

PARENT EDUCATION EVENTS

GEELONG & BARWON SOUTH WEST REGION – TERM 3, 2022



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

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.triple-p.net.au/vic-ukn/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](#).

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

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/

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

For further information about our programs please follow this link: www.ds.org.au 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

Ph: 5337 8943

LIVING 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.