

Group Parent Education Events Barwon South Western Region - Term 1, 2020

Calendar Collated by:
Regional Parenting Service



To attend a Regional Parenting Service program please register your expression of interest online:
www.geelongaustralia.com.au/parenting, or contact Regional Parenting Service on 5272 4741

Geelong & Surfcoast Region

Programs being Conducted By



Bookings Essential

www.geelongaustralia.com.au/parenting

Circle of Security

The **Circle of Security parenting series** 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.

Dates: Thurs 13 Feb - 2 April
Time: 7.00pm - 9.00pm
Location: Ariston House
245-249 Pakington St, Newtown
Cost: Free

New Program Flourishing Families

A **4 week** program for parents of children 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 positive
- Give effective feedback & support individual growth
- Explore your family values & shared goals

Dates: Thursday 27 Feb - 19 March
Time: 7.00pm - 9.00pm
Location: Ariston House
245-249 Pakington Street,
Newtown
Cost: Free

Positive Parenting Program

There is no one right way to be a parent, but the PPP program offers information, support and practical answers to everyday parenting concerns, for Parents of children aged 2-8 years. Groups run for **4 weeks**, followed by up to two weekly telephone sessions.

Dates: Monday 10 February - 2 March
Time: 7.00pm - 9.00pm
Location: Ariston House
245-249 Pakington Street
Newtown
Cost: Free

Toddler Series

A series of talks for parents on issues relating to toddlers aged between 18 months and 2 ½ years. 4 Topics:

- Sleep** - 24 February
- Diet** - 2 March
- Behaviour** - 9 March
- Toileting** - 16 March

Day: Monday
Time: 7.00pm - 9.00pm
Location: Ariston House
245-249 Pakington Street,
Newtown
Cost: Free

Bringing Up Great Kids

The Bringing Up Great Kids program is a **6 week** program for parents of children aged 12 months- 8 years which aims to equip parents with the skills to enhance their patterns of communication with their children, promote more respectful interactions and encourage the development of children's positive self-identity.

Dates: Tuesday 11 February - 17 March
Time: 7.00pm - 9.00pm
Location: Purnell Road Child and Family Centre, 146-152 Purnell Road, Corio
Cost: Free

Tuning In To Teens

A **6 week** program for Teens aged 12 - 18 which examines what is normal teenage behaviour, the four cardinal sins of parenting teens, communicating with your teen and managing those tricky situations.

Dates: Tuesday 18 February - 24 March
Time: 7.00pm - 9.00pm
Location: Kurrabee Myaring Community Centre, 12 Merrijig Drive, Torquay
Cost: Free

Free Parenting Forum

The Teen Brain With David Gillespie

Why screens are making your teenagers depressed, anxious and prone to lifelong addictive illnesses – and how to stop it now. David Gillespie is one of Australia's most trusted non-fiction authors.

Many parents are starting to feel a deep sense of unease at the amount of time their kids spend on devices. David will detail how complicated a teenage brain is and discuss how to set out clear, reasonable and effective rules to help you confidently manage your kids' use of screens at a critical point in their lives.

Date: Wednesday 18 March, 2020
Time: 7.00pm – 9.00pm (light supper from 6.15pm)
Location: One Hope Centre
4-32 Province Boulevard,
Highton

RSVP: This is a free event but booking is essential. Tickets are available at:
<https://tinyurl.com/DavidGillespieGeelong>

Programs being Conducted By



For all BCYF bookings please contact
Mandy Carruthers – 5222 6911

Bumps to Bubs

Bumps to Bubs 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 and increase understanding of child development.

Dates: Tuesday 4 February - 24 March
Time: 1.30pm - 3.00pm
Location: Northern Bay Family Learning Centre,
25 Goldsworthy Road, Corio
Cost: Free

Bubs to Tots

Bubs to Tots brings mothers of children in the 1-2 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 and assist parents with managing and enjoying the toddler years.

Dates: Monday 3 February - 23 March
Time: 1.30pm - 3.00pm
Location: Northern Bay Family Learning Centre,
25 Goldsworthy Road, Corio
Cost: Free

Bringing Up Great Kids

Bringing up Great Kids is a 6 week supportive program for parents of children aged 12 months to 12 years. The program aims to : Develop parents' skills to enhance communication with their children; Promote positive interactions between parents and their children and encourage the development of a child's positive self-identity.

Dates: Monday 10 February - 16 March
Time: 1.00pm - 3.00pm
Location: Leopold Child & Family Centre
31-39 Kensington Road, Leopold
Cost: Free

Circle of Security

Circle of Security is an 8 week supportive program for parents of children aged from 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 and develop confidence in parents to respond to their child in a way which builds a secure foundation for children

Dates: Wednesday 5 Feb - 25 March
Time: 1.00pm - 3.00pm
Location: Northern Bay Family Learning Centre,
25 Goldsworthy Road Corio
Cost: Free

Tuning In To Teens

Tuning in to 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 and help parents to assist their teen to develop emotional intelligence

Dates: Thursday 20 February - 26 March
Time: 10.00am - 12.00pm
BCYF
222 Malop Street, Geelong
Cost: Free

Strengthening Family Connections

Strengthening Family Connections is an 8 week program for parents and their children aged 8 years - 12 years. The program aims to: Build a positive culture and improve communication among family members; Help develop successful, confident children and parents, and build skills in all family members to improve family functioning

Please contact BCYF for dates, time, location and cost.

Tuning In To Kids

Tuning in to Kids is a 6 week supportive program for parent 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 and maximise children's social, behavioural and learning outcomes.

Dates: Thursday 13 February – 19 March
Time: 12.00pm-2.00pm
Location: Rosewall Neighbourhood Centre
36 Sharland Road, Corio
Cost: Free

Programs being Conducted By



Our Kids

Key Steps to Parenting after Separation

A **6 week** program for separated/divorced parents who have a history of ongoing conflict. The focus is to enable parents to explore ways to develop a "co-parenting and business like relationship" with other parents or simply to strengthen their relationship with their child/ren. Ideal for parents who wish to develop Communication strategies that can result in child focused decision making around parenting plans and enable your child/ren to feel secure despite the challenges that go with separation and or divorce.

Dates: Tuesday 4 February – 10 March
Time: 6.00pm – 8.00pm

OR

Dates: Thursday 6 February – 12 March
Time: 10.00am - 12.00pm

Location: Family Relationship Centre
7-9 Ryan Place, Geelong

Telephone: 5246 5600
Cost: \$150

South Western Region

Programs being conducted by



For all Centacare bookings please contact Marea Sholly
Ph: 5559 3000
Email:

marea.sholly@centacarewarrnambool.org.au

Moving Forward - Co Share Parenting

2 week Program to assist parents to co parent after separation. The program explores parenting, co-parenting and the effects of the separation on the children. The program includes the option of an individual counselling session at the end of the program.

Dates: As required
Location: Centacare Warrnambool
142 Timor St, Warrnambool

Early Years Parenting Program

Early Years Parenting aims to promote positive experiences for parents and children. The sessions will explore communication with babies and young children; practical issues on sleep, nutrition, routines; tips and strategies for parents to manage their self-care and parenting approach despite the pressures of time and influencers. For parents of children aged 0 – 3yrs.

Dates: Tuesday 14 January – 4 February
Time: 11.00am – 1.00pm
Location: Centacare Warrnambool
142 Timor St, Warrnambool
Cost: Free

No Scaredy Cats

A **3 week** program for parents of children 2 – 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.

Dates: Tuesday 18 February – 3 March
Time: 6.00pm – 8.00pm
Location: St John's Dennington
Cost: \$6.50 for workbook

Engaging Adolescents

A **3 week** program for parents and carers of teenagers to develop their toolbox of strategies and communication skills. For parents of adolescents 10 – 14 yrs.

Dates: Monday 17, 24 February & 2 March
Time: 6.00pm – 8.00pm
Location: Centacare Warrnambool
142 Timor St, Warrnambool
Cost: \$6.50 for workbook

123 Magic & Emotion Coaching

A **3 week** program for parents and carers to increase their understanding of children's emotions and behaviours.

Dates: Thursday 20, 27 February & 5 March
Time: 6.00pm – 8.00pm
Location: Centacare Warrnambool
142 Timor St, Warrnambool
Cost: Free

Programs being conducted by



Top Gear – Parenting Feisty Kids

Drummond St Services Geelong provides parent seminars and groups in:

- Parenting Kids (or Teens) Who Worry – addressing anxiety
- Top Gear – parenting feisty active kids 0-12
- Connected Families: Navigating Communication and Relationships in The Age of Technology
- Transition to Primary or Secondary School
- Or other topics as requested

These are run at schools or child care centres within the COGG region. Dates and times will be finalised in Term 1.

Please look on the website www.ds.org.au

Drummond St Services provides Family Mental Health Support services in the Geelong Region. Phone 9663 6733 or check website or facebook <https://www.facebook.com/drummondstreet/>



The Parent Education Calendar has been collated by the Regional Parenting Service with the aim of providing information on the mainstream parent education groups that are happening across the Barwon South West Region.

If you have any questions regarding these programs or parenting activities, or want to be added or removed from the mailing list please email rps@geelongcity.vic.gov.au or contact the Regional Parenting Service on (03) 5272 4741. Outside Geelong Free call 1800 111 078