



TERM 2 2019 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 May	Wed	9:00am – 11:00am	Protective Behaviours (1 session)	Yes	Warnbro PS 45 Axminster St Warnbro	KEYS PH: 94391838
17th May	Fri	12:30pm– 3:00pm	Circle of Security Abbrev. – Limited Places (6 weekly sessions)	Yes	St Bernadette's Catholic PS	KEYS PH: 94391838
11th Jun	Tues	9.00am- 10:00am	Sensory Processing Difficulties (1 Session)	Yes	Child and Parent Centre - Calista	KEYS PH: 94391838
RESTRICTED TO KWINANA FAMILIES ONLY						
1st May	Wed	9:00am – 11:00am	Protective Behaviours (1 Session)	Yes	Darius Wells Building Kwinana	KEYS PH: 94391838
21st May	Tues	9.00am- 12.00pm	123 Magic and Emotion Coaching (3 weekly sessions)	Yes	Darius Wells Building Kwinana	KEYS PH: 94391838
29th May	Wed	6:00pm – 8.00pm	Circle of Security Abbrev. 6 weekly sessions	No	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?

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

Parenting Workshop Overview

Circle of Security - For parents of children 0-18years

Circle of Security is an early intervention workshop for parents and carers, which focuses on the child/parent relationship and how to create a secure attachment. Our trained Facilitators work with parents and care givers to help them:

- Understand their child's emotional world by learning to read their 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 - For parents of children 2-12 years

1-2-3 Magic & Emotion Coaching is a parenting workshop which gives parents and caregivers a simple and effective approach to discipline 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.

Protective Behaviours - For parents of children 0-18 years

The Protective Behaviours program is a proactive approach to provide children, teens and vulnerable people with the skills and strategies to recognise when they are feeling unsafe and where to go to for help. Delivered in a safe format, designed to leave parents feeling positive about equipping their children with positive life skills, such as assertiveness, emotional literacy and problem solving. These skills assist children to better cope with anxiety and know when to take risks, where to go for help and how to speak up against peer pressure, bullying and abuse.

Sensory Processing Difficulties (SPD) - For Parents of children 0 -17 years

Children experiencing SPD have difficulties with organising and responding to sensory input, which can lead to learning difficulties, developmental delay, anxiety and stress. This session is designed to inform parents of what SPD looks like, how it can affect children, basic strategies and coping mechanisms for parents and correct referral pathways for support and therapy.

