

WORKSHOP	DAY(S)	DATES	DETAILS (TIME, WEEKS, LOCATION, HOST, REGISTRATION)
Funded by Healthway			
Sing Play and Connect (10 weeks - pop up park play)	Thursday	30th April to 2 July 9.45am to 11.15am	Location: Carawatha Park, Willagee No need to register - Singing, stories, play and craft for parents and carers with children birth to five years Learn more: parenting@meerilinga.org.au https://meerilinga.org.au/meerilinga-parenting-service/
Sunflower Group (8 weeks)	Friday	1st May to 19th June 9.45am to 12noon	Location: Meerilinga Hilton Register: 0419 588 849 For mums only and their children birth to 3 years.
MAPS for Parents Podcast	On demand	Various	https://meerilinga.org.au/parenting-services/podcasts/
MAPS for Parents Webinars and Reflective Journal	On demand	Various	https://mailchi.mp/meerilinga/maps-for-parents-webinars
Funded by The Smith Family			
Mother-Baby Nurture (10 weeks)	Tuesday	21st April to 23rd June 10am to 12noon	Location: Kwinana Register/learn more: parenting@meerilinga.org.au For mothers in the first six months after birth – mother and baby attend together
Funded by The Department of Communities			
Quick Tips for Busy Parents Youtube Channel	On demand	Various	Search @southwestmetro on Youtube to find short videos on a variety of parenting topics
Hand in Hand – Foundations for Parents (6 weeks)	Monday	20 April to 27 May 7pm to 9pm	Online via Zoom Meerilinga Parenting Service https://events.humanitix.com/hand-in-hand
In This Together - Support and connection for Foster and Kinship Carers (5 sessions)	Tuesday, fortnightly	28 April, 12 May, 26 May, 9 June, 23 June 7pm to 8:30pm	Online/in person (TBC) Meerilinga Parenting Service Enquiries: 0418 792 121 https://events.humanitix.com/carer-support
Circle of Security Parenting (8 weeks)	Thursday	30 April to 18 June 10:30am – 12:30pm	Willagee Community Centre Meerilinga Parenting Service https://events.humanitix.com/circle-of-security-parenting-in-person-eoi
Dads Tuning Into Kids - online (7 weeks)	Wednesday	6 May to 17 June 6pm to 8pm	Online - Meerilinga Parenting Service Expressions of interest - https://events.humanitix.com/dtik-eoi
Preparing for Daycare: Lunchtime series (1 hour)	Wednesday	6 May 12.30pm to 1.30pm	Online via Zoom Meerilinga Parenting Service https://events.humanitix.com/preparing-for-daycare
Preparing Siblings for a New Baby: Lunchtime series (1 hour)	Wednesday	20 May 12.30pm to 1.30pm	Online via Zoom - Meerilinga Parenting Service https://events.humanitix.com/a-new-baby
Responding to Anger and Aggression: Lunchtime series (1 hour)	Wednesday	3 June 12.30pm to 1.30pm	Online via Zoom Meerilinga Parenting Service https://events.humanitix.com/anger-and-aggression
Chaos to Cooperation (2 hours)	Wednesday	TBC 9.30am to 11.30am	Fremantle Primary School Meerilinga Parenting Service parenting@meerilinga.org.au



Chaos to Cooperation

For mums, dads and carers of children 0-18 (2 hours).

This workshop is a powerful reminder of the importance of connection between parents and their children. Connection supports children to thrive, and this workshop offers practical strategies to build cooperation and emotional resilience into everyday family life. The session will introduce important tools from the Hand in Hand Parenting approach to support children's emotional wellbeing and bring more ease into the family dynamic. It also highlights the importance of parent support and self-care, offering a simple structure that helps parents process the stresses of parenting so they can return to their children with greater patience, confidence and warmth.

Circle of Security Parenting

For parents and carers of children birth to 18 years (8 weeks)

Circle of Security Parenting focuses on the child/parent relationship and how to create a secure attachment. Our trained Facilitators work with parents and carers 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.

Dads Tuning Into Kids - online

For dads and father-figures of children aged 0-18 (7 weeks)

This workshop supports fathers to build practical skills for recognising, understanding and responding to their child's feelings. The program focuses on emotion coaching—helping children learn to understand and manage their emotions while strengthening the parent-child relationship.

Hand in Hand - online

For all mums, dads and carers of 0-18 year olds (6 weeks)

The workshop focuses on understanding children's emotions and behaviour, and translating key ideas from attachment and relationship science into simple, practical actions that parents can use in everyday life. Parents learn ways to stay connected with their child while also setting clear, caring limits.

In This Together – Support and Connection for Foster and Kinship Carers

For foster and kinship carers of children from birth to 18 (5 fortnightly sessions)

Carers of vulnerable children have a big job, often navigating challenging behaviours, intense emotions, and a high daily workload. This group offers a safe and supportive space to connect with other carers, share experiences, and relieve stress. Participants can exchange practical strategies, celebrate successes, and receive encouragement from people who truly understand the unique challenges of fostering or kinship care. Whether you're seeking peer support, a listening ear, or ideas to manage everyday challenges, this group is a welcoming community where you are not alone.

Preparing for Daycare

For parents and carers of children starting daycare or early learning (1 hour, online)

This workshop helps families navigate the emotional and practical sides of starting daycare. Join us in a supportive, judgement-free space to share questions, discuss concerns, and learn strategies that help both children and parents enjoy the daycare experience from the very beginning.

Preparing siblings for a new Baby

A short workshop for busy parents and carers of children birth to 18 years (1 hour online)

This workshop provides strategies to help your other children adapt well to the arrival of a new sibling.

Responding to Anger and Aggression

A short workshop for busy parents and carers of young children (1 hour, online)

This workshop shares practical strategies to help adults respond calmly and supportively when young children express anger or aggression, while strengthening connection and emotional understanding.



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