



TERM 4 2018 Parenting Workshops

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

Date	Day	Time	Program	Crèche	Location	Booking Info
KWINANA, ROCKINGHAM, COCKBURN, MELVILLE AND FREMANTLE FAMILIES						
8th Oct	Mon	1pm - 2.30pm	Carers Playgroup Afternoon tea (10 weekly sessions)	0-5 years welcome	Frank Konency Community Centre	Frank Konency PH: 94392470
10th Oct	Wed	6pm - 8.30pm	123 Magic and Emotion Coaching (3 weekly sessions)	No	Warnbro Community Church	KEYS PH: 94391838
23rd Oct	Tues	9am – 12pm	123 Magic and Emotion Coaching (3 weekly sessions)	No	Secret Harbour Primary school	KEYS PH: 94391838
7th Nov	Wed	6.15pm- 8.15pm	Protective Behaviours (1 Session)	No	Good Start Early Learning Baldivis	KEYS PH: 94391838
13th Nov	Tues	9.30am- 11.30am	Circle of Security Parenting (5 weekly sessions)	Yes	Westerly Family Centre	KEYS PH: 94391838
22th Nov	Thurs	6.15- 8.15pm	Kids and Anxiety (1 session)	No	Warnbro Community and Family Centre	KEYS PH: 94391838
RESTRICTED TO KWINANA FAMILIES ONLY						
17th Oct	Wed	10am- 12pm	Protective Behaviours (1 Session)	Yes	Frank Konency Community Centre	KEYS PH: 94391838
25th Oct	Thurs	9am- 12pm	123 Magic and Emotion Coaching (3 weekly sessions)	No	Bertram Primary School	KEYS PH: 94391838
7th Nov	Wed	12.30pm - 2.30pm	Circle of Security Parenting – (5 weekly sessions)	Yes	Child and Parent Centre- Calista	KEYS PH: 94391838

We'd love your feedback! Have a say and let us know what you think about our programs. What do you like and what needs improvement? Would you like us to deliver a program at your venue free of charge?

Contact KEYS on Ph. 9439 1838

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Circle of Security

Circle of Security is an early intervention workshop for parents and carers that focuses on the children/parent relationship and how to create a secure attachment. 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 & Emotion Coaching

1-2-3 Magic & Emotion 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.

Carers Playgroup

Carers Playgroup is a ten week parenting support group for parents and carers. The group provides an opportunity for carers to make friends and support one another, receive information to develop their parenting skills and gain assistance in connecting with additional services. Children welcome!

Kids and Anxiety

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 session aims to assist parents and caregivers to understand anxiety and provides strategies for parents and caregivers to use at home with their children.

Protective Behaviours

Protective Behaviours workshops promote resilience using empowerment strategies, clear communication and awareness of "safe" and "unsafe" situations. It provides parents with specific personal safety training skills, techniques and examples to use with your children.

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