



**KEYS provide workshops to families with children aged between birth to 18 years living in Kwinana, Rockingham, Cockburn, Melville and Fremantle.**

### **Circle of Security**

Circle of Security is an early intervention workshop for parents and carers that concentrates on the relationships which give children emotional support. Our trained Facilitators work with parents and care-givers to help them to:

- Understand their child's emotional world by learning to read emotional needs
- Support their child's ability to successfully manage emotions
- Enhance the development of their child's self esteem

### **1-2-3 Magic & Emotional Coaching**

1-2-3 Magic & Emotional Coaching is a parenting workshop which gives parents and caregivers a simple and effective approach to discipline in 2 - 12 year olds. It provides parents with the knowledge and practical skills to set limits confidently and calmly when required and the ability to follow through with reasonable consequences.

### **Triple P- Positive Parenting Program**

Positive Parenting Program aims to equip parents with the skills and confidence they need to be self sufficient in managing behaviour issues. It also aims to strengthen positive relationships, attitudes and conduct.

### **Parents as Teachers – Discovery Circle**

Parents as Teachers – Discovery Circle is a five week parenting education and baby play program for parents and their children aged between 5 and 12 months. The program provides parents an opportunity to develop their parenting skills to be their child's first and most influential teacher.

### **Engaging Adolescents**

Engaging Adolescents is a two session program for parents and carers that covers parenting skills and resolving teenage behaviour problems. Our trained Facilitators work with parents and care-givers to help them learn:

- Some common ground shared by parents and reasonable expectations to hold about adolescents
- Building relationships with teenagers and making the best of your non-crisis conversations with them
- Skills for tough conversations for handling those problems you just can't ignore

### **Protective Behaviours**

Protective Behaviour workshops incorporate both child and parent they promote resilience using empowerment strategies, clear communication and awareness of " safe " behaviours. It is a personal safety program with an aim to prevent child abuse and strengthening the capacity of children, parents and the community in protecting children of all ages.

**For more information on the above workshops, or to book your attendance contact  
KEYS on 9439 1838**