



ParentZone Term 4 2021

Online parenting programs * Free of Charge * Bookings Essential

Dads Matter

Dates: Wednesdays 20th Oct to 24th Nov 2021

Time: 7.00pm to 9.00pm

A program for dads to better understand the importance of their role in the lives of their children

Contact Julia on 9721 3629 or 0400 866 495

Emotion-Focused Parenting

Dates: Mondays 18th Oct to 29th Nov 2021

Time: 7:00pm - 9:00pm

Explores emotional intelligence and supports parents to deal with challenging behaviors

Contact Julia on 9721 3629 or 0400 866 495

Living with Autism

Dates: Thursdays 21st Oct to 25th Nov 2021

Time: 10:00 am to 12:00 noon

Support for parents living with a child with Autism to explore parenting strategies

Contact Joanne on 97213632 or 0428 296 573

Parenting Preschoolers

Dates: Wednesdays 27th Oct to 1st Dec 2021

Time: 10:00am - 12:00pm

For parents of preschoolers to better understand their child, learn positive discipline strategies, improve communication and develop resilience

Contact Laurie at laurie.arrowsmith@anglicarevic.org.au

Raising Resilient Kids

Dates: Thursday 21st Oct 21st to 25th Nov 2021

Time: 1:00 to 3:00 pm

For parents of school-aged children. Explores strategies to help children bounce back from adversity, cope with change and deal with anger, and anxiety.

Contact Sharon at Sharon.Muir@anglicarevic.org.au

Safe & Respectful Program

Contact: Michelle on 0438 646 744 for dates / times

A supportive space for parents to consider strategies to support children in developing identity, sexuality, sexual health, and relationships.

Strengthening Parents Support Program

Contact: Michelle on 0438 646 744 for dates / times

Monthly peer support groups for parents who have a child with a disability or developmental delay.

Talking Teens

Dates: Wednesdays Oct 20th to Nov 24th 2021

Time: 7:00 to 9:00 pm

For parents of 12 to 18-year-olds. topics include teen behavior, dealing with feelings, communication improving relationships, and resolving family disputes.

Contact Sharon at Sharon.Muir@anglicarevic.org.au

Further enquiries: parentzone.eastern@anglicarevic.org.au

PARENTZONE



Parenting Workshops and Webinars

2 hour sessions * Free of Charge * Bookings Essential

Alleviate your Child's Anxiety

Monday 15th November 2021

Time: 7:00 pm to 8:30 pm

For parents of children 5 to 12-year olds

Discover the causes of anxiety and learn a parent-led approach to alleviating your child's worries.

Learn the skills of resilience, and strategies to help your child obtain a more resilient mindset.

Email Laurie to register your interest:

laurie.arrowsmith@anglicarevic.org.au

Learn to Play, Play to Learn

Monday, November 1st 10:00 to 12:00 pm

For parents of children 0 to 5-year-olds

Understand how young children's play supports early learning and development. Discover a variety of free and low-cost activities to engage your child at home

Bookings: [Click here](#)

Enquiries: sharon.muir@anglicarevic.org.au

Setting Boundaries

When: Monday 22nd November

Time: 7:00 pm to 9:00 pm

For parents of children 5 to 12-year-olds

Discover how to work together to develop clear boundaries with school-aged children and what to do when boundaries are challenged.

Bookings: [Click here](#)

Enquiries: sharon.muir@anglicarevic.org.au

Teens and their Screens

When: Wednesday 1st December 2021

Time: 7.00 pm to 9:00pm

For parents of children 0 to 5-year-olds

An interactive webinar to explore strategies to encourage young people to balance screen time and real life. Support in how to establish clear screen time rules together

Bookings: [click here](#)

Enquiries: sharon.muir@anglicarevic.org.au