

Parenting Education Programs

Term 4, 2024



All of our programs are FREE!



BABY COLLEGE

Pre-birth – 6 months

Baby College brings together women who are pregnant in their third trimester or have a child less than six months old, who may need additional support. The program aims to enhance parent and child attachment. Baby College is open to women over 25 years and first-time pregnancy is not a requirement.



BUMPS TO BUMS

Pre-birth – 12 months

Bumps to Bums brings together young mothers and mothers-to-be up to age 23* or 25 with babies zero to one, in a supportive environment. This enables a relaxed opportunity to build friendships and share in the journey of parenting.



BUBS TO TOTS

12 months – two years

Bubs to Tots offers support and education to mothers (up to 24 years old) of children one to two years old. Through the use of play, the program informs parents about children's early development and helps them navigate the toddler years.



CIRCLE OF SECURITY

Birth – five years

Circle of Security is a six-week program for parents of children aged zero to five years. The program helps parents build a secure and safe foundation for their children during the early years.



BRINGING UP GREAT KIDS

12 months – 12 years

Bringing Up Great Kids is a six-week program for parents of children aged 12 months to 12 years. The program helps parents enhance their communication skills to ensure they're having positive interactions with their children and fostering a strong sense of self-identity.



TUNING IN TO KIDS

Three years – 12 years

Tuning in to Kids is a six-week supportive program for parents of children aged three to 12 years. The program helps parents work with their children to better understand and express their emotions. This aims to maximise social, behavioural and learning outcomes.



DADS TUNING IN TO KIDS

Three years – 12 years

Dads Tuning in to Kids is a six-week program for fathers of children aged three to 12 years. The program helps fathers tune into their child's emotions and develops their confidence to manage and respond to the emotional needs of their child.



STRENGTHENING FAMILY CONNECTIONS

Eight years – 12 years

Strengthening Family Connections is an eight week program for parents and their children aged eight to 12 years. The program helps improve communication among family members through focusing on family culture and routines to enhance the home environment.



BRINGING UP GREAT KIDS - PARENTING ADOLESCENTS

Eight years – 12 years

Bringing Up Great Kids - Parenting Adolescents is a six-week program for parents of children aged 10 years to 18 years. The program helps parents build positive relationships, better understand the adolescent brain and explore the changing role from 'custodian' to 'consultant'.



TUNING IN TO TEENS

10 years – 18 years










Tuning in to Teens is a six-week program for parents of adolescents aged 10 years to 18 years. The program helps parents connect and communicate with their teen and assists them with strategies to foster emotional intelligence and support them through this period of their lives.



BRINGING UP GREAT KIDS IN THE FIRST 1000 DAYS

Birth – two years

Bringing Up Great Kids in the First 1000 Days is a six-week program for expectant parents and parents of children up to two years, aimed at increasing parental knowledge during the first 1000 days of a child's life. Parents will be educated about how speech and actions impact on behaviour and development.

GROUP	VENUE	DATES	DAYS/TIMES
 STRENGTHENING FAMILY CONNECTIONS	Herne Hill Primary School 2-24 Gwynne Street Hamlyn Heights	16 October – 4 December	Wednesday 2.30pm – 5.30pm
 CIRCLE OF SECURITY	Meli 16 Ballarat Road Hamlyn Heights	17 October – 5 December	Thursday 9.30am – 11.30am
 TUNING IN TO KIDS	Meli 16 Ballarat Road Hamlyn Heights	23 October – 27 November	Wednesday 10am – 12pm
 TUNING IN TO TEENS	Meli 222 Malop Street Geelong	22 October – 26 November	Tuesday 10am – 12pm
 BRINGING UP GREAT KIDS	Bannockburn Child & Family Centre 2A Pope Street Bannockburn	22 October – 26 November	Tuesday 10am – 12pm
 BUMPS TO BUBS Armstrong Creek	Armstrong Creek East Community Hub 46 Central Boulevard Armstrong Creek	Every school term Term 4 dates: 7 October – 20 December	Wednesday 1pm – 2:30pm
 BUMPS TO BUBS Whittington	Whittington Child & Family Centre 27 Apollo Place Whittington	Every school term Term 4 dates: 7 October – 20 December	Wednesday 1pm – 2:30pm
 BUMPS TO BUBS Corio	Northern Bay Family Learning Centre Goldsworthy Road, Corio (Early Help)	Every school term Term 4 dates: 7 October – 20 December	Wednesday 1.30pm – 3pm
 BUBS TO TOTS Corio	Northern Bay Family Learning Centre Goldsworthy Road, Corio (Early Help)	Every school term Term 4 dates: 7 October – 20 December	Thursday 10am – 11.30pm

