



## Term 4 Parenting Programs

### Building Better Behaviour Online

This 6-week program is for parents of 2 to 7-year-olds who are concerned about their child's behaviour. Learn how to set boundaries with young children and become a calmer and happier parent

**Dates:** Tuesdays - 15th Oct to 26th Nov 2024  
(no session on 5 November)

**Time:** 10.00 am to 12.00 noon

**Cost:** Free - spaces are limited

**Bookings:** [Click here to register](#)

**Enquiries:** [sharon.muir@anglicarevic.org.au](mailto:sharon.muir@anglicarevic.org.au)

### Surviving Separation Online

An 8-week online program for parents going through a separation. Learn new ways to support children and resolve conflict after separation.

**Dates:** Mondays - 21 Oct to 16th Dec 2024  
(no session on 4 November)

**Time:** 7.00 pm - 9.00 pm

**Cost:** Free - spaces are limited

**Bookings:** [Click here to register](#)

**Enquiries:** [julia.russell@anglicarevic.org](mailto:julia.russell@anglicarevic.org)

### Tuning in to Kids Online

A six-week program for parents of 4-12 year old children. Explore emotion-focused parenting techniques to help children deal with difficult emotions, such as anxiety, anger and grief. Find solutions for challenging behaviours.

**Dates:** Mondays - 21st Oct to 25th Nov 2024

**Time:** 10.00 am to 12.00 noon

**Cost:** Free - spaces are limited

**Bookings:** [Click here to register](#)

**Enquiries:** [sharon.muir@anglicarevic.org.au](mailto:sharon.muir@anglicarevic.org.au)

### Parenting Anxious Children Online

A six-week program for parents of 4 to 12-year-olds. Learn about childhood anxiety and discover strategies to help children cope with change and build resilience.

**Dates:** Thursdays - 24th Oct to 26th Nov 2024

**Time:** 10.00 am to 12.00 noon

**Cost:** Free - spaces are limited

**Bookings:** [Click here to register](#)

**Enquiries:** [sharon.muir@anglicarevic.org.au](mailto:sharon.muir@anglicarevic.org.au)



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## Talking Teens Online

This six-week program is for parents of 12 to 18-year-olds. Explore strategies to manage conflict, improve communication, deal with feelings and develop a positive relationship with your teen.

**Dates:** Mondays - 21 Oct to 2nd Dec 2024  
(no session on 4 November)

**Time:** 7.00 pm to 9.00 pm

Cost: Free - spaces are limited

**Bookings:** [Click here to register](#)

**Enquiries:** [deborah.trengove@anglicarevic.org.au](mailto:deborah.trengove@anglicarevic.org.au)

## Emotion Focused Parenting

A six-week program for parents of school-aged children to explore emotion-focused parenting techniques. Help your child deal with difficult emotions, such as anxiety, anger and grief, and find solutions for challenging behaviours.

**Dates:** Mondays 21st Nov to 17th Dec 2024

**Time:** 12.30 pm - 2.30 pm

Cost: Free - spaces are limited

**Bookings:** [Click here to register](#)

**Enquiries:** [julia.russell@anglicarevic.org.au](mailto:julia.russell@anglicarevic.org.au)

## Dads Matter Online

This six-week program is for dads to explore the important role they play in their children's lives. Discover strategies to improve connections and communication with your child.

**Dates:** Tuesdays - 22nd Oct to Tue 3rd Dec 2024  
(no session on 5 November)

**Time:** 7.00 pm to 9.00 pm

Cost: Free - spaces are limited

**Bookings:** [Click here to register](#)

**Enquiries:** [julia.russell@anglicarevic.org.au](mailto:julia.russell@anglicarevic.org.au)

## Strengthening Parents Support

Support Groups for parents of a child with a disability or developmental delay - with or without a formal diagnosis

**Online** - Thu 10:30am (fortnightly)

**Lilydale** - Tue 10:30 am (monthly)

**Bayswater** - Wed 10:30 am (monthly)

**ADHD** - Thur 10:30 am (fortnightly)

**Enquiries:** Michelle 0438 646 744

**Bookings:** [click here to register](#)