Who is this for?

Bringing Up Great Kids - Mirrabooka supports parents with children aged 0-12 years who:

1) Have complex family situations and would benefit from extra parenting support

or

2) Have children in the care of The Department of Communities (Child Protection and Family Support), and working towards reunification

or

3) Have been reunified with their children and require further support

Please note priority will be given to families in the following Mirrabooka Communities for Children Catchment areas:

Mirrabooka, Balga, Girrawheen, Koondoola, Nollamara, Westminster, Marangaroo and Alexander Heights

Workshop

6 Week Blocks

Tuesdays Mornings
&
Wednesday Afternoons

Please contact for current dates and venues.

Playgroup

Every Wednesday of the School Term
Time 9.30 am to 11.30 am

Sudbury Community House
30 Chesterfield Road Mirrabooka

This project is supported by

Australian Government Department of Social Services

Fin WA – The Family Inclusion Network of Western Australia Inc.

Sudbury Community House – Supporting the Community

Government of Western Australia Department of Communities

The Smith Family – everyone's family

Last updated: 07.02.2019

Bringing Up Great Kids

Mirrabooka

Communities for Children Project - Smith Family (Facilitating Partner)

Delivered by the Family Inclusion Network of WA (Fin WA) - Community Partner

What is Bringing Up Great Kids ?

Bringing up Great Kids (BUGK) is a parenting programme that promotes and supports respectful, caring and nurturing relationships between parents and their children.

The Bringing Up Great Kids program and resources will help Parents to:

- Reflect on the origins of their parenting style
- Get an insight into how parents and children can enhance their communication
- Learn about brain development in children and its influence on thoughts, feelings and behaviour
- Understand the meaning of children's behaviour
- Learn about mindfulness and reflective parenting
- Reduce parenting stress so that parents can become the kind of parent they want to be

Services

Bringing Up Great Kids Workshops

Group Delivery of the BUGK Programme
6 week blocks

Group Delivery of the BUGK After Violence Programme
7 week blocks

Supported playgroup

Running every Wednesday during the school term, providing:

- opportunities to learn and practice BUGK strategies
- support, and opportunities to meet other parents using the BUGK programme
- parents and children a chance to strengthen connections through play based activities

Family Support

A **short term** service for parents involved in the workshops or playgroup, that require more support

- Implementing BUGK concepts in individual family environment
- Goal setting to meet current concerns

Referrals

Referrals can be accepted from parents directly, or from service providers who are concerned about families who may be experiencing:

- Involvement with The Department of Child Protection and Family Support
- Homelessness
- Domestic and Family Violence
- Isolation
- Drug and Alcohol misuse
- Mental Health Concerns
- Parenting as a young parent
- Other

The Project Officer will make contact by phone or face to face with parents prior to commencement

Contact Us

Bringing Up Great Kids - Mirrabooka
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