

# PARENT EDUCATION EVENTS

GEELONG & BARWON SOUTH WEST REGION – TERM 3, 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](http://www.geelongaustralia.com.au/parenting) or Ph: 5272 4781

## GEELONG REGION

Programs provided by  
City of Greater Geelong  
Regional Parenting Service

### THE DAD WORKSHOP

Dates: Thursday 5 August – 9 September  
Time: 7.00pm - 9.00pm  
'Ariston' 245-249 Pakington St, Newtown

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: Wednesday 4 August – 1 September  
Time: 7.30pm - 9.00pm (Online via Zoom)

A 5-week program for families with children of all ages. Join us and discover how to promote your family's growth and wellbeing. Learn practical skills that will assist you to improve the quality of life for your family.

We will explore how to:

- Promote resilience;
- Increase awareness of your child's individual strengths;
- Nurture and sustain positive relationships;
- Give effective feedback in a way that supports individual growth;
- Explore your family values and shared goals.

### NO SCAREDY CATS

Reducing Anxiety & Building Resilience in Children

Dates: Tuesday 27 July – 17 August  
Time: 7.30pm - 9.00pm (Online via Zoom)

A 4-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.

## FREE PARENTING FORUM

BRAIN RESET presented by David Gillespie

Dates: Wednesday 18 August  
Time: 7.00pm - 9.00pm  
OneHope Centre, 4-32 Province Boulevard, Highton

David Gillespie is one of Australia's most trusted non-fiction authors. Come and listen to David explain the workings of the Teen Brain.

Bookings to be made via [Eventbrite](https://www.eventbrite.com)

Programs provided by  
Family Relationship Centre

Contact Family Relationship Centre  
Ph: 5246 5600

### OUR KIDS – Parenting After Separation

Date: Tuesday 27 July – 31 August; Time: 6.00pm - 8.00pm  
Date: Thursday 29 July – 2 Sept; Time: 10.00am – 12.00pm

Our Kids is a 6-week course on parenting after separation and the impact of parental conflict on children. The course encourages parents to focus on the needs of their children and develop helpful communication strategies following separation. Courses run weekly for six weeks during school terms. Morning and evening sessions are available.

Programs provided by  
Barwon Child Youth & Family (BCYF)

Contact BCYF regarding program delivery  
Ph: 5226 8900 or [www.bcyf.org.au](http://www.bcyf.org.au)

### BUMPS TO BUBS

Date: Wednesday 14 July – 15 September  
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 13 July – 14 September

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.

## TUNING IN TO KIDS

Date: Tuesday 27 July – 31 August

Time: 10.30am – 12.30pm

Norlane Child & Family Centre, 52-56 Gerbera Ave, Norlane

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

## CIRCLE OF SECURITY

Date: Thursday 22 July – 9 September

Time: 1.00pm – 3.00pm

Northern Bay Family Learning Centre, Goldsworthy Rd, Corio

Circle of Security is an 8-week supportive program for parents of children aged birth – 5 years.

The program aims to:

- Help parents understand how to build feelings of security for children in their early years;
- Assist parents with skills to build on the positive relationship with their child;
- Develop confidence in parents to respond to their child in a way which builds a secure foundation for children.

## DADS TUNING IN TO KIDS

Date: Wednesday 28 July – 1 September

Time: 5.00pm – 6.30pm (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.

## TUNING IN TO TEENS

Dates: Tuesday 27 July – 31 August

Time: 12.30pm – 2.30pm

BCYF, 222 Malop St, Geelong

Dates: 29 July – 2 September

Time: 4.30pm – 6.30pm

Lara Secondary College, 34 Alkara Ave, Lara

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.

## BARWON SOUTH WEST REGION

Programs provided by  
CatholicCare Victoria

Registrations are compulsory to attend

Email: [ballaratfrc@centacareballarat.org.au](mailto:ballaratfrc@centacareballarat.org.au)

Ph: 1300 303 988

## CIRCLE OF SECURITY

Date: Thursday 13 July – 24 August

Time: 10.00am – 12.00pm (Online via Zoom)

Circle of Security is a 7-week relationship-based parenting program.

The program aims to:

- Understand your child's emotional world by learning to read emotional needs;
- Honour the innate wisdom and desire for your child to be secure;
- Support your child's ability to successfully manage emotions;
- Enhance the development of your child's self-esteem.

## LIVING WITH TEENS

Date: Wednesday 4 & 11 August

Time: 6.30pm – 8.30pm (Online via Zoom)

A model for building strong, secure connections. Living with Teens is a 2-week program.

The program covers:

- What parents need to be able to meet teen's needs;
- What teens need from parents;
- Adolescent development.