

# WORKSHOPS

## SEMESTER 1, 2024



### SUPPORTING CHILDREN WITH ANXIETY

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. 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.

WHEN: 26th March 10am - 12pm

WHERE: WHWS Office - 2232c Albany Highway Gosnells

COST: \$35 concession or \$55 general



### FINDING YOUR BRAVE

Is your child struggling with anxiety? Anxiety can be a difficult and overwhelming for both parents and children to navigate. This 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.

WHEN: 8th April (Years 1-3) 9th April (Years 4-6)

WHERE: WHWS Office - 2232c Albany Highway Gosnells

COST: \$35 concession or \$55 general



### PREPARING FOR PARENTHOOD

Our fun and engaging antenatal workshop, is ideal for you and your partner. This 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!

WHEN: 2nd March 9am - 4pm

WHERE: WHWS Office - 2232c Albany Highway Gosnells

COST: \$55 single or \$90 couples



### CIRCLE OF SECURITY

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.

WHEN: 9th May - 27th June 6pm - 8pm (8 sessions)

WHERE: WHWS Office - 2232c Albany Highway Gosnells

COST: Single \$55/\$85 or Couples \$90/\$150



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### CALMING YOUR ANXIETY

If you're tired of feeling stuck, isolated, and drained due to anxiety, it's time to make a change. This 6-week workshop series provides you with tools to better understand and cope with anxiety. This workshop is based on Acceptance and Commitment Therapy (ACT) principles and teaches you new ways of responding to unhelpful thoughts and emotions. We understand that you may feel apprehensive about attending group sessions due to social anxiety. We assure you that our small, supportive group environment is designed to be safe, non-judgmental, and comfortable for everyone. We're here to help you every step of the way.

#### WHAT YOU WILL GAIN FROM THE WORKSHOP:

- A deeper understanding of your anxiety and its triggers.
- Practical tools and strategies to manage anxiety effectively.
- Increased ability to respond to unhelpful thoughts and emotions in a healthier way.
- Connection with others facing similar struggles.
- Enhanced confidence to handle social situations and interactions.

WHEN: 12th February - 25th March 10am - 12pm (6 sessions)

WHERE: WHWS Office - 2232c Albany Highway Gosnells

COST: \$90 concession or \$120 general

### CULTIVATING SELF COMPASSION

Learn to challenge unhelpful thoughts and talk to yourself with a compassionate voice. If you find yourself constantly thinking negative or mean thoughts about yourself, it's time to stop, give yourself a break and cultivate self-compassion. This course will teach you skills to build your self-confidence, set healthy boundaries within relationships and re-parent yourself with self-care. This is a small-group practical course, led by a qualified therapist, in a safe, supportive and inclusive environment.

#### FIND YOUR SELF-WORTH!

- Understand the key elements of self-compassion
- Techniques to regulate your emotions
- Challenging unhelpful thoughts and developing a compassionate voice
- Setting healthy boundaries
- Reparenting yourself with self-care routines and rituals

WHEN: 6th May - 17th June 10am - 12pm (6 sessions)

WHERE: WHWS Office - 2232c Albany Highway Gosnells

COST: \$90 concession or \$120 general



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