

Parenting Information Sessions



We run Parenting Information Sessions on a variety of family-interest topics throughout the year, at low or no cost to parents.

Please note: child-minding facilities are not available.

The booking links provided will open 6 weeks before each session date.

Tuning in to Teens / Emotional Intelligence

Catherine Harris and Naomi Gilbert - Tuning in to Teens

Tuning in to Teens teaches parents to assist their children in understanding and managing feelings, using emotional awareness to guide young people with solving problems, dealing with frustration and regulating complicated feelings.

South Melbourne Community Centre
Thursday 27 June

<https://www.trybooking.com/BALED>

Positive Parenting

Lea Waters

Lea Waters is one of the world's leading experts on Positive Education and Strength-Based Parenting. This session focuses on guiding away from negativity and criticism, and using positive psychology to cultivate children's inherent strengths.

Albert Park College
Monday 19 August

<https://www.trybooking.com/BALEN>

Sustainable Parenting

Panel Discussion

A panel discussion with sustainability educators exploring how families can address sustainability with their children. Learn why these conversations matter, and how families can continue the dialogue outside of the school gates.

Albert Park College
Thursday 17 October

<https://www.trybooking.com/BALEQ>

Respectful Relationships

Family Planning Victoria

This session explores strategies for guiding your child or young person on their own physical, emotional and social journeys to build respectful relationships, and addresses the complexities of sexuality, consent, and respectful communication.

St Kilda Town Hall – Council Chambers
Tuesday 7 May

<https://www.trybooking.com/BALEA>

Reflective Parenting

Parentline

Strength-based parenting teaches parents to look at why children do the things they do and provides practical strategies for supporting children and guiding behaviours in appropriate and effective ways.

Port Melbourne Town Hall
Thursday 25 July

<https://www.trybooking.com/BALEY>

Cyber Safety

Daniel Donahoo

Daniel Donahoo presents this strategy-rich session to provide parents with realistic, digestible, and practical advice that can be implemented immediately to ensure safer online environments.

St Kilda Town Hall
Thursday 19 September

<https://www.trybooking.com/BALFA>

Managing Transitions

Louise Dorrat

Louise has extensive experience in managing early years services—from Inclusion Support to Family Day Care—and assisted in the set-up of the first Victorian Bush Kinder.

Middle Park Community Centre
Thursday 7 November

<https://www.trybooking.com/BALEG>

Calendar subject to change

For the most up to date version please visit:
http://www.portphillip.vic.gov.au/families_children.htm