

# Parenting Support

Wanslea's Children and Parenting Support is a FREE service in the City of Stirling and City of Belmont.

## Bringing Up Great Kids

A 6 week workshop for parents and carers raising children aged 0-12 years to help:

- Understand your child's behaviour and how to best support them
- Identify and communicate important messages to your child effectively

### Term 2 - City of Stirling (Mirrabooka)

Tuesdays 9.30am - 12.30pm

23 April to 28 May

### Term 3 - City of Belmont (Cloverdale)

Wednesdays 9.30am - 12.30pm

31 July to 4 September

### Term 4 - City of Stirling (Mirrabooka)

Tuesdays 9.30am - 12.30pm

22 October to 26 November



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These workshops are run by Wanslea with support from the City of Stirling and City of Belmont.



# About our programs



## Bringing Up Great Kids:

Bringing Up Great Kids is an evidence based reflective parenting program developed by the Australian Childhood Foundation. Wanslea are offering this 6 week program to support parents raising children aged 0-12 years of age. Bringing Up Great Kids is run in a group environment to support you to:

- Learn about your parenting style and how it can be more effective
- Identify the important messages you want to convey to the children in your care and how to achieve this
- Learn more about brain development in children and how this influences their thoughts, feelings and behaviour
- Understand the meaning of children's behaviour
- Work out how to overcome some of the obstacles getting in the way of being the kind of parent you would like to be
- Discover ways to take care of yourself and find support when you need it.

Please ensure you are available to attend all 6 group sessions as each session builds upon the previous one. You will receive a certificate to recognise your completion of the course.

### Locations:

Term 2 & Term 4: Stirling Leisure Centres - Herb Graham, 38 Ashbury Crescent, Mirrabooka.

Term 3: Events Room, Ruth Faulkner Library, Belmont Hub, 213 Wright Street, Cloverdale.

*\*Please note these locations may change however will remain within the close vicinity and participants will be notified in advance.*

Places in these workshops are limited, so please register your details via Humanitix:

[events.humanitix.com/bringing-up-great-kids-workshops-term-2-2024](https://events.humanitix.com/bringing-up-great-kids-workshops-term-2-2024)

If you have any questions or would like support registering please email [cps@wanslea.org.au](mailto:cps@wanslea.org.au)

## In Home Parenting Support:

Wanslea's Children and Parenting Support service also offers an in home parenting program working with parents to

- Strengthen and enhance your relationship with your child
- Better protect your child's physical safety and well-being needs
- Support your child's growth and development through play
- Connect to networks and resources in your community
- Develop new strategies to guide your children's behaviour.

For more information about areas we work in or to refer to the program, please see our website:

[www.wanslea.org.au/programs/children-and-parenting-support](https://www.wanslea.org.au/programs/children-and-parenting-support)

