

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 2 Parenting Program

April

Young Active Parents Program

Tuesdays

15 April - 1 July 2025

9.30am - 11.30am

Communicare
28 Cecil Avenue
Cannington

✉ parenting@communicare.org.au

📍 www.trybooking.com/CNIEE

May

Parent Strengthening Group

Wednesdays

7, 14 & 21 May 2025

12.30pm - 2.00pm

Communicare
28 Cecil Avenue
Cannington

✉ parenting@communicare.org.au

📍 www.trybooking.com/DAAZJ



Circle of Security® Parenting for Dads

Thursdays

8 May - 26 June 2025

6.30pm - 8.00pm

Online (video and sound enabled)

✉ parenting@communicare.org.au

📍 www.trybooking.com/CZYWE



Circle of Security® Parenting Fridays

9 May - 27 June 2025

9.30am - 11.30am

Woodlupine Family Centre
88 Hale Road
Forrestfield

✉ parenting@communicare.org.au

📍 www.trybooking.com/CZYWO



Circle of Security® Parenting Tuesdays

13 May - 1 July 2025

9.30am - 11.30am

Karawara Family and Community Centre
61 Lowan Loop
Karawara

✉ parenting@communicare.org.au

📍 www.trybooking.com/DADCD

Positive Discipline in Everyday Parenting Tuesdays

13 May - 10 June 2025

9.30am - 11.30am

Communicare
28 Cecil Avenue
Cannington

✉ parenting@communicare.org.au

📍 www.trybooking.com/CZYOQ

Little Sprouts
Wednesdays
14 May - 11 June 2025
9.30am - 11.30am

Manning Community Centre
Early Years Room
2 Conochie Crescent
Manning

✉ parenting@communicare.org.au
📍 www.trybooking.com/DADDT

Circle of Security® Parenting
Wednesdays
14 May - 2 July 2025
10.00am - 12.00pm

Online (Video and sound enabled)

✉ parenting@communicare.org.au
📍 www.trybooking.com/DADGC



The Power of Play
Tuesday
20 May 2025
9.30am - 11.30am

High Wycombe Library
15 Markam Road
High Wycombe

✉ parenting@communicare.org.au
📍 www.trybooking.com/CZZHL

Raising Children in a Digital World
Tuesday
20 May 2025
10.00am - 12.00pm

Roleystone Family Centre
18 Wygonda Road
Roleystone

✉ parenting@communicare.org.au
📍 www.trybooking.com/DADJI



Keeping Kids in Mind
Thursdays
22 May - 19 June 2025
9.30am - 11.30am

Communicare
28 Cecil Avenue
Cannington

✉ parenting@communicare.org.au
📍 www.trybooking.com/CZYUE



Let's Talk Toilet Training
Thursday 22 May 2025
10.00am - 12.00pm

Challis Primary School
Room J8
40 Braemore Street
Armadale

✉ parenting@communicare.org.au
📍 www.trybooking.com/DADKK



Kids and Anxiety
Friday
30 May & 6 June 2025
12.45pm - 2.15pm

Brookman Primary School
34 Brookman Avenue
Langford

✉ brookman.ps@education.wa.edu.au
☎ 08 9366 0900

Protective Behaviours
Saturday
31 May 2025
9.30am - 11.30am

Canning Bridge Early Learning Centre
111 Roberts Road
Como

✉ parenting@communicare.org.au
📍 www.trybooking.com/DADEV



Kids and Anxiety
Tuesday
3 June 2025
3.00pm - 4.30pm



Serpentine Primary School
Lefroy Street
Serpentine

✉ parenting@communicare.org.au
📍 www.trybooking.com/DADLN

Raising Children in a Digital World
Tuesday
3 June 2025
6.00pm - 8.00pm

Rostrata Family and Neighbourhood Centre
Prendwick Reserve, Prendwick Way
Willetton

✉ admin@rostratafc.org.au
☎ 08 9457 3888

Kids and Anxiety
Thursday
5 June 2025
10.00am - 12.00pm



Roleystone Family Centre
19 Wygonda Road
Roleystone

✉ parenting@communicare.org.au
📍 www.trybooking.com/DADME

Guiding Behaviours
Monday
9 June 2025
12.30pm - 2.30pm



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

✉ CPCGosnells@centrecare.com.au

Parenting Challenges in a Digital World
Tuesday
10 June 2025
6.00pm - 8.00pm

Rostrata Family and Neighbourhood Centre
Prendwick Reserve, Prendwick Way
Willetton

✉ admin@rostratafc.org.au

Protective Behaviours
Thursday
12 June 2025
10.00am - 12.00pm



Challis Primary School
Room J8, 40 Braemore Street
Armadale

✉ parenting@communicare.org.au
📍 www.trybooking.com/DADMO

Let's Talk Toddlers
Thursday
26 June 2025
12.30pm - 2.30pm



Westfield Park Child and Parent Centre
11 Hemingway Drive
Camillo

✉ parenting@communicare.org.au
📍 www.trybooking.com/DADNL

Mealtimes with Fussy Eaters
Thursday
3 July 2025
10.00am - 12.00pm



Challis Primary School
Room J8, 40 Braemore Street
Armadale

✉ parenting@communicare.org.au
📍 www.trybooking.com/DADNT

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.

Circle of Security® Parenting (8-session program)

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 3-12 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 to 2-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.

Keeping Kids in Mind (5-session program)

For separated parents experiencing conflict

Parents love their children and want the best for them. However, after separation, parenting often gets much tougher.

Keeping Kids in Mind is a 5-week course for separated parents who are experiencing on-going conflict. The course is designed to:

- assist parents to see through their children's eyes the experience of parental separation.
- develop greater understanding about how to support children following family separation

The course covers the following topics:

- Grief and Loss after Separation
- The Hidden World of Children
- Rebuilding Resilience
- Bridging the Gap
- Looking Back and Moving Forward

Each participant must register their interest in attending the course and participate in a telephone interview prior to assess eligibility.

Let's Talk Toddlers (1-session program)

For parents and carers of children 18 months - 4 years

This introductory parenting workshop assists parents and carers to better understand their toddler's world.

It provides practical ideas on how you can meet your child's needs and manage challenging behaviours, whilst building a secure relationship with them.

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.

Little Sprouts (5-session program)

For parents and carers of babies 0-9 months

Have you recently had a new baby?

Join our 5 week group, to share and learn about your baby's growth and development, along with others who are also on this important journey.

Come along, have a cuppa in a relaxing and welcoming space. Topics and information will include:

- Calming and connecting with your baby through massage - learn some handy techniques
- Understanding your baby - early brain development
- Tuning in to your baby - social and emotional development
- Playing with baby - building brains through play
- Taking care of you, so you can take care of baby

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!

The Power of Play (1-session program)

For parents and carers of children 0-12 years

Play is an essential activity for all children. It gives them the opportunity to develop imagination, problem solving skills and interpersonal skills. But, what does play look like in everyday life and how as parents can we set the scene for a healthy and age appropriate play environment?

This workshop will highlight the benefit and the value of play and provide parents with creative ways to interact with their child to support their development.

Parenting Challenges in a Digital World (1-session program)

For parents and carers experiencing complex challenges managing technology at home

Do you sometimes feel that technology controls every part of your child's life?

We live in a world of screens and devices, which tend to take over our lives and replace other activities. With children this can mean refusing to attend school, family conflict, tantrums and other daily challenges. This program explores the addictive nature of technology, the impact it has on children and how to reclaim the balance of technology and other activities. There will also be time to explore individual family experiences.

Parent Strengthening Group (3-session program)

For parents and carers impacted by Alcohol and Drugs

Hosted by Communicare and Holyoake, this program focuses on enhancing parent-child relationships while supporting your personal development. You will have the opportunity to connect with other parents and carers in a warm and supportive environment.

Engage in fun activities like playdough, collage, and painting to discover different ways to engage and connect with your child. (No artistic experience needed!) All art materials are provided.

After you register your interest one of the Holyoake team will contact you for a brief in-take interview.

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.

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.

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.

