



# Family in Focus

## free workshops for parents

### Overview:

*Family in Focus* is designed for parents and carers who want to build knowledge, skills and confidence to support their children as they grow, particularly during their school years. The course is open to all parents and carers but is **most relevant to those who have faced barriers to their own education, have limited support networks, live on a chronically low income or are facing other types of social disadvantage.**

### Outline & Delivery:

*Family in Focus* is a series of five introductory workshops covering a range of topics relevant to parents and carers with school aged children or children in their pre-school (years details below). Each of the workshops will provide key learning takeaways, plus an overview of how each topic will be covered in more depth in courses or programs that PPCG offers now or intends to deliver in the next financial year.

The *Family in Focus* workshops/learning modules will most likely run on a Monday or Tuesday morning for two and a half hours in June, July and August 2023 (dates to be advised). Workshops will not be conducted during school holidays.

Four of the workshops are designed to be delivered face-to-face in the classroom from PPCG's learning spaces in St Kilda, whilst the *Cooking & Eating Healthy Meals on a Budget (OzHarvest NEST)* session will be conducted in a commercial kitchen at Christ Church Mission Community Centre, also in St Kilda. Some content from the *Budgeting & Saving Money with Limited Income* workshop can also be accessed by participants online during or after the workshop.

All sessions will be fun, interactive, and include a generous morning tea. During the OzHarvest NEST session participants will prepare, cook, and eat a healthy lunch together.

**An alternative delivery mode:** we can bring our facilitators to you if you have eight or more confirmed participants and an appropriate learning space. You may like to collaborate with another interested party if you have less than the minimum eight participants.

### Registrations:

Parents can either self-register for the program or be referred by a case worker, kindergarten teacher, school teacher etc. Please call [8598 6600](tel:85986600) or email [info-support@ppcg.org.au](mailto:info-support@ppcg.org.au)

## Session dates and times:

**Note:** Dates & times to be advised. Workshops will most likely be held on a Monday or Tuesday morning, 10am – 12.30pm in June, July and August 2023. Workshops will not be conducted during school holidays.

The order of sessions may change once dates have been confirmed.

- Session 1** • Parenting Pre-School & School Age Children
- Session 2** • Building Resilience in Yourself, Children & Teens (How to keep going when things get tough)
- Session 3** • Budgeting & Saving Money with Limited Income
- Session 4** • Communicating & Using Digital Devices for Family & School Tasks, Keeping Children Safe Online
- Session 5** • Cooking Healthy Meals & Shopping on a Budget (OzHarvest NEST)

## Key Learning Modules:

**Note:** Workshop content may differ slightly when presented

- 1. Parenting Pre-School & School Age Children**
  - Managing difficult behaviours
  - Getting enough sleep & bedtime routine
  - Morning routine & getting ready on time
  - Encouraging healthy eating habits
  - Managing screen time, including TV
  - Responding to bullying
- 2. Building resilience in yourself, children & teens (How to keep going when things get tough)**
  - Making connections
  - Maintaining daily routines
  - Self-care and self-discovery
  - Nurturing positive self-image and positive outlook on life
  - Setting goals
  - Mindfulness techniques for parents/carers & children
- 3. Communicating & Using Digital Devices for Family & School Tasks + Keeping Yourself & Your Children Safe Online**
  - Practical exercises that relate to school & family life, e.g.
  - Emailing a teacher/principal at school
  - Booking a parent/teacher interview online
  - Responding to an email
  - Keeping yourself & children safe online

#### 4. Financial Wellbeing - How to Budget & Save Money with Limited Income

- Goal setting
- Helping children to be money-wise
- Budgeting
- Support for managing debt
- Grants, schemes & other support available

#### 5. Cooking Healthy Meals & Shopping on a Budget (OzHarvest NEST)

- The first hour is based around a Healthy Eating on a Budget presentation which includes fun activities and trivia games. Topics covered include:
  - The five food groups
  - Serving sizes vs portion sizes
  - Tips on reducing food waste
  - Practical tips on budget healthy eating and cooking
- The second part of the session is spent cooking a healthy meal together, then sharing it.

### Extra support:

Parents and carers will get the opportunity to link in with PPCG's *Information, Referral and Support* Team for a one-to-one chat if they feel they need extra support outside what is available through the Family in Focus program. They will also have the opportunity for a one-to-one appointment with a *Financial Capability Worker* if they would like to further explore their financial issues. Both resources are optional and free of charge. Parents can link in at any time – before, during, or after completing the Family in Focus program.

### Contact:

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