

# What's On: Term 3

All programs are delivered by our qualified and passionate facilitators.

## New Program for Schools!

### Tuning in to Students

Tuning in to Students is a new and exciting program for school staff to build emotionally intelligent classrooms through Emotion Coaching. The program is based on the highly regarded University of Melbourne program suite of Tuning in to Kids programs.

With flexible delivery options that could be tailored to suit your school, please get in touch with our team.

**(03) 5338 1300 | [parenting.bendigo@catholiccarevic.org.au](mailto:parenting.bendigo@catholiccarevic.org.au)**



## Multi-Session Programs

### Tuning in to Kids | 6 Sessions, Tuesdays

Helping parents and carers build their skills to help their children develop emotional intelligence and recognise their emotions using 'emotion coaching'.

For parents and carers with children aged 2 - 12.

**FREE | Thursdays 30 July – 3 September | 10.00am - 12.00pm  
Online**



### Parenting after Family Violence: Bringing Up Great Kids | 6 Sessions, Tuesdays

Bringing Up Great Kids : Parenting after family violence supports you to reconnect with your strengths, rebuild trust with your children and reclaim belief in your parenting after experiencing family violence.

You will be given access to knowledge about development, connection with others and an opportunity to reflect on your communication with your children. This program is delivered for survivors of family violence in a safe, respectful and reflective space.

**FREE | Tuesdays 28 July – 1 September | 10.30am - 12.30pm  
In Person | 176-178 McCrae St, Bendigo**



## **Parenting Together | 2 Sessions, Thursdays**

Designed for couples who are parenting together, building strength and connection in the adult relationship before exploring new ways to manage parenting challenges together.

**FREE | Tuesdays, 8 and 15 September | 7pm - 9pm**  
**Online**



## **Single-Session Workshops**

### **Connecting with Kids**

Learn more about children's brain and their emotional development. This workshop helps parents and carers learn how to use emotional intelligence to understand and guide children's behaviour.

For parents and carers with children aged 12 and under.

**FREE | Wednesday, 22 July | 6.30pm - 8pm**  
**The Victoria Hotel, Ouyen**  
**To register SMS your full name to Debbie 0427 807 642**



### **Connecting with Kids**

Learn more about children's brain and their emotional development. This workshop helps parents and carers learn how to use emotional intelligence to understand and guide children's behaviour.

For parents and carers with children aged 12 and under.

**FREE | Wednesday, 5 August | 9.15am - 10.45am**  
**East Loddon P-12 College**  
**bridie.kennedy@education.vic.gov.au | (03) 5431 4444**



### **Building Resilience in Kids**

Resilience is not just about managing stresses, but also developing skills for dealing with challenges and becoming independent.

**FREE | Wednesday, 19 August | 7.30pm - 9pm**  
**Online**



## Knowing Your Teen

Explore strategies that focus on the strengths and challenges of teenage development and build a positive relationship with them. Parenting teenagers can be challenging. It requires creativity, determination, and patience. It is a tough phase for everybody and you are not alone.

Join other parents and carers in this workshop that will provide information, improve understanding, and explore strategies that focus on the strengths and challenges of this stage of development. This free workshop looks at the latest research around teenage brain development, as well as discussing peer relationships and tips for building and maintaining a positive relationship with your teenager.



**FREE | Wednesday 16 September | 1.30pm - 3pm**  
**Bendigo Library, 259 Hargreaves St, Bendigo**  
[www.ncgrl.vic.gov.au/events/](http://www.ncgrl.vic.gov.au/events/)

**Registrations are essential for all of our programs and workshops, places are limited.**

Please call us if you have questions on 1800 123 228 or email [bendigo.reception@catholiccarevic.org.au](mailto:bendigo.reception@catholiccarevic.org.au)



**Register:**  
[www.catholiccarevic.org.au/workshops](http://www.catholiccarevic.org.au/workshops)