**Geelong Region**

### Programs Being Conducted By

#### Circle of Security Parenting Series
The Circle of Security parenting series is an 8 week program for parents of pre-school aged children wanting to learn about the experiences of their child and how the parent and child relationship can be strengthened.

- **Commencing:** Monday 11 February
- **Time:** 7.00pm – 9.00pm
- **Location:** Ariston House
  245-249 Pakington St,
  Newtown

#### Positive Parenting Program
There is no one right way to be a parent, but the PPP program offers information, support and practical advice to everyday parenting concerns, for Parents of children aged 2-6 years. Groups run for 4 weeks, followed by up to two weekly telephone sessions.

- **Commencing:** Monday 11 February
- **Time:** 7.00pm - 9.00pm
- **Location:** Ariston House
  245-249 Pakington St,
  Newtown

#### Tuning into Kids
Tuning into Kids is a 6 session parenting program for parents of children aged 4 to 8yrs. This program will help parents teach and support their children to understand and express emotions in appropriate ways. The program strengthens children’s social, behavioural and learning outcomes.

- **Commencing:** Thursday 28 February
- **Time:** 7.00pm - 9.00pm
- **Location:** Ariston House
  245-249 Pakington St,
  Newtown

#### Bringing Up Great Kids
The Bringing Up Great Kids program is a six week program for parents of children aged 12mth - 10 yrs which aims to equip parents with the skills to enhance their patterns of communication with their children, promote more respectful interactions and encourage the development of children’s positive self-identity.

- **Commencing:** Monday 18 Feb – 25 March
- **Time:** 10.00am - 12 noon
- **Location:** Bethany Community Support,
  16 Ballarat Rd, Hamlyn Heights

### Building Connections
A 3 hour seminar to help separated parents have healthy & strong relationships with their children.

- **Dates:** Monday 4 Feb
- **Time:** 5.00-8.00pm
- **Location:** Bethany Monday 1 April
- **Time:** 9am – 12pm
- **Location:** Bethany Community Support,
  16 Ballarat Rd, Hamlyn Heights

### Seasons for Growth Parent
Seasons for Growth provides an opportunity for you to reflect on the experience of separation or divorce from your children’s perspective, and to explore ideas and strategies that might help you support your child/ren through the changes happening in your family. Recommended that you have completed the Navigating the Rough Swells program.

- **Dates:** Wednesday 13 and 20 Feb
- **Time:** 10am – 12noon
- **Location:** Bethany Community Support,
  16 Ballarat Rd, Hamlyn Heights

### For all above programs:
- **Contact:** Regional Parenting Services
- **Ph:** 5272 4741
- **Cost:** FREE – for all programs

### For all above programs:
- **Contact:** Bethany Community Support
- **Telephone:** 5278 8122
- **Cost:** Free

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**For more information ph: 5272 4741**

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**Group Parent Education Events**

**Barwon South Western Region - Term 1, 2019**

**Great Dads, Great Kids**
A 8 week program parenting program especially for Dads who want to be the best Dad they can be, and build healthy communication, respectful interactions and encourage the development of happy, confident children.

- **Dates:** Weekdays 13 Feb – 3 April
- **Time:** 5.30pm – 7.30pm
- **Location:** Bethany Community Support,
  16 Ballarat Rd, Hamlyn Heights

### Navigating the Rough Swells - Separation
Parenting was never a cruisey job, but if you’ve separated it can become pretty stormy. Understanding what your children are experiencing and how you are affected is the key to navigating the big swells and setting a course for calmer waters.

This free program is for Separating or Separated parents who would like to focus on their child’s experience of separation.

- **Commencing:** Weekdays 13 Feb – 3 April
- **Time:** 10am – 12.00pm
- **Location:** Bethany Community Support,
  16 Ballarat Rd, Hamlyn Heights

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- **Commencing:** Tuesday 19th February
- **Time:** 12.30pm – 2.30pm
- **Location:** Norlane Child and Family Centre
  52-56 Gerbera Ave, Norlane

### Circle of Security Parenting Series
The Circle of Security parenting series is an 8 week program for parents of pre-school aged children wanting to learn about the experiences of their child and how the parent and child relationship can be strengthened.

- **Commencing:** Thursday 14th February
- **Time:** 1.00pm – 3.00pm
- **Location:** Northern Bay Family Centre
  25 Goldsworthy Rd, Corio

### Tuning into Kids
Tuning In To Kids is a 6 week parenting program for parents of children aged 4 to 8 yrs. This program will help parents teach and support their children to understand and express emotions in appropriate ways. This will maximise children’s social, behavioural and learning outcomes.

- **Commencing:** Thursday 21 February
- **Time:** 1.00pm – 3.00pm
- **Location:** Norther Bay College,
  Wexford Campus, Corio

### Tuning into Teens
A 6 week program that provides parents with a greater understanding of their teen’s emotional experiences while teaching specific skills that can assist in being supportive, empathic and staying connected with the young person.

- **Commencing:** Monday 11 February
- **Time:** 5.00pm – 7.00pm
- **Location:** Headspace, Yarra St, Geelong

### Strengthening Family Connections
Strengthening Family Connections is an 8 week program to support family connections and the relationship between parent and 8-12 year old. The program consists of a parent education group, child education group, family connection group and group meal. School based program / Self or professional referral.

- **Commencing:** Wednesday 6 February
- **Time:** 2.00pm – 5.00pm
- **Location:** Herne Hill Primary School
  2-24 Gwynne St,
  Hamlyn Heights

### For all above programs:
- **Contact:** BCYF, Mandy Caruthers
- **Telephone:** 5222 6911
- **Cost:** FREE

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www.geelongaustralias.com.au
Our Kids

Key Steps to Parenting after Separation

A 6-week program for separated/divorced parents who have a history of ongoing conflict. The focus of this course is to enable mothers/fathers to explore ways to develop a “co-parenting and business - like relationship” with the other parent or simply to strengthen their own relationship with their children. Ideal for parents who wish to develop communication strategies that can result in child focused decision making around parenting plans and enable parents to feel secure despite challenges that go with separation/divorce.

Commencing: Tuesday 12 February
6.00pm - 8.00pm OR Thursday 14 February
10.00am - 12.00noon
Location: Family Relationship Centre
Contact: Family Relationship Centre
Telephone: 5246 5600
Cost: $150

Having A tough Conversation with your Adolescent

A 2 hour session to assist parents with strategies to help them manage and model emotion regulation and explore a strategy on how to have a conversation with their adolescent.

Dates: Monday 18 March
Time: 1.15pm – 3.15 pm
Location: Edenhope to be advised

OR

Dates: Tuesday 19 March
Time: 9.15am – 11.15am
Location: Casterton to be advised

OR

Dates: Tuesday 19 March
Time: 1.15pm – 3.15 pm
Location: Coleraine to be advised

Moving Forward – Co share parenting

2 week Program to assist parents to co parent after separation. The program explores parenting, co-parenting and the effects of the separation on the children. The program includes the option of an individual counselling session at the end of the program.

Dates and times as required
Location: Centacare Warrnambool

South Western Region

Programs being conducted by

Who’s In Charge?
The Who’s in Charge? Group is an 8 week program for parents or carers of young people (8 to 18 years) who are out of control, violent or defiant. Groups run for 2 hour sessions weekly 8 weeks, follow up session 8 weeks later.

Commencing: Weed Feb 6 – 27 March
Time: 11.00am – 1.00pm
Location: Portland TAFE
154 Hurd St, Portland
Telephone: 5561 8888
Cost: FREE

On-going Groups

Programs being conducted by

Parent to Parent Groups - Barwon Region

Parent to Parent Support Groups (P2P groups) are a great way to meet other families with similar issues and experiences, and can provide you with valuable and practical information, as well as an opportunity for social interaction. A number of Parent Support groups operate in this region, please call Gateways.

Contact: Gateways Parent Support Worker
Telephone: 5221 2984