



## FREE SOUTH WEST PARENTING PROGRAMS 2021 - Term 1 (Mon 3 February - Thu 9 April)



TOWN	PROGRAM	AGE DEMOGRAPHIC OF CHILD	LENGTH OF PROGRAM	DATE	TIME	VENUE	LEAD AGENCY	REGISTRATION	FREE CRECHE AVAILABLE
Australind	Early parent group - to assist new parents with the demands of becoming a parent for the first time.	New borns	5 weeks	Wednesdays, 17th Feb - 17th March	9.30am-11.30am	Riverlinks Child Health, (Behind Police Station off Paris Rd) 1 Leisure Dr, Australind	WA Country Health Services	P:1800 457 949	NO
Australind	Triple P-Discussion Group- Dealing with Disobedience	3-8 year olds	2 hours	Fri February 19th	9.15-11.30am	Leschnault Leisure Centre	WA Country Health Services	P:97952888 or online <a href="https://www.triplep-parenting.net.au/au-uk/en/find-help/triple-p-parenting-in-western-australia/">https://www.triplep-parenting.net.au/au-uk/en/find-help/triple-p-parenting-in-western-australia/</a>	NO
Bridgetown	Circle of Security	0-6 years	8 weeks	Starting Thursday 11th February	12pm to 2pm (creche opens at 11.45am)	Bridgetown Family & Community Centre	Bridgetown Family & Community Centre	P: 9761 2139 or E: btcommunityc@westnet.com.au	Yes
Bunbury	Triple P - Raising Happy Kids	3-8 year olds	2 hours over 3 d	6th, 13th and 20th March	Sat 10.00am - 12.00pm	Bunbury City & Regional Library	WA Country Health Services	P:9792 7190 or online <a href="http://library.bunbury.wa.gov.au">library.bunbury.wa.gov.au</a>	NO
Bunbury	Triple P - Seminar Series	3-8 year olds	2 hours each	March 6th - The Power Of Positive Parenting. March 13th- Raising Confident, Competent Children. March 20th - Raising Resilient Children.	Saturdays 10-12pm	Bunbury City & Regional Library	WA Country Health Services	P:97952888 or online <a href="https://www.triplep-parenting.net.au/au-uk/en/find-help/triple-p-parenting-in-western-australia/">https://www.triplep-parenting.net.au/au-uk/en/find-help/triple-p-parenting-in-western-australia/</a>	NO
Bunbury	The Radiance Network Support Group - A free support group to help build resilience and improve your emotional wellbeing, building a relationship with your baby and meet new friends.	First few months of age.	Ongoing	Starts 2 Feb	11.30am-1pm	Child and Parent Centre, Carey Park, Ecclestone St, Bunbury	The Radiance Network	E: nurse@swwhic.com.au or P: 9791 3350	No
Bunbury	Tuning in to Kids	2-8 years old	6 weeks	Fri 19th Feb - Fri 26th Mar 2021	9.30am - 12pm	Child and Parent Centre, Carey Park, Ecclestone St, Bunbury	Child and Parent Centre - Carey Park	P: 9721 6991 or email <a href="mailto:careypark@investinginouryouth.com.au">careypark@investinginouryouth.com.au</a>	YES
Bunbury	Early parent group - to assist new parents with the demands of becoming a parent for the first time.	New borns	5 weeks	Wednesdays, 17th Mar - 14th April	10am-12pm	Hudson Rd Child Health, (Bunbury Community Health), 24A Hudson Rd, Withers.	WA Country Health Services	P:1800 457 949	NO

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Bunbury	Early parent group - to assist new parents with the demands of becoming a parent for the first time.	New borns	5 weeks	Wednesdays, 6 Jan-27th Jan & 11th Mar-8th April	9.30am-11.30am & 9.30am - 11.30am	Prosser St Child Health, (Lady Mitchell Centre) 2 Prosser St, South Bunbury	WA Country Health Services	P:1800 457 949	NO
Bunbury	Early parent group - to assist new parents with the demands of becoming a parent for the first time.	New borns	5 weeks	Wednesdays, 3rd Feb-3rd March	10am-12pm	Forum Child Health, (Behind Bunbury Forum, Strickland St entrance) Strickland St, East Bunbury	WA Country Health Services	P:1800 457 949	NO
Bunbury	Who's The Boss Now - How to take back control through positive parenting.	2-8 year olds	2 hours	12th Feb	Friday at 9.30am-11.30am	Child and Parent Centre, Carey Park, Ecclestone St, Bunbury	Child and Parent Centre, Carey Park	P: 9721 6991 or email careypark@investinginouryouth.com.au	YES
Bunbury	Fear-Less Parents and Professionals - Learning how to manage anxiety effectively in your child.	All ages	3 hours	13th March	Saturday at 9am-12pm	Child and Parent Centre, Carey Park, Ecclestone St, Bunbury	Child and Parent Centre, Carey Park	P: 9721 6991 or email careypark@investinginouryouth.com.au	NO
Bunbury	Supporting your anxious young person	All ages	2.5 hours	Tuesday 16th March	6-8.30pm	Headspace - 8 Spencer St, Bunbury	Headspace	P: 6164 0680	No
Bunbury	Protective Behaviours Workshop	2-8 year olds	2 hours	Wed 10th March	12pm-2pm	Child and Parent Centre, 36 Ecclestone Street, Carey Park	Investing in our Youth	P: 9721 6991 or E: careypark@investinginouryouth.com.au	Yes
Busselton	Mother Baby Nurture group	babies up to 8 months or not crawling.	10 weeks	TBD	TBD	TBD	The Radiance Network.	P:97542052	NO
Bunbury	Who's The Boss Now - How to take back control through positive parenting.	2-8 year olds	2 hours	Wed 3rd March	9am - 11am	Maidens Park Primary School, 12/15 Westwood Street Withers	Investing in our Youth	P: 9721 6991 or E: careypark@investinginouryouth.com.au	Yes
Bunbury	MINT Multicultural Playgroup	0-5 years	9 weeks	Feb2nd - 30th March	Tuesdays 9.30am-11.30am	Hudson Road Family Centre, 95 Hudson Rd.	HRFC	P:9795 9308 or E:hrfcmanger@hudsonfamilycentre.org.au	No



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Busselton	The Radiance Network Support Group - A free support group to help build resilience and improve your emotional wellbeing, building a relationship with your baby and meet new friends.	First few months of age.	Ongoing	Starts 19th Jan	9.30am - 11.30am	Cornerstone church building	The Radiance Network	E: nurse@swwhic.com.au or P: 9791 3350	No
Collie	Triple P Seminar 3 - Raising Resilient Children	3-8 year olds	2 hours	Tuesday 23 February	9.30-11.30am	Collie Library meeting room, Wittenoon Street, Collie	Investing in our Youth	P: 9734 3364	NO
Collie	Triple P's..... Now you have started school. This workshop will help you with routines for getting your kids to school, dealing with the separation anxiety and making going to school less stressful for the whole family!	4 years	1.5 hours	Thursday 11 February	9-10.30am	Collie Library meeting room, Wittenoon Street, Collie	Investing in our Youth	P: 9734 3364.	NO
Collie	Managing fighting and aggression (tailored for children with additional needs).	All ages		Tuesday 23 February	12.30pm - A light lunch is provided and play helpers will be on hand to watch your children.	Collie Child & Parent Centre, Collie	Investing in our Youth	P: 9734 3364	
Collie	Heart Beat Club - CPR and First aid course for parents and carers of children under 5 years.	0-5 years.	3 hours	Thursday 4th Feb	9.30am - 12.30pm	Collie Family Centre, 5 Forrest St, Collie	Investing in our Youth	P: 9734 3364 or E: Kasey.collier@investinginyouth.com.au	Yes
Collie	The Radiance Network Support Group - A free support group to help build resilience and improve your emotional wellbeing, building a relationship with your baby and meet new friends.	First few months of age.	10 weeks	Starts 3 Feb	9.30am - 11am		Radiance	E: nurse@swwhic.com.au or P: 9791 3350	No

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Collie	Incredible Years Toddler Basic	1-3 years old	13 weeks	Monday 15 <sup>th</sup> February – Monday 14 <sup>th</sup> June 2021 (excluding public holidays and school holidays)	10.00am – 12noon	Collie Family Centre	Child and Parent Centre – Collie Valley	P: 9734 3364 or E: Kasey.collier@investinginyouth.com.au	YES
Dalyellup	Triple P-Discussion Group- Dealing with Disobedience	3-8 year olds	2 hours	Wed March 17th	9.30-11.30am	Dalyellup Community Centre	WA Country Health Services	P:97952888 or online <a href="https://www.triplep-parenting.net.au/au-uk/en/find-help/triple-p-parenting-in-western-australia/">https://www.triplep-parenting.net.au/au-uk/en/find-help/triple-p-parenting-in-western-australia/</a>	NO
Dalyellup	Tuning in to Teens	10-16 years	6 weeks	17th February - 24th March	Every Thursday, 9.30am - 12pm	Yallo Community Centre, Dalyellup. 135 Norton Promenade	Headspace and Investing In Our Youth.	P:Taren at Headspace 08 61640680	NO
Dalyellup	Early parent group - to assist new parents with the demands of becoming a parent for the first time.	New borns	5 weeks	Thursdays, 14th Jan - 11th Feb	10am - 12pm	Dalyellup Child Health (Dalyellup Community Centre) 6 Gosse Way, Dalyellup	WA Country Health Services	P:1800 457 949	NO
Eaton	Circle of Security - DAD'S	0-5 year olds	6 weeks	Tuesdays February 16th to March 23rd	6-8pm	Eaton Family Centre, 10 Charterhouse St, Eaton	WA Country Health Services	E:ruth.mcfall@health.wa.gov.au Or P:9795 2888	NO
Eaton	Early parent group - to assist new parents with the demands of becoming a parent for the first time.	New borns	5 weeks	Wednesdays, 13th Jan- 10th Feb & 31st March- 28th April	9.30 - 11.30 & 9.30 - 11.30am	Eaton Child Health, (Eaton Family Centre) Charterhouse St, Eaton	WA Country Health Services	P:1800 457 949	NO
Kingston	Early parent group - to assist new parents with the demands of becoming a parent for the first time.	New borns	5 weeks	Wednesdays, 13th Jan- 10th Feb & Thursdays 25th March-22nd April	9.30am-11.30am & 9.30am - 11.30am	Kingston Child Health, (Kingston Early Learning Centre) Macquarie Dr, Australind	WA Country Health Services	P:1800 457 949	NO
Manjimup	Protective Behaviours Workshop	1-12 years	4 hours	Tuesday 23rd march	10am-2.30pm, Lunch included.	Manjimup Family Centre	PCWA/Manjimup Family Centre	P:97711653	YES
Northcliffe	Circle of Security	0-6 year olds	8 weeks	Tuesday 16th February 2021 for 7 weeks, then 8th week occurring after the school holidays. Ending Tuesday 20th April 2021.	TBD	Northcliffe Family & Community Centre	Northcliffe Family & Community Centre & Accordwest	TBD	YES



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WA	Better Health Program - For children above a healthy weight and their families, free resources and weekly coaching meetings or calls with a trained and qualified health coach.	7-13 year olds	10 weeks	Any time		Online or face to face	Better Health Programs	P:1300 822 953 or W:betterhealthprogram.org	No
Parenting Connection Website for all local workshops					<a href="https://parentingconnectionwa.com.au/">https://parentingconnectionwa.com.au/</a>				
Triple P - Stay Positive Campaign Seminars for Parents of Kindergarten aged children					<a href="http://www.triplep-parenting.net.au/wa">www.triplep-parenting.net.au/wa</a>				
Ngala - Online Parenting Workshops					<a href="http://www.ngala.com.au">www.ngala.com.au</a>				
Raising Children - The Australian Parenting website					<a href="http://www.raisingchildren.net.au">www.raisingchildren.net.au</a>				

**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](mailto:SouthWest.PCWA@anglicarewa.org.au)**