**GEELONG REGION**

**Programs provided by**

**City of Greater Geelong**

**Regional Parenting Service**

**STEPPING STONES**

**Dates: Monday 2 August – 23 August**

**Time: 7.00pm - 9.00pm**

**‘Ariston’ 245-249 Pakington St, Newtown**

Stepping Stones is a 4-week program for families with a child who has a disability. The program aims to help parents use Positive Parenting to acquire new skills and knowledge. Skills are practiced and parents receive constructive feedback about their use of skills.

# 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.

# BRINGING UP GREAT KIDS

**Dates: Wednesday 28 July – 1 September**

**Time: 7.00pm - 9.00pm**

**‘Ariston’ 245-249 Pakington St, Newtown**

Bringing up Great Kids is a 6-week supportive program for parents of children aged 12 months to 9 yrs.

The program aims to:

* Develop parents’ skills to enhance communication with their children;
* Promote positive interactions between parents and their child/ren;
* Encourage the development of a child’s positive self-identity.

# 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.

**PARENTING YOUR TEENAGER**

**Dates: Monday 19 July – 23 August**

**Time: 7.30pm - 9.00pm (Online via Zoom)**

Parenting Your Teenager is a 6-week supportive program for parents of teens aged 12 to 18 years.

The program aims to:

* Support parents to connect and communicate with their teens;
* Assist parents with understanding adolescent development;
* Help parents to assist their teen to develop emotional intelligence;
* Remain empathetic and stay connected.

# BRINGING UP GREAT KIDS

# The First 1000 Days

**Dates: TBC**

**Time: 7.00pm – 8.30pm (Online via Zoom)**

The first 1,000 days of life is a program for parents with children aged under 2 years and designed to nurture parents as they embark on their journey. It provides parents with a knowledge about brain development and an understanding of how children grow and what they need. The centrality of family relationships and opportunities for parents to reflect on their own childhood and how to connect with their children are all explored.

# 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.au/e/regional-parenting-service-presents-david-gillespie-brain-reset-tickets-148845626275?aff=ebdssbdestsearch)

**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**

**Drummond St Services**

**For information on Drummond St seminars and groups** [**www.ds.org.au**](https://www.ds.org.au/)

Drummond St Services can provide *Managing Difficult Conversations* and *Wellbeing in Schools*, seminars for teachers and school staff; *Transition to Primary and Secondary schools*; and sessions on supporting parents of teens to toddlers. We also provide training and PD from our queerspace service on demand.

See our events, both online and in person on Drummond Street Events - click [here](https://ds.org.au/events/) for more information

**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.

**BRINGING UP GREAT KIDS**

**Date: Wednesday 21 July – 25 August**

**Time: 10.30am – 12.30pm**

**Leopold Community & Learning Centre**

**31-39 Kensington Rd, Leopold**

Bringing Up Great Kids is a 6-week supportive program for parents of children aged 12 months – 12 years.

The program aims to:

* Develop parents’ skills to enhance communication with their children;
* Promote positive interactions between parents and their children;
* Encourage the development of children’s positive self-identity.

**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.

**BRINGING UP GREAT KIDS**

**Date: Thursday 26 August – 9 September**

**Time: 10.00am – 12.00pm**

**CatholicCare, 142 Timor Street, Warrnambool**

Bringing up Great Kids is a 3-week program.

The program covers:

* Building supportive parent-child relationships;
* Exploring messages and beliefs we bring to parenting;
* Understanding the world through children’s eyes.