

# Family and Relationship Services

Workshops for parents and carers

## Term Two 2018:

### 1. Understanding Anxiety & Depression in Youth

For parents & carers of children aged 8-17 years.

Do you have a young person in your life that may be experiencing Anxiety or Depression? This course covers the challenges experienced by anxious and/or depressed adolescents and provides practical ideas and tips for parents and carers to assist their child and themselves.

<b>Facilitator:</b>	Romy Pritchard	<b>Dates:</b>	Wednesday 9 May	<b>Crèche:</b>	No Crèche available
<b>Venue:</b>	Headspace Rockingham, Unit 3, 18 Goddard St, Rockingham	<b>Time:</b>	6.30pm-8.30pm	<b>Bookings:</b>	9439 1838

### 2. Love Languages of Children:

For parents & carers of children aged 0-12 years.

Each child expresses and receives love through one of 5 different communication styles. This introductory course assists parents and caregivers to discover their child's primary language and provides skills in conveying unconditional feelings of respect and affection.

Based on 'The Five Love Languages of Children' by Gary Chapman and Ross Campbell MD.

<b>Facilitator:</b>	Communicare	<b>Dates:</b>	Monday 21 May	<b>Crèche:</b>	Crèche available- at small cost
<b>Venue:</b>	Riverton Library, 67 Riley Rd, Riverton	<b>Time:</b>	9.30am-11.00am	<b>Bookings:</b>	Bookings through Riverton Library- 9231 0944

### 3. All About Adolescence:

For parents & carers of children aged 8-12 years.

Parenting adolescent boys & girls can be a challenging experience. It is a time of huge social and emotional changes for them, and for parents. This introductory course aims to provide parents an understanding of the various aspects of adolescent boys & girls and provide effective strategies to assist in supporting both parent and child.

<b>Facilitator:</b>	Communicare	<b>Dates:</b>	Thursday 7 June	<b>Crèche:</b>	No Crèche available-
<b>Venue:</b>	Ruth Faulkner Library, 215 Cloverdale Rod, Cloverdale	<b>Time:</b>	6.00pm-8.00pm	<b>Bookings:</b>	Bookings through Ruth Faulkner Library- 9477 7150

#### FAMILY AND RELATIONSHIP SERVICES

**A** 28 Cecil Ave, Cannington, 6107  
**T** (08) 9251 5745  
**E** [parenting@communicare.org.au](mailto:parenting@communicare.org.au)  
**W** [communicare.org.au](http://communicare.org.au)



Effective from October 2nd 2017 Clan WA has become part of Communicare Inc.

# Family and Relationship Services

## 4. Young Active Parents Program (Ongoing):

For parents under the age of 25 years

Come and meet other parents in a welcoming atmosphere. Play and learn with your child and enjoy different fun activities each week. A parent support worker will be available each week to discuss any parenting topics and for general support.

<b>Facilitator:</b>	Parent Support Worker Communicare	<b>Dates:</b>	Wednesdays ongoing- starting 2 May	<b>Crèche:</b>	No Crèche available
<b>Venue:</b>	Communicare Playgroup Room, 28 Cecil Ave, Cannington	<b>Time:</b>	10.30am-12.30pm	<b>Bookings:</b>	9251 5745  parenting@communicare.org.au

## 5. Kids & Anxiety

For parents & carers of children aged 3-12 years

Whilst some feelings of anxiety can be a normal part of children's development, an increasing number of children are experiencing higher levels of anxiety that are impacting on their everyday life. This course aims to assist parents and caregivers to understand anxiety and provides simple strategies for parents and caregivers to use at home.

<b>Facilitator:</b>	TBC	<b>Dates:</b>	TBC	<b>Crèche:</b>	
<b>Venue:</b>	Byford/ Serpentine (TBC)	<b>Time:</b>	TBC	<b>Bookings:</b>	9439 1838

### FAMILY AND RELATIONSHIP SERVICES

**A** 28 Cecil Ave, Cannington, 6107  
**T** (08) 9251 5745  
**E** parenting@communicare.org.au  
**W** communicate.org.au



Effective from October 2nd 2017 Clan WA has become part of Communicare Inc.