



FREE service for parents & carers who reside in the local government areas of Mundaring, Swan, Bassendean or Bayswater

Registration for all programs is essential

For further information and to express interest to attend, or if you are interested in future programs:

**Phone: 08 9290 6827 Email: parentingservice@mundaring.wa.gov.au
<https://www.midvalehub.org.au/copy-of-parenting-and-family-support>
OR**

Scan the QR code to express your interest via Humanitix

Self Advocacy Group

IN PARTNERSHIP WITH THE FAMILY INCLUSION NETWORK OF WA INC.

**Wednesdays: 10:30am - 12noon
15, 22 & 29 January**

**For further information please call:
(08) 9290 6827 or email
parentingservice@mundaring.wa.gov.au**

Venue:

Midvale Hub Parenting Service Perth NE

Crèche:

Not available for this program

Circle of Security Parenting Refresher

**Mondays: 7:00pm - 8:30pm
16, 23 & 30 January**



Venue:

Midvale Hub Parenting Service Perth NE

Crèche:

Not available for this program

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Shire of Mundaring Children's Services





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Circle of Security Parenting for couples

Wednesdays: 7pm - 9pm
15, 22, 29 January, 5, 12, 19, 26
February & 5 March



Venue:

via online video conference platform

Crèche:

Not available for this program



Circle of Security Parenting

Thursdays: 7pm - 9pm
16, 23, 30 January, 6, 13, 20, 27
February & 6 March



Venue:

via online video conference platform

Crèche:

Not available for this program

IN PARTNERSHIP WITH MIDLAND WOMEN'S HEALTH CARE PLACE

Circle of Security Parenting

Tuesdays: 9.30am - 11.30am
18, 25 February, 4, 11, 18, 25
March & 8 April



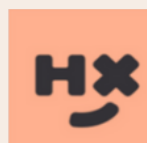
Venue:

Midland Women's Health Care Place

Crèche:

Available at \$2 per child per session.
Please enquire on registration.

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Little Bonds, Big Connections

Thursdays: 10am - 12noon
23, 30 January, 6 & 13 February



Venue:

Child & Parent Centre Clayton View

Crèche:

Not available for this program.
Babies attend with parent

Bringing Up Great Kids in the Early Years

Thursdays: 9.30am - 11.30am
20, 27 February & 6, 13
& 20 March



Venue:

Child & Parent Centre Arbor Grove

Crèche:

Not available for this program.
Babies attend with parent

Bringing Up Great Kids in the Early Years

Tuesdays: 12.30pm - 2.30pm
25 February, 4, 11, 18 &
25 March



Venue:

Brockman Community House

Crèche:

Not available for this program
Babies attend with parent

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Tuning in to Kids

Wednesdays: 7pm - 9pm
19, 26 February, 5, 12, 19
& 26 March



Venue:

via online video conference platform

Crèche:

Not available for this program

Tuning in to Kids

Thursdays: 10am - 12noon
20, 27 February, 6, 13, 20
& 27 March



Venue:

Dayton Family HUB

Crèche:

Not available for this program.

IN PARTNERSHIP WITH HEADSPACE MIDLAND

Tuning in to Teens

Thursdays: 6.30pm - 8.30pm
27 February, 6, 13, 20,
27 March & 3 April



Venue:

headspace Midland

Crèche:

Not available for this program

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FREE service for parents & carers who reside in the local government areas of Mundaring, Swan, Bassendean or Bayswater

1 2 3 Magic & Emotion Coaching

Tuesdays: 9.30am - 11.30am
4, 11 & 18 March



Venue:

Brockman Community House

Crèche:

Not available for this program

ADHD & Your Child

Wednesdays: 9.30am - 11.30am
12, 19, 26 March & 2 April



Venue:

Maylands Public Library

Crèche:

Bookings essential. Limited places available at 'The RISE' for a minimal fee. Please enrol at www.bayswaterrecreation.com.au/the-rise-creche and follow the booking instructions. Online bookings can be made up to 7 days in advance. Phone: 9208 2414 during Crèche hours.

Parenting Toddlers

Thursdays: 9.30am - 11.30am
27 March, 3 & 10 April

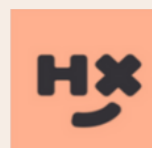


Venue:

Child & Parent Centre Arbor Grove

Crèche:

Available. Bookings are essential. Please enquire on registration.



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Let's Talk Toilet Learning

Tuesday: 7pm - 8.30pm
28 January



Venue:

Via online platform

Crèche:

Not available for this program

Emotion Coaching Your Adolescent

Thursday: 5pm - 7pm
6 February

Venue:

Boya Library
Bookings through - Shire of Mundaring
Libraries - Eventbrite

Crèche:

Not available for this workshop



Anxiety & Your Child

Monday: 7pm - 9pm
17 February

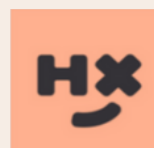


Venue:

Via online platform

Crèche:

Not available for this program



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Let's Talk Toilet Learning

Wednesday: 9.30am - 11am
19 February



Venue:

Maylands Public Library

Crèche:

Bookings essential. Limited places available at 'The RISE' for a minimal fee. Please enrol at www.bayswaterrecreation.com.au/the-rise-creche and follow the booking instructions. Online bookings can be made up to 7 days in advance. Phone: 9208 2414 during Crèche hours.

Emotion Coaching Your Adolescent

Thursday: 5pm - 7pm
20 February

Venue:

Ballajura Library
Bookings through - Ballajura Library - Eventbrite

Crèche:

Not available for this workshop

Anxiety & Your Child

Tuesday: 9.30am - 11.30am
25 February

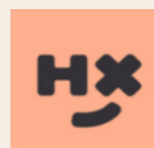


Venue:

Brockman Community House

Crèche:

Not available for this workshop



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FREE service for parents & carers who reside in the local government areas of Mundaring, Swan, Bassendean or Bayswater

Supporting Your Child's Emotional Development

Wednesday: 9.30am - 11am
26 February



Venue:

Maylands Public Library

Crèche:

Bookings essential. Limited places available at 'The RISE' for a minimal fee. Please enrol at www.bayswaterrecreation.com.au/the-rise-creche and follow the booking instructions. Online bookings can be made up to 7 days in advance. Phone: 9208 2414 during Crèche hours.

Raising Children in a Digital World

Wednesday: 9.30am - 11.30am
5 March



Venue:

Maylands Public Library

Crèche:

Bookings essential. Limited places available at 'The RISE' for a minimal fee. Please enrol at www.bayswaterrecreation.com.au/the-rise-creche and follow the booking instructions. Online bookings can be made up to 7 days in advance. Phone: 9208 2414 during Crèche hours.

Protective Behaviours Parent Workshop

Tuesday: 10am - 12noon
11 March

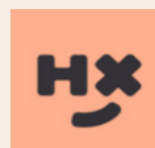
Venue:

Boya Library

Bookings through - Shire of Mundaring Libraries - Eventbrite

Crèche:

Not available for this workshop



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Emotion Coaching Your Child

Tuesday: 9.30am - 11.30am
25 March

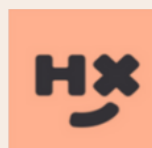


Venue:

Brockman Community House

Crèche:

Not available for this workshop



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Program/Workshop Overview



MIDVALE HUB
FOR FAMILIES

Self Advocacy Group

3 x 2 hour sessions

Face to Face

A guide for parents by parents

This program will be facilitated by a Peer Support Worker from FINWA (The Family Inclusion Network of WA). The sessions are for parents who have children who have been removed from their care from CPFS.

Sessions include:

- looking after yourself on your journey with Child Protection
- ways to communicate so you are heard
- respecting yourself and others who are involved in your child

Circle of Security Parenting - Refresher

3 x 1.5 hour sessions

Face to Face

Circle of Security Parenting Refresher is a 3 session program for parents and carers of Children 4 months to 8 years, who have previously completed the Circle of Security Parenting Program with this service.

Circle of Security Parenting

8 x 2 hour sessions

Face to Face & online

Circle of Security Parenting is an 8 session program for parents and carers of children 4 months to 6 years. The program is designed to enhance the bond and sense of security for both parents and their children. Learn more about:

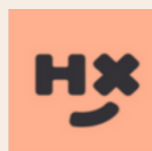
- understanding children and their emotional development
- understanding parenting influences
- helping children to feel safe in their world
- identifying and enhancing parenting strengths

Little Bonds, Big Connections 4x 2 hour sessions

Face to Face

Little Bonds, Big Connections is a 4 session program for parents and carers of children Birth to 6 months. The program's focus is to support building bonds that benefit your little one's growth and development. Learn more about:

- the power of connection and bonding to strengthen relationships with babies
- recognising baby cues and communication
- the importance of parental self-care and community connections
- fostering a nurturing environment through interactive activities, songs and stories



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Program/Workshop Overview



Bringing Up Great Kids - In the Early Years 5 x 2 hour sessions **Face to Face**

Bringing Up Great Kids in the Early Years a 5 session program for parents and carers of Children 0 - 8 months. Parents and Babies attend this program together.

This program supports building positive relationships and interactions between parents and their babies.

We will explore:

- understanding our babies needs in early life and how to meet these needs
- understanding origins or parenting styles and the importance of a positive start
- ways of giving nurturing messages to our babies ways to take care of ourselves during our parenting journey

Tuning into Kids 6 x 2 hour sessions **Face to Face & online**

Tuning in to Kids is a 6 session program for parents and carers with children aged 3 to 10 years. The program explores ways that parents can help their children develop emotional intelligence and increase the emotional connection between parents and children.

Learn more about:

- developing emotion coaching skills to help children understand and regulate their own feelings and emotions
- promoting co-operative behaviour in young children
- developing parents' own emotional awareness
- managing emotions such as anger and anxiety

Tuning into Teens 6 x 2 hour sessions **Face to Face**

A 6 session program for parents and carers with children aged 12 to 18 years.

The program provides parents with a greater understanding of their teen's emotional experiences and explores specific skills that help parents to be supportive, empathic and stay connected with their teen.

Learn more about:

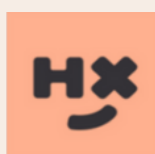
- understanding teenage development
- supporting teens to manage difficult emotions
- promoting positive behaviours
- supporting teens to maintain friendships and deal with conflict

1 2 3 Magic & Emotion Coaching 3 x 2 hour sessions **Face to Face**

This is a 3-session program for parents and carers with children aged 3 to 10 years.

The program explores ways parents can increase their children's ability to manage and self-regulate their feelings and reactions. Learn more about:

- building positive relationships with children
- encouraging positive behaviour
- setting family rules and routines
- planning to avoid or manage potentially difficult situations



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Program/Workshop Overview



ADHD & Your Child

4 x 2 hour sessions

Face to Face

For parents and caregivers of children aged 6 to 12 years who has been diagnosed or in the process of diagnosis for ADHD?

We will explore and learn more about:

- understanding ADHD and the brain
- ways of nurturing positive relationships
- working together with your child to handle difficulties by offering practical strategies
- building self-esteem, resilience & confidence in your child

Parenting Toddlers

3 x 2 hour session

Face to Face

For parents and caregivers of children aged 18 months to 3 years.

Let's learn together some practical ways that can support you to feel more confident as you guide your Toddler's behaviour.

Learn more about:

- Early brain development
- Promoting cooperation and supporting tantrums
- Ways to handle transitions
- Understanding social and emotional development

Let's Talk Toilet Learning

1 x 1.5 hour session

Face to face & online

For parents and caregivers of children 18 months to 4 years

The best time to begin toilet learning is when your child is ready to learn.

Learn more about:

- What are the signs your child is ready?
- How parents can support the process
- Everyday strategies to start, maintain and manage the process
- Resources available to support toilet learning

Emotion Coaching Your Adolescent

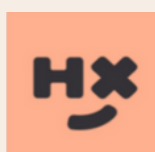
1 x 2 hour session

Face to Face

For parents and caregivers of young people aged 11 to 17 years

This workshop aims to support Parents to gain an understanding of the types of emotions present in our Adolescents and ourselves.

Becoming an emotion coach helps you develop further skills to support your Adolescent based on deepening connections, emotional attunement and developing problem solving skills. These becomes the foundation for emotional intelligence in adulthood.



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Program/Workshop Overview



Anxiety and Your Child

1 x 2 hour session

Face to Face & Online

This workshop is for parents of children aged 4 - 12 years and aims to explore and give an understanding of what anxiety is.

We will discuss:

- signs and symptoms of anxiety
- how we can support our child
- understanding our own reactions

Supporting Your Child's Emotional Development

1 x 1.5 hour session

Face to Face

This workshop is for parents of children aged 0 - 4 years and aims to support parents to gain an understanding of their child's emotional development and how to effectively respond to emotional experiences.

Learn more about: *your child's developing *brain social & emotional development of your child
*building on your attachment *how to respond to your child's emotional experiences.

Raising Children In A Digital World

1 x 2 hour session

Face to face

For parents and caregivers of children aged 3 to 12 years

This workshop provides valuable insight and tools to protect our children online and find the balance within the family about the digital world we now live in.

Topics include:

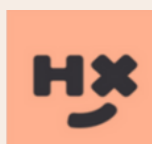
- explore the bigger picture about the digital world
- social media safety
- cyberbullying prevention and managing screen time

Emotion Coaching Your Child

1 x 2 hour session

Face to Face

This workshop is for parents of children aged 3 - 10 years and aims to support parents to gain an understanding of the types of emotions present in ourselves and our children, and how this can be supported within the home environment to develop emotional intelligence.



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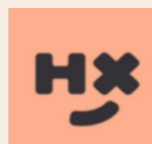
Program/Workshop Overview



Protective Behaviours Parent Workshop 1 x 2 hour session Face to Face

The Protective Behaviours Parent Workshop is an internationally recognised personal safety program aimed to empower children, young people and adults with strategies to promote safety, problem solving and resilience including: for parents and carers of children aged birth to 13 years.

- assert their right to feel safe
- identify a trusted adult to talk to
- recognise 'signs' their bodies give them when they may be unsafe
- learn body safety rules and safety strategies
- learn the difference between safe and unsafe secrets



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Parenting is such an important role and each stage of childhood presents new challenges. By continuing to learn about these different stages, and by developing new skills, you can support your child as they grow to strengthen and enhance family relationships.

Midvale Hub Parenting Service is a FREE service, offering information, support and referral services for parents and families with children 0-18 years within the Shire of Mundaring, City of Swan, Town of Bassendean and City of Bayswater.

The Midvale Hub Parenting Service offers a range of parenting programs to assist you to grow happy healthy children. Individual assistance with parenting is available for any parenting concerns you may have, just talk to one of our Parenting Educators and they will be more than happy to listen and provide practical support and skill building.

Our Parent Information and Support is offered through:
Parenting programs for groups and individuals
Individual and group support sessions
Community events

The Parenting Service works in partnership with families to share knowledge and develop parenting skills, to support children to reach their potential at each age and developmental stage.





MIDVALE HUB PARENTING SERVICE PERTH NORTH EAST



FREE parenting programs, workshops and support for parents and carers of children aged 0 - 18 years and reside in the local government areas of Mundaring, Swan, Bassendean or Bayswater



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