

PARENTING PROGRAMS

TERM 2 CALENDAR 2026



Workshop	Day(s)	Dates	Details
Hand in Hand - Foundations for Parents (6 weeks)	Monday	20 April to 27 May 7pm to 9pm	Online via Zoom Meerilinga Parenting Service https://events.humanitix.com/hand-in-hand
Diverse Women's Friendship Group (6 weeks)	Thursday	23 April to 28 May 9:30am to 11am	Yangebup Family Centre Cockburn Parenting Service parenting@cockburn.wa.gov.au 9411 3854 / 9411 3855, Creche provided Registration is essential
Play and Learn: Setting Loving Limits (2 hours)	Friday	24 April 9.30am to 11.30am	Coolbellup Hub Cockburn Parenting Service parenting@cockburn.wa.gov.au 9411 3854 / 9411 3855 Registration is essential
In This Together - Support and connection for Foster and Kinship Carers (5 sessions)	Tuesday, fortnightly	28 April, 12 May, 26 May, 9 June, 23 June 7pm to 8:30pm	Online/in person (TBC) Meerilinga Parenting Service Enquiries: 0418 792 121 https://events.humanitix.com/carer-support
Parenting Tweens and Teens (6 weeks)	Wednesday	29 April to 3 June 6:30pm to 8:30pm	Cockburn Youth Centre Cockburn Parenting Service parenting@cockburn.wa.gov.au 9411 3854 / 9411 3855
My Time Aboriginal Women's Group (8 weeks)	Tuesday	28 April to 16 June 12 noon to 2pm	Coolbellup Hub Cockburn Parenting Service parenting@cockburn.wa.gov.au 9411 3854 / 9411 3855 Lunch and creche provided
Circle of Security Parenting (8 weeks)	Thursday	30 April to 18 June 10:30am – 12:30pm	Willagee Community Centre Meerilinga Parenting Service https://events.humanitix.com/circle-of-security-parenting-in-person-eoi
Circle of Security Parenting (8 weeks)	Thursday	30 April to 18 June 9:30am to 11:30 am	Kwinana Library Activity Room Darius Wells Library & Resource Centre Kwinana KEYS Parenting Service Call 9439 1838 to register interest Creche Available
Sing and Play (8 weeks)	Friday	1 May to 19 June 9.30am to 11.30am	Coolbellup Hub Cockburn Parenting Service parenting@cockburn.wa.gov.au 9411 3854 / 9411 3855 Registration is essential
Dads Tuning Into Kids -online (7 weeks)	Wednesday	6 May to 17 June 6pm to 8pm	Online Meerilinga Parenting Service Expressions of interest https://events.humanitix.com/dtik-eoi



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Course	Day	Dates	Details
When Children Bite (90 mins)	Wednesday	6 May 5pm to 6:30pm	South Coast Baptist Child Care Centre 30 Gngara Drive, Waikiki KEYS Parenting Service https://www.trybooking.com/DJVXJ No Creche Available
Preparing for Daycare: Lunchtime series (1 hour)	Wednesday	6 May 12.30pm to 1.30pm	Online via Zoom Meerilinga Parenting Service https://events.humanitix.com/preparing-for-daycare
Let's Talk Parenting with My Time Aboriginal Women's Group (3 weeks)	Tuesday	12 May to 26 May 12noon to 2pm	Coolbellup Hub Cockburn Parenting Service parenting@cockburn.wa.gov.au 9411 3855 / 9411 3854 Lunch and creche provided
Understanding & Managing Children's Anxiety (2 hours)	Wednesday	13 May 6pm to 8pm	The Family Tree Childcare Centre 31 Ingram Rd, Baldivis KEYS Parenting Service https://www.trybooking.com/DJZLM No Creche Available
Preparing Siblings for a New Baby: Lunchtime series (1 hour)	Wednesday	20 May 12.30pm to 1.30pm	Online via Zoom Meerilinga Parenting Service https://events.humanitix.com/a-new-baby
Responding to Anger and Aggression: Lunchtime series (1 hour)	Wednesday	3 June 12.30pm to 1.30pm	Online via Zoom Meerilinga Parenting Service https://events.humanitix.com/anger-and-aggression
Protective Behaviours Parenting Intensive (4 weeks)	Wednesday	3 June to 24 June 6pm to 8pm	Hearts and Minds Early Learning 1 Stateman Pde, Baldivis KEYS Parenting Service https://www.trybooking.com/DJVWN No Creche Available
123 Magic & Emotion Coaching (4 weeks)	Tuesday	9 June to 30 June 9:15am to 11:30 am	Frank Konecny Meeting Room Upstairs – Darius Wells Library & Resource Centre Kwinana KEYS Parenting Service https://www.trybooking.com/DJZLD Creche Available
Chaos to Cooperation (2 hours)	Wednesday	TBC 9.30am to 11.30am	Fremantle Primary School Meerilinga Parenting Service parenting@cockburn.wa.gov.au



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WORKSHOP MORE INFORMATION

Targeted sessions (not open to general public):

Setting Limits (Hand-in-Hand) - Cockburn Parenting Service
Thursday 21 May (2 hours) - 9:30 to 11:30am, Ottey Centre Playgroup
Port School for Young Parents (2 sessions) - Meerilinga Parenting Service
Moorditj Yorga TBC, Meerilinga Parenting Service
Melville Libraries Better Beginnings Grant Program TBC, Meerilinga Parenting Service
Meerilinga Early Learning Program, Hilton Site, Meerilinga Parenting Service

Chaos to Cooperation

For mums, dads and carers of children 0-18 (2 hours).

This workshop is a powerful reminder of the importance of connection between parents and their children. Connection supports children to thrive, and this workshop offers practical strategies to build cooperation and emotional resilience into everyday family life. The session will introduce important tools from the Hand in Hand Parenting approach to support children's emotional wellbeing and bring more ease into the family dynamic. It also highlights the importance of parent support and self-care, offering a simple structure that helps parents process the stresses of parenting so they can return to their children with greater patience, confidence and warmth.

Circle of Security Parenting

For parents and carers of children birth to 18 years (8 weeks)

Circle of Security Parenting focuses on the child/parent relationship and how to create a secure attachment. Our trained Facilitators work with parents and carers to help them understand their child's emotional world by learning to read their emotional needs; support their child's ability to successfully manage emotions; enhance the development of their child's self-esteem.

Dads Tuning Into Kids - online

For dads and father-figures of children aged 0-18 (7 weeks)

This workshop supports fathers to build practical skills for recognising, understanding and responding to their child's feelings. The program focuses on emotion coaching - helping children learn to understand and manage their emotions while strengthening the parent - child relationship.

Diverse Women's Friendship Group

For women from all backgrounds and all ages (6 weeks)

This diverse group of women come together to enjoy friendship and learn new skills. Relevant topics are covered, for example, women's health, parenting, financial counselling, self-care and wellbeing. Free morning tea and creche.

Hand in Hand - online

For all mums, dads and carers of 0-18 year olds (6 weeks)

The workshop focuses on understanding children's emotions and behaviour, and translating key ideas from attachment and relationship science into simple, practical actions that parents can use in everyday life. Parents learn ways to stay connected with their child while also setting clear, caring limits.

In This Together – Support and Connection for Foster and Kinship Carers

For foster and kinship carers of children from birth to 18 (5 fortnightly sessions)

Carers of vulnerable children have a big job, often navigating challenging behaviours, intense emotions, and a high daily workload. This group offers a safe and supportive space to connect with other carers, share experiences, and relieve stress. Participants can exchange practical strategies, celebrate successes, and receive encouragement from people who truly understand the unique challenges of fostering or kinship care. Whether you're seeking peer support, a listening ear, or ideas to manage everyday challenges, this group is a welcoming community where you are not alone.

Let's Talk Parenting at My Time

For young adults, parents and grandmothers (3 weeks)

Join us for a gentle and culturally safe threeweek yarn with our Aboriginal women's group, where young adults, mums and grandmothers can come together to share stories, explore parenting challenges, and support one another. Guided by an experienced facilitator, each session will be shaped by the group, with women choosing the topics that matter most to them. The yarning will be relaxed and grounded in connection, creating a welcoming space for wisdom, laughter, and learning across

My Time Aboriginal Women's Group

For young adults, parents and grandmothers (8 weeks)
This intergenerational group yarn about experiences and family connection over food and friendships. Free lunch provided and creche available. Registration essential.

Parenting Tweens and Teens

For parents of tweens and teens aged 10 to 18 years (6 weeks)

This workshop aims to empower parents to build positive, nurturing relationships with their tween / teen children, fostering better communication and understanding, and ultimately promoting positive adolescent development. This program is created by Australian Childhood Foundation and is part of the Bringing Up Great and Kids series, offering targeted support for parents/carers of adolescents.

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WORKSHOP MORE INFORMATION

Play and Learn: Setting Loving Limits

For parents of children aged 1 to 5 years old (2 hours)

This session involves a relaxed chat designed to help parents understand how to set loving, effective boundaries while staying connected to their child. We'll discuss Hand in Hand tools for setting limits - why children sometimes push against them, how to hold a limit calmly, and how connection can reduce challenging behaviour. Sensory play will be available for parents and children offering realtime examples of how playful, attuned interactions can support regulation and cooperation. This session aims to leave parents feeling more confident, supported, and equipped with practical tools they can use at home.

Preparing for Daycare

For parents and carers of children starting daycare or early learning (1 hour, online)

This workshop helps families navigate the emotional and practical sides of starting daycare. Join us in a supportive, judgement-free space to share questions, discuss concerns, and learn strategies that help both children and parents enjoy the daycare experience from the very beginning.

Preparing siblings for a new Baby

A short workshop for busy parents and carers of children birth to 18 years (1 hour online)

This workshop provides strategies to help your other children adapt well to the arrival of a new sibling.

Protective Behaviours Intensive

For parents / carers of children aged 0 - 18 years (4 weeks)

A proactive approach to providing children, teens and vulnerable people with the skills and strategies to recognise when they are feeling unsafe and where to go for help.

This program is designed to leave parents feeling confident about equipping their children with positive life skills that improve safety and build resilience, mental health, social skills, and learning.

Responding to Anger and Aggression

A short workshop for busy parents and carers of young children (1 hour, online)

This workshop shares practical strategies to help adults respond calmly and supportively when young children express anger or aggression, while strengthening connection and emotional understanding.

Sing and Play

For parents/carers and children aged birth to 4 years (8 weeks)

This is a guided playgroup designed for:

- Parents who may be socially isolated
- Culturally and Linguistically Diverse (CALD) families
- Children with language or developmental delays
- Parents experiencing social anxiety or disability.

A workshop for parents and their children to socialize, make friends, and connect with others, and for parents to help their child develop language and social skills while having fun through singing, dancing, talking, and playing.

Understanding and Managing Children's Anxiety

For parents/carers of children aged 0-17 (2 hours)

Understanding and Managing Anxiety – Understanding and recognising the difference between Anxiety and feeling anxious. Strategies to support your child through anxious times. Knowing when to seek further intervention and where to find support if needed.

When Children Bite

For parents / carers of young children (2.5 hours)

Understanding why children bite, how to respond when a child bites (for both the biter and the bitten) and learn strategies for prevention and redirection.

123 Magic & Emotion Coaching

For parents/carers of 3-10 year olds (4 weeks)

For parents who are tired of nagging. This program provides a simple but effective approach to: Guiding and teaching behaviour and life skills; Setting limits confidently and calmly; Strengthen the parent-child relationship; Supporting the development of emotional regulation, problem solving, empathy, and learning; Develop important Executive Functioning skills.

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