

PARENT EDUCATION EVENTS

GEELONG REGION – TERM 3 2020



All programs are free and will be run via Zoom, however, bookings are essential. To book visit www.geelongaustralia.com.au/parenting or call us on 5272 4781.

POSITIVE PARENTING PROGRAM

Dates: to be advised for Term 4

Positive Parenting Program is a 4-week program for parents of children aged 2 – 8 years.

Online access to the program is available via:

www.triplep.online/victoria

FLOURISHING FAMILIES

Dates: Tuesdays from 11 August – 1 September

Time: 7.30pm - 9.00pm

A 4-week program for parents of children of all ages to discover how wellbeing can help you and your family to flourish. Learn about current research and practical skills that will help your family:

- Promote resilience;
- Increase awareness of character strengths;
- Nurture and sustain positivity;
- Give effective feedback and support individual growth;
- Explore family values.

CIRCLE OF SECURITY

Dates: Thursdays from 23 July - 10 September

Time: 7.30pm - 9.00pm

Circle of Security is an 8-week program for parents of children aged up to 8 years wanting to learn about the experiences of their child and how the parent and child relationship can be strengthened.

THE FORMATIVE YEARS

Dates: Wednesdays from 5 - 26 August

Time: 7.30pm - 9.00pm

The relative success of your child at school is mostly set by the end of their 3rd year of primary school. There are some basics that you can do to set them up for success.

In this program we will look at what you can do, starting from conception, to ensure that your child has the best opportunity to maximize their potential in school and in life.

BRINGING UP GREAT KIDS

Two programs are fully booked, taking bookings for Term 4

Dates: to be advised for Term 4

Time: 7.30pm - 9.00pm

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.

PARENT EDUCATION EVENTS

GEELONG REGION – TERM 3 2020



All programs are free and will be run via Zoom, however, bookings are essential. To book visit www.geelongaustralia.com.au/parenting or call us on 5272 4781.

Available in Term 4

REGIONAL PARENTING WEBINAR

Presented by Dr Michael Carr-Gregg

Date: Wednesday 29 July

Time: 7.30pm

Before coronavirus, 1 in 4 teenagers were struggling with mental health problems, then they were asked to navigate a new reality of remote learning, zero peer contact because of social isolation and financial hardship.

This 45-minute (+15 minutes of questions) webinar seeks to provide participants with the skills, knowledge and strategies to detect early warning signs, and talks about how to encourage your teenager to visit a doctor or psychologist.

Bookings can be done via <https://www.eventbrite.com.au/>

Programs provided by Drummond St

BALANCING RECOVERY & UNCERTAINTY IN RETURNING TO SCHOOL

Dates: Wednesday 15 July - Primary

Wednesday 22 July - Secondary

We will chat online about emotional wellbeing for children/family and school communities, how to talk and listen to children about big emotions & ways to live with uncertainty.

One seminar is for primary school parents and the second is for secondary school parents, both include a Panel which includes Drummond St, a Psychologist and a Primary or Secondary Teacher.

Book online at www.ds.org.au to receive a zoom link

TUNING INTO TEENS

Tuning into Teens 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.

TUNING INTO KIDS

Tuning into Kids is a 6-week supportive program for parents of children aged 4 to 10 yrs.

The program aims to:

- Help parents teach and support their child/ren to understand and manage their emotions;
- Support parents in encouraging children to express emotions appropriately;
- Maximise children's social, behavioural and learning outcomes.