



Parenting and Mental Health

A six-session parenting program for parents or carers of children aged 0-18 years.

The group promotes respectful, caring, and nurturing relationships between parents and their children, whilst supporting parents experiencing mental health difficulties.

Our Parenting and Mental Health program is facilitated in partnership with FaPMI (Families where a Parent has a Mental Illness) and input from a Consumer Consultant from the Mental Health program at Monash Health.

The program aims to:

- Provide a supportive learning environment for parents to develop new skills
- Learn more about brain development and how this influences a child's thoughts, feelings, and behaviours.
- Provide information, support and ideas to help parents remain calm when challenging behaviours present
- Explore ways of increasing self-care and wellbeing.

Cost
Free

Date
Every Tuesday between
30th July – 3rd September 2024

Time
10am until 12:30pm

Venue
Outlook Community Centre
24 Toomuc Valley Rd,
Pakenham VIC 3810

Light refreshments will be served

Bookings Essential
Please complete the following
online registration form:



<https://forms.office.com/r/ywePu18qpF>

General enquiries can contact:
03 5990 8400 or
groupwork.south@vt.uniting.org

unitingvictas.org.au



The Victorian FaPMI Program
Families where a Parent has a Mental Illness

MonashHealth

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Tuning in to Kids™

A six-session parenting program for parents or carers of children aged 2-10 years. Tuning in to Kids is underpinned by a five-step emotional coaching tool.

Tuning in to Kids will help children understand and identify their emotions and learn more effective ways to express their emotions.

Tuning in to Kids aims to:

- Help parents and carers to gain knowledge on emotional intelligence.
- Support parents to emotionally coach their child by tuning in to their child's emotions.
- Provide parents with the tools to help their child learn to manage their emotions and solve problems.
- Explore ways parents can teach their child to manage with conflict in their life.

Cost
Free

Date
Every Thursday between
1st Aug – 5th Sep 2024

Time
10am until 12:30pm

Venue
Cranbourne Library
65 Berwick-Cranbourne Rd,
Cranbourne VIC 3977

Light refreshments will be served

Bookings Essential
Please complete the following
online registration form:



<https://forms.office.com/r/vp8f0phf15>

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