

Group Parent Education Events Barwon South Western Region - Term 4, 2018

Calendar Collated by:
Regional Parenting Service



For more information ph: 5272 4741

Geelong Region

Programs being Conducted By



Parenting Forum

Raising Your Child in a Digital World

Dr Kristy Goodwin is a leading digital parenting educator, author and former teacher and mum. She translates the latest research into information and tips for parents so they can safely navigate the digital terrain.

Date: Monday 15 October
Time: 7.00pm-9.00pm
Location: Moolap and Barrabool Hills Baptist Church, 4-32 Province Blvd, Highton
Cost: FREE

Please Register at:
<http://bit.ly/drkristygoodwinforum>

Positive Parenting Program

There is no one right way to be a parent, but the PPP program offers information, support and practical answers to everyday parenting concerns, for Parents of children aged 2-8 years. Groups run for 4 weeks, followed by up to two weekly telephone sessions.

Commencing: Monday 22 October
Time: 7.00pm - 9.00pm
Location: Ariston House, 245-249 Pakington St, Newtown
Contact: Regional Parenting Service
Telephone: 5272 4741
Cost: FREE

Tuning into Kids

Tuning into Kids is a 6 session parenting program for parents of children aged 4 to 8yrs. This program will help parents teach and support their children to understand and express emotions in appropriate ways. This will maximise children's social, behavioural and learning outcomes.

Commencing: Thursday 25 October
Time: 7.00pm - 9.00pm
Location: Ariston House, 245-249 Pakington St, Newtown
Contact: Regional Parenting Service
Telephone: 5272 4741
Cost: FREE

Bringing Up Great Kids

The **Bringing Up Great Kids** program is a **six week** program for parents of children aged 12months -10yrs which aims to equip parents with the skills to enhance their patterns of communication with their children, promote more respectful interactions and encourage the development of children's positive self identity.

Commencing: Wednesday 31 October
Time: 7.00-9.00pm
Location: Ariston House, 245-249 Pakington St, Newtown
Contact: Regional Parenting Service
Ph: 5272 4741
Cost: FREE

Tuning into Teens

A **6-week** program that provides parents with a greater understanding of their teen's emotional experiences while teaching specific skills that can assist in being supportive, empathic and staying connected with the young person.

Commencing: Thursday 1 November
Time: 7.00pm - 9.00pm
Location: Ariston House, 245-249 Pakington St, Newtown
Contact: Regional Parenting Service
Ph: 5272 4741
Cost: FREE

Toddler Series

A series of talks for parents on issues relating to toddlers aged between 18 months and 2 ½ years.

4 Topics:

Sleep - 31 October
Nutrition - 7 November
Behaviour - 14 November
Toileting - 21 November

Day: Wednesday
Time: 7.00pm – 9.00pm
Location: Leopold Child & Family Centre, 31-39 Kensington Rd, Leopold
Contact: Regional Parenting Service
Ph: 5272 4741
Cost: FREE

Programs being Conducted By



Our Kids

Key Steps to Parenting after Separation

A 6-week program for separated/divorced parents who have a history of ongoing conflict. The focus of this course is to enable mothers/fathers to explore ways to develop a "co-parenting and business - like relationship" with the other parent or simply to strengthen their own relationship with their child/ren. Ideal for parents who wish to develop communication strategies that can result in child focused decision making around parenting plans and enable your child/ren to feel secure despite challenges that go with separation/divorce.

Commencing: Tuesday 13 Nov 6.00pm - 8.00pm **OR** Wednesday 14 November 10.00am - 12.00noon
Location: Family Relationship Centre, 27- 41 Myers Street, Geelong
Contact: Family Relationship Centre
Telephone: 5246 5600
Cost: \$150

Programs being conducted by



Great Dads. Great Kids

A parenting program especially for Dads who want to be the best Dad they can be, and build healthy communication, respectful interactions and encourage the development of happy, confident children.

Dates: Tuesday 16 Oct – 4 Dec
Time: 5.30pm – 7.30pm
Location: Bethany Community Support, 16 Ballarat Rd, Hamlyn Heights
Contact: Bethany Community Support
Telephone: 5278 8122
Cost: Free

Navigating the Rough Swells - Separation

Parenting was never a cruisey job, but if you've separated it can become pretty stormy. Understanding what your children are experiencing and how you are affected is the key to navigating the big swells and setting a course for calmer waters.

This **free** program is for Separating or Separated parents who would like to focus on their child's experience of separation.

Commencing: Wednesday 31 Oct – 5 Dec
Time: 10am - 12.00pm
Location: Bethany Community Support, 16 Ballarat Road, Hamlyn Heights
Contact: Bethany Community Support
Telephone: 5278 8122

Bringing Up Great Kids

The Bringing Up Great Kids program is a six week program for parents of children aged 12mth - 10 yrs which aims to equip parents with the skills to enhance their patterns of communication with their children, promote more respectful interactions and encourage the development of children's positive self identity.

Commencing: Friday 19 Oct – 23 Nov
Time: 10.00am - 12 noon
Location: Bethany Community Support, 16 Ballarat Road, Hamlyn Heights
Contact: Bethany Community Support
Telephone: 5278 8122

Building Connections

A **3 hour seminar** to help separated parents have healthy & strong relationships with their children. Learn more about the impact of separation and conflict on children; ways of communicating with the other parent; setting goals for future parenting & support services available to you.

Various dates available:

Date: Friday 12 Oct
Time: 5.00-8.00pm
Date: Thursday 8 Nov
Time: 9.30am – 12.30pm
Date: Tuesday 11 Dec
Time: 9.30am – 12.30pm

Contact: Bethany Community Support, 16 Ballarat Rd, Hamlyn Heights
Telephone: 5278 8122
Cost: Free

Seasons for Growth Parent

Seasons for Growth provides an opportunity for you to reflect on the experience of separation or divorce from your child/ren's perspective, and to explore ideas and strategies that might help you support your child/ren through the changes happening in your family. *Recommended that you have completed the Navigating the Rough Swells program.*

Dates: Wednesday 12 and 19 Dec
Time: 10am – 12noon
Location: Bethany Community Support, 16 Ballarat Road, Hamlyn Heights
Contact: Bethany Community Support
Telephone: 5278 8122
Cost: Free

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Bringing Up Great Kids

The Bringing Up Great Kids program is a six week program for parents of children aged 12mth - 10 yrs which aims to equip parents with the skills to enhance their patterns of communication with their children, promote more respectful interactions and encourage the development of children's positive self-identity. Groups run for six weeks, followed by booster sessions.

Commencing: Thursday 11 October
Time: 10am – 12noon
Location: Norlane Child and Family Centre
52-56 Gerbera Ave,
Norlane
Contact: BCYF, Mandy Caruthers
Telephone: 522 26911
Cost: FREE

Circle of Security Parenting Series

The **Circle of Security parenting series** is an **8 week** program for parents of pre-school aged children wanting to learn about the experiences of their child and how the parent and child relationship can be strengthened.

Commencing: Thursday 18 October
Time: 1.00pm – 3.00pm
Location: Northern Bay Family Centre
25 Goldsworthy Rd, Corio
BCYF, Mandy Caruthers
Contact:
Ph: 522 26911
Cost: FREE

Tuning into Teens

A **6 week** program that provides parents with a greater understanding of their teen's emotional experiences while teaching specific skills that can assist in being supportive, empathic and staying connected with the young person.

Commencing: Wednesday 31 October
Time: 4.45pm – 6.45pm
Location: Lara Secondary College
Alkara Ave, Lara
BCYF, Mandy Caruthers
Contact:
Ph: 522 26911
Cost: FREE

Strengthening Family Connections

Strengthening Family Connections is an **8 week** program to support family connections and the relationship between parent and 8-12 year old. The program consists of a parent education group, child education group, family connection group and group meal. School based program / Self or professional referral.

Various dates and locations available

Commencing: Monday 15th October
Time: 2.00pm – 5.00pm
Location: Northern Bay College
Hendy St Campus
Hendy St, Corio

Commencing: Tuesday 16th October
Time: 2.00pm – 5.00pm
Location: Geelong East Primary School
184 Boundary Rd
East Geelong

Commencing: Thursday 18th October
Time: 2.00pm – 5.00pm
Location: Northern Bay College
Tallis St Campus
Tallis St, Norlane

Contact: BCYF, Mandy Caruthers
Telephone: 522 26911
Cost: FREE

South Western Region

Programs being conducted by



1-2-3 Magic and Emotion Coaching

This is a 3 week program for parents of children aged 3 - 8 years. Explores child development, emotion coaching and positive strategy to encourage self regulation.

Dates: 5th, 12th and 19th Nov
Time: 1.00pm – 3.00 pm
Location: Centacare Hamilton
Marea at Centacare
Telephone: 5559 3000
Cost: \$6.50 for workbook
Email:
marea.sholly@cenbtacarewarmambool.org.au

Moving Forward – Co share parenting

2 week Program to assist parents to co parent after separation. The program explores parenting, co-parenting and the effects of the separation on the children. The program includes the option of an individual counselling session at the end of the program.

Various dates and locations available

Date: Tues 16th & Mon 22nd Oct
Time: 6.30 – 8.30 pm
Location: Centacare Hamilton

Date: Tues 2nd & 9th Oct
Time: 6.30 – 8.30 pm
Location: Portland – site TBC

Date: Thursday 4th & 11th Oct
Time: 6.30 – 8.30 pm
Location: Centacare Warrnambool

Contact: Marea at Centacare
Telephone: 5559 3000
Email:
marea.sholly@cenbtacarewarmambool.org.au

1-2-3 Magic and Emotion Coaching

This is a 3 week program for parents of children aged 3 - 8 years. Explores child development, emotion coaching and positive strategy to encourage self-regulation.

Dates: 20th & 27th Nov and 4th Dec
Time: 9.30am – 11.30am
Location: Centacare Warrnambool
Contact: Marea at Centacare
Telephone: 5559 3000
Cost: \$6.50 for workbook
Email:
marea.sholly@cenbtacarewarmambool.org.au

Programs being conducted by



Who's In Charge?

The Who's in Charge? Group is an **8 week** program for parents or carers of young people (8 to 18 years) who are out of control, violent or defiant. Groups run for 2 hour sessions weekly 8 weeks, follow up session 8 weeks later.

Commencing: Mon 15 Oct
Time: 9.30am – 11.30am
Location: Brophy Family & Youth Services - Warrnambool
Telephone: 5561 8888
Cost: FREE

The Parent Education Calendar has been collated by the Regional Parenting Service with the aim of providing information on the mainstream parent education groups that are happening across the Barwon South West Region.

If you have any questions regarding these programs or parenting activities, or want to be added or removed from the mailing list please email rps@geelongcity.vic.gov.au or contact Regional Parenting Service on (03) 5272 4741. Outside Geelong Freecall 1800 111 078

www.geelongaustralia.com.au

On-going Groups

Programs being Conducted By



Bumps2Bubs

The Bumps to Bubs Group Program brings young parents-to-be and parents (up to 23 years) with babies 0-1 year together to support the journey of parenting. It is through play that babies and children learn and develop. Come and join us for fun, learning and friendship.

Day: Tuesdays during School terms
Time: 1.30pm – 3.00pm
Who for: Parents up to 23yo with babies 0-1 year
Location: Northern Bay Family Centre
25 Goldsworthy Rd, Corio
BCYF, Mandy Caruthers
Contact:
Telephone: 522 26911
Cost: FREE

Programs being Conducted By



Simply Singing

An 8 week program devised to connect with your child through rhyme and sounds. Simply Singing focuses on the pleasure and power of using oral rhythms, songs and stories.

Session times: 9.30-10.30am or 11am-12noon
Location: Children's Services Centre
Raglan Parade, Warrnambool
Contact: Children's Services Centre
Telephone: 5559 4747
Cost: Free - Booking essential

Young Parents Group- Parents under 25

Providing opportunities for first time parents to establish informal networks and social supports. To enhance parental emotional wellbeing and enrich the parent child interaction.

Commencing: Wednesday's during school term
Time: 1.30pm – 3.30pm
Location: Children's Services Centre
Raglan Parade, Warrnambool
Contact: Children's Services Centre
Telephone: 5559 4747

Programs being conducted by



Postnatal Depression, Stress and Anxiety Treatment and Support Group

For mothers experiencing postnatal depression, stress and anxiety. Information and support is offered in a group setting over an eight-week period, with additional support available for partners and other family members.

Organisation: The Raphael Centre
Time: 9:30am - 12 Noon, School Terms
Contact: The Raphael Centre
Telephone: 52217333

Programs being conducted by



Parent to Parent Groups - Barwon Region

Parent to Parent Support Groups (P2P groups) are a great way to meet other families with similar issues and experiences, and can provide you with valuable and practical information, as well as an opportunity for social interaction. A number of Parent Support groups operate in this region, please call Gateways.

Contact: Gateways Parent Support Worker
Telephone: 5221 2984

<http://www.geelongaustralia.com.au/parenting/article/ite/m/8cbd447435d979a.aspx>