



# Parenting Challenges Q&A

## South East Metro Parenting Support Service

They say parenting is 'the hardest job in the world'. When our children are faced with additional challenges such as anxiety, trauma, neurodiversity and difficulty making friends, being a parent can be even more overwhelming, exhausting and sometimes lonely.

Join us for a discussion to explore our parenting struggles, ask questions and brainstorm solutions.

### Booking Details

✉ [clare.heffernan@education.wa.edu.au](mailto:clare.heffernan@education.wa.edu.au)

📍 [www.communicare.org.au](http://www.communicare.org.au)



### Dates

Monday

23 March 2026



### Time

9.00am - 10.00am



### Location

Ashburton Drive Primary School  
6 Nullagine Way  
Gosnells



### Cost

Free

Supported by

