

# PARENT EDUCATION EVENTS

GEELONG & BARWON SOUTH WEST REGION – TERM 3, 2022



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

## THE DAD WORKSHOP

Dates: Monday 1 August – 5 September  
Time: 7.30pm - 9.00pm (Online via Zoom)

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.

## TUNING IN TO TEENS

Dates: Wednesday 13 July – 17 August  
Time: 7.00pm - 9.00pm (Online via Zoom)

Tuning into 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.

## POSITIVE PARENTING PROGRAM

Available online via the Triple P website

<https://www.triplep-parenting.net.au/vic-uken/triple-p/>

## FREE DOCUMENTARY SCREENING

**Angst: Raising Awareness Around Teenage Anxiety**

Date: Tuesday 26 July

Time: 7.30pm – 8.30pm

OneHope Centre, 4-32 Province Boulevard, Highton

Regional Parenting Service is screening the documentary “Angst: Raising Awareness Around Teenage Anxiety”. Angst is on a mission to start a global conversation and raise awareness around adolescent anxiety. **A Must-See Documentary.**

Angst helps break this down, explaining what’s going on, and what we can do about it to help both ourselves and others. It features World Champion Swimmer Michael Phelps. The 1-hour documentary delves into all aspects of our society’s most common mental health challenge with: experts in the field, and regular teenagers. Bookings to be made via Eventbrite [here](#).

## STEPPING STONES

**Expressions of Interest are being taken for this program**

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.

## FLOURISHING FAMILIES

**Expressions of Interest are being taken for this program**

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.

**Programs provided by  
Family Relationship Centre**

**Contact the Parenting Orders Program at the  
Family Relationship Centre - Ph: 5246 5600**

## OUR KIDS – Parenting After Separation

Tuesday 26 July – 30 August, 6.00pm - 8.00pm

Thursday 28 July – 1 September, 10.00am – 12.00pm

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 available. Cost: \$80 - \$150

**Programs provided by**

## Barwon Child Youth & Family (BCYF)

Contact BCYF regarding program delivery

Ph: 5226 8900 or [www.bcyf.org.au](http://www.bcyf.org.au)

### TUNING IN TO TEENS

Dates: Wednesday 27 July – 31 August

Time: 10.00am – 12.00pm (Online via Zoom)

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;
- Help parents to assist their teen to manage emotions and develop emotional intelligence.

## Programs provided by Drummond St Services

For information on Drummond St seminars and groups [www.ds.org.au/events/](http://www.ds.org.au/events/)

Drummond Street Services provide services for People, Families & Community.

For further information about our programs please follow this link: [www.ds.org.au](http://www.ds.org.au) or call 03 9663 6733.

## BARWON SOUTH WEST REGION

### Programs provided by CatholicCare Victoria in partnership with Warrnambool City Council & Moyne Shire

Registrations are compulsory to attend

Email: [Andrea.clarke@centacareballarat.org.au](mailto:Andrea.clarke@centacareballarat.org.au)

Ph: 5337 8943

### LIVING WITH TEENS

Dates: Tuesday 9 August – 23 August

Time: 6.30pm – 8.30pm (Online via Zoom)

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

The program covers:

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

### CIRCLE OF SECURITY

Group 1 (6 weeks – abbreviated program)

Warrnambool City Council

Dates: Wednesday 10 August – 14 September

Time: 6.30pm – 8.30pm

Group 2 (8 weeks)

Moyne Shire

Dates: Thursday 11 August – 13 October

(Break for 2 weeks on 8 & 15 September)

Time: 1.00pm – 3.00pm

Circle of Security is an 8-week relationship-based parenting program.

The program aims to:

- Understand your child's emotional world by learning to read emotional needs;
- Honour the innate wisdom and desire for your child to be secure;
- Support your child's ability to successfully manage emotions;
- Enhance the development of your child's self-esteem.