**GEELONG REGION**

**Programs provided by**

**City of Greater Geelong**

**Regional Parenting Service**

# NO MORE SCAREDY CATS

# Reducing Anxiety & Building Resilience in Children

**Dates: Monday 25 July – 22 August**

**Time: 7.00pm - 9.00pm**

**‘Ariston ’ 245-249 Pakington Street, Newtown**

A 5 week program for parents of children 5 – 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.

# TUNING IN TO KIDS

**Dates: Tuesday 2 August – 6 September**

**Time: 7.00pm - 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.

**THE DAD WORKSHOP**

**Dates: Monday 1 August – 5 September**

**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.

# CIRCLE OF SECURITY

**Dates: Tuesday 26 July – 13 September**

**Time: 7.00pm - 9.00pm**

**‘Ariston’ 245-249 Pakington Street, Newtown**

Circle of Security is an 8-week program for parents of children aged up to 8 years wanting to learn about the experiences of their child and how the parent and child relationship can be strengthened.

# TUNING IN TO TEENS

**Dates: Wednesday 13 July – 17 August**

**Time: 7.00pm - 9.00pm (Online via Zoom)**

Tuning into 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.

**BRINGING UP GREAT KIDS**

**Dates: Thursday 21 July – 25 August**

**Time: 7.00pm - 9.00pm**

**‘Ariston’ 245-249 Pakington Street, Newtown**

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.

**POSITIVE PARENTING PROGRAM**

**Available online via the Triple P website**

[**https://www.triplep-parenting.net.au/vic-uken/triple-p/**](https://www.triplep-parenting.net.au/vic-uken/triple-p/)

# FREE DOCUMENTARY SCREENING

# Angst: Raising Awareness Around Teenage Anxiety

**Date: Tuesday 26 July**

**Time: 7.30pm – 8.30pm**

**OneHope Centre, 4-32 Province Boulevard, Highton**

# Regional Parenting Service is screening the documentary “Angst: Raising Awareness Around Teenage Anxiety”. Angst is on a mission to start a global conversation and raise awareness around adolescent anxiety. *A Must-See Documentary*.

# Angst helps break this down, explaining what’s going on, and what we can do about it to help both ourselves and others. It features World Champion Swimmer Michael Phelps. The 1-hour documentary delves into all aspects of our society’s most common mental health challenge with: experts in the field, and regular teenagers. Bookings to be made via Eventbrite [here](https://www.eventbrite.com.au/e/angst-raising-awareness-around-anxiety-a-must-see-documentary-tickets-353416888427).

# BRINGING UP GREAT KIDS

# The First 1000 Days

**Expressions of Interest are being taken for this program**

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.

**STEPPING STONES**

**Expressions of Interest are being taken for this program**

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.

**POSITIVE PARENTING PROGRAM**

**Expressions of Interest are being taken for this program**

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.

# FLOURISHING FAMILIES

**Expressions of Interest are being taken for this program**

A 5-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.

**Programs provided by**

**Family Relationship Centre**

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

**Our Kids – Parenting After Separation**

**Tuesday 26 July – 30 August, 6.00pm - 8.00pm**

**Thursday 28 July – 1 September, 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 available. Cost: $80 - $150

**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**

**Dates: Thursday 28 July – 1 September**

**Time: 12.30pm – 2.30pm**

**Kurrambee Myaring Community Centre**

**12 Merrijig Drive, Torquay**

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.

**CIRCLE OF SECURITY**

**Dates: Tuesday 26 July – 30 August**

**Time: 12.30pm – 2.30pm**

**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.

**BUMPS TO BUBS**

**Dates: Wednesday 13 July – 14 September**

**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**

**Dates: Thursday 14 July – 15 September**

**Time: 9.30am – 11.00am**

**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 TEENS**

**Dates: Wednesday 27 July – 31 August**

**Time: 10.00am – 12.00pm (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.

**BRINGING UP GREAT KIDS**

**Date: Tuesday 26 July – 30 August**

**Time: 9.30am – 11.30am**

**Korayn Birralee Family Centre**

**146 Purnell Rd, Corio**

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.

**DADS TUNING IN TO KIDS**

**Date: Tuesday 26 July – 30 August**

**Time: 10.00am – 12.00pm (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.

**Programs provided by**

**Drummond St Services**

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

Drummond Street Services provide services for People, Families & Community.

For further information about our programs please follow this link: [www.ds.org.au](https://ds.org.au/events/) or call 03 9663 6733.

**BARWON SOUTH WEST REGION**

**Programs provided by**

**CatholicCare Victoria in partnership with Warrnambool City Council & Moyne Shire**

**Registrations are compulsory to attend**

**Email:** [Andrea.clarke@centacareballarat.org.au](mailto:Andrea.clarke@centacareballarat.org.au)

**Ph: 5337 8943**

**Livng with Teens**

**Dates: Tuesday 9 August – 23 August**

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

A model for building strong, secure connections. Living with Teens is a 3-week program.

The program covers:

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

**CIRCLE OF SECURITY**

**Group 1 (6 weeks – abbreviated program)**

**Warrnambool City Council**

**Dates: Wednesday 10 August – 14 September**

**Time: 6.30pm – 8.30pm**

**Group 2 (8 weeks)**

**Moyne Shire**

**Dates: Thursday 11 August – 13 October**

**(Break for 2 weeks on 8 & 15 September)**

**Time: 1.00pm – 3.00pm**

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.