

2020

What's On



Family and Relationship Services

Workshops for Parents and Carers

Term 1 Program

March 2020

Keeping Kids in Mind

Wednesdays

4 March - 1 April

12.30pm - 2.30pm

Communicare

28 Cecil Avenue

Cannington

Bookings: [kkim.eventbrite.com.au](https://www.eventbrite.com.au/#!/event/keeping-kids-in-mind)

Creche available - bookings essential

Raising Children in a Digital World

Wednesday

4 March

6.30pm - 8.30pm

Rostrata Family Centre

Prendwick Reserve Prendwick Way

(Driveway entrance opposite Tilston Close)

Willetton

Bookings: [rkidw_rostrata.eventbrite.com.au](https://www.eventbrite.com.au/#!/event/raising-children-in-a-digital-world)

Raising Children in a Digital World

Monday

16 March

9.30am - 11.30am

Communicare

28 Cecil Avenue

Cannington

Bookings: [rkidw_cannington.eventbrite.com.au](https://www.eventbrite.com.au/#!/event/raising-children-in-a-digital-world)

Creche available - bookings essential

April 2020

Bullying in the Cyberworld

Wednesday

1 April

6.30pm - 8.00pm

Rostrata Family Centre

Prendwick Reserve Prendwick Way

(Driveway entrance opposite Tilston Close)

Willetton

Bookings: [bullyinginthecw.eventbrite.com.au](https://www.eventbrite.com.au/#!/event/bullying-in-the-cyberworld)

Kids and Anxiety

Monday

6 April

1.00pm - 3.00pm

Victoria Park Community Centre

248 Gloucester Street

East Victoria Park

Bookings: [Click here to register online](#)

For further information on our parenting programs please go to [communicare.org.au](https://www.communicare.org.au)
Bookings are essential to secure a place, and all workshops are free of charge.

Overview of workshops

Bullying in the Cyberworld (1 session)

For parents and carers of children aged 4-12 years

Cyberbullying is a form of bullying or harassment using electronic means. This workshop explores different types of bullying behaviours and their impact on children. Participants will learn strategies to teach their children that will help reduce the incidence of cyberbullying.

Keeping Kids in Mind (5 sessions)

For parents experiencing conflict after separation

This course assists parents to experience how their children see and understand parental separation. Participants will strengthen their awareness and develop strategies on how they can best support their children during this time.

Kids and Anxiety (1 session)

For parents and carers of children aged 3-12 years

While some feelings of anxiety can be a normal part of child development, an increasing number of children are affected by anxiety on a daily basis. This course will improve participant's understanding of anxiety and provide simple strategies for them to use at home.

Raising Children in a Digital World (1 session)

For parents and carers of children aged 4-12 years.

This workshop uses research from Telethon Collaborate for Kids. Participants will learn strategies to help them support their children in a digital world including how to best use technology to enhance their child's development, rather than detract from it.

For further information on our parenting programs please go to communicare.org.au
Bookings are essential to secure a place, and all workshops are free of charge.