

Group Parent Education Events Barwon South Western Region - Term 4, 2019

Calendar Collated by:
Regional Parenting Service



To attend a Regional Parenting Service program please register your expression of interest online:
www.geelongaustralia.com.au/parenting, or contact Regional Parenting Service on 5272 4741

Geelong Region

Programs being
Conducted By



Bookings Essential

www.geelongaustralia.com.au/parenting

New Program

Flourishing Families

A 4 week program 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 positive
- Give effective feedback & support individual growth
- Explore your family values & shared goals

Commencing: Tuesday 22 Oct - 12 Nov
Time: 7.00pm - 9.00pm
Location: Ariston House
245-249 Pakington St,
Newtown
Cost: Free

Parenting your Teenager

A 6 week program for Teens aged 13 - 18 which examines what is normal teenage behaviour, the four cardinal sins of parenting teens, communicating with your teen and managing those tricky situations.

Commencing: Wednesday
16, 23 & 30 October
Resuming
20 & 27 November
4 December
Time: 7.00pm - 9.00pm
Location: Ariston House
245-249 Pakington St,
Newtown
Cost: Free

Positive Parenting Program

There is no one right way to be a parent, but the PPP program offers information, support and practical answers to everyday parenting concerns, for Parents of children aged 2-8 years. Groups run for 4 weeks, followed by up to two weekly telephone sessions.

Commencing: Monday 21 October
Time: 7.00pm - 9.00pm
Location: Ariston House
245-249 Pakington St,
Newtown
Cost: Free

Toddler Series

A series of talks for parents on issues relating to toddlers aged between 18 months and 2 ½ years. 4 Topics:

Sleep - 23 October

Diet - 30 October

Behaviour - 6 November

Toileting - 13 November

Day: Wednesday
Time: 7.00pm - 9.00pm
Location: Ariston House
245-249 Pakington St,
Newtown
Cost: Free

Tuning In To Kids

Tuning into Kids is a 6 week parenting program for parents of children aged 4 to 8 yrs. This program will help parents teach and support their children to understand and express emotions in appropriate ways. This will maximise children's social, behavioural and learning outcomes.

Commencing: Thursday 24 October
Time: 7.00pm - 9.00pm
Location: Ariston House
245-249 Pakington St,
Newtown
Cost: Free

Bringing Up Great Kids

The Bringing Up Great Kids program is a 6 week program for parents of children aged 12 mths - 8 years which aims to equip parents with the skills to enhance their patterns of communication with their children, promote more respectful interactions and encourage the development of children's positive self-identity.

Commencing: Monday 14 October
Time: 7.00pm - 9.00pm
Location: Ariston House
245-249 Pakington St,
Newtown
Cost: Free

Circle of Security

The **Circle of Security parenting series** is an **8 week** program for parents of pre-school aged children wanting to learn about the experiences of their child and how the parent and child relationship can be strengthened.

Commencing: Thurs 10 Oct - 28 Nov
Time: 7.00pm - 9.00pm
Location: Armstrong Creek East
Community Hub
46-70 Central Blvd
Armstrong Creek
Cost: Free

Parent Forum: Parenting Tips to Help Your Adolescent Thrive

Presented by: Justin Coulson

This presentation will assist parents of adolescents to understand:

- Why teenagers act the way they do
- Four critical steps to setting limits with your child
- How to handle the news that you really didn't want to believe
- How to make the teenage years the best years of your & their lives

Date: Tuesday 12 November
Time: 7.00pm - 9.00 pm
Location: One Hope Centre
4-32 Province Blvd,
Highton
Cost: Free

Bookings can be made through
Eventbrite. Click here
tinyurl.com/JustinCoulsonGeelong

Programs being Conducted By



Our Kids Key Steps to Parenting after Separation

A 6 week program for separated/divorced parents who have a history of ongoing conflict. The focus is to enable parents to explore ways to develop a "co-parenting and business like relationship" with other parents or simply to strengthen their relationship with their child/ren. Ideal for parents who wish to develop Communication strategies that can result in child focused decision making around parenting plans and enable your child/ren to feel secure despite the challenges that go with separation and or divorce.

Commencing: Tuesday 29 October
Tuesday 3 December
Time: 6.00pm - 8.00pm
Commencing: Thursday 31 October
Thursday 5 December
Time: 10.00am - 12.00pm
Location: Family Relationship
Centre
7-9 Ryan Pl, Geelong
Telephone: 5246 5600
Cost: \$150

Programs being Conducted By



For all BCYF bookings please contact
Mandy Carruthers - 5222 6911

Bumps to Bubs

The Bumps to Bubs Group Program brings young parents-to-be and parents (up to 23 years) with babies 0-1 year together to support the journey of parenting. It is through play that babies and children learn and develop. Come and join us for fun, learning and friendship.

Day: Monday 7 Oct to 16 Dec
Time: 1.30pm - 3.00pm
Location: Northern Bay Family
Learning Centre
25 Goldsworthy Rd Corio
Who for: Parents up to 23 years
with babies 0-1 year
Cost: Free

Bubs to Tots

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

Day: Tuesday 8 Oct to 17 Dec
Time: 1.30pm - 3.00pm
Location: Northern Bay Family
Learning Centre
25 Goldsworthy Rd Corio
Cost: Free

Programs being Conducted By



For all BCYF bookings please contact
Mandy Carruthers – 5222 6911

Bringing Up Great Kids

The Bringing Up Great Kids program is a 6 week program for parents of children aged 12mth - 10 years which aims to equip parents with the skills to enhance their patterns of communication with their children, promote more respectful interactions and encourage the development of children's positive self-identity. Groups run for six weeks, followed by booster sessions.

Commencing: Tuesdays
15 October-19 November
Time: 12.00pm - 2.00pm
Location: Norlane Child and Family Centre
52-56 Gerbera Avenue
Norlane
Cost: Free

Circle of Security

The Circle of Security Parenting series is an 8 week program for parents of pre-school aged children wanting to learn about the experiences of their child and how the parent and child relationship can be strengthened.

Commencing: Wednesdays
16 October - 4 December
Time: 1.00pm - 3.00pm
Location: Northern Bay Family Learning Centre
25 Goldsworthy Rd, Corio
Cost: Free

Tuning In To Teens

A 6-week program that provides parents with a greater understanding of their teen's emotional experiences while teaching specific skills that can assist in being supportive, empathic and staying connected with the young person.

Commencing: Tuesdays, 15 Oct -19 Nov
Time: 1.00pm - 3.00pm
BCYF Headspace
105 Yarra Street, Geelong
Cost: Free

Strengthening Family Connections

Strengthening Family Connections is an 8 week program to support connections and the relationship between a parent and a child 8-12 year old. The program consists of a parent education group, child education group, family connection group and group meal. School based program. Self or professional referral.

Commencing: Mondays, 14 Oct - 2 Dec
Time: 1.45 pm– 4.45pm
Location: Ashby Primary School
2 Lawton Avenue,
Geelong West
Cost: Free

Tuning In To Kids

Tuning into Kids is a 6 session parenting program for parents of children aged 4 to 8 years. This program will help parents teach and support their children to understand and express emotions in appropriate ways. This will maximise a child's social, behavioural and learning outcomes.

Commencing: Thursday 10 Oct -14 Nov
Time: 10.00am - 12.00pm
Location: Family Services Centre
2A Pope St, Bannockburn
Cost: Free

South Western Region

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**Regional Parenting Forum
Diet and Mental Health**

Presented by: Tetyana Rocks

Everyday diet plays a vital role in our mental health. Very importantly, we now understand that the quality of diet during childhood is closely linked to psychological outcomes and quality of life. In her talk, Tetyana will highlight the impact food has on mental health, and provide simple and practical tips for improving dietary intake in children and in adults. This presentation will also include group discussions and a Q&A session, providing all attendees with opportunities to express their opinions and ask questions.

Date: Monday 14 October
Time: 7.00pm - 8.30pm
Location: Killara Centre
Camperdown
Contact: 5593 7100

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Bringing Up Great Kids

The Bringing Up Great Kids program is a one day program for parents of children aged 12mth -10 years which aims to equip parents with the skills to enhance their patterns of communication with their children, promote more respectful interactions and encourage the development of children's positive self-identity.

Date: Wednesday 16 Oct
Time: 9.30am – 3.30pm
Location: Portland Child & Family Centre
94 Julia Street, Portland

Booking Essential
E: childrenservicesenquiry@glenelg.vic.gov.au
Phone: 5255 5511

Programs being conducted by



Communicating with Teenagers

Join Gary Banks as he presents a series of talks with the theme "Communication and Behaviour". Topics to include Screen time, Respectful relationships and boundaries as well as other topics concerning communicating with teenagers.

Dates: Tuesday 15, 22 & 29 Oct
Time: 7.00pm – 9.00pm
Location: Marrar Woom Neighbourhood House
6 Pengilly Ave
Apollo Bay

Booking Essential
Contact: Sally Forrester
Phone: 5237 8590

Programs being conducted by



For all Centacare bookings
please contact Marea Sholly 5559 3000
marea.sholly@centacarewarrnambool.org.au

Circle of Security

The Circle of Security Parenting series is an 8 week program for parents of pre-school aged children wanting to learn about the experiences of their child and how the parent and child relationship can be strengthened.

Dates: As required
Location: Centacare Hamilton

Moving Forward - Co Share Parenting

2 week Program to assist parents to co parent after separation. The program explores parenting, co-parenting and the effects of the separation on the children. The program includes the option of an individual counselling session at the end of the program.

Dates: As required
Location: Centacare Warrnambool

Early Years Parenting Program

Early Years Parenting aims to promote positive experiences for parents and children. The sessions will explore communication with babies and young children; practical issues on sleep, nutrition, routines; tips and strategies for parents to manage their self-care and parenting approach despite the pressures of time and influencers.

Dates: Tues 8, 15, 29 Oct & 12 Nov
Time: 11.30am – 1.30pm
Location: Centacare Warrnambool

No Scaredy Cats

Supporting parents to reduce anxiety and build resilience in children aged 2-12. The course teaches a greater understanding of the problem of increasing levels of anxiety in children and some strategies for its treatment.

Dates: Wednesdays 9 & 16 Oct
Time: 6.00pm – 8.00pm
Location: All Saints Portland

Programs being conducted by



Top Gear – Parenting Feisty Kids

This 90 Minute program is for parents of kids who can be feisty, tricky and super energetic or just seem to be operating in top gear most of the time. It gives an overview of the basics for helping children to manage their feelings and behaviours.

Date: 14 October
Time: Contact Drummond St
Phone: 03 9663 6733
Location: Wellways, Suite 5
23-31 Gheringhap St,
Geelong

Booking Essential
Book at:
wellconnectedwestvic@wellways.org

The Parent Education Calendar has been collated by the Regional Parenting Service with the aim of providing information on the mainstream parent education groups that are happening across the Barwon South West Region. If you have any questions regarding these programs or parenting activities, or want to be added or removed from the mailing list please email rps@geelongcity.vic.gov.au or contact Regional Parenting Service on (03) 5272 4741. Outside Geelong Freecall 1800 111 078am