Family and Relationship Services

Workshops

Term 3 Program - 2019

1. Understanding Anxiety & Depression in Youth

For parents & carers of children aged 10-17 years.

Do you have a young person in your life that may be experiencing Anxiety or Depression? This course covers the challenges experienced by anxious and/or depressed adolescents and provides practical ideas and tips for parents and carers to assist their child and themselves.

Date:	Monday 5th August 2019	**Time:** 6.00pm-8.00pm	**Facilitator:** Romy Pritchard
Location:	headpace Mandurah, 91 Allnutt St, Mandurah	**Creche:** No	**Bookings:** 9251 5777 parenting@communicare.org.au

2. Parenting Kids with ADHD

For parents & carers of children aged 3-13 years.

This **3 week** workshop is designed for parents of children with ADHD and is facilitated by real parents who live with ADHD every day. The main topics will include methods to understand and manage your emotions, strategies which are known to work with ADHD, up to date information, managing defiant behaviours and setting boundaries.

Date:	Mondays 8th, 15th & 22nd August 2019	**Time:** 9.30am – 11.30am	**Facilitator:** Susan Hughes
Location:	Leisureworld, Thornlie Ave & Culross Ave Thornlie	**Creche:** Yes	**Bookings:** 9251 5777 parenting@communicare.org.au

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

FAMILY AND RELATIONSHIP SERVICES
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3. Stand up to Bullying

For parents & carers of children aged 5-17 years.

It can be distressing for parents or caregivers to find out their child is being bullied or bullying others. This introductory course identifies bullying behaviours and supports parents and caregivers in teaching children strategies to reduce the incidence of being bullied or bullying.

Date:	Friday 23rd August 2019	**Time:** 9.30am – 11.30am	**Facilitator:** Romy Pritchard
Location:	Mandurah Baptist Church 370 Pinjarra Road Mandurah	**Creche:** Yes	**Bookings:** 9581 0581 peel.PCWA@anglicarewa.org.au

4. Understanding Anxiety & Depression in Youth

For parents & carers of children aged 10-17 years.

Do you have a young person in your life that may be experiencing Anxiety or Depression? This course covers the challenges experienced by anxious and/or depressed adolescents and provides practical ideas and tips for parents and carers to assist their child and themselves.

Date:	Friday 23rd August 2019	**Time:** 12.30pm – 2.30pm	**Facilitator:** Romy Pritchard
Location:	Mandurah Baptist Church 370 Pinjarra Road Mandurah	**Creche:** No	**Bookings:** 9581 0581 peel.PCWA@anglicarewa.org.au

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

5. Keeping Kids in Mind

For parents & carers of children aged 10-17 years.

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.

Date:	Tuesdays 27th Aug & 3rd, 10th, 17th & 24th of Sept 2019	**Time:** 5.30pm – 8.00pm	**Facilitator:** Zoe Hughes & Stephanie Rea
Location:	Communicare 28 Cecil Avenue Cannington	**Creche:** No	**Bookings:** 9251 5777 parenting@communicare.org.au

6. Kids & Anxiety

For parents & carers of children aged 3-12 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 provide simple strategies for parents and caregivers to use at home.

Date:	Tuesday 27th August 2019	**Time:** 12.30pm – 2.30pm	**Facilitator:** Zoe Hughes
Location:	Wirrabirra Primary School, 71 Corfield Street, Gosnells	**Creche:** Yes	**Bookings:** cpcgosnells@centrecare.com.au

7. Understanding Anxiety & Depression in Youth

For parents & carers of children aged 10-17 years.

Do you have a young person in your life that may be experiencing Anxiety or Depression? This course covers the challenges experienced by anxious and/or depressed adolescents and provides practical ideas and tips for parents and carers to assist their child and themselves.

Date:	Thursday 12th September 2019	**Time:** 6pm – 8.30pm	**Facilitator:** Romy Pritchard
Location:	Leisurelife Cnr Gloucester & Kent St East Victoria Park	**Creche:** No	**Bookings:** 9251 5777 parenting@communicare.org.au

8. Art Therapy

For parents & carers of children aged 5 - 12 years who struggle with anxiety (parents participate).

Art Therapy reduces anxiety in children & adults by encouraging mindfulness and creativity. It allows for a simpler and more direct way to express emotions, thoughts and feelings whilst having zero pressure to be verbal. The use of art materials and the act of creativity can stop cycles of repetitive thought and worry, calm down the body and subsequently, the mind.

Date:	October School holidays	**Time:** TBC	**Facilitator:** Amber Leigh Cummings
Location:	Mandurah Family Centre	**Creche:** N/A child participates	**Bookings:** 9251 5777 parenting@communicare.org.au

9. Young Active Parents Program (Ongoing)

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 parent support worker will be available each week to discuss any parenting topics and for general support.

Date:	Every Wednesday	**Time:** 10.30am-12.30pm	**Facilitator:** Parenting Support Worker – Communicare
Location:	Conmmunicare, 28 Cecil Ave, Cannington	**Creche:** N/A child participates	**Bookings:** 9251 5777 parenting@communicare.org.au