



Term 4 Parenting Programs

Building Better Behaviour Online

This 6-week program is for parents of 2 to 7-year-olds who are concerned about their child's behaviour. Learn how to set boundaries with young children and become a calmer and happier parent

Dates: Tuesdays - 15th Oct to 26th Nov 2024
(no session on 5 November)

Time: 10.00 am to 12.00 noon

Cost: Free - spaces are limited

Bookings: [Click here to register](#)

Enquiries: sharon.muir@anglicarevic.org.au

Surviving Separation Online

An 8-week online program for parents going through a separation. Learn new ways to support children and resolve conflict after separation.

Dates: Mondays - 21 Oct to 16th Dec 2024
(no session on 4 November)

Time: 7.00 pm - 9.00 pm

Cost: Free - spaces are limited

Bookings: [Click here to register](#)

Enquiries: julia.russell@anglicarevic.org

Tuning in to Kids Online

A six-week program for parents of 4-12 year old children. Explore emotion-focused parenting techniques to help children deal with difficult emotions, such as anxiety, anger and grief. Find solutions for challenging behaviours.

Dates: Mondays - 21st Oct to 25th Nov 2024

Time: 10.00 am to 12.00 noon

Cost: Free - spaces are limited

Bookings: [Click here to register](#)

Enquiries: sharon.muir@anglicarevic.org.au

Parenting Anxious Children Online

A six-week program for parents of 4 to 12-year-olds. Learn about childhood anxiety and discover strategies to help children cope with change and build resilience.

Dates: Thursdays - 24th Oct to 26th Nov 2024

Time: 10.00 am to 12.00 noon

Cost: Free - spaces are limited

Bookings: [Click here to register](#)

Enquiries: sharon.muir@anglicarevic.org.au



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Talking Teens Online

This six-week program is for parents of 12 to 18-year-olds. Explore strategies to manage conflict, improve communication, deal with feelings and develop a positive relationship with your teen.

Dates: Mondays - 21 Oct to 2nd Dec 2024
(no session on 4 November)

Time: 7.00 pm to 9.00 pm

Cost: Free - spaces are limited

Bookings: [Click here to register](#)

Enquiries: deborah.trengove@anglicarevic.org.au

Emotion Focused Parenting

A six-week program for parents of school-aged children to explore emotion-focused parenting techniques. Help your child deal with difficult emotions, such as anxiety, anger and grief, and find solutions for challenging behaviours.

Dates: Mondays 21st Nov to 17th Dec 2024

Time: 12.30 pm - 2.30 pm

Cost: Free - spaces are limited

Bookings: [Click here to register](#)

Enquiries: julia.russell@anglicarevic.org.au

Dads Matter Online

This six-week program is for dads to explore the important role they play in their children's lives. Discover strategies to improve connections and communication with your child.

Dates: Tuesdays - 22nd Oct to Tue 3rd Dec 2024
(no session on 5 November)

Time: 7.00 pm to 9.00 pm

Cost: Free - spaces are limited

Bookings: [Click here to register](#)

Enquiries: julia.russell@anglicarevic.org.au

Strengthening Parents Support

Support Groups for parents of a child with a disability or developmental delay - with or without a formal diagnosis

Online - Thu 10:30am (fortnightly)

Lilydale - Tue 10:30 am (monthly)

Bayswater - Wed 10:30 am (monthly)

ADHD - Thur 10:30 am (fortnightly)

Enquiries: Michelle 0438 646 744

Bookings: [click here to register](#)