

Family and Relationship Services

Workshops

What's On - Term 4 Program 2019

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:	Wednesday 9 th October 2019	Time:	6pm – 8.00pm	Facilitator:	Romy Pritchard
Location:	Anglicare 14 Council Avenue Rockingham	Creche:	Unavailable	Bookings:	Register online here 9528 0702

Kids in Conflict

For parents & carers of children aged 3 - 12 years

Conflict with others is a normal part of life for children, with conflict often happening between siblings or friends. Problems often arise because children don't have the skills to avoid or resolve conflict alone. This workshop will help give parents & carers tips and strategies to help your children become better at managing and resolving conflict with others.



Date:	Thursday 24 th October 2019	Time:	5.45pm – 8.00pm	Facilitator:	Zoe Hughes
Location:	Subiaco Community Centre 203 Bagot Road Subiaco	Creche:	Unavailable	Bookings:	T 9251 5777 E parenting@communicare.org.au W Register through Eventbrite

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

Family and Relationship Services

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:	Wednesday 30 th October 2019	Time:	9.30am – 11.30am	Facilitator:	Zoe Hughes
Location:	Armadale Community Family Centre 101 Challis Road Armadale	Creche:	Yes Bookings essential!	Bookings:	T 9251 5777 E parenting@communicare.org.au W Register through Eventbrite

Bullying in the Cyberworld

For parents & carers of children 5-15 years

Cyberbullying is a form of bullying or harassment using electronic means. This one session workshop identifies bullying behaviours and looks in detail at cyberbullying and its impact on children. It will support participants in teaching children strategies to reduce the incidence cyberbullying.



Date:	Thursday 31 st October 2019	Time:	10am – 12pm	Facilitator:	Zoe Hughes
Location:	Communicare 28 Cecil Avenue Cannington	Creche:	Yes Bookings Essential!	Bookings:	T 9251 5777 E parenting@communicare.org.au W Register through Eventbrite

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Understanding ADHD

For parents & carers of children aged 3 - 13 years

This workshop will give a basic overview of ADHD, the signs and symptoms to look for in children and provide general information. This workshop is ran by a specialist ADHD parent coach.



Date:	Thursday 7 th November 2019	Time:	10am – 12pm	Facilitator:	Susan Hughes
Location:	Communicare 28 Cecil Avenue Cannington	Creche:	Yes Bookings Essential!	Bookings:	T 9251 5777 E parenting@communicare.org.au W Register through Eventbrite

Parenting kids with ADHD

For parents & carers of children aged 3 - 13 years

This workshop is designed for parents of children with ADHD and is facilitated by 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.

Please note: this is a 3 session workshop



Date:	Wednesdays 13 th , 20 th & 27 th November	Time:	10.00am – 12.30pm	Facilitator:	Susan Hughes
Location:	Communicare Unit 5 / 3-5 Robinson Road Rockingham	Creche:	Yes Bookings Essential!	Bookings:	T 9251 5777 E parenting@communicare.org.au W Register through Eventbrite

Family and Relationship Services

Raising Children in a Digital World

For parents & carers of children aged 4 - 12 years

This workshop will give parents the facts and strategies around supporting children in a digital world. It will help parents understand how to best utilise technology to enhance child development rather than detract from it.



Evidence based from research by Telethon Collaborate for Kids

Date:	Tuesday 19 th November 2019	Time:	5.45pm – 8.00pm	Facilitator:	Zoe Hughes
Location:	Subiaco Community Centre 203 Bagot Road Subiaco	Creche:	Unavailable	Bookings:	T 9251 5777 E parenting@communicare.org.au W Register through Eventbrite

Protective Behaviours

For parents of children aged 0-12 years.

Equip your child with the language and principles of protective behaviours, these can help children identify unsafe situations and arm them with the tools to either seek appropriate assistance or protect themselves. You can't be with your child 24 hours a day, so learn how you can help them keep themselves safe



Date:	Tuesday 19 th November 2019	Time:	9.30am – 11.30am	Facilitator:	Zoe Hughes
Location:	Communicare Unit 5 / 3-5 Robinson Road Rockingham	Creche:	Yes Bookings essential!	Bookings:	T 9251 5777 E parenting@communicare.org.au W Register through Eventbrite

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

Family and Relationship Services

Raising Children in a Digital World

For parents & carers of children aged 4 - 12 years

This workshop will give parents the facts and strategies around supporting children in a digital world. It will help parents understand how to best utilise technology to enhance child development rather than detract from it.



Evidence based from research by Telethon Collaborate for Kids

Date:	Tuesday 3 rd December 2019	Time:	10am – 12pm	Facilitator:	Zoe Hughes
Location:	St Munchins Primary School 1 Isdell Place Gosnells	Creche:	Yes Bookings Essential!	Bookings:	CPCGosnells@centrecare.com.au

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:	10am – 12pm	Facilitator:	Parent Support Worker – Communicare
Location:	Communicare 28 Cecil Avenue Cannington	Creche:	N/A Child participates	Bookings:	T 9251 5777 E parenting@communicare.org.au W Register through Eventbrite

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