parents & carers of children aged 3 - 10 years.</p> <p>In this six week course you can learn how to:</p> <ul style="list-style-type: none"> • communicate with your child more effectively • understand your child better • help your child learn to manage their emotions • prevent behavioural problems in your child • teach your child strategies to deal with conflict 	<p></p> <p>Facilitator: Parenting Coordinator Venue: Communicare 28 Cecil Ave, Cannington Dates: Mondays: 24, 31 July, 7, 14, 21 & 28 August 2017 Time: 9.30am – 11.30am Crèche: Crèche available</p> <p>CWright@Communicare.org.au or phone 0421 005 804</p>
<p>Let's Talk Toddlers: For parents & carers of children aged 1 – 3 years</p> <ul style="list-style-type: none"> • Gain a greater understanding of what is going on in your toddler's world and what behaviour is developmentally normal. • Learn strategies for managing challenging behaviour and increase your skills in encouraging and promoting positive behaviour in your toddler. 	<p>Facilitator: Parenting Support Worker Venue: South Bentley C/Centre Cnr Hillview Place and Hillview Terrace Dates: 15 September 2017 Time: 9.30am – 11.30am Crèche: Crèche available</p> <p>RGordon-Smith@Communicare.org.au or phone 0423 510 587</p>
<p>Engaging Adolescents: For parents & carers of young people 10-18 years.</p> <p>Do you want to have a better understanding of your teenager, and a more connected relationship? Learn how to set realistic boundaries and how to have those tough conversations whilst learning about what is going on in your teen's brain.</p>	<p>Facilitator: Parenting Coordinator Venue: Cannington Library Dates: Tuesdays: 29 Aug, 5 & 12 Sept 2017 Time: 6.00pm – 8.00pm</p> <p>CWright@Communicare.org.au or phone 0421 005 804</p>

Kids & Sport:

For parents & carers of children all ages.

In this workshop you will learn:

- the benefit of sport/physical activity for kids
- the impact of sport on positive mental health
- fun and interactive activities that can be done at home
- what opportunities & support is available in your community for kids wanting to play sport



Facilitator: MYSport Project Officer
Venue: Cannington Leisureplex
Cnr Wharf & Sevenoaks St
Date: **Tuesday: 8 August 2017**
Time: 9.30am – 11.30am
Crèche: Crèche available

CWright@Communicare.org.au
or phone 0421 005 804

Parenting Group: Babies on the move.

For parents & carers of children aged 3 - 10 years.

In this **4 week** course you can learn more about your baby and :

- Moving onto to solid food (Week 1)
- Sleep & Routines (Week 2)
- Behaviour & Brain development (Week 3)
- Safety around the home (Week 4)

Facilitator: Parenting Support Worker
Venue: Belmont Training Rooms
275 Abernethy Rd
Dates: **Tuesdays:**
8, 15, 22, 29 August 2017
Time: 9.30am – 11.30am

SFairbairn@Communicare.org.au
or phone 0400 451 254

123 Magic & Emotion Coaching:

For parents & carers of children aged 3 - 10 years.

Three-session workshop

Learn strategies for managing challenging behaviour and increase skills in encouraging and promoting positive behaviour in children aged 3 – 10 years.

WHERE:

- Riverton Library
- Armadale Community Centre
(See below)

Facilitator: Parenting Support Worker
Venue: Riverton Library
Dates: **Tuesdays:**
26 July, 2, 9 Aug 2017
Time: 10.00am – 11.30am
Crèche: Crèche available

RGordon-Smith@Communicare.org.au
or phone 0423 510 587

Facilitator: Parenting Support Worker
Venue: Armadale Community Centre
Dates: **Mondays:**
4, 11 & 18 Sept 2017
Time: 12.30 – 2.30pm (light lunch)
Crèche: Crèche available

RHoman@Communicare.org.au
or phone 0419 572 693



“Raise your words, not your voice. It is the rain that grows flowers, not thunder”!

(Author unknown)

Protective Behaviours:

For parents & carers of children 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. You can't be with your child 24 hours a day, so learn how you can help them keep themselves safe.

Facilitator: Parenting Support Worker
Venue: Armadale Community Centre
Dates: **Monday: 24 July or
Tuesday: 15 Aug 2017**
Time: 12:00pm – 2:00pm
Crèche: Crèche available

RHoman@Communicare.org.au
or phone 0419 572 693

DROP IN Parenting Services:

Willetton Library

First **Monday** of each month during school terms
11:30am to 12:30pm
Term 3: **7 August and 4 September**, 2017

Bentley Library

First **Tuesday** of each month during school terms
11:00am to 12:00noon
Term 3: **1 August and 5 September**

Riverton Library

First **Thursday** of each month, school terms
11:30am to 12:30pm
Term 3: **3 August and 7 Sept**

Cannington Library

First **Friday** of each month, school terms
11:30am to 12:30pm
Term 3: **4 August and 1 Sept**

JumpStart Playgroup:

For 3 year old's and their parents.

A weekly structured program designed around topics such as building social skills and independence, separation anxiety, setting boundaries and developing language & listening skills.

This is a 5 week group



Please bring a healthy snack for morning tea!



Where: Communicare – Playgroup Room
28 Cecil Ave, Cannington
Dates: **Wednesdays:
16 August – 13 September 2017**
Time: 9:30am – 11:30am
OR...

Where: Baker's House – Children's area
10 Welcome Meander, Harrisdale
Dates: **Fridays:
11 August – 8 September 2017**
Time: 10:00am – 12:00noon

RGordon-Smith@Communicare.org.au
or phone 0423 510 587



Email: parenting@communicare.org.au
www.communicare.org.au