

PREPARING FOR PARENTHOOD

ANTENATAL WORKSHOP

Join us

You are growing a new little human and soon you will be bringing them home. It is an exciting and nerve-wracking time. Whether this is your first baby or your third, we'll help you learn some of the practical skills to support you to be the best parent you can be.

Our fun and engaging antenatal workshop, is ideal for you and your partner. The Preparing for Parenthood antenatal session gives you an opportunity to discuss your pregnancy, expectations of parenthood, practice mindfulness, preparing your house, discuss autonomy and routines, and supporting your baby's needs. You will also get hands-on skills in relation to bathing your baby, feeding, nappies and swaddling!

- **Parenting and Expectations**
- **Preparing Yourself and Your Home**
- **Becoming a Parent**
- **Navigating Big Changes and Hot Moments**
- **Practical Parenting**

Contact us

08 6496 0460
info@wacpps.org.au
www.wacpps.org.au
2232c Albany Highway Gosnells, WA

Western Australian



Centre for
Perinatal Mental Health
& Parenting Support

Book now



Details

Date: Saturday 2nd March

Time: 9am - 4pm

Cost: \$55 single or \$90 couple

Where: Women's Health & Wellbeing Services
(Suite 7, Level 1 2232c Albany Hwy GOSNELLS)

FACILITATOR - EMMA

Emma was an Occupational Therapist and is a Midwife with a Masters in Women's Health. Her passion is women's mental health especially around the perinatal period. In her spare time she enjoys music, reading and hanging out with her kids

Qualifications: Bsc hon's Occupational therapy, Bsc Midwifery, Post graduate diploma community mental health, Masters women's health

FINDING YOUR BRAVE

EMPOWER YOUR CHILD TO FIND CALM AND COURAGE THROUGH ANXIETY

Join us

Is your child struggling with anxiety? Are you looking for ways to help them discover their inner strength and courage? Anxiety can be a difficult and overwhelming for both parents and children to navigate. This kids only workshop will empower your child to discover their "brave" through learning about how their brain works to keep them safe and develop strategies to find their calm.

IN THIS WORKSHOP WE WILL EXPLORE YOUR CHILD'S:

- Anxiety and YOUR child's brain
- Understanding unsafe vs. safe situations
- Distinguishing between being safe and being brave
- Recognising physical symptoms of anxiety
- Implementing practical strategies to overcome anxiety
- Encouraging open communication with parents

Also by attending this workshop, your child will gain valuable knowledge and strategies to manage anxiety, helping them to become more confident and resilient.

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Years 1-3



Years 4-6

Details

Dates: 8th April (Years 1-3)

9th April (Years 4-6)

Time: 10am - 12pm

Cost: \$35 or \$55

Where: Women's Health & Wellbeing Services
(Suite 7, Level 1 2232c Albany Hwy GOSNELLS)

FACILITATOR - ELAINE

Elaine has over ten years' experience in primary education having worked in the UK and Australia with a focus on special educational needs and inclusion. She is passionate about enhancing the wellbeing and learning outcomes of all individuals. She is excited merging her passion for teaching and learning with counselling skills gained in 2019 upon completion of a Graduate Diploma. In her spare time, Elaine enjoys time spent with family and friends and listening to live music.

SUPPORTING CHILDREN WITH ANXIETY

Join us

Parenting comes with the most rewarding, unpredictable, frustrating, crazy, and delightful moments, all which can happen before you have your morning coffee. Add anxiety to the mix and you can feel like you're lost in the woods and can't find your way out. If your child experiences anxiety, separation issues, or school refusal, or if bedtime or getting ready in the morning can be a nightmare, come along to learn some practical skills to support your child and yourself. Unravel the complexities of childhood anxiety and discover effective strategies to create a safe, nurturing environment for your child.

Join us for a transformative 2-hour workshop dedicated to helping you navigate the challenges of supporting children with anxiety. Explore practical tools and strategies that will empower you to create a secure, comforting space for your child, and learn how to manage their distress and big behaviours.

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Details

Date: Tuesday 26th March

Time: 10am - 12pm

Cost: \$35 / \$55

Where: Women's Health & Wellbeing Services
(Suite 7, Level 1 2232c Albany Hwy GOSNELLS)

FACILITATOR - ELAINE

Elaine has over ten years' experience in primary education having worked in the UK and Australia with a focus on special educational needs and inclusion. She is passionate about enhancing the wellbeing and learning outcomes of all individuals. She is excited merging her passion for teaching and learning with counselling skills gained in 2019 upon completion of a Graduate Diploma. In her spare time, Elaine enjoys time spent with family and friends and listening to live music.

CIRCLE OF SECURITY

8 WEEK WORKSHOP

Join us

Do you often wish parenting came with a handbook? Well, the Circle of Security is as close as you'll get. This relationship-based parenting program is designed to work towards creating a secure attachment between you and your child. It's an opportunity to understand your child's emotional world, better your parenting strategies, and improve your relationship with your child.

Our 8-week program, facilitated by a qualified therapist, will provide the support and insights you need to make your parent/child interactions less stressful and more rewarding.

WHAT YOU WILL GAIN FROM THIS WORKSHOP

- A clear understanding of your child's emotional world by learning to read their emotional needs.
- Strategies to support your child's ability to manage emotions successfully.
- Tools to enhance the development of your child's self-esteem.
- A platform to honour your innate wisdom and desire for your child to be secure.

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Details

Date: Thursday 9th May - 27th June

Time: 6pm - 8pm

Cost: \$55 or \$85 single/ \$90 or \$150 couple

Where: Women's Health & Wellbeing Services
(Suite 7, Level 1 2232c Albany Hwy GOSNELLS)

FACILITATOR - EVYN

Evyn has a long history working in medical, defence, education, child development and family settings and for the past twenty years focussed extensively on parenting and fatherhood. During his eight years with WHWS he has co-facilitated Perinatal Anxiety and Depression workshops, offered Couple counselling and worked as a Circle of Security - Group Facilitator. Evyn's personal mantra is 'To create safe, caring, respectful places for children to grow'.