Parent Education Events  
Geelong Region - Term 2 2020

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

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

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 wellbeing.

Dates: Thursday 18 June  
Time: 7.00pm - 9.00pm  
Location: Onehope Centre, 4–32 Province Boulevard, Highton  
Bookings: bit.ly/2xAteA7

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

This calendar has been collated by the Regional Parenting Service with the aim of providing information on parent education groups that are happening across our region. If you have any questions regarding these programs or parenting activities, or want to be added or removed from the mailing list contact us on rps@geelongcity.vic.gov.au or 5272 4741 or 1800 111 078.
# Parent Education Events
## Geelong Region - Term 2 2020

### Programs being held by BCYF

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.

<table>
<thead>
<tr>
<th>Dates</th>
<th>21 April – 23 June</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time</td>
<td>1.30pm - 3.00pm</td>
</tr>
<tr>
<td>Location</td>
<td>Northern Bay Family Learning Centre, 25 Goldsworthy Road, Corio</td>
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#### 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.

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<thead>
<tr>
<th>Dates</th>
<th>20 April – 22 June</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time</td>
<td>1.30pm - 3.00pm</td>
</tr>
<tr>
<td>Location</td>
<td>Northern Bay Family Learning Centre, 25 Goldsworthy Road, Corio</td>
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#### 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.

<table>
<thead>
<tr>
<th>Dates</th>
<th>21 April – 26 May</th>
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</thead>
<tbody>
<tr>
<td>Time</td>
<td>10.30am - 12.30pm</td>
</tr>
<tr>
<td>Location</td>
<td>BCYF, 222 Malop Street, Geelong</td>
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#### 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.

<table>
<thead>
<tr>
<th>Dates</th>
<th>5 May – 9 June</th>
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<tbody>
<tr>
<td>Time</td>
<td>1.00pm - 3.00pm</td>
</tr>
<tr>
<td>Location</td>
<td>BCYF Headspace, 105 Yarra St, Geelong</td>
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#### 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.

<table>
<thead>
<tr>
<th>Dates</th>
<th>23 April – 28 May</th>
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</thead>
<tbody>
<tr>
<td>Time</td>
<td>1.00pm-3.00pm</td>
</tr>
<tr>
<td>Location</td>
<td>Bellarine Living &amp; Learning Centre 20 Worden Crt, Whittington</td>
</tr>
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#### 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.

<table>
<thead>
<tr>
<th>Dates</th>
<th>7 May – 11 June</th>
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</thead>
<tbody>
<tr>
<td>Time</td>
<td>12.30pm-2.30pm</td>
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<tr>
<td>Location</td>
<td>Norlane Child &amp; Family Centre, 52-56 Gerbera Ave, Norlane</td>
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### 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 Bethany Community Support

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.
- 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/

#### 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.

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

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