

FREE SOUTH WEST PARENTING PROGRAMS 2020 - Term 3 (20th July-25th Sept)

TOWN	PROGRAM	AGE DEMOGRAPHIC OF CHILD	LENGTH OF PROGRAM	DATE	TIME	VENUE	LEAD AGENCY	REGISTRATION	CRECHE
Australind	Triple P Seminar series . Seminar 1 - The Power of Positive Parenting. Seminar 2 - Raising Confident, competent children. Seminar 3 - Raising resilient children.	3-8 year olds	3 x 90 min workshops	Aug 13 1 – The Power of Positive Parenting . Aug 20 2 – Raising Confident, Competent Children. Thur Aug 27 3 – Raising Resilient Children	9.15am	Australind Primary School	WACHS	Bookings 9796 3900	Yes
Bunbury	Managing Fighting & Aggression.	3-8 year olds	90 mins	14th Sept	12.15pm	Community Health, 24 A Hudson Road Bunbury or via video group call	WACHS	Bookings 9795 2888	NO
Bunbury	Dealing with Disobedience	3-8 year olds	90 mins	10th Sept	12.15pm	Community Health, 24 A Hudson Road Bunbury or via video group call	WACHS	Bookings 9795 2888	NO
Bunbury	Protective Behaviours Workshop	0-12 years old	2hrs	28th July	Tuesday at 9.30am-11.30am	Headspace, 8 Spencer St, Bunbury	Headspace and Waratah	Registration essential, call 06164 0680 or email info@headspacebunbury.org.au	no
Bunbury	PPP Seminar 1 Only- The Power of Positive Parenting	3-8 year olds	90 mins	10th August	6.30pm	Community Health, 24 A Hudson Road Bunbury.	WA Country Health	Bookings call 9795 2888	No creche
Bunbury	Incredible Toddlers - Do you have a toddler aged between 1 and 3 years? You will walk away with knowledge about your child's developmental milestones and an in-depth understanding of how your toddler communicates with you without words.	Between 1 and 3 years	13 weeks	7th August	9-11.30am	Child and Parent Centre, Carey Park Primary School, Ecclestone Street, Carey Park	IIOY	Telephone 9721 6991 to book your spot	FREE creche

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Bunbury	Tuning In To Teens - WOULD YOU LIKE TO LEARN HOW TO: <ul style="list-style-type: none"> • Communicate with your teen more effectively? • Help your teen develop coping skills and resilience? • Learn how to emotion coach your teen through those difficult emotions? • Understand why your teen behaves as they do? • Help your teen develop emotional intelligence? 	CHILDREN AGED 10 - 16	A FREE 6 SESSION PARENTING PROGRAM	Every Thursday from 13th of August 2020 until the 17th of September 2020 (Availability to attend each session is required)	9.30am – 12pm	Bunbury Library	Headspace and PCWA	Headspace on 08 61640680 to register.	N/A
Bunbury	Circle of Security - Understand their child's emotional world by learning to read the emotional needs <ul style="list-style-type: none"> • Support their child's ability to successfully manage emotions • Enhance the development of their child's self esteem • Honour your inner wisdom and desire for your child to be secure 	0-5 years	8 weeks	Commencing 7th August and concluding 25th September.	Fridays 12.30 to 2.30pm	Hudson Rd Family Centre	WACHS	(08) 9795 2805	YES
Busselton	Child Health Open Clinic	0-4 years	Ongoing/weekly	Ongoing weekly on a Thursday	9-11.30am	Kent St Child Health, 19-21 Kent St, Busselton	WACHS	Not necessary	N/A
Busselton	8 month group session	Around 8 months	2 hour one off group session to support parents and carers with babies around 8 months, opportunities to ask questions about nutrition, sleep, play and development.	Sept 9th		Kent St Child Health, 19-21 Kent St, Busselton	WA Country Health Service	To book, call 1800 457 949	No baby is welcome to join the group
Busselton	Circle of Security	0-5 years	2 hours per week for 8 weeks	Thursday TBD	10-12pm	The People Place, Kent St, Busselton	WACHS	ph 97521935	TBC

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Busselton	Mother Baby Nurture - Becoming a mother can be a time of great joy and also a time of mixed emotions. <ul style="list-style-type: none"> • A safe, supportive and confidential space for you to share your experiences. • For mothers and their babies in the first months of parenthood. • Facilitated by professionals with expertise in Infant-Parent relationships. 	First few months	10 weeks	23rd July for 10 weeks	9.30-11.30am	South West Counselling, 122 Adelaide St, Busselton	South West Counselling and Radiance Network	Call 9754 2052	No
Collie	Circle of Security - • Understand your child's emotional world by learning to read the emotional needs • Support your child's ability to successfully manage emotions • Enhance the development of your child's self esteem • Honor your innate wisdom and desire for your child to be secure	0-5 years	8 Week program	Starting Friday 31 July 2020 (for 8 weeks)	9.30am to 11.30am	Child and Parent Centre Collie-Valley, 6 Cable Street, Collie	IIOY	To register, please telephone 9734 3364.	YES
Dalyellup	Triple P Seminar 1 – The Power of Positive Parenting (helps to understand and manage children's behaviour)	3-8 year olds	90 mins	August 14th	9.15am	Dalyellup Primary School	WACHS	Bookings 9796 5600	YES
Dunsborough	8 month group session to support parents and carers with babies around 8 months, opportunities to ask questions about nutrition, sleep, play and development.	7-9 months	2 hour one off group session	10th Sept	10am - 12pm	Naturalist Community Centre, 21 Dunsborough Lakes.	WA Country Health Service	ph 97568386	No baby is welcome to join the group
Dunsborough	8 month group session to support parents and carers with babies around 8 months, opportunities to ask questions about nutrition, sleep, play and development.	7-9 months	2 hour one off group session	Aug 13th	10am - 12pm	Naturalist Community Centre, 21 Dunsborough Lakes.	WA Country Health Service	1800457949	No baby is welcome to join the group

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Eaton	Bringing Up Great Kids - Parenting can be brilliant with many amazing experiences, but there are times when the journey is like navigating through rough and stormy waters. This reflective and supportive parenting program may help you navigate into calmer waters for a smoother journey. We help you work out how to be the parent you want to be.	0-12 years old	6 weeks	Monday 3rd August	9-11.30am	Glen Huon Early Intervention Centre, Glen Huon PS, 3/18 Monash Boulevard, Eaton	IIOY	To register call 0467 368 269	FREE creche
Manjimup	Circle Of Security - • Support your child's ability to successfully manage emotions. • Enhance the development of your child's self esteem. • Honor your innate wisdom and desire for your child to be secure	0-6 years of age	6 weeks	31st July - 18th Sept	Fridays at 9.30-12pm	Manjimup Family Centre, 13 Mount Street, Manjimup	Manjimup Family Centre and Accordwest	Registration: 9771 1653	Yes Free
Margaret River	Introducing Solids	3-6 months	2 hour information session for parents on introducing solids.		Thursday 10am - 12pm	Margaret River Child Health, Margaret River Community Centre, Turnbridge St, Margaret River	WA Country Health Service	To book, call 1800 457 949	No as baby is invited to the group too. Bring a blanket for your baby to lie on
Margaret River	8 month group session	7-9 months	2 hour one off group session to support parents and carers with babies around 8 months, opportunities to ask questions about nutrition, sleep, play and development.	July 23rd	Tuesday at 10am - 12pm	Margaret River Child Health, Margaret River Community Centre, Turnbridge St, Margaret River	WA Country Health Service	To book, call 1800 457 949	No baby is welcome to join the group
South West (Online Workshop)	PPP - Fear-Less Workshop Key anxietymanagement skills <ul style="list-style-type: none"> • Understand how anxiety works • Develop their coping skills • Face feared situations • Manage child's anxious behavior 		2 hours over 2 days	29th and 30th July	Wed and Thurs at 10am-12pm.	WebEx online	Investing In Our Youth	To register, call the centre on 9734 3364 or via out Skoolbag app.	NO



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Vasse	Introducing Solids	3-6 months	2 hour information session for parents on introducing solids.	Sept 2nd	Wednesday at 10am - 12pm	Vasse Child Health, 17 Kaloorup, Vasse	WA Country Health Service	To book, call 1800 457 949	No as baby is invited to the group too. Bring a blanket for your baby to lie on
Vasse	8 month group session to support parents and carers with babies around 8 months, opportunities to ask questions about nutrition, sleep, play and development.	7-9 months	2 hour one off group session	July 29th	Wednesday at 10am - 12pm	Vasse Child Health, 17 Kaloorup, Vasse	WA Country Health Service	To book, call 1800 457 949	No baby is welcome to join the group
Triple P - Stay Positive Campaign Seminars for Parents of Kindergarten aged children					www.triplep-parenting.net.au/wa				
Ngala - Online Parenting Workshops					www.ngala.com.au				
Raising Children - The Australian Parenting website					www.raisingchildren.net.au				

If you would like to include your FREE parenting event/workshop in the South West or be added onto the mail out list, please email SouthWest.PCWA@anglicarewa.org.au