

What's On: Term 4

All programs are delivered by our qualified and passionate facilitators.

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 | Tuesday 20 October - 24 November | 10.30am - 12.30pm
Bendigo CCV office | 176-178 McCrae Street, Bendigo VIC 3550



Tuning in to Teens | 6 Sessions, Thursday

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

For parents with teens 11-18.

FREE | Thursday 22 October - 26 November | 10am - 12pm
Online Via Zoom



Single-Session Workshops

Knowing Your Teen

Parenting teenagers can be challenging. It requires creativity, determination, and patience. It is a tough phase for everybody and you are not alone.

For parents with children aged 10 years plus.

FREE | Monday 30th November 2026 | 10.30am-12pm
Kangaroo Flat Library
23 Lockwood Rd, Kangaroo Flat VIC 3555



Starting School

Starting School is designed for any parents or carers with children starting primary school in 2027.

FREE | Tuesday 1st December | 1.00pm - 2.30pm
Bendigo Library
259 Hargreaves St, Bendigo VIC 3550



Bendigo Library Children's Week Parenting Expo

All welcome, just come along.

For parents with children aged up to 12 years.

FREE | Monday 26th October | 10.00am - 12.00pm

Bendigo Library

259 Hargreaves St, Bendigo VIC 3550



One Hour of Power

Join us for a lunchbox session where we explore parenting topics including child development, emotional regulation, and building connection.

FREE | Monday 16th November | 12.00pm - 1.00pm

Online Via Zoom



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) 5438 1300 | parenting.bendigo@catholiccarevic.org.au

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

Please call us if you have questions on (03) 5438 1300 or email parenting.bendigo@catholiccarevic.org.au



Register:

www.catholiccarevic.org.au/workshops