

PARENT EDUCATION EVENTS

GEELONG & BARWON SOUTH WEST REGION – TERM 1, 2022



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 or Ph: 5272 4781

GEELONG REGION

Programs provided by
City of Greater Geelong
Regional Parenting Service

STEPPING STONES

Dates: Monday 7 March – 4 April (No session on 14 March)

Time: 7.00pm - 9.00pm

'Ariston' 245-249 Pakington St, Newtown

Stepping Stones is a 5-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.

NO SCAREDY CATS

Reducing Anxiety & Building Resilience in Children

Dates: Wednesday 2 March – 30 March

Time: 7.00pm - 9.00pm

'Ariston' 245-249 Pakington St, Newtown

A 5-week program for parents of children 5 – 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.

POSITIVE PARENTING PROGRAM

Available online via the Triple P website

<https://www.triplep-parenting.net.au/vic-uken/triple-p/>

BRINGING UP GREAT KIDS

The First 1000 Days

Dates: Tuesday 15 February – 15 March

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.

TUNING IN TO TEENS

Dates: Monday 14 February – 28 March (no session 14 March)

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

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.

THE DAD WORKSHOP

Dates: Thursday 24 February – 31 March

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

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.

TUNING IN TO KIDS

Dates: Thursday 10 February – 17 March

Time: 7.00pm - 9.00pm

'Ariston' 245-249 Pakington St, Newtown

OR

Dates: Tuesday 15 February – 22 March

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

Tuning in to 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.

BRINGING UP GREAT KIDS

Dates: Tuesday 22 February – 29 March

Time: 7.00pm - 9.00pm

'Ariston' 245-249 Pakington St, Newtown

OR

Dates: Wednesday 2 March – 6 April

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

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.

BRINGING UP GREAT KIDS

Dates: Wednesday 2 March – 6 April

Time: 1.00pm - 3.00pm

St Francis Xavier Primary School

Contact Sue ph: 0429 291 955

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.

CIRCLE OF SECURITY

Dates: Wednesday 9 February – 30 March

Time: 7.00pm - 9.00pm

'Ariston' 245-249 Pakington St, Newtown

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.

FREE PARENTING FORUM

Managing Mental Health Issues In Our Young People presented by Dr Michael Carr-Gregg

Date: Tuesday 1 March

Time: 7.00pm - 9.00pm (light supper from 6.15pm)

OneHope Centre, 4-32 Province Boulevard, Highton

In this current forum Dr Carr-Gregg will discuss what parents need to know about depression, suicide, eating disorders, deliberate self-harm, and other mental health problems in young people. Bookings to be made via [Eventbrite](#) or scan the QR code.



Programs provided by Family Relationship Centre

Contact the Parenting Orders Program at the Family Relationship Centre - Ph: 5246 5600

OUR KIDS – Parenting After Separation

Date: Tuesday 15 February – 22 March

Time: 6.00pm - 8.00pm

Date: Thursday 17 February – 24 March

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 available.

Programs provided by Barwon Child Youth & Family (BCYF)

Contact BCYF regarding program delivery

Ph: 5226 8900 or www.bcyf.org.au

BUMPS TO BUMS

Date: Wednesday 2 February – 6 April

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 1 February – 5 April

Time: 1.30pm – 3.00pm

Northern Bay Family Learning Centre, Goldsworthy Rd, Corio

The Bubs to Tots Group Program brings mothers (up to 24 years) and toddlers together to support parents with knowledge and skills to enhance children's development in the 1–2-year age group.

CIRCLE OF SECURITY

Date: Thursday 10 February – 31 March

Time: 12.30pm – 2.30pm

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: Thursday 17 February – 24 March

Time: 10.00am – 12.00pm

BCYF, 222 Malop St, Geelong

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

The program aims to:

- Support parents with the skills to enhance their communication with their children;
- Promote positive interactions between parent and child;
- Encourage the development of children's positive self-identity.

TUNING IN TO KIDS

Date: Tuesday 15 February – 22 March

Time: 12.30pm – 2.30pm

Online via Zoom

Tuning in to Kids is a 6-week supportive program for parents of children aged 3 years – 12 years. The program aims to:

- Encourage parents to effectively tune in to their children's emotions;
- Supports parents to teach their children how to understand and regulate their emotions;
- Helps parents respond to and foster their child's individual needs.

TUNING IN TO TEENS

Dates: Wednesday 16 February – 23 March

Time: 12.30pm – 2.30pm

Online via Zoom

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 manage emotions and develop emotional intelligence.

Programs provided by
Drummond St Services

For information on Drummond St seminars and groups www.ds.org.au/events/

DADS GROUP

Dates: Thursday 10 February – 3 March

A Four Session Zoom Group for Dad's. It does not matter what age group your children are, all Dads are welcome.

Book online.

ZEN BUBS

One session: Tuesday 11 January

A fun mix of baby massage and baby yoga. Suitable for parents/grandparents/carers and bubs up to 12 months.

Book online.

BARWON SOUTH WEST REGION

Programs provided by
Warrnambool City Council &
CatholicCare Victoria

Registrations are compulsory to attend

Email: ballaratfrc@centacareballarat.org.au

Ph: 1300 303 988

CIRCLE OF SECURITY

Group 1 (6 weeks – abbreviated program)

Date: Wednesday 16 February – 23 March

Time: 6.30pm – 8.30pm

Children's Services Centre

550-600 Raglan Parade Warrnambool

Group 2 (8 weeks)

Date: Tuesday 22 February – 12 April

Time: 10.00am – 12.00pm

Online via Zoom

Circle of Security is an 8-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.

BRINGING UP GREAT KIDS

Date: Thursday 24 February – 31 March

Time: 10.00am – 12.00pm

CatholicCare Victoria, 142 Timor Street Warrnambool

Bringing Up Great Kids is a 6-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.