

# PARENT EDUCATION EVENTS

GEELONG and BARWON  
SOUTHWEST REGION



## TERM 3, 2023

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 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.

### 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.

### 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.

### 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 six weeks during school terms. Morning and evening sessions are available.

## 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.

## 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.



## POSITIVE PARENTING PROGRAM

Available online via the Triple P website

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

# Parent Education Events

Term 3, 2023

Program	Location / Venue	Days / Dates	Time	Bookings
Flourishing Families	Online via Zoom	Tuesdays 18 July – 22 Aug	7.00pm - 9.00pm	 <p><b>Regional Parenting Service</b></p> <p><a href="http://www.geelongaustralia.com.au/parenting">www.geelongaustralia.com.au/parenting</a></p> <p>Ph: 5272 4741</p> 
Tuning in to Kids	Online via Zoom	Wednesdays 26 July – 30 Aug	7.00pm - 9.00pm	
Circle of Security	Virginia Todd Community Centre 9-15 Clarence St, Geelong West	Wednesdays 12 July – 30 Aug	7.00pm - 9.00pm	
No More Scaredy Cats	Online via Zoom	Thursdays 6 July – 27 July	7.00pm - 9.00pm	
Bringing Up Great Kids	Chilwell Primary School	Tuesdays 25 July – 29 Aug	7.00pm - 9.00pm	
<b>To express your interest for the following programs please scan the QR code</b>				
The Dad Workshop	Stepping Stones			
BUGK First 1000 Days	Tuning in to Teens			
Our Kids – Parenting after Separation	Family Relationship Centre 7 Ryan Place, Geelong	Tuesdays 18 July – 22 Aug Thursdays 20 July – 24 Aug	6.00pm – 8.00pm	 <p><b>Family Relationship Centre</b></p> <p><a href="http://www.catholiccarevic.org.au">www.catholiccarevic.org.au</a></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><b>Drummond Street Services</b></p> <p><a href="http://ds.org.au/events/">ds.org.au/events/</a></p>

## Parent Education Events

Term 3, 2023

Program	Location / Venue	Days / Dates	Time	Bookings
Bumps to Bubs	Northern Bay Family Learning Centre Goldsworthy Rd, Corio	Wednesdays 12 July – 13 Sept	1.30pm - 3.00pm	<p><b>MELI</b></p> <p>Meli, the new name for BCYF and Bethany</p> <p><a href="http://www.bcyf.org.au">www.bcyf.org.au</a></p> <p>Ph: 5226 8900</p> 
Bubs to Tots	Northern Bay Family Learning Centre Goldsworthy Rd, Corio	Thursdays 13 July – 14 Sept	10.00am - 11.30am	
Tuning in to Kids	Bellarine Learning and Living Centre 20 Worden Court, Whittington	Thursdays 27 July – 31 Aug	10.30am - 12.30pm	
Circle of Security	Northern Bay Family Learning Centre Goldsworthy Rd, Corio	Tuesdays 25 July – 29 Aug	9.30am - 11.30am	
Bumps to Bubs	Armstrong Creek East Community Hub 46 Central Blvd, Armstrong Creek	Wednesdays 26 July – 13 Sept	1.00pm - 2.30pm	
Dads Tuning in to Kids	Korayn Birralee Family Centre 146 Purnell Rd, Corio	Thursdays 27 July – 31 Aug	5.30pm – 7.30pm	
Bringing up Great Kids	Kurrabee Myaring Community Centre, 12 Merrijig Drive, Torquay	Thursdays 27 July – 31 Aug	12.30pm – 2.30pm	
Tuning in to Teens	Meli 222 Malop Street, Geelong	Thursdays 3 August – 7 Sept	12.30pm – 2.30pm	
Circle of Security	Children’s Services Centre 550-600 Raglan Pde, Warrnambool	Wednesdays 26 July – 30 Aug	6.30pm – 8.00pm	
Circle of Security	Moyne Shire - Location TBC	Tuesdays 1 Aug – 5 Sept	5.00pm – 7.00pm	
Living with Teens	Online via Zoom	Thursdays 31 Aug – 14 Sept	6.30pm- 8.30pm	