

Midwest Parenting Programs

Guide Term 1 2016



Government of Western Australia
Department of Local Government and Communities

Course/Seminar	Organisation	Contact	Venue	Sessions	Target Group	Crèche
Circle of Security Parenting Program	Parenting WA and 360 Health + Community	Karen Higgs 08 9923 1125 or Helene Sharp 08 9960 6800	Child Parent Centre Rangeway Hovea Street, Rangeway	Wednesdays 3 rd , 10 th , 17 th and 24 th February and March 2 nd , 9 th , 16 th and 23 rd March 9.30am - 11.30am	Parents of children up 0 - 5 years	Yes
New Parents & Babies 0 - 3 month group	Department of Health	Community Health Centre 08 9956 1985	Community Health Centre Group Room Shenton Street	Tuesday mornings 10am - 12pm 4 week course Commencement dates February 2 nd and March 15 th	New parents with babies 0 - 3 months	No
New Parents & Babies 3 - 6 month group	Department of Health	Community Health Centre 08 9956 1985	Community Health Centre Group Room Shenton Street	Tuesday 8 th March 10am - 12.00pm	Parents of babies 3 - 6 months	No
Triple P - "Raising competent and confident children"	Child and Parent Centre - Rangeway	Child and Parent Centre - Rangeway 08 9921 6814	Child Parent Centre Rangeway Hovea Street, Rangeway	Monday 14 th March 9.30am - 11.30am	Parents/Carers of Children 0 - 8 years	Yes
Triple P - "Raising resilient children"	Child and Parent Centre - Rangeway	Child and Parent Centre - Rangeway 08 9923 6814	Child Parent Centre Rangeway Hovea Street, Rangeway	Monday 14 th March 5.30pm - 7.30pm	Parents/Carers of Children 0 - 8 years	No

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Triple P - “Power of Positive Parenting”	Child and Parent Centre - Rangeway	Child and Parent Centre - Rangeway 08 9923 6814	Child Parent Centre Rangeway Hovea Street, Rangeway	Wednesday 2 nd March 1pm - 2pm	Parents/Carers of Children 0 - 8 years	Yes
Protective Behaviours Parent Program	Chrysalis and Parenting WA	Child and Parent Centre - Rangeway 08 9923 6814	Child Parent Centre Rangeway Hovea Street, Rangeway	Thursday 17 th and 24 th March 9am - 12pm	Parents/Carers of Children 0 - 5 years	Yes
Snuggles for Mums and Bubs	Centacare	Centacare 08 9921 1433	Centacare 3 Maitland Street	Tuesdays starting February 9 th - April 5 th	Expectant, New Mums and Mums with Infants 8 months and under	Toddlers welcome
Mums Matter - Perinatal Depression and Anxiety specific program	Women’s Health Resource Centre	Women’s Health Resource Centre - Geraldton 08 9964 2742	Women’s Health Resource Centre 28 Sandford Street Geraldton	Thursdays February 11 th to March 17 th 10-11am	Pregnant women or post-natal women	No, but bubs included
Baby Massage	Women’s Health Resource Centre	Women’s Health Resource Centre - Geraldton 08 9964 2742	Women’s Health Resource Centre 28 Sandford Street Geraldton	Fridays February 12 th to March 11 th 10-11am 5 week program	New mums and bubs	Bubs included
Self Regulation - Understanding children’s behaviour	Kids Hub Training and Consultancy	Kate Foster 0407 024 051 kate@kidshubtc.com.au 0407024051	Kids Hub Training and Consultancy 184 Marine Tce Geraldton	Cost \$35 (includes light refreshments and resources) Tuesday February 2 nd 6.00pm		No
Understanding and supporting children experiencing anxiety	Kids Hub Training and Consultancy	Kate Foster 0407 024 051 kate@kidshubtc.com.au 0407024051	Kids Hub Training and Consultancy 184 Marine Tce Geraldton	Cost \$35 (includes light refreshments and resources) Tuesday February 16 th 6-7.30pm		No

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Understanding the amazing world of a 2 year old	Kids Hub Training and Consultancy	Kate Foster 0407 024 051 kate@kidshubtc.com. au 0407024051	Kids Hub Training and Consultancy 184 Marine Tce Geraldton	Cost \$35 (includes light refreshments and resources) Tuesday February 23 rd 6.00pm	Parents/ carers of children 2yrs and under	No
Mindful Mums (and Dads and Carers too!)	Kids Hub Training and Consultancy	Kate Foster 0407 024 051 kate@kidshubtc.com. au 0407024051	Kids Hub Training and Consultancy 184 Marine Tce Geraldton	4 week course Cost \$15 per session Monday 8 th , 15 th , 22 nd & 27 th February 6-7.30pm	All parents and carers	No

This information is provided by the Department of Local Government and Communities, as a community service. Whilst every effort has been made to ensure its accuracy, the information may change over time. Please contact the relevant agency to confirm the details of programs offered.