

# PARENT EDUCATION EVENTS

GEELONG REGION – TERM 2, 2021



All Regional Parenting Service programs are free and will be offered face to face or Online via Zoom  
Bookings are Essential. [www.geelongaustralia.com.au/parenting](http://www.geelongaustralia.com.au/parenting) or Ph: 5272 4781

Programs provided by  
**City of Greater Geelong  
Regional Parenting Service**

## POSITIVE PARENTING PROGRAM

Dates: Monday 10 May – 31 May

Time: 7.00pm - 9.00pm

'Ariston' 245-249 Pakington St, Newtown

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

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

- Information and support;
- Practical answers to everyday parenting concerns;
- Group will run for 4 weeks, followed up by 2 weekly telephone sessions.

## TUNING IN TO KIDS

Dates: Wednesday 5 May – 9 June

Time: 7.00pm - 9.00pm

'Ariston' 245-249 Pakington St, Newtown

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 child/ren to understand and manage their emotions;
- Support parents in encouraging children to express emotions appropriately;
- Maximise children's social, behavioural and learning outcomes.

## THE DAD WORKSHOP

Dates: Thursday 22 April – 27 May

Time: 7.30pm - 9.00pm (Online via Zoom)

This 6-week program will focus on giving you the tools you need to create a better life for your entire family.

We will look at simple things you can do to improve:

- Your relationship with yourself;
- Your relationship with your partner;
- Your relationship with your kids.

## FLOURISHING FAMILIES

Dates: Wednesday 5 May – 9 June

Time: 7.30pm - 9.00pm (Online via Zoom)

A 6-week program for parents of children of 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 positivity;
- Give effective feedback and support individual growth;
- Explore family values.

## PARENTING YOUR TEENAGER

Dates: Monday 3 May – 7 June

Time: 7.30pm - 9.00pm (Online via Zoom)

Parenting Your Teenager 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.

## BRINGING UP GREAT KIDS

### The First 1000 Days

Dates: TBC

Time: 7.00pm – 8.30pm (Online via Zoom)

The first 1,000 days of life is a program for parents with children aged under 12 months and designed to nurture parents as they embark on their journey. It provides parents with a knowledge about brain development and an understanding of how children grow and what they need. The centrality of family relationships and opportunities for parents to reflect on their own childhood and how to connect with their children are all explored.

15th – 24th May; a Dad's session to be held in Ocean Grove

## NO SCAREDY CATS

### Reducing Anxiety & Building Resilience in Children

Dates: Tuesday 25 May – 15 June

Time: 7.30pm - 9.00pm (Online via Zoom)

A 4-week program for parents of children 2 – 12 years to gain an understanding of the increasing levels of anxiety in their child and strategies to help manage the “traps and tripwires” with strengthening sayings, questioning strategies and mindful exercises.

## NATURE WEEK WEBINAR

### PRESENTED BY TANIA MOLONEY

Date: Thursday 15 April

Time: 7.30pm - 9.00pm

Presented by Tania Moloney, Founder of Nurture in Nature, this interactive and fun online workshop will guide you through the Why's, When's, What's and How's of nature play to find simple and innovative ways to overcome the 5 BIG BUT's that get in the way of a good, old-fashioned play outside!

Book [here](#) or search Eventbrite to make a booking

### Programs provided by

### Family Relationship Centre

### Contact Family Relationship Centre

Ph: 5246 5600

## OUR KIDS – Parenting After Separation

Date: Tuesday 18 May – 22 June; Time: 6.00pm - 8.00pm

Date: Thursday 20 May – 24 June; Time: 10.00am – 12.00pm

Our Kids is a 6-week course on parenting after separation and the impact of parental conflict on children. The course encourages parents to focus on the needs of their children and develop helpful communication strategies following separation. Courses run weekly for six weeks during school terms. Morning and evening sessions are available.

### Programs provided by

### Drummond St Services

For information on Drummond St seminars and groups [www.ds.org.au](http://www.ds.org.au)

## TUNING INTO TEENS

6-week program

## TOP GEAR

Seminar and 4-week group starting 28 April  
For parents of feisty kids aged 2 – 12yrs

## WELLBEING FOR SCHOOLS

PD for teachers, support staff and school personnel.  
Contact Drummond St to run a 1-hour session in your school

## NATIONAL FAMILIES WEEK

### Programs provided by

### Barwon Child Youth & Family (BCYF)

### Contact BCYF regarding program delivery

Ph: 5226 8900 or [www.bcyf.org.au](http://www.bcyf.org.au)

## TUNING IN TO KIDS

Date: Thursday 6 May – 10 June

Time: 10.30am – 12.30pm (Online via Zoom)

Tuning in to Kids is a 6-week supportive program for parents 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

## BUMPS TO BUBS

Date: Wednesday 21 April – 23 June

Time: 1.30pm – 3.00pm

Northern Bay Family Learning Centre, Goldsworthy Rd, Corio

Bumps to Bubs is a 10-week program and brings young mothers and mothers-to-be (up to 23 years) with babies 0-1 year, together to support the journey of parenting.

## BUMPS TO TOTS

Date: Tuesday 20 April – 22 June

Time: 1.30pm – 3.00pm

Northern Bay Family Learning Centre, Goldsworthy Rd, Corio

This Program brings parents together to provide support and education to enhance a child'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.

## CIRCLE OF SECURITY

Date: Thursday 29 April – 17 June

Time: 1.00pm – 3.00pm

Northern Bay Family Learning Centre, Goldsworthy Rd, Corio

Circle of Security is an 8-week supportive program for parents of children aged birth – 5 years.

The program aims to:

- Help parents understand how to build feelings of security for children in their early years;
- Assist parents with skills to build on the positive relationship with their child;
- Develop confidence in parents to respond to their child in a way which builds a secure foundation for children.

## BRINGING UP GREAT KIDS

**Date:** Tuesday 11 May – 15 June

**Time:** 10.30am – 12.30pm

**Norlane Child & Family Centre, 52-56 Gerbera Ave, Norlane**

Bringing Up Great Kids is a 6-week supportive program for parents of children aged 12 months – 12 years.

The program aims to:

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

## DADS TUNING IN TO KIDS

**Date:** Wednesday 12 May – 16 June

**Time:** 10.30am – 12.30pm (Online via Zoom)

Dads Tuning in to Kids is a 6-week supportive program specifically for Dads of children aged 3 years – 12 years.

The program aims to:

- Help dads to effectively tune in to their child's emotions;
- Encourage dads to strengthen their emotional connection with their child;
- Support dads to build skills in emotion coaching to assist their child's individual needs.

## TUNING IN TO TEENS

**Dates:** Tuesday 11 May - 15 June

**Time:** 12.30pm – 2.30pm

**BCYF Headspace, 105 Yarra St, Geelong**

**Dates:** Thursday 13 May - 17 June

**Time:** 10.30am – 12.30pm (Online via Zoom)

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;
- Help parents to assist their teen to develop emotional intelligence.