

2025 What's On



South East Metro Parenting Support Service

Programs for Parents and Carers of children 0-18 years living in the South-East Metro area

Term 1 Parenting Program

January

Young Active Parents Program
Tuesdays
14 January - 8 April 2025
9.30am - 11.30am

Communicare
28 Cecil Avenue
Cannington

✉ parenting@communicare.org.au
📍 <https://www.trybooking.com/CNIEE>

February

Positive Discipline in Everyday Parenting
Fridays
14 February -14 March 2025
9.30am - 11.30am

Woodlupine Family Centre
88 Hale Road
Forrestfield

✉ parenting@communicare.org.au
📍 <https://www.trybooking.com/CXGDM>



Circle of Security® Parenting
Tuesdays
18 February - 8 April 2025
10.00am - 11.30am

Armadale Community Family Centre
101 Challis Road
Seville Grove

✉ parenting@communicare.org.au
📍 <https://www.trybooking.com/CXHQU>

Guiding Behaviours
Tuesday
18 February 2025
6.30pm - 8.30pm

Nido Early School
42-44 Camberwell Street
East Victoria Park

✉ parenting@communicare.org.au
📍 <https://www.trybooking.com/CXGRO>

Tuning in to Kids®
Wednesdays
19 February - 26 March 2025
9.30am - 11.30am

Victoria Park Community Centre
248 Gloucester Street
East Victoria Park

✉ parenting@communicare.org.au
📍 <https://www.trybooking.com/CXGRY>

Circle of Security® Parenting
Fridays
21 February - 11 April 2025
12.30pm - 2.00pm

East Maddington Child and Parent Centre
79 Pitchford Avenue
(opposite 171 Westfield Street)
Maddington

✉ cpceastmaddington@centrecare.com.au



February

Bringing up Great Kids in the First 1000 Days Thursdays

27 February - 27 March 2025
9.30am - 11.30am

Belmont Hub
2nd Floor (Communicare)
213 Wright Street
Cloverdale

✉ parenting@communicare.org.au
📍 <https://www.trybooking.com/CXGSK>



Kids and Anxiety Thursday

27 February 2025
12.30pm - 3.00pm

Meerilinga Children and Community Services
104 Edney Road
High Wycombe

✉ parenting@communicare.org.au
📍 <https://www.trybooking.com/CXGNG>

Let's Talk Toilet Training Thursday

27 February 2025
12.30pm - 2.30pm

Westfield Park Child and Parent Centre
11 Hemingway Drive
Camillo

✉ parenting@communicare.org.au
📍 <https://www.trybooking.com/CXHRG>



March

Treasuring the Moments Wednesdays

5 - 26 March 2025
12.00pm - 2.00pm

Brookman Child and Parent Centre
26 Brookman Avenue
Langford

✉ cpcbrooman@parkerville.org.au



Protective Behaviours Thursday

6 March 2025
10.00am - 12.00pm

Online
(Access to a device with sound and video enabled is essential)

✉ parenting@communicare.org.au
📍 <https://www.trybooking.com/CXIRM>



Let's Talk Toilet Training Monday

10 March 2025
12.30pm - 2.00pm

Gosnells Child and Parent Centre
173 Hicks Street (access via Clara Street)
Gosnells

✉ cpcgosnells@centrecare.com.au



Mindfulness and Self Compassion Thursday

13 March 2025
5.30pm - 7.30pm

Kalamunda Library
7 William Street
Kalamunda

✉ parenting@communicare.org.au
📍 <https://www.trybooking.com/CXGEH>

Kids and Anxiety Monday

17 March 2025
12.00pm - 2.30pm

Gosnells Child and Parent Centre
173 Hicks Street (access via Clara Street)
Gosnells

✉ cpcgosnells@centrecare.com.au



March

Guiding Behaviours **Tuesday** **18 March 2025** **9.30am - 11.30am**

High Wycombe Library
15 Markham Road
High Wycombe

✉ parenting@communicare.org.au
📍 <https://www.trybooking.com/CXGPI>



All About Sleep **Thursday** **20 March 2025** **12.30pm - 2.30pm**

Meerilinga Children and Community Services
104 Edney Road
High Wycombe

✉ parenting@communicare.org.au
📍 <https://www.trybooking.com/CXGPX>

Love Languages of Children **Friday** **21 March 2025** **9.30am - 11.30am**



Woodlupine Family Centre
88 Hale Road
Forrestfield

✉ parenting@communicare.org.au
📍 <https://www.trybooking.com/CXGEV>

Let's Talk Toilet Training **Tuesday** **25 March 2025** **1.15pm - 2.30pm**

Belmont Library
215 Wright Street
Cloverdale

✉ parenting@communicare.org.au
📍 <https://www.trybooking.com/CXIRW>

Let's Talk Teens **Tuesday** **25 March & 1st April 2025** **6.00pm - 8.00pm**

Rostrata Family and Neighbourhood Centre
Prendwick Reserve, Prendwick Way
Willetton

✉ admin@rostratafc.org.au

Mealtimes for Fussy Eaters **Thursday** **27 March 2025** **12.30pm - 2.30pm**



Westfield Park Child and Parent Centre
11 Hemingway Drive
Camillo

✉ parenting@communicare.org.au
📍 <https://www.trybooking.com/CXJBT>

Let's Talk Toilet Training **Thursday** **27 March 2025** **1.15pm - 2.30pm**

Ruth Faulkner Library and Museum
Children's area
213 Wright Street
Cloverdale

✉ parenting@communicare.org.au
📍 <https://www.trybooking.com/CXIRW>

Raising Children in a Digital World **Thursday** **27 March 2025** **5.30pm - 7.30pm**

Kalamunda Library
7 Williams Street
Kalamunda

✉ parenting@communicare.org.au
📍 <https://www.trybooking.com/CXGFG>

April

Kids and Anxiety
Tuesday
1 April 2025
6.30pm - 8.30pm



Online
(Access to a device with sound and video enabled is essential)

✉ parenting@communicare.org.au
📍 <https://www.trybooking.com/CXJCO>



Program Overviews

All About Sleep (1-session program)

For parents and carers of children 0-2 years

This workshop helps parents understand how their babies sleep, what patterns are common in the first few months and what a healthy, safe sleep environment looks like. We will discuss what circumstances make it hard for babies to achieve a restful sleep and realistic expectations of baby's development in this ever-changing period of growth.

Bringing up Great Kids - First 1000 days (5-session program)

For expecting couples and parents of babies under 2 years

The Bringing up Great Kids in the First 1000 days program is built on the understanding that responsive and reflective relationships in the child's first 1000 days (from conception through to a child's second birthday) impacts health and wellbeing for the child in later life.

This 5 week workshop will nurture and support parents as they embark on this parenting journey, laying the foundations for children's future health, wellbeing, and relationships. It will give parents the opportunity to reflect on the type of parents they wish to be, to understand how their baby's brain will develop, give parents an understanding of how their babies will grow and what they will need in the first 1000 days, and how to identify and manage the stress that comes with parenting.

BUGK First 1000 days is fun, interactive, supportive and a great way to meet other parents who are also on this new journey of parenthood.

It is recommended that parents attend all 5 sessions.

Circle of Security® Parenting (8-session program)

For parents and carers of children 0-5 years

Parenting can sometimes feel like a complex puzzle, leaving you wondering what your child truly needs from you. You're not alone in this journey. Every parent experiences moments of uncertainty, and that's where the Circle of Security Parenting Program can make a difference.

The Circle of Security Parenting program looks beneath behaviour to make sense of what your child is really asking from you. It provides a 'map' to help better read your child's needs, understand your child's emotional world, support your child's ability to successfully manage emotions, build their self-esteem, support their need to build new skills, and strengthen the relationship you have with your child.

Guiding Behaviours (1-session program)

For parents and carers of children 1-5 years

Most parents and carers would like their children to do the right thing – even when they're not looking.

A child's brain is a work in progress and is developing at the rate of millions of connections a day.

The way we respond, as parents and carers, can greatly influence how and what they learn. It can also affect a child's self-regulation, emotional control and decision making.

Come along to this workshop for tips and strategies that will help guide and teach your children in multiple ways, everyday!

Kids and Anxiety (1-session program)

For parents and carers of children 4-12 years

Whilst some feelings of anxiety can be a normal part of children's development, an increasing number of children are experiencing higher levels of anxiety that are impacting on their everyday life. This course aims to assist parents and caregivers to understand anxiety and provides simple strategies for parents and caregivers to use at home.

Let's Talk Teens (2-session program)

For parents and carers of teenagers 13-18 years

THIS WORKSHOP SUPPORTS PARENTS TO NAVIGATE THE TRICKY TEENAGE YEARS.

- GAIN MORE UNDERSTANDING ABOUT YOUR TEEN'S WORLD AND THE CHANGING ROLE OF PARENTS.
- EXPLORE THE SCIENCE OF TEENAGE DEVELOPMENT AND HOW TO EFFECTIVELY COMMUNICATE IN A WAY THAT BUILDS CONNECTION AND RESPECT.
- LEARN STRATEGIES THAT SUPPORT TEENS TO DEVELOP THEIR IDENTITY AND THE SKILLS NEEDED TO SUCCESSFULLY TRANSITION INTO ADULTHOOD.

Let's Talk Toilet Training (1-session program)

For parents and carers of children 18 months - 4 years

Join us to discover when and how to start toilet training your toddler. Gain practical tips and build confidence for this exciting milestone!

What participants can learn:

- Signs your child is ready
- Essential skills and strategies
- Tips for a smooth process

Come and learn how best to approach this process and what skills are needed from you and your child.

Love Languages of Children (1-session program)

For parents and carers of teenagers 0-12 years

Each child expresses and receives love through one of five different communication styles. This introductory course assists parents and caregivers to discover their child's primary language and provides skills in conveying unconditional feelings of respect and affection.

Based on 'The Five Love Languages of Children' by Gary Chapman and Ross Campbell MD.

Mealtimes with Fussy Eaters (1-session program)

For parents and carers of children 6 months - 2 years

Is your child a fussy eater? Finding it hard to establish a mealtime routine that works?

Join our Mealtimes with Fussy Eaters workshop – a practical, supportive, and educational approach designed to help your child build better eating habits and allow you to rediscover the joy of mealtime!

Mindfulness and Self Compassion (1-session program)

For all parents and carers of children 0-18 years

(Including Dads, Grandcarers, Step parents, Foster parents. All welcome!)

Most of us are hard on ourselves when it comes to parenting.

Would you like to learn some mindfulness skills and practices to help you be kinder to yourself?

This workshop will look at mindfulness practice and self-compassion, and why they are vital for our well-being and can enrich our parenting.

Positive Discipline in Everyday Parenting (5-session program)

For parents and carers of children 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.

Protective Behaviours (1-session program)

For parents and carers of Children 3-12 years

Equip your child with the language and principles of protective behaviours to develop their personal safety, knowledge and skills.

By sharing protective behaviours with your child, you will be helping to develop life long skills of assertiveness, self-confidence, problem solving, communication, resilience and reaching out for help when needed.

Treasuring the Moments (4-session program)

For parents and carers of children of all ages

Enjoy the little things. One day you may look back and realise they were the important things.

Come and relax, be creative and reflect on your parenting journey. Meet other parents as you create a cardboard memory keep sake of your child's development journey so far including special moments, highlights, and key milestones.

Raising Children in a Digital World (1-session program)

For all parents and carers of children 3-12 years

Join our free program to learn strategies for managing technology in your home and supporting your child's growth in the digital age.

In this program, you'll discover how to:

- Understand the impact of technology on your child's social, emotional, and cognitive development.
- Set healthy screen time boundaries and create a safe digital environment.
- Support your child's digital literacy and online safety.
- Use technology to enhance learning and development, rather than detract from it.

Our facilitators will guide you with practical tips for raising confident, responsible kids in today's tech-driven world.

Tuning in to Kids® (6-session program)

For parents and carers of children 3-12 years

This evidenced based program helps 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.

Young Active Parents Program (Term Program)

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 group facilitator will be available each week for further support.

