

PARENT EDUCATION EVENTS

GEELONG and BARWON
SOUTHWEST REGION



TERM 2, 2023

All Regional Parenting Service programs along with Barwon Child Youth & Family (BCYF), 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.

FEATURE FORUMS

SEX, CONSENT AND STAYING SAFE

Wednesday 7 June
7.30pm – 9.00pm
OneHope Centre,
4-32 Province Boulevard Highton
Tickets available at [Eventbrite](#)

A GUIDE TO RAISING A CHILD WITH ADHD

Thursday 8 June
9.00am – 10.30am
OneHope Centre
4-32 Province Boulevard Highton
Tickets available at [Eventbrite](#)

Presented by Dr Justin Coulson

Dr Justin Coulson, one of Australia's leading parenting experts and father to six daughters, has put together a presentation designed specifically for parents of high school students.

How are we supposed to talk to our children – our teenagers – about consent, respect, alcohol, and other drugs, staying safe, and all of the risks they face? Between us not knowing what to say, or when or how to say it, and our kids not willing to hear it, we're in a tough spot.

BRINGING UP GREAT KIDS

The First 1000 Days

The first 1,000 days of life is a program for parents with children aged under two 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 six-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.

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 six-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.

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.

CIRCLE OF SECURITY

Circle of Security is an eight-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.

THE DAD WORKSHOP

This six-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.

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.

NO MORE SCAREDY CATS

Reducing Anxiety and Building Resilience in Children

A 4-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 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.

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.

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.

The program aims to:

- Bring young mothers and babies together for fun, learning and friendship in a relaxed setting;
- Enhance parent and child attachment;
- Increase understanding of child development.

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.

The program aims to:

- Provide education to enhance children's early development;
- Promote parent and child attachment/relationships through the promotion of play;
- Assist parents with managing and enjoying the toddler years.

POSITIVE PARENTING PROGRAM

Available online via the Triple P website

www.triplep-parenting.net.au/vic-ukn/triple-p/

Parent Education Events

Term 2, 2023

Program	Location / Venue	Days / Dates	Time	Bookings
Bringing up Great Kids	Online via Zoom	Tuesdays 2 May – 6 June	7.00pm - 9.00pm	  <p>Regional Parenting Service is supported by the Victorian Government</p> <p>Delivered by: </p> <p>Regional Parenting Service</p> <p>www.geelongaustralia.com.au/parenting</p> <p>Ph: 5272 4741</p> 
Tuning in to Kids	Leopold Library, Kensington Rd, Leopold	Thursdays 4 May – 8 June	7.00pm - 9.00pm	
Circle of Security	Virginia Todd Community Centre 9-15 Clarence St, Geelong West	Thursdays 4 May – 22 June	7.00pm - 9.00pm	
Bringing Up Great Kids - Parenting Adolescents	Online via Zoom	Wednesdays 10 May – 14 June	7.00pm - 9.00pm	
Bringing Up Great Kids	Chilwell Primary School	Mondays 1 May – 5 June	7.00pm - 9.00pm	
To express your interest for the following programs please scan the QR code				
Flourishing Families	The Dad Workshop	No More Scaredy Cats		
BUGK First 1000 Days	Stepping Stones			
Our Kids – Parenting after Separation	Family Relationship Centre 7 Ryan Place, Geelong	Tuesdays 2 May – 6 June Thursdays 4 May – 8 June	6.00pm – 8.00pm	  <p>Family Relationship Centre</p> <p>catholiccarevic.org.au</p> <p>Ph: 5246 5600</p>
Online parenting programs	Drummond St Services offer a range of online programs, please see their website for further details.	Various dates and times		 <p>Drummond Street Services</p> <p>ds.org.au/events/</p>

Parent Education Events

Term 2, 2023

Program	Location / Venue	Days / Dates	Time	Bookings
Bumps to Bubs	Northern Bay Family Learning Centre Goldsworthy Rd, Corio	Wednesdays 3 May – 21 June	1.30pm - 3.00pm	 <p>Barwon Child Youth and Family</p> <p>www.bcyf.org.au</p> <p>Ph: 5226 8900</p>
Bumps to Tots	Northern Bay Family Learning Centre Goldsworthy Rd, Corio	Thursdays 4 May – 22 June	10.00am - 11.30am	
Tuning in to Kids	Korayn Birralee Family Centre 146 Purnell Rd, Corio	Tuesdays 9 May – 13 June	12.30pm - 2.30pm	
Circle of Security	Northern Bay Family Learning Centre Goldsworthy Rd, Corio	Tuesdays 9 May – 13 June	9.30am - 12.30pm	
Bumps to Bubs	Armstrong Creek East Community Hub 46 Central Blvd, Armstrong Creek	Wednesdays 3 May – 21 June	1.00pm - 2.30pm	
Dads Tuning in to Kids	Armstrong Creek East Community Hub 46 Central Blvd, Armstrong Creek	Wednesdays 10 May – 14 June	10.30am - 12.30pm	
Bringing up Great Kids	Bannockburn Family Services Centre 2A Pope St, Bannockburn	Thursdays 11 May – 15 June	10.30am - 12.30pm	
Circle of Security	Camperdown	Tuesdays 2 May - 20 June	1.00pm- 3.00pm	 <p>CatholicCare Victoria – Warrnambool</p> <p>www.catholiccarevic.org.au</p> <p>Ph: 4344 4588</p>
Living with Teens	Online via Zoom	Thursdays 8 June - 22 June	6.30pm- 8.30pm	