**GEELONG REGION**

**Programs provided by**

**City of Greater Geelong**

**Regional Parenting Service**

# NO MORE SCAREDY CATS

# Reducing Anxiety & Building Resilience in Children

**Dates: Monday 23 May – Monday 20 June**

**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.

# BRINGING UP GREAT KIDS

# The First 1000 Days

**Dates: Tuesday 7 June – Tuesday 5 July**

**Time: 7.00pm – 8.30pm (Online via Zoom)**

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.

# TUNING IN TO TEENS

**Dates: Wednesday 11 May – Wednesday 15 June**

**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.

# TUNING IN TO KIDS

**Dates: Wednesday 4 May – Wednesday 8 June**

**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.

**BRINGING UP GREAT KIDS**

**Dates: Wednesday 11 May – Wednesday 15 June**

**Time: 7.00pm - 9.00pm**

**‘Ariston’ 245-249 Pakington Street, Newtown**

**OR**

**Dates: Wednesday 18 May 22 June**

**Time: 7.30pm - 9.00pm (Online via Zoom)**

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.

# DADS TUNING INTO KIDS

**Dates: Monday 9 May – Monday 27 June**

**Time: 7.00pm - 9.00pm (Online via Zoom)**

Dads Tuning in to Kids is an effective 6-week program for Dad’s with children aged 4 to 11yrs. It focuses on developing your child’s emotional intelligence.

The program provides you with the skills and strategies to:

* Improve communication and connection with your child;
* Better understand and manage emotions;
* Problem solve and set limits;
* Prevent or reduce problem behaviours in your child.

All within a supportive environment where you can share the challenges of parenting.

# CIRCLE OF SECURITY

**Dates: Thursday 5 May – Thursday 23 June**

**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.

**STEPPING STONES**

**Expressions of Interest are being taken for this program**

**Email:** [**swells@geelongcity.vic.gov.au**](mailto:swells@geelongcity.vic.gov.au)

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**

**Available online via the Triple P website**

[**https://www.triplep-parenting.net.au/vic-uken/triple-p/**](https://www.triplep-parenting.net.au/vic-uken/triple-p/)

**Programs provided by**

**Family Relationship Centre**

**Contact the Parenting Orders Program at the Family Relationship Centre - Ph: 5246 5600**

**Our Kids – Parenting After Separation**

**Date: Tuesday 10 May – Tuesday 14 June**

**Time: 6.00pm - 8.00pm**

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**](http://www.bcyf.org.au)

**BRINGING UP GREAT KIDS –**

**PARENTING ADOLESCENTS**

**Dates: Thursday 12 May – Thursday 16 June**

**Time: 10.00am – 12 noon**

**BCYF, 222 Malop Street, Geelong**

Bringing Up Great Kids - Parenting Adolescents is a 6-week supportive program for parents of children aged 10 years to 18 years. The program aims to:

* Support parents to build a positive relationship with their adolescent;
* Assist parents understanding of what is going on in the adolescent brain;
* Explore the changing role from “custodian” to consultant”.

**BUMPS TO BUBS**

**Date: Wednesday 27 April – Wednesday 22 June**

**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**

**Date: Tuesday 26 April – Tuesday 21 June**

**Time: 1.30pm – 3.00pm**

**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 KIDS**

**Date: Tuesday 10 May – Tuesday 14 June**

**Time: 11.00am – 1.00pm**

**Online via Zoom**

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**

**Date: Thursday 5 May – Thursday 23 June**

**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.

**BRINGING UP GREAT KIDS**

**Date: Tuesday 10 May – Tuesday 14 June**

**Time: 10.00am – 12 noon**

**BCYF, 222 Malop Street, Geelong**

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.

**STRENGTHENING FAMILY CONNECTIONS**

**Date: Wednesday 4 May – Wednesday 22 June**

**Time: 2.00pm – 4.00pm**

**School Program – Herne Hill Primary School**

Strengthening Family Connections is an 8-week program for

parents and their children aged 8– 12 years.

The program aims to:

* Build a positive culture and improve communication among family members;
* Help develop successful, confident children and parents;
* Build skills in all family members to improve family functioning.

**Programs provided by**

**Drummond St Services**

**For information on Drummond St seminars and groups** [**www.ds.org.au/events/**](https://ds.org.au/events/)

Drummond St Services will run a number of seminars and groups online or in person. Please look at our website [www.ds.org.au](file:///C:\Users\jj05166\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\VOB473XF\www.ds.org.au) for bookings or put your name on a waitlist.

**CALM GROUP**

A small group to practise using mindfulness, art and emotional regulation skills into our parenting and family relationships. Fun and relaxing. [Calm Group - Drummond Street](https://ds.org.au/events/calm-group/)

**FAMILIES WEEK**

**15 – 21 May**

Check our website [www.ds.org.au](http://www.ds.org.au) closer to the date for events.

**What to do if your child struggles to attend School?**

**Date: Wednesday 27 April**

**Time: 7.00pm**

**Belmont High School, Rotherham Street, Belmont**

A panel for parents & Schools – for parents of primary and secondary students - Is your child or young person refusing to attend school completely or very anxious about attending sometimes? Check our [website](http://www.ds.org.au) for confirmed date.

**BRINGING UP GREAT KIDS**

Bringing Up Great Kids is a parenting program promoting respectful and caring relationships between parents/carers and your children from 12 months to 12 years. Check our [website](https://ds.org.au/events/bringing-up-great-kids/) for confirmed date.

**BARWON SOUTH WEST REGION**

**Programs provided by**

**Warrnambool City Council & CatholicCare Victoria**

**Registrations are compulsory to attend**

**Email:** [Andrea.clarke@centacareballarat.org.au](mailto:Andrea.clarke@centacareballarat.org.au)

**Ph: 5337 8943**

**Living with Teens**

**Date: Thursday 26 May – Thursday 2 June**

**Time: 6.30pm – 8.30pm (Online via Zoom)**

A model for building strong, secure connections. Living with Teens is a 2-week program.

The program covers:

* What parents need to be able to meet teen’s needs;
* What teens need from parents;
* Adolescent development.

**TUNING IN TO KIDS**

**Date: Thursday 12 May – Thursday 16 June**

**Time: 1.00pm – 3.00pm**

**Online via Zoom**

Tuning in to Kids is a 6-week supportive program for parents of children aged 3 – 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**

**Group 1 (6 weeks – abbreviated program)**

**Date: Wednesday 4 May –Wednesday 8 June**

**Time: 6.30pm – 8.30pm**

**Children’s Services Centre**

**550-600 Raglan Parade Warrnambool**

**Group 2 (8 weeks)**

**Date: Tuesday 10 May – Tuesday 28 June**

**Time: 10.00am – 12 noon**

**Online via Zoom**

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.