

What's On: Term 3

All programs are delivered by our qualified and passionate facilitators.

Multi-Session Programs

Circle of Security | 6 Sessions, Tuesdays

A relationship-based parenting program helping parents to understand their child's world and support their child's security, by learning to read and manage emotional needs.

FREE | Tuesdays, 29 July - 2 Sept | 10.30am - 12.30pm
CatholicCare Victoria, 176 - 178 McCrae St, Bendigo



Tuning in to Kids | 6 Sessions, Thursdays

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

FREE | Thursdays, 31 July - 4 Sept | 10am - 12pm
Online, via Teams



Special Events

Seen - Film Screening

The film explores the transformative power of personal healing for parents, and delves into the scientifically supported effects of its impact on child brain development.

\$10 | Wednesday, 23 July | 7pm
Star Cinema Eaglehawk

Register:



Creating Cooperation and Connection with Lael Stone

A unique opportunity to hear from a well known Australian parenting expert.

\$10 | Tuesday, 28 October | 7pm - 8.30pm
The Capital Theatre, Bendigo

Register:



Single-Session Workshops

Kids and Worry

Practical tools to help parents and carers assist their children to manage their worries and anxieties. Explores reasons why children worry and ways parents and carers can support them.

FREE

Thursday, 24 July | 12.30pm - 2pm

Kangaroo Flat Library, 23 Lockwood Rd



Knowing Your Teen

Exploring strategies that focus on the strengths of teenage development and build a positive relationship with them, even during challenging times.

FREE

Monday, 18 August | 9.15am - 10.45am

Bendigo Library, 259 Hargreaves St, Bendigo



Building Resilience in Kids

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

FREE

Monday, 8 September | 10am - 11.30am

Kangaroo Flat Library, 23 Lockwood Rd



Parenting Workshop

Contact our team for more information on bendigo.reception@catholiccarevic.org.au

FREE

10 September & 11 September

In-person, various locations



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 bendigo.reception@catholiccarevic.org.au



Register:

www.catholiccarevic.org.au/workshops