

# TERM 3 2021

## Midvale Hub Parenting Service Perth (North East)

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



**MIDVALE HUB**  
FOR FAMILIES

**Supporting Children's Strong Emotions**  
Thursday 9.30am – 11.30am  
22 July

**Venue:** Meerilinga Children & Family Centre - Ballajura  
RSVP: Tammie at Meerilinga – 9249 6980 or  
ballajura@meerilinga.org.au  
Crèche: Limited places. Bookings essential.

**Tuning in to Kids**  
**In partnership with Brockman Community House**  
Tuesdays 9.30am – 11.30am  
27 July, 3, 10, 17, 24 & 31 August

**Venue:** Brockman Community House  
Crèche: Limited places. Bookings essential.  
Cost \$5 per session  
Contact Brockman House 08 9279 1588

**1-2-3 Magic & Emotion Coaching**  
Wednesdays 12.15pm – 2.15pm  
28 July, 4, & 11 August

**Venue:** Maylands Public Library  
Crèche: Not available for this program

**Circle of Security Parenting**  
Wednesdays 7pm – 9 pm  
28 July, 4, 11, 18, 25 August, 1, 8 & 15 September

**Venue:** via online video conference platform  
Crèche: Not applicable.

**Bringing Up Great Kids**  
**In partnership with MIFWA**  
Wednesdays 9.30am – 11.30am  
28 July, 4, 11, 18, 25 August & 1 September

**Venue:** Maylands Public Library  
Crèche: Limited places. Booking essential. Please enrol at  
[www.bayswaterrecreation.com.au/the-rise-creche](http://www.bayswaterrecreation.com.au/the-rise-creche) and  
follow the booking instructions. Phone: 9208 2414

**Circle of Security Parenting –**  
**Parents & Bubs aged 4 – 5 months**  
**In partnership with CLAN Midland**  
Thursdays 9.30am – 11.30am  
29 July, 5, 12, 19, 26 August, 2, 9, & 16 September

**Venue:** Child & Parent Centre Arbor Grove - Ellenbrook  
Crèche: Not available (babies under 5 months welcome)

Registration for all programs are essential

For further information and to express an interest to attend or to express an interest in a future program:

Phone: 08 9290 6827 Email: [parentingservice@mundaring.wa.gov.au](mailto:parentingservice@mundaring.wa.gov.au)  
<https://www.midvalehub.org.au/copy-of-parenting-and-family-suppor>



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Shire of Mundaring Children's Services

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**MIDVALE HUB**  
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### Circle of Security Parenting

In partnership with ParkyCare

Thursdays 9.30am – 11.30am

29 July, 5, 12, 19, 26 August, 2, 9 & 16 September

**Venue:** Parkerville Baptist Church

Crèche: Limited places. Booking essential.

[caroline.bent@parkycare.net.au](mailto:caroline.bent@parkycare.net.au)

Cost is \$5 per child per session

### Tuning in to Kids

In partnership with Town of Bassendean - Children's Services

Mondays 6.30pm – 8.30pm

9, 16, 23, 30 August, 6 & 13 September

**Venue:** Ashfield Community Centre

Crèche: Not available for this program

### 1-2-3 Magic & Emotion Coaching

Tuesdays 12.30pm – 2.30pm

12, 19 & 26 August

**Venue:** Parkerville Baptist Church

Crèche: Not available for this program

### Tuning in to Teens

In partnership with headspace Midland

Tuesdays 6pm – 8pm

17, 24, 31 August, 7, 14, & 21 September

**Venue:** Headspace Midland

Crèche: Not applicable.

### Engaging Adolescents

Wednesdays 12.15pm – 2.15pm

18, 25 August & 1 September

**Venue:** Maylands Public Library

Crèche: Not available for this program

### 1-2-3 Magic & Emotion Coaching

Tuesdays 9.30am – 11.30am

7, 14 & 21 September

**Venue:** Brockman Community House

Crèche: Limited places. Bookings essential.

Cost \$5 per session

Contact Brockman House 08 9279 1588

Registration for all programs are essential

For further information and to express an interest to attend or to express an interest in a future program:

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**1-2-3 Magic & Emotion Coaching**  
Fridays 10am – 12noon  
6, 13, & 20 August

**Venue:** Derrick Ernst Neighbourhood Centre  
Occasional Child Care: Available on site for a small fee.  
**Bookings essential.**  
**Please phone (08) 9375 1985 to register.**

**Protective Behaviours Parenting Workshop**  
**In partnership with CLAN Midland**  
Tuesday 6pm – 8.30pm  
7 September

**Venue:** Ethel Warren Bullsbrook Community Centre  
Crèche: Not applicable. Please note that this workshop is not suitable for children to attend.

**Protective Behaviours Parenting Workshop**  
**In partnership with CLAN Midland**  
Wednesday 6pm – 8.30pm  
8 September

**Venue:** Child and Parent Centre Arbor Grove  
Crèche: Not applicable. Please note that this workshop is not suitable for children to attend.

**Promoting Positive Behaviours**  
Thursday 9.30am – 11.30am  
23 September

**Venue:** Meerilinga Children & Family Centre - Ballajura  
RSVP: Tammie at Meerilinga – 9249 6980 or  
ballajura@meerilinga.org.au  
Crèche: Limited places. Bookings essential.

Registration for all programs are essential  
For further information and to express an interest to attend or to express an interest in a future program:

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# OVERVIEW OF PROGRAMS

## Midvale Hub Parenting Service Perth (North East)

Enquiries for all programs:

Phone: 08 9290 6827 Email: [parentingservice@mundaring.wa.gov.au](mailto:parentingservice@mundaring.wa.gov.au)

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**MIDVALE HUB**  
FOR FAMILIES

### Tuning in to Kids

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
- helping children to feel safe in their world
- Managing emotions such as anger and anxiety

### 1-2-3 Magic and Emotion Coaching

1-2-3 Magic and Emotion Coaching is a 3 session program for parents and carers with children aged 3 to 11 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

### Circle of Security Parenting

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

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# OVERVIEW OF PROGRAMS

## Midvale Hub Parenting Service Perth (North East)

Enquiries for all programs:

Phone: 08 9290 6827 Email: [parentingservice@mundaring.wa.gov.au](mailto:parentingservice@mundaring.wa.gov.au)

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**MIDVALE HUB**  
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### Bringing Up Great Kids

Bringing Up Great Kids is a 6 session program for parents with children aged 0 – 18 years.

The parenting program encourages parents and carers to become more reflective and mindful in their parenting approach. Learn more about:

- the origins of parenting styles and how it can be more effective
- Identifying important messages to convey to children and how to achieve this
- learn more about brain development in children and its influence on their thoughts, feelings and behaviours
- understand and respond to the meaning behind children's behaviour
- discover ways for parents to take care of themselves and to find support when needed
- understand their inner strengths and courage

### Tuning in to Teens

Tuning in to Teens is a 6 session program for parents and carers with children aged 11 to 18 years.

The program provides parents with a greater understanding of their teen's emotional experiences. It also explores specific skills that help parents be supportive, empathic and stay connected with their teens. Learn more about:

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

### Engaging Adolescents

Engaging Adolescents is a 3 session program for parents and carers of children aged 12 to 18 years. The program explores the changing landscape of a teenager and the different skills parents can use to keep connected with their teen. Learn more about:

- building positive relationships with teenagers
- setting realistic boundaries
- working out how to respond in tricky emotional situations
- having difficult conversations about going out, internet use, gaming or school work

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# OVERVIEW OF WORKSHOPS

## Midvale Hub Parenting Service Perth (North East)

Enquiries for all programs:

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**MIDVALE HUB**  
FOR FAMILIES

### **Promoting Positive Behaviours (1 Session) 2 hours**

Promoting Positive Behaviours is a parenting workshop for parents, with children aged 3 years to 11 years. The workshop is designed to explore ways that parents can guide and support children's positive behaviours.

Learn more about:

Understanding behaviour and development

Strategies to guide & encourage positive behaviour

Understanding how emotions affect behaviour

Promoting cooperative behaviours that support positive behaviour

### **Supporting Children's Strong Emotions (1 Session) 2 hours**

For parents and cares of children 3 to 10 years. The aim of the workshop is to support parents understanding of their child's emotional development

This workshop aims to support parents understanding of their children's emotional development and discussions around early brain development. How to talk to your child about emotions and enhance the emotional literacy in your family.

**Protective Behaviours Parent Workshop** For parents and cares of children 0 to 12 years This personal safety prevention program is aimed to teach parents valuable personal safety skills and strategies that can help empower your child and keep them safe.

Learn the skills to help your child identify unsafe situations and arm them with tools to seek appropriate assistance to protect themselves.

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