

# PARENT EDUCATION EVENTS

GEELONG & BARWON SOUTH WEST REGION – TERM 2, 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](http://www.geelongaustralia.com.au/parenting) or Ph: 5272 4781

## GEELONG REGION

Programs provided by  
City of Greater Geelong  
Regional Parenting Service

### NO MORE SCAREDY CATS

Reducing Anxiety & Building Resilience in Children

Dates: Monday 23 May – Monday 20 June

Time: 7.00pm - 9.00pm

'Ariston' 245-249 Pakington Street, 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.

### BRINGING UP GREAT KIDS

The First 1000 Days

Dates: Tuesday 7 June – Tuesday 5 July

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: Wednesday 11 May – Wednesday 15 June

Time: 7.00pm - 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.

### TUNING IN TO KIDS

Dates: Wednesday 4 May – Wednesday 8 June

Time: 7.00pm - 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: Wednesday 11 May – Wednesday 15 June

Time: 7.00pm - 9.00pm

'Ariston' 245-249 Pakington Street, Newtown

OR

Dates: Wednesday 18 May 22 June

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.

### DADS TUNING INTO KIDS

Dates: Monday 9 May – Monday 27 June

Time: 7.00pm - 9.00pm (Online via Zoom)

Dads Tuning in to Kids is an effective 6-week program for Dad's with children aged 4 to 11 yrs. It focuses on developing your child's emotional intelligence.

The program provides you with the skills and strategies to:

- Improve communication and connection with your child;
- Better understand and manage emotions;
- Problem solve and set limits;
- Prevent or reduce problem behaviours in your child.

All within a supportive environment where you can share the challenges of parenting.

## CIRCLE OF SECURITY

Dates: Thursday 5 May – Thursday 23 June

Time: 7.00pm - 9.00pm

'Ariston' 245-249 Pakington Street, 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.

## STEPPING STONES

Expressions of Interest are being taken for this program

Email: [swells@geelongcity.vic.gov.au](mailto:swells@geelongcity.vic.gov.au)

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.

## POSITIVE PARENTING PROGRAM

Available online via the Triple P website

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

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 10 May – Tuesday 14 June

Time: 6.00pm - 8.00pm

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. Cost: \$80 - \$150

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)

## BRINGING UP GREAT KIDS – PARENTING ADOLESCENTS

Dates: Thursday 12 May – Thursday 16 June

Time: 10.00am – 12 noon

BCYF, 222 Malop Street, Geelong

Bringing Up Great Kids - Parenting Adolescents is a 6-week supportive program for parents of children aged 10 years to 18 years. The program aims to:

- Support parents to build a positive relationship with their adolescent;
- Assist parents understanding of what is going on in the adolescent brain;
- Explore the changing role from "custodian" to consultant".

## BUMPS TO BUBS

Date: Wednesday 27 April – Wednesday 22 June

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 26 April – Tuesday 21 June

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.

## TUNING IN TO KIDS

Date: Tuesday 10 May – Tuesday 14 June

Time: 11.00am – 1.00pm

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.

## CIRCLE OF SECURITY

Date: Thursday 5 May – Thursday 23 June

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: Tuesday 10 May – Tuesday 14 June

Time: 10.00am – 12 noon

BCYF, 222 Malop Street, 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.

## STRENGTHENING FAMILY CONNECTIONS

Date: Wednesday 4 May – Wednesday 22 June

Time: 2.00pm – 4.00pm

School Program – Herne Hill Primary School

Strengthening Family Connections is an 8-week program for parents and their children aged 8– 12 years.

The program aims to:

- Build a positive culture and improve communication among family members;
- Help develop successful, confident children and parents;
- Build skills in all family members to improve family functioning.

### Programs provided by Drummond St Services

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

Drummond St Services will run a number of seminars and groups online or in person. Please look at our website [www.ds.org.au](http://www.ds.org.au) for bookings or put your name on a waitlist.

## CALM GROUP

A small group to practise using mindfulness, art and emotional regulation skills into our parenting and family relationships. Fun and relaxing. [Calm Group - Drummond Street](#)

## FAMILIES WEEK

15 – 21 May

Check our website [www.ds.org.au](http://www.ds.org.au) closer to the date for events.

## WHAT TO DO IF YOUR CHILD STRUGGLES TO ATTEND SCHOOL?

Date: Wednesday 27 April

Time: 7.00pm

Belmont High School, Rotherham Street, Belmont

A panel for parents & Schools – for parents of primary and secondary students - Is your child or young person refusing to attend school completely or very anxious about attending sometimes? Check our [website](#) for confirmed date.

## BRINGING UP GREAT KIDS

Bringing Up Great Kids is a parenting program promoting respectful and caring relationships between parents/carers and your children from 12 months to 12 years. Check our [website](#) for confirmed date.

## BARWON SOUTH WEST REGION

Programs provided by Warrnambool City Council & CatholicCare Victoria

Registrations are compulsory to attend

Email: [Andrea.clarke@centacareballarat.org.au](mailto:Andrea.clarke@centacareballarat.org.au)

Ph: 5337 8943

## LIVING WITH TEENS

Date: Thursday 26 May – Thursday 2 June

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.

## TUNING IN TO KIDS

Date: Thursday 12 May – Thursday 16 June

Time: 1.00pm – 3.00pm

Online via Zoom

Tuning in to Kids is a 6-week supportive program for parents of children aged 3 – 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.

## CIRCLE OF SECURITY

Group 1 (6 weeks – abbreviated program)

Date: Wednesday 4 May – Wednesday 8 June

Time: 6.30pm – 8.30pm

Children's Services Centre

550-600 Raglan Parade Warrnambool

Group 2 (8 weeks)

Date: Tuesday 10 May – Tuesday 28 June

Time: 10.00am – 12 noon

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.