

Parent Education Events

Geelong Region - Term 2 2020

Programs held by Regional Parenting Service and City of Greater Geelong



All programs are free, but bookings are essential. **To book visit** www.geelongaustralia.com.au/parenting or call us on 5272 4781.

The following Regional Parenting Service programs will all be held at Ariston, 245 Pakington Street, Newtown

Positive Parenting Program

Positive Parenting Program is a 4-week program for parents of children aged 2 to 8 years.

There is no one right way to be a parent, but the PPP program offers:

- Information and support
- Practical answers to everyday parenting concerns
- Groups run for 4 weeks, followed by up to two weekly telephone sessions.

Dates: Mondays, 27 April to 18 June

Time: 7.00pm - 9.00pm

Circle of Security

The *Circle of Security parenting series* is an 8-week program for parents of babies to early school aged children who are wanting to learn about the experiences of their child and how the parent and child relationship can be strengthened.

Dates: Tuesdays, 28 April to 6 June

Time: 7.00pm - 9.00pm

Tuning in to Teens

Tuning in to Teens is a 6-week supportive program for parents of teens aged 12 to 18 years.

The program aims to:

- Support parents to connect and communicate with their teens.
- Assist parents with understanding adolescent development.
- Help parents to assist their teen to develop emotional intelligence.
- Remain empathetic and stay connected.

Dates: Thursdays, 30 April to 4 June

Time: 7.00pm - 9.00pm

Flourishing Families

A 4-week program for parents of children all ages to discover how wellbeing can help you and your family to Flourish. Learn about current research and practical skills that will help your family:

- Promote resilience
- Increase awareness of character strengths
- Nurture and sustain positive
- Give effective feedback & support individual growth
- Explore your family values & shared goals

Dates: Tuesdays, 5 to 26 May

Time: 7.00pm - 9.00pm

Tuning in to Kids

Tuning in to Kids is a 6-week supportive program for parents of children aged 4 to 10 yrs.

The program aims to:

- Help parents teach and support their children to understand and manage their emotions.
- Support parents in encouraging children to express emotions appropriately.
- Maximise children's social, behavioural and learning outcomes.

Dates: Wednesdays, 6 May to 10 June

Time: 7.00pm - 9.00pm

Pit Stop: A Program for Fathers

Pit Stop is a life-changing 8-week 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

Dates: Wednesdays, 3 June to 22 July

Time: 7.00pm - 9.00pm

Regional Parenting Forum

Raising Happy and Resilient Young People with Dr Michael Carr- Gregg

This forum will explore what the science of psychology tells us builds resilience in young people and what parents can do to incorporate these strategies into their parenting practices. It will also give 10 key messages that all parents can share with their children which will increase the chances of their children having higher levels of well-being.

Dates: Thursday 18 June

Time: 7.00pm - 9.00pm

Location: Onehope Centre, 4-32 Province Boulevard, Highton

Bookings: bit.ly/2xAteA7

Programs being held by



To book a Family Relationship Centre program call 5246 5600.

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 is to enable parents to explore ways to develop a "co-parenting and business-like relationship" with other parents 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.

Dates: Tuesdays, 12 May to 16 June

Time: 6.00pm - 8.00pm

OR

Dates: Thursdays, 14 May to 18 June

Time: 10.00am - 12.00pm

Location: Family Relationship Centre, 7-9 Ryan Place, Geelong

Cost: \$150

Parent Education Events Geelong Region - Term 2 2020

Programs being held by



To book a BCYF program call Mandy Carruthers on 5222 6911.

Bumps to Bubs

Bumps to Bubs brings young mothers and mothers to be (up to 23 years) with babies 0-1 year, together to support the journey of parenting. The program aims to Bring young mothers and babies together for fun, learning and friendship in a relaxed setting; enhance parent and child attachment and increase understanding of child development.

Dates: 21 April – 23 June

Time: 1.30pm - 3.00pm

Location: Northern Bay Family Learning Centre, 25 Goldsworthy Road, Corio

Bubs to Tots

Bubs to Tots brings mothers of children in the 1 to 2 year age group together for support and education. The program aims to: Provide education to enhance children's early development; Promote parent and child attachment/relationships through the promotion of play and assist parents with managing and enjoying the toddler years.

Dates: 20 April – 22 June

Time: 1.30pm - 3.00pm

Location: Northern Bay Family Learning Centre, 25 Goldsworthy Road, Corio

Bringing Up Great Kids

Bringing up Great Kids is a 6-week supportive program for parents of children aged 12 months to 12 years. The program aims to:

- Develop parents' skills to enhance communication with their children;
- Promote positive interactions between parents and their children and encourage the development of a child's positive self-identity.

Dates: 21 April – 26 May

Time: 10.30am - 12.30pm

Location: BCYF, 222 Malop Street, Geelong

Tuning in to Teens

Tuning in to Teens is a 6-week supportive program for parents of adolescents aged 10 years to 18 years. The program aims to: Support parents to connect and communicate with their teen: Assist parents with understanding adolescent development and help parents to assist their teen to develop emotional intelligence

Dates: 5 May – 9 June

Time: 1.00pm - 3.00pm

Location: BCYF Headspace, 105 Yarra St, Geelong

Tuning in to Kids

Tuning in to Kids is a 6-week supportive program for parent of children aged 3 years -12 years. The program aims to:

- Help parents teach their children to understand and manage their emotions.
- Support parents in encouraging children to express emotions appropriately.
- Maximise children's social, behavioural and learning outcomes.

Dates: 23 April – 28 May

Time: 1.00pm-3.00pm

Location: Bellarine Living & Learning Centre 20 Worden Crt, Whittington

Dads Tuning in to Kids

Tuning in to Kids is a 6-week supportive program for parent of children aged 3 years -12 years. The program aims to:

- Help parents teach their children to understand and manage their emotions.
- Support parents in encouraging children to express emotions appropriately.
- Maximise children's social, behavioural and learning outcomes.

Dates: 7 May – 11 June

Time: 12.30pm-2.30pm

Location: Norlane Child & Family Centre, 52-56 Gerbera Ave, Norlane

Strengthening Family Connections

Strengthening Family Connections is an 8-week program for parents and their children aged 8 years - 12 years. The program aims to: Build a positive culture and improve communication among family members; Help develop successful, confident children and parents, and build skills in all family members to improve family functioning

Please contact BCYF for dates, time, location and cost.

Programs being held by



Drummond St Services Geelong provides parent seminars and groups in:

- Parenting Kids (or Teens) Who Worry – addressing anxiety.
- Top Gear – parenting feisty active kids 0-12.
- Connected Families: Navigating Communication and Relationships in The Age of Technology.
- Transition to Primary or Secondary School.

These are run at schools or child care centres within the region. Dates and times will be finalised soon, check our website www.ds.org.au

Drummond St Services provides Family Mental Health Support services in the Geelong Region. Phone 9663 6733 or check website or facebook <https://www.facebook.com/drummondstreet/>

Programs being held by



To book a Bethany Community Support Program call on 5278 8122.

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

Location: Bethany Community Support, 16 Ballarat Road, Hamlyn Heights