

PARENT EDUCATION EVENTS

GEELONG REGION – TERM 1 2021



All Regional Parenting Service programs are free and will be offered face to face or Online via Zoom. Bookings are Essential. www.geelongaustralia.com.au/parenting or Ph: 5272 4781

Programs provided by Regional Parenting Service

POSITIVE PARENTING PROGRAM

Dates: Monday 1 March – 22 March

Time: 7.00pm - 9.00pm

'Ariston' 245-249 Pakington St, Newtown

Positive Parenting Program is a 3-week program for parents of children aged 2 – 8 years.

There is no right way to be a parent, but the PPP program offers:

- Information and support;
- Practical answers to everyday parenting concerns;
- Group will run for 3 weeks, followed up by 2 weekly telephone sessions.

TUNING IN TO KIDS

Dates: Thursday 11 February – 18 March

Time: 7.00pm - 9.00pm

'Ariston' 245-249 Pakington St, Newtown

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.

THE DAD WORKSHOP

Dates: Tuesday 9 February – 16 March

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

This 6-week program will focus on giving you the tools you need to create a better life for your entire family.

We will look at simple things you can do to improve:

- Your relationship with yourself;
- Your relationship with your partner;
- Your relationship with your kids.

FLOURISHING FAMILIES

Dates: Tuesday 23 February – 30 March

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

A 6-week program for parents of children of all ages to discover how wellbeing can help you and your family to flourish. Learn about current research and practical skills that will help your family:

- Promote resilience;
- Increase awareness of character strengths;
- Nurture and sustain positivity;
- Give effective feedback and support individual growth;
- Explore family values.

PARENTING YOUR TEENAGER

Dates: Thursday 11 February – 18 March

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

Parenting Your Teenager 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.

BRINGING UP GREAT KIDS

Dates: Thursday 18 February – 25 March

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.

BRINGING UP GREAT KIDS

The First 1000 Days

Dates: Wednesday 17 February – 24 March
Time: 7.00pm – 8.30pm (Online via Zoom)

The first 1,000 days of life is a program for parents with children aged under 12 months 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.

NO SCAREDY CATS

Dates: Wednesday 17 March – 31 March
Time: 7.30pm - 9.00pm (Online via Zoom)

A 3-week program for parents of children 2 – 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.

Programs provided by
Barwon Child Youth & Family (BCYF)

Contact BCYF regarding program delivery
Ph: 5226 8900 or www.bcyf.org.au

TUNING IN TO KIDS

Date: Wednesday 17 February – 24 March
Time: 10.30am – 12.30pm (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:

- Help parents teach their children to understand and manage their emotions;
- Support parents in encouraging children to express emotions appropriately;
- Maximise children's social, behavioural and learning outcomes.

DADS TUNING IN TO KIDS

Date: Wednesday 17 February – 24 March
Time: 10.00am – 12.00pm (Online via Zoom)

Dads Tuning in to Kids is a 6-week supportive program specifically for Dads of children aged 3 years – 12 years.

The program aims to:

- Help dads to effectively tune in to their child's emotions;
- Encourage dads to strengthen their emotional connection with their child;
- Support dads to build skills in emotion coaching to assist their child's individual needs.

BUMPS TO BUBS

Date: Wednesday 10 February – 31 March
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 9 February – 30 March
Time: 1.30pm – 3.00pm
Northern Bay Family Learning Centre, Goldsworthy Rd, Corio

This Program brings parents together to provide support and education to enhance a child's development in the 1-2 year age group. The program will assist parents with ideas to manage the toddler years and enjoy this stage of early development.

BRINGING UP GREAT KIDS

Date: Tuesday 16 February – 23 March
Time: 10.30am – 12.30pm
Norlane Child & Family Centre, 52-56 Gerbera Ave, Norlane

Bringing Up Great Kids is a 6-week supportive program for parents of children aged 12 months – 12 years. The program aims to:

- Develop parents' skills to enhance communication with their children;
- Promote positive interactions between parents and their children;
- Encourage the development of children's positive self-identity.

TUNING IN TO TEENS

Dates: Tuesday 16 February – 23 March
Time: 10.30am – 12.30pm (Online via Zoom)
Dates: Wednesday 17 February – 24 March
Time: 12.30pm – 2.30pm
BCYF Headspace, 105 Yarra St, Geelong

Tuning in to Teens is a 6-week supportive program for parents of adolescents aged 10 years to 18 years.

The program aims to:

- Support parents to connect and communicate with their teen;
- Assist parents with understanding adolescent development;
- Help parents to assist their teen to develop emotional intelligence.

Programs provided by
Drummond St Services

Drummond St are running all webinars, seminars and groups online – please check under <https://ds.org.au/events/> - free and accessible online, including children's music groups. Seminars on parenting toddlers, teens, managing anxiety and many more.