

# PARENT EDUCATION EVENTS

GEELONG REGION – TERM 4 2020



All Regional Parenting Service programs are free and will be run via Zoom  
Bookings are Essential. [www.geelongaustralia.com.au/parenting](http://www.geelongaustralia.com.au/parenting) or Ph: 5272 4781

## Programs provided by Regional Parenting Service

### POSITIVE PARENTING PROGRAM

Dates: Monday 19 October – 9 November  
Time: 7.30pm - 9.00pm

Positive Parenting Program is a 4-week program for parents of children aged 2 – 8 years.

There is no right way to be a parent, but the PPP program offers:

- Information and support;
- Practical answers to everyday parenting concerns;
- Group runs for 4 weeks, followed up by 2 weekly telephone sessions.

### FLOURISHING FAMILIES

Dates: Tuesday 20 October – 10 November  
Time: 7.30pm - 9.00pm

A 4-week program for parents of children of all ages to discover how wellbeing can help you and your family to flourish. Learn about current research and practical skills that will help your family:

- Promote resilience;
- Increase awareness of character strengths;
- Nurture and sustain positivity;
- Give effective feedback and support individual growth;
- Explore family values.

### THE DAD WORKSHOP

Dates: Thursday 29 October – 19 November  
Time: 7.30pm - 9.00pm

This 4-session 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.

### PARENTING YOUR TEENAGER

Dates: Tuesday 20 October – 24 November  
Time: 7.30pm - 9.00pm

Parenting Your Teenager 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.

### BRINGING UP GREAT KIDS

Dates: Tuesday 20 October – 24 November  
Wednesday 28 October – 2 December  
Time: 7.30pm - 9.00pm

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: Thursday 15 October – 3 December  
Time: 7.30pm - 9.00pm

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.

**Regional Parenting Service**  
**WEBINARS**

Presented by Andy McNeilly

**Building Resilient Children – BOOKED OUT**

Date: Wednesday 14 October  
Time: 7.30pm - 9.00pm

A webinar designed to give parents simple tips & ideas to help their children develop more resilience while having fun together as a family.

Bookings can be done via <https://www.eventbrite.com.au>

**Managing Devices at Home**

Date: Wednesday 4 November  
Time: 7.30pm - 9.00pm

Many of us struggle with device control, especially during lockdown. Get some simple and practical ideas to help you with this issue

Bookings can be done via <https://www.eventbrite.com.au>

**Programs provided by**  
**Barwon Child Youth & Family (BCYF)**

All BCYF programs will be run via Zoom  
Ph: 5226 8900 or [www.bcyf.org.au](http://www.bcyf.org.au)

**BUMPS TO BUBS**

Date: Tuesday 6 October – 8 December  
Time: 1.30pm – 2.30pm

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. 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.

**BRINGING UP GREAT KIDS**

Date: Tuesday 13 October – 17 November  
Time: 10.30am – 12.30pm

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

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

**TUNING INTO KIDS**

Date: Wednesday 14 October – 18 November  
Time: 10.30am – 12.30pm

Tuning into Kids is a 6-week supportive program for parents of children aged 3 years – 12 years.

The program aims to:

- Help parents teach their children to understand and manage their emotions;
- Support parents in encouraging children to express emotions appropriately;
- Maximise children's social, behavioural and learning outcomes.

**DADS TUNING INTO KIDS**

Date: Wednesday 14 October – 18 November  
Time: 10.30am – 12.30pm

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

**TUNING INTO TEENS**

Dates: Thursday 15 October – 19 November  
Tuesday 20 October – 24 November  
Time: 10.30am – 12.30pm

Tuning into 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 develop emotional intelligence.

**Programs provided by**  
**Drummond St Services**

Drummond St are running all webinars, seminars and groups online – please check under <https://ds.org.au/events/> - free and accessible online, including children's music groups. Seminars on parenting toddlers, teens, managing anxiety and many more.