



**MIDVALE HUB  
PARENTING SERVICE  
PERTH NORTH EAST**

# Mindful Parenting

*Cultivate Calm, Connection & Compassion*

**For parents and carers of children who reside in the local government areas of Mundaring, Swan, Bassendean or Bayswater**



Join us for an empowering workshop on 'Mindful Parenting.'

Learn practical techniques to strengthen your relationship with your child and create a peaceful home environment.

What You'll Learn:

- **Mindful Communication:** How to truly listen and connect with your child.
- **Emotional Awareness:** Understand your emotions and those of your child.
- **Stress Reduction:** Techniques to stay calm and present in challenging moments.
- **Self-Care:** Strategies for taking care of yourself as a parent.

**Midland Women's Health Care Place  
24 Junction Parade, Midland**

**Tuesday - 13 May 2025**

**9.30am - 11.30am  
Registration is essential**

**Crèche available - \$2 per child  
Bookings essential.**

**For more information and to register:  
Midvale Hub Parenting Service (Perth North East)  
Telephone: (08) 9290 6827  
Email: [parentingservice@mundaring.wa.gov.au](mailto:parentingservice@mundaring.wa.gov.au)**



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*The Midvale Hub Parenting Service Perth (North East) is provided by Midvale Hub (Shire of Mundaring) and funded by the State Government through the Department of Communities.*

