

# PARENT EDUCATION EVENTS

GEELONG and BARWON  
SOUTHWEST REGION



## TERM 4, 2024

All Regional Parenting Service programs along with MELI (*formerly Barwon Child Youth & Family (BCYF) and Bethany*), Family Relationship Centre, Drummond St Services and Barwon Southwest Region programs will be offered face to face or online. Bookings are essential. For details of dates, times and venues please see below.

### BRINGING UP GREAT KIDS

#### The First 1000 Day

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 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.

### BRINGING UP GREAT KIDS

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

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

Circle of Security is an 8-week supportive program for parents of children aged birth to 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.

### TUNING IN TO KIDS

Tuning in to kids is a 6-week supportive program for parents of children aged 4 to 10 years.

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

#### Parenting Adolescents

The program builds on maintaining positive relationships and interactions between parents and adolescents during the ages of 10 to 17 years.

This 6-week program will look at having a better understanding and being able to support your adolescent.

- Finding meaningful ways to stay connected with you adolescent;
- Understand that all behaviour and interaction have a meaning attached to it;
- Develop an increased understanding about the messages that they communicate to their adolescent through their behaviour, actions and attitudes;
- Develop skills to identify and manage their stress associated with parenting.

### STRENGTHENING FAMILY CONNECTIONS

Strengthening Family Connections is a free 8-week program for parents and their children aged 8 to 12 years. The program aims to build a positive family culture and strengthen family connections.

## OUR KIDS – Parenting After Separation

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 6 weeks during school terms. Morning and evening sessions are available.

## FLOURISHING FAMILIES

A 5-week program for parents with children of all ages to discover how you can help your family to flourish.

Learn about:

- how you can promote resilience;
- increase awareness of your family's strengths;
- create and nurture positive family relationships;
- give feedback to support individual growth.

## THE ANXIETY COACH

### Reducing Anxiety and Building Resilience in Children

A 5-week program for parents of children 5 to 12 years to gain an understanding of the increasing levels of anxiety in a child and strategies to help manage the "traps and tripwires" with strengthening sayings, questioning strategies and mindful exercises.

## TUNING IN TO TEENS

Tuning in to 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

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.

## POSITIVE PARENTING PROGRAM

Available online via the Triple P website

[www.triplep-parenting.net.au/vic-uk/en/triple-p/](http://www.triplep-parenting.net.au/vic-uk/en/triple-p/)

## LIVING WITH TEENS

A model for building strong, secure connections. Living with Teens is a 3-week program.

The program aims to cover:

- what parents need to be able to meet teen's needs;
- what teens need from parents;
- adolescent development.

## BUMPS TO BUBS

Bumps to Bubs brings young mothers and mothers-to-be (up to 23 years) with babies 0 to 1 year, together to support the journey of parenting.

## BUBS TO TOTS

Bubs to Tots brings mothers (up to 24 years) of children in the 1 to 2 year age group together for support and education.

## DADS TUNING INTO KIDS

Dads Tuning into Kids is a 6-week supportive program specifically for Dads of children aged 3 to 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.

## STEPPING STONES

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.






## GRANDPARENTING PROGRAM

Being a grandparent is one of the most exciting times in our life. A lot of information and safety recommendations have changed since we had our own young children.

In this session, come together with other grandparents to discuss some of the fun times we share with our grandchildren but to also look at the many guidelines that have changed since we had our own young children.

# Parent Education Events

Term 4, 2024

| Program                                  | Location / Venue   | Days / Dates                  | Time  | Bookings   |
|--|--|-------------------------------|---|--|
| Bringing Up Great Kids                   | Virginia Todd<br>9-15 Clarence Street, Geelong West  | Thursdays<br>17 Oct – 21 Nov  | 6.00pm -<br>8.00pm  |  <p><b>Regional Parenting Service</b></p> <p><a href="http://www.geelongaustralia.com.au/parenting">www.geelongaustralia.com.au/parenting</a></p> <p><b>Ph: 5272 4741</b></p>  |
| Tuning in to Kids                        | Online via Zoom  | Wednesdays<br>16 Oct – 20 Nov | 7.00pm -<br>9.00pm  |  |
| The Anxiety Coach                        | Online via Zoom  | Wednesdays<br>09 Oct – 06 Nov | 7.00pm -<br>9.00pm  |  |
| Circle of Security                       | Wurriki Nyal<br>137-139 Mercer Street, Geelong   | Wednesdays<br>09 Oct – 27 Nov | 7.00pm -<br>9.00pm  |  |
| Grandparenting Program                   | Virginia Todd<br>9-15 Clarence Street, Geelong West  | Mondays<br>04 Nov – 25 Nov    | 1.30pm -<br>3.00pm  |  |
| Parenting your Teen                      | Online via Zoom  | Thursdays<br>10 Oct – 14 Nov  | 7.00pm -<br>9.00pm  |  |
| Bringing up Great Kids                   | Northern Bay Family Centre<br>3-25 Goldsworthy Road, Corio   | Mondays<br>28 Oct – 02 Dec    | 12.15pm -<br>2.15pm                                       |  |
| The Dad Workshop                         | Online via Zoom  | Mondays<br>14 Oct – 18 Nov    | 7.00pm -<br>9.00pm  |  |
| Our Kids –<br>Parenting after Separation | Family Relationship Centre<br>1/100 Brougham Street, Geelong   | Tuesdays<br>22 Oct – 26 Nov   | Contact the<br>Family<br>Relationship<br>Centre for times |   <p><b>Family Relationship Centre</b></p> <p><a href="http://www.catholiccarevic.org.au">www.catholiccarevic.org.au</a></p> <p><b>Ph: 5246 5600</b></p>                   |
| Online parenting programs                | Drummond St Services offer a range of<br>online programs, please see their<br>website for further details. | Various dates and<br>times    |   |  <p><b>Drummond Street Services</b></p> <p><a href="http://ds.org.au/events/">ds.org.au/events/</a></p>   |

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| Circle of Security   | Meli<br>16 Ballarat Road, Hamlyn Heights                         | Thursdays<br>17 Oct – 5 <sup>th</sup> Dec | 9.30am -<br>11.30am  | <p><b>MELI</b></p> <p>Meli, the new name for BCYF and Bethany</p> <p><a href="http://www.meli.org.au">www.meli.org.au</a></p> <p>Ph: 5226 8900</p>    |  |
| Tuning into Kids   | Meli<br>16 Ballarat Road, Hamlyn Heights                         | Wednesdays<br>23 Oct – 27 Nov             | 10.00am -<br>12.00pm |  |  |
| Strengthening Family Connections   | Herne Hill Primary School<br>2-24 Gwynne Street, Hamlyn Heights  | Wednesdays<br>16 Oct – 4 Dec              | 2.30pm -<br>5.30pm   |  |  |
| Tuning in to Teens   | Meli<br>222 Malop Street, Geelong                                | Tuesdays<br>22 Oct – 27 Nov               | 10.00am -<br>12.00pm |  |  |
| Bringing up Great Kids   | Bannockburn Child & Family Centre<br>2A Pope Street, Bannockburn | Tuesdays<br>22 Oct – 26 Nov               | 10.00am -<br>12.00pm |  |  |
| <b>To express your interest for the following programs please contact MELI</b> |  |   |                      |  |  |
| <b>Baby College</b>  |  | <b>Bumps to Bubs</b>                      |                      | <b>Bubs to Tots</b>  |  |
| Circle of Security<br>(Abbreviated version)                                    | Moyne Shire  | TBA                                       | TBA                  | <p> <b>CatholicCare VICTORIA</b><br/>Strengthening families &amp; communities</p> <p><b>CatholicCare Victoria – Warrnambool</b></p> <p><a href="http://www.catholiccarevic.org.au">www.catholiccarevic.org.au</a></p> <p>Ph: 4344 4588</p> <p>E: <a href="mailto:helen.diamond@catholiccarevic.org.au">helen.diamond@catholiccarevic.org.au</a></p> |  |
| Circle of Security<br>(Abbreviated version)                                    | Childrens Services Building                                      | Wednesdays<br>16 Oct – 20 Nov             | 6.30pm -<br>8.30pm   |  |  |
| Living with Teens  | Online via Zoom  | Wednesdays<br>27 Nov – 11 Dec             | TBA                  |  |  |