



FREE SOUTH WEST PARENTING PROGRAMS 2020 - Term 4 (12th Oct - 17th Dec)



TOWN	PROGRAM	AGE DEMOGRAPHIC OF CHILD	LENGTH OF PROGRAM	DATE	TIME	VENUE	LEAD AGENCY	REGISTRATION	CRECHE			
Bridgetown	Tuning Into Kids Workshop	2-10 years	6 weeks	Thursdays: 15 Oct, 22 Oct, 5 Nov, 12 Nov, 19 Nov, 26 Nov	12.15-2.45 pm	Terminus Building, cnr Steere and Roe Streets	Bridgetown Family & Community Centre	Phone 9761 2139 or Email btcommunityc@westnet.com.au				
Bunbury	Introducing Solids	3-6 months	2 hour information session for parents on introducing solids.	28th October	9.30-11.30am	24A Hudson Rd, Withers.	WA Country Health Services	To book, call 1800 457 949	Baby is invited to the group too. Bring a blanket for your baby to lie on			
Bunbury	Positive Parenting Seminar Series Raising Happy Kids	For parents/carers of children 3 years to 8 years	3 weeks	1) Power of Positive Parenting - 24th Oct 2) Raising Confident Competent Children - 31st Oct. 3) Raising Resilient Children - 7th Nov	10am - 12pm	Bunbury Library, Parkfield St, Bunbury	WA Country Health Services	Bookings online via Eventbrite or by calling the library on 97927190	No, please do not bring small children to these sessions.			
Bunbury	MINT Multicultural Play group	0-4 years	T4	Every Monday of Term 4	9.30am-11.30am	Hudson Road Family Centre	Hudson Road Family Centre	For more info, call 9795 9308	No, please bring along your children			
Bunbury	Incredible Years Program	1-3 years	14 weeks	Friday 7th August to 13th November 2020								
Bunbury	Early Parenting Group - A 5 week program to assist new parents with the demands of becoming a parent for the first time and to make this time enjoyable.	Newborns	5 weeks	7th October	10am - 12pm	Prosser St Child Health Clinic, 2 Prosser St, South Bunbury	WA Country Health Services	Phone 1800 457 949	Baby joins in, bring a blanket for baby to lie on.			
Busselton	Introducing Solids	3-6 months	2 hour information session for parents on introducing solids.	Dec 2nd	Wednesday at 10am - 12pm	Kent St Child Health, 19-21 Kent St, Busselton	WA Country Health Service	To book, call 1800 457 949	No as baby is invited to the group too. Bring a blanket for your baby to lie on			
Busselton	Child Health Open Clinic - closed until phase 5 of covid restrictions	0-4 years	Ongoing/weekly	Ongoing weekly on a	9-11am	Kent St Child Health, 19-21 Kent St, Busselton	WACHS	Not necessary	N/A			



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Dalyellup	Circle of Security	0-5 years	8 weeks	15th October - 19th November	6.30-8.30pm	Kids Inn Child Care Centre, 11 Dampier St, Dalyellup	WA Country Health Service	Please book through Ruth McFall on 97952888	No			
Dunsborough	Mother Baby Nurture	Less than 9 months old	9 weeks	Wed 21/10 – 16/12	1-3pm	St Georges Anglican Parish 48 Gibney St Dunsborough	The Radiance Network	Registration call 97542052	No crèche as bub part of group.			
Dunsborough	8 month group session to support parents and carers with babies around 8 months, opportunities to ask questions about nutrition, sleep, play and development.	7-9 months	2 hour one off group session	9th Dec	10am - 12pm	Naturalist Community Centre, 21 Dunsborough Lakes.	WA Country Health Service	ph 97568386	No baby is welcome to join the group			
Dunsborough	8 month group session to support parents and carers with babies around 8 months, opportunities to ask questions about nutrition, sleep, play and development.	7-9 months	2 hour one off group session	Nov 19th	10am - 12pm	Naturalist Community Centre, 21 Dunsborough Lakes.	WA Country Health Service	1800457949	No baby is welcome to join the group			
Manjimup	Tuning Into Teens Workshop	10-16 Years	7 sessions, 2.5 hours per session	19,26th Oct, 2,9,16,23rd Nov	6-8.30pm	The Meeting Place, rear of Manjimup Family Centre	Manjimup Family Centre, Melissa White	Phone Manjimup Family Centre, 97711653 or email mjpfc@westnet.com.au	No			
Margaret River	PERSONAL DEVELOPMENT PROGRAM FOR PARENTS UNDERSTANDING COMMUNICATION THROUGH CONNECTION WITH HORSES	All ages	One Day 6 hour Workshop	Wednesday 14th October	9am to 3pm	15 Boallia Road, Vasse	Horse Vision	Please contact Chris Scott to enrol on: Tel: 0431627186 or Email: chris@horsevision.com.au	No			



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Margaret River	8 month group session to support parents and carers with babies around 8 months, opportunities to ask questions about nutrition, sleep, play and development.	7-9 months	2 hour one off group session	Dec 1st	Tuesday at 10am - 12pm	Margaret River Child Health, Margaret River Community Centre, Turnbridge St, Margaret River	WA Country Health Service	To book, call 1800 457 949	No baby is welcome to join the group			
Margaret River	8 month group session to support parents and carers with babies around 8 months, opportunities to ask questions about nutrition, sleep, play and development.	7-9 months	2 hour one off group session	Oct 29th	Tuesday at 10am - 12pm	Margaret River Child Health, Margaret River Community Centre, Turnbridge St, Margaret River	WA Country Health Service	To book, call 1800 457 949	No baby is welcome to join the group			
Nannup	PERSONAL DEVELOPMENT PROGRAM FOR PARENTS UNDERSTANDING COMMUNICATION THROUGH CONNECTION WITH HORSES	All ages	One Day 6 hour Workshop	Oct 24th	9am to 3pm	Cnr Boallia and Rendezvous Rd, Vasse, WA	Horse Vision	Please contact Chris Scott to enrol on: Tel: 0431627186 or Email: chris@horsevision.com.au	No			
Vasse	8 month group session to support parents and carers with babies around 8 months, opportunities to ask questions about nutrition, sleep, play and development.	7-9 months	2 hour one off group session	Nov 11th	Wednesday at 10am - 12pm	Vasse Child Health, 17 Kaloorup, Vasse	WA Country Health Service	To book, call 1800 457 949	No baby is welcome to join the group			
Vassa	Circle of Security Workshop, DAD'S ONLY!!	0-5 years	DADS ONLY!! 6 weeks	22nd Oct	6.30-8.30pm	Vasse Child Health, 17 Kaloorup, Vasse	WA Country Health Service	ph 97521935 or 97568386	N/A			
Kids Helpline is Australia's only free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25. tel:1800551800						https://kidshelpline.com.au/						
Reach Out ReachOut is Australia's leading online mental health organisation for young people and their parents. Our practical support, tools and tips help young people get through anything from everyday issues to tough times – and the information we offer parents makes it easier for them to help their teenagers, too.						https://about.au.reachout.com/						
Parenting Connection WA Website						https://parentingconnectionwa.com.au/						
Immunisation services & other WA Child Health Services						www.childhealth.health.wa.gov.au						



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Positive Birth Program					WACHSbirtheducation@health.wa.gov.au							
Triple P - Stay Positive Campaign Seminars for Parents of Kindergarten aged children					www.triplep-parenting.net.au/wa							
Ngala - Online Parenting Workshops					www.ngala.com.au							
Raising Children - The Australian Parenting website					www.raisingchildren.net.au							
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												