### 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 & Barabool Hills Baptist Church  

### 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:** Arston House  
**Contact:** Regional Parenting Service  
**Phone:** 5272 4741  

#### Positive Parenting Program

**Bumping Up Great Kids**

The Bumping Up Great Kids program is a six week program for parents of children aged 12-18 months to 10 years 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  
**RSVP:** 45 Heyers Road Grovedale

**Booking Essential**

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

<table>
<thead>
<tr>
<th>Programs being Conducted By</th>
<th><strong>Bringing Up Great Kids</strong></th>
<th><strong>Tuning into Kids</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Location</strong></td>
<td></td>
<td></td>
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<tr>
<td><strong>Time</strong></td>
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**Phone:** 5272 4741  

#### Positive Parenting Program

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

### Positive Parenting Program

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

#### Positive Parenting Program

**For all above programs:**

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

**Cost:** Free

### Positive Parenting Program

**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

### Positive Parenting Program

**Bubs to Tots**

This Program brings parents together to provide support and education to enhance children’s development in the 1-2 year old 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

For more information ph: 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, 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 Goldworthy Rd, Corio
**Contact:** BCYF, Mandy Caruthers
**Telephone:** 522 26911
**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:** 1.00pm – 3.00pm
**Location:** Northern Bay Family Centre
Wexford Court, Corio
**Contact:** BCYF, Mandy Caruthers
**Telephone:** 522 26911
**Cost:** FREE

**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

**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 4-8yrs, with strategies to help them manage and model emotion regulation.

**Dates:** Monday 20 May – 3 June
**Location:** Portland
**Contact:** Marea at Centacare
**Telephone:** 5559 3000
**E:** marea.sholly@centacarewarrnambool.org.au

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**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 E 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
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
EIliminy
**Bookings:** 5231 4271

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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 South Western 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 or contact Regional Parenting Service on (03) 5272 4741. Outside Geelong Freecall 1800 111 078