

# Group Parent Education Events Barwon South Western Region - Term 2, 2019

Calendar Collated by:  
Regional Parenting Service



For more information ph: 5272 4741

## Geelong Region

Programs being Conducted By



### Parenting Forum Calming Our Kids

Maggie Dent has become one of Australia's favourite parenting authors and educators, with a particular interest in the early years, adolescence and resilience. Maggie's experience includes teaching, counselling and working in palliative care/funeral services and suicide prevention.

Maggie is an advocate for the healthy, common-sense raising of children in order to strengthen families and communities.

**Date:** Thursday 27 June  
**Time:** 7.00pm – 8.30pm  
**Location:** Moolap & Barrabool Hills Baptist Church  
4-32 Province Boulevard  
Highton

**RSVP:** Tickets required and available at:  
<https://bit.ly/2FciRT3>

### Positive Parenting Program

There is no one right way to be a parent, but the PPP program offers information, support and practical answers to everyday parenting concerns, for Parents of children aged 2-8 years. Groups run for 4 weeks, followed by up to two weekly telephone sessions.

**Commencing:** Monday 06 May  
**Time:** 7.00pm - 9.00pm  
**Location:** Ariston House  
245-249 Pakington St,  
Newtown

#### Booking Essential

**Contact:** Regional Parenting Service  
**Phone:** 5272 4741

### Positive Parenting Program

There is no one right way to be a parent, but the PPP program offers information, support and practical answers to everyday parenting concerns, for Parents of children aged 2-8 years. Groups run for 4 weeks, followed by up to two weekly telephone sessions.

**Commencing:** Wednesday 13 May  
**Time:** 7.00pm - 9.00pm  
**Location:** Leopold Child & Family Centre  
31-39 Kensington Road  
Leopold

#### Booking Essential

**Contact:** Regional Parenting Service  
**Phone:** 5272 4741

### Parenting Your Teenager

This five week program for parents of teenagers aged 13-18 years which explores:

- Teenage development
- Parent/teenager communication
- Influences on teenager behaviour

The program helps parents to use a problem-solving approach to enhance parent/teenager interactions

**Commencing:** Tuesday 07 May  
**Time:** 7.00pm - 9.00pm  
**Location:** Ariston House  
245-249 Pakington St,  
Newtown

#### Booking Essential

**Contact:** Regional Parenting Service  
**Phone:** 5272 4741

### 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. Groups run for six weeks..

**Commencing:** Tuesday 07 May  
**Time:** 7.00pm - 9.00pm  
**Location:** Grovedale Child & Family Centre  
45 Heyers Road  
Grovedale

#### Booking Essential

**Contact:** Regional Parenting Service  
**Phone:** 5272 4741

### Tuning into Kids

Tuning into Kids is a 6 week 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. This will maximise children's social, behavioural and learning outcomes.

**Commencing:** Thursday 16 May  
**Time:** 7.00pm - 9.00pm  
**Location:** Ariston House  
245-249 Pakington St,  
Newtown

#### Booking Essential

**Contact:** Regional Parenting Service  
**Phone:** 5272 4741

Programs being Conducted By



### Our Kids

**Key Steps to Parenting after Separation**  
A 6 week program for separated/divorces parents who have a history of ongoing conflict. The focus is to enable mother/fathers to explore ways to develop a "co-parenting and business like relationship" with other parent or simply to strengthen their relationship with their child/ren. Ideal for parents who wish to develop communication strategies that can result in child focused decision making around parenting plans and enable your child/ren to feel secure despite the challenges that go with separation and or divorce.

**Commencing:** Tuesday 21 May  
**Time:** 6.00pm – 8.00pm  
**Location:** Family Relationship Centre  
27-41 Myers St, Geelong

**Commencing:** Thursday 23 May  
**Time:** 10.00am - 12.00pm  
**Location:** Family Relationship Centre  
27-41 Myers St, Geelong

**Telephone:** 52465600  
**Cost:** \$150

### Seasons for Growth Parent

Seasons for Growth provides an opportunity for you to reflect on the experience of separation or divorce from your child/ren's perspective, and to explore ideas and strategies that might help you support your child/ren through the changes happening in your family.

**Dates:** Tuesday 02 July & 09 July  
**Time:** 6.00pm – 8.00pm  
**Location:** Family Relationship Centre  
27-41 Myers St, Geelong  
**Telephone:** 5246 5600

Programs being conducted by



### Navigating the Rough Swells - Separation

Parenting was never a cruisy 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 program is for Separating or Separated parents who would like to focus on their child's experience of separation.

**Commencing:** Wednesday 1 May – 19 June  
**Time:** 5.30pm – 7.30pm  
**Location:** Bethany Community Support,  
16 Ballarat Rd, Hamlyn Heights

### 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 29 April – 3 June  
**Time:** 5.30pm – 7.30pm  
**Location:** Bethany Community Support,  
16 Ballarat Rd, Hamlyn Heights

### Seasons for Growth

Seasons for Growth provides an opportunity for you to reflect on the experience of separation or divorce from your child/ren's perspective, and to explore ideas and strategies that might help you support your child/ren through the changes happening in your family.

**Dates:** Wednesday 1 and 8 May  
**Time:** 5.30pm – 7.30pm  
**Location:** Bethany Community Support,  
16 Ballarat Rd, Hamlyn Heights

#### For all above programs:

**Contact:** Bethany Community Support  
**Telephone:** Sophia 5278 8122 Mon-Wed  
**Cost:** Free

Programs being Conducted By



### Bumps2Bubs

The Bumps to Bubs Group Program brings young parents-to-be and parents (up to 23 years) with babies 0-1 year together to support the journey of parenting. It is through play that babies and children learn and develop. Come and join us for fun, learning and friendship.

**Day:** Monday 29 April  
**Time:** 1.30pm - 3.00pm  
**Location:** 25 Goldsworthy Rd, Corio  
**Who for:** Parents up to 23yo with babies 0-1 year

**Contact:** BCYF, Mandy Caruthers  
**Telephone:** 522 26911  
**Cost:** FREE

### Bubs to Tots

This Program brings parents together to provide support and education to enhance children's development in the 1-2 year age group. The Program will assist parents with ideas to manage the toddler years and enjoy this stage of early development

**Day:** Tuesdays 23 April  
**Time:** 1.30pm – 3.00pm

**Location:** Northern Bay College Family Centre  
25 Goldsworthy Rd, Corio  
**Contact:** BCYF, Mandy Caruthers  
**Telephone:** 522 26911  
**Cost:** FREE

### 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. Groups run for six weeks, followed by booster sessions.

**Commencing:** Thursday 16 May  
**Time:** 9.15am – 11.15am  
**Location:** St Thomas Aquinas Primary School  
51 Plume St, Norlane  
**Contact:** BCYF, Mandy Caruthers  
**Telephone:** 522 26911  
**Cost:** FREE

### 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:** Wednesday 1 May  
**Time:** 1.00pm – 3.00pm  
**Location:** Northern Bay Family Centre  
25 Goldsworthy Rd, Corio  
**Contact:** BCYF, Mandy Caruthers  
**Telephone:** 5222 6911  
**Cost:** FREE

### Tuning In To 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. This will maximise children's social, behavioural and learning outcomes.

**Commencing:** Thursday 16 May  
**Time:** 1.00am - 3.00am  
**Location:** Northern Bay Family Centre  
Wexford Court, Corio  
**Contact:** BCYF, Mandy Caruthers  
**Telephone:** 5222 6911  
**Cost:** FREE

### 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:** Tuesday 14 May  
**Time:** 1.00pm - 3.00pm  
**Location:** BCYF Headspace  
105 Yarra St  
**Geelong**

**Commencing:** Wednesday 15 May  
**Time:** 4.45pm – 6.45pm  
**Location:** Lara Secondary College  
34 Alkara Ave  
**Lara**

**Contact:** BCYF, Mandy Caruthers  
**Telephone:** 522 26911  
**Cost:** FREE

### Strengthening Family Connections

Strengthening Family Connections is a 8 week program to support 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.

**Day:** Tuesday 30 April  
**Time:** 2.15pm – 5.00pm  
**Location:** Whittington Primary School  
Worden Court  
**Wittington**

**Day:** Wednesdays 01 May  
**Time:** 2.00pm – 5.00pm  
**Location:** Bannockburn P-12 College  
Milton Street  
**Bannockburn**

**Day:** Thursday 02 May  
**Time:** 2.00pm – 5.00pm  
**Location:** Northern bay College  
Peacock Campus  
Peacock Ave  
**Norlane**

**Contact:** BCYF, Mandy Caruthers  
**Telephone:** 522 26911  
**Cost:** FREE

#### Programs being conducted by



### Engaging Adolescents

A 3 week program 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 13-27 May  
**Time:** 6.30pm - 8.30pm  
**Location:** Centacare  
142 Timor St, Warrnambool  
**Cost:** \$6.50 for workbook

### 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

### Tuning In To Kids

4 week Program to assist parents with children aged 3-8yrs, with strategies to help them manage their emotions and model this to their children.

**Dates:** Thurs 30 May – 20 June  
**Time:** 10.30am – 12.30pm  
**Location:** Centacare Warrnambool  
142 Timor St, Warrnambool  
**Cost:** \$5.00 for workbook

### Engaging Adolescents

A 3 week program 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:** 7, 14 & 21 March  
**Time:** 6.30pm – 8.30pm  
**Location:** Centacare Warrnambool  
**Cost:** \$6.50 for workbook

### 123 Magic & Emotion Coaching

A 3 week program to assist parents with children aged 4-8 yrs, with strategies to help them manage and model emotion regulation.

**Dates:** Monday 20 May – 3 June  
**Location:** Portland

**Contact:** For all above programs:  
Marea at Centacare  
**Telephone:** 5559 3000  
**E:** [marea.sholly@centacarewarrnambool.org.au](mailto:marea.sholly@centacarewarrnambool.org.au)

## South Western Region



### Parenting Forum

#### Real World Child: What Kids Are Doing Online and How to Keep Them Safe

Dr Michael Carr-Gregg will discuss what the latest research says kids are doing online and how to keep them Safe. Includes everything parents need to know about social networking sites, cyberbullying, internet addition, filtering software and online games.

**Date:** Tuesday 07 May  
**Time:** 7.00pm – 8.30pm  
**Location:** Hamilton Performing Arts Centre  
113 Brown St  
Hamilton  
**Bookings:** Marea Centacare  
0409 748 559 or  
5559 3000



### Pit Stop

#### A Program for Fathers

Pit Stop is a life-changing course designed in Australia for every father from every nation who wants to see his family happy and healthy....  
Get the facts on fatherhood:

- Why Dads matter to children
- Developing a healthy parenting style
- Improving family communications and closeness
- Steering your children through stressful stages
- Disciplining children without losing it - Or them
- Balancing life, work and family
- Working as a Team
- Identifying and implementing change

**Commencing:** Thursday 09 May  
**Time:** 7.00pm - 9.00pm  
**Location:** Torquay Children's Hub  
27 Grossmans Rd, Torquay  
**Booking:** Lauren McDonnell  
**Phone:** 5261 0549

### 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. This will maximise children's social, behavioural and learning outcomes.

**Commencing:** Thursday 9 May  
**Time:** 5.30pm – 7.30pm  
**Location:** Apex Kindergarten  
7 Howarth St  
Eliminyt  
**Bookings:** 5231 4271

The Parent Education Calendar has been collated by the Regional Parenting Service with the aim of providing information on the mainstream parent education groups that are happening across the Barwon South West Region.

If you have any questions regarding these programs or parenting activities, or want to be added or removed from the mailing list please email [rps@geelongcity.vic.gov.au](mailto:rps@geelongcity.vic.gov.au) or contact Regional Parenting Service on (03) 5272 4741. Outside Geelong Freecall 1800 111 078