

PARENT EDUCATION EVENTS

GEELONG & BARWON SOUTH WEST
REGION – TERM 4, 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 or Ph: 5272 4781

GEELONG REGION

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

POSITIVE PARENTING PROGRAM

Dates: Monday 1 November – 22 November

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.

STEPPING STONES

Dates: Monday 1 November – 29 November

Time: 7.00pm - 9.00pm

'Ariston' 245-249 Pakington St, Newtown

Stepping Stones is a 5-week program for families with a child who has a disability. The program aims to help parents use Positive Parenting to acquire new skills and knowledge. Skills are practiced and parents receive constructive feedback about their use of skills.

THE DAD WORKSHOP

Dates: Monday 11 October – 15 November

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.

TUNING IN TO KIDS

Dates: Wednesday 13 October – 11 November

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

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.

BRINGING UP GREAT KIDS

Dates: Tuesday 19 October – 23 November

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

Bringing up Great Kids is a 6-week supportive program for parents of children aged 12 months to 9 yrs.

The program aims to:

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

FLOURISHING FAMILIES

Dates: Tuesday 5 October – 2 November

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

A 6-week program for parents with children of all ages to discover how you can help your family to flourish.

Learn about:

- How you can promote resilience;
- Increase awareness of your family's strengths;
- Create and nurture positive family relationships;
- Give feedback to support individual growth.

PARENTING YOUR TEENAGER

Dates: Thursday 21 October – 25 November

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: Monday 18 October – 22 November

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

The first 1,000 days of life is a program for parents with children aged under 2 years 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.

NO SCAREDY CATS

Reducing Anxiety & Building Resilience in Children

Dates: Tuesday 19 October – 9 November

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.

Programs provided by
Family Relationship Centre

Contact the Parenting Orders Program at the
Family Relationship Centre - Ph: 5246 5600

OUR KIDS – Parenting After Separation

Date: Tuesday 12 October – 23 November

Time: 6.00pm - 8.00pm

Date: Thursday 14 October – 25 November

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
Barwon Child Youth & Family (BCYF)

Contact BCYF regarding program delivery

Ph: 5226 8900 or www.bcyf.org.au

BUMPS TO BUBS

Date: Wednesday 6 October – 8 December

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 5 October – 7 December

Time: 1.30pm – 3.00pm

Northern Bay Family Learning Centre, Goldsworthy Rd, Corio

The Bubs to Tots Group Program brings mothers (up to 24 years) and toddlers together to support parents with knowledge and skills to enhance children’s development in the 1-2 year age group.

TUNING IN TO KIDS

Date: Tuesday 12 October – 16 November

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:

- Encourage parents to effectively tune in to their children’s emotions;
- Supports parents to teach their children how to understand and regulate their emotions;
- Helps parents respond to and foster their child’s individual needs.

BRINGING UP GREAT KIDS

Date: Wednesday 20 October – 24 November

Time: 10.30am – 12.30pm

Online via Zoom

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

The program aims to:

- Support parents with the skills to enhance their communication with their children;
- Promote positive interactions between parent and child;
- Encourage the development of children’s positive self-identity.

TUNING IN TO TEENS

Dates: Thursday 21 October – 25 November

Time: 12.30pm – 2.30pm

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 manage emotions and develop emotional intelligence.

Programs provided by Drummond St Services

For information on Drummond St seminars and groups www.ds.org.au/events/

LOCKDOWN TIPS

No matter how long lockdown goes: there are tips and tools for strengthening your capacity to manage. Click [here](#) for *Info for Families in Isolation* and [here](#) for *Connecting with Your Kids*.

PARENTING KIDS WHO WORRY

One session: online Wednesday 6 October

This popular seminar offers basic information and strategies to help kids worry less alongside how to develop an action plan for helping them move from feeling anxious to feeling more empowered. Click [here](#). Plus check in for future dates or put yourself on waiting list for Grovedale/Herne Hills areas.

THE VILLAGE – QUEERSPACE

Dates: 3 August - 17 September & 3 November – 8 December

Online via Zoom

The Village is a 7-week program for parents of gender diverse and gender non-conforming children. This program is for parents who wish to share and talk through experiences and anxieties they may be feeling. The group discusses various topics each week facilitated by a queerspace host and a queerspace counsellor. Click [here](#) for more information.

BARWON SOUTH WEST REGION

Programs provided by CatholicCare Victoria

Registrations are compulsory to attend

Email: ballaratfrc@centacareballarat.org.au

Ph: 1300 303 988

CIRCLE OF SECURITY

Group 1 (8 weeks)

Date: Tuesday 19 October – 14 December

Time: 10.00am – 12.00pm (Online via Zoom)

Group 2 (6 weeks)

Delivered in partnership with City of Warrnambool

Date: Wednesday 27 October – 1 December

Time: 10.00am – 12.00pm

Archie Graham Centre, Timor Street Warrnambool

Circle of Security is an 8-week relationship-based parenting program.

The program aims to:

- Understand your child's emotional world by learning to read emotional needs;
- Honour the innate wisdom and desire for your child to be secure;
- Support your child's ability to successfully manage emotions;
- Enhance the development of your child's self-esteem.

LIVING WITH TEENS

Date: Thursday 14 & 21 October

Time: 6.30pm – 8.30pm (Online via Zoom)

A model for building strong, secure connections. Living with Teens is a 2-week program.

The program covers:

- What parents need to be able to meet teen's needs;
- What teens need from parents;
- Adolescent development.