

Group Parent Education Events Barwon South Western Region - Term 1, 2019

Calendar Collated by:
Regional Parenting Service



For more information ph: 5272 4741

Geelong Region

Programs being Conducted By



Circle of Security Parenting Series

The **Circle of Security parenting series** is an **8 week** program for parents of pre-school aged children wanting to learn about the experiences of their child and how the parent and child relationship can be strengthened.

Commencing: Monday 11 February
Time: 7.00pm – 9.00pm
Location: Ariston House
245-249 Pakington St
Newtown

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.

Commencing: Monday 11 February
Time: 7.00pm - 9.00pm
Location: Ariston House
245-249 Pakington St,
Newtown

Tuning into Kids

Tuning into Kids is a 6 session parenting program **for parents of children aged 4 to 8yrs**. This program will help parents teach and support their children to understand and express emotions in appropriate ways. This will maximise children's social, behavioural and learning outcomes.

Commencing: Thursday 28 February
Time: 7.00pm - 9.00pm
Location: Ariston House
245-249 Pakington St,
Newtown

Bringing Up Great Kids

The **Bringing Up Great Kids** program is a **six week** program for parents of children aged 12months -10yrs 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.

Commencing: Wednesday 20 February
Time: 7.00-9.00pm
Location: Ariston House
245-249 Pakington St,
Newtown

Tuning into Teens

A **6-week** program that provides parents with a greater understanding of their teen's emotional experiences while teaching specific skills that can assist in being supportive, empathic and staying connected with the young person.

Commencing: Tuesday 26 February
Time: 7.00pm - 9.00pm
Location: Ariston House
245-249 Pakington St,
Newtown

For all above programs:

Contact: Regional Parenting Service
Ph: 5272 4741
Cost: FREE – for all programs

Programs being conducted by



Great Dads. Great Kids

A 8 week program parenting program especially for Dads who want to be the best Dad they can be, and build healthy communication, respectful interactions and encourage the development of happy, confident children.

Dates: Wednesday 13 Feb – 3 April
Time: 5.30pm – 7.30pm
Location: Bethany Community Support,
16 Ballarat Rd, Hamlyn Heights

Navigating the Rough Swells - Separation

Parenting was never a cruisy job, but if you've separated it can become pretty stormy. Understanding what your children are experiencing and how you are affected is the key to navigating the big swells and setting a course for calmer waters.

This **free** program is for Separating or Separated parents who would like to focus on their child's experience of separation.

Commencing: Wednesday 13 Feb – 3 April
Time: 10am - 12.00pm
Location: Bethany Community Support,
16 Ballarat Rd, Hamlyn Heights

Bringing Up Great Kids

The Bringing Up Great Kids program is a six week program for parents of children aged 12mth - 10 yrs 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.

Commencing: Monday 18 Feb – 25 March
Time: 10.00am - 12 noon
Location: Bethany Community Support,
16 Ballarat Rd, Hamlyn Heights

Building Connections

A **3 hour seminar** to help separated parents have healthy & strong relationships with their children. Learn more about the impact of separation and conflict on children; ways of communicating with the other parent; setting goals for future parenting & support services available to you.

Various dates available:
Date: **Monday 4 Feb**
Time: 5.00-8.00pm
Date: **Monday 1 April**
Time: 9am – 12pm
Location: Bethany Community Support
16 Ballarat Rd, Hamlyn Heights

Seasons for Growth Parent

Seasons for Growth provides an opportunity for you to reflect on the experience of separation or divorce from your child/ren's perspective, and to explore ideas and strategies that might help you support your child/ren through the changes happening in your family. *Recommended that you have completed the Navigating the Rough Swells program.*

Dates: Wednesday 13 and 20 Feb
Time: 10am – 12noon
Location: Bethany Community Support,
16 Ballarat Rd, Hamlyn Heights

For all above programs:

Contact: Bethany Community Support
Telephone: 5278 8122
Cost: Free

Programs being Conducted By



Bringing Up Great Kids

The Bringing Up Great Kids program is a six week program for parents of children aged 12mth - 10 yrs 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. Groups run for six weeks, followed by booster sessions.

Commencing: Tuesday 19th February
Time: 12.30pm – 2.30pm
Location: Norlane Child and Family Centre
52-56 Gerbera Ave, Norlane

Circle of Security Parenting Series

The **Circle of Security parenting series** is an **8 week** program for parents of pre-school aged children wanting to learn about the experiences of their child and how the parent and child relationship can be strengthened.

Commencing: Thursday 14th February
Time: 1.00pm – 3.00pm
Location: Northern Bay Family Centre
25 Goldsworthy Rd, Corio

Tuning into Kids

Tuning In To Kids is a 6 week parenting program for parents of children aged 4 to 8 years. This program will help parents teach and support their children to understand and express emotions in appropriate ways. This will maximise children's social, behavioural and learning outcomes.

Commencing: Thursday 21 February
Time: 1.00pm – 3.00pm
Location: Northern Bay College,
Wexford Campus, Corio

Tuning into Teens

A **6 week** program that provides parents with a greater understanding of their teen's emotional experiences while teaching specific skills that can assist in being supportive, empathic and staying connected with the young person.

Commencing: Monday 11 February
Time: 5.00pm – 7.00pm
Location: Headspace, Yarra St, Geelong
OR
Commencing: Wednesday 20 February
Time: TBA
Location: BCYF, Malop St, Geelong

Strengthening Family Connections

Strengthening Family Connections is an **8 week** program to support family connections and the relationship between parent and 8-12 year old. The program consists of a parent education group, child education group, family connection group and group meal. School based program / Self or professional referral.

Commencing: Wednesday 6 February
Time: 2.00pm – 5.00pm
Location: Herne Hill Primary School
2-24 Gwynne St,
Hamlyn Heights
Commencing: Thursday 7 February
Time: 2.00pm – 5.00pm
Location: Geelong East Primary School
184 Boundary Rd
East Geelong

For all above programs:

Contact: BCYF, Mandy Caruthers
Telephone: 5222 6911
Cost: FREE

Geelong Region (con't)

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 of this course is to enable mothers/fathers to explore ways to develop a "co-parenting and business-like relationship" with the other parent or simply to strengthen their own 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 challenges that go with separation/divorce.

Commencing: Tuesday 12 February
6.00pm - 8.00pm **OR**
Thursday 14 February
10.00am - 12.00noon

Location: Family Relationship Centre
27- 41 Myers Street, Geelong

Contact: Family Relationship Centre
Telephone: 5246 5600
Cost: \$150

Programs being Conducted By



Toddler Series

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

4 Topics:

Sleep - 5 March
Nutrition - 12 March
Behaviour - 19 March
Toileting - 26 March

Day: Tuesday
Time: 7.00pm - 9.00pm
Location: Surfcoast Children's Services Centre
Contact: Lauren McDonnell
Ph: 5261 0549
Cost: FREE

South Western Region

Programs being conducted by



Who's In Charge?

The Who's in Charge? Group is an 8 week program for parents or carers of young people (8 to 18 years) who are out of control, violent or defiant. Groups run for 2 hour sessions weekly 8 weeks, follow up session 8 weeks later.

Commencing: Weed Feb 6 - 27 March
Time: 11.00am - 1.00pm
Location: Portland TAFE
154 Hurd St, Portland
Telephone: 5561 8888
Cost: FREE

Programs being conducted by



Having A tough Conversation with your Adolescent

A 2 hour session to assist parents with strategies to help them manage and model emotion regulation and explore a strategy on how to have a conversation with their adolescent.

Dates: Monday 18 March
Time: 1.15pm - 3.15 pm
Location: Edenhope to be advised

OR
Dates: Tuesday 19 March
Time: 9.15am - 11.15am
Location: Casterton to be advised

OR
Dates: Tuesday 19 March
Time: 1.15pm - 3.15 pm
Location: Coleraine to be advised

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 and times as required
Location: Centacare Warrnambool

Bringing Up Great Kids

4 week Program to assist parents with strategies to help them manage their emotions and model this to their children.

Dates: 5th, 12th, 19th & 26th February
Time: 9.15am - 11.15am
Location: Centacare Warrnambool
Cost: \$5.00 for workbook

Engaging Adolescents

A 3 week program to assist parents with strategies to help them manage and model emotion regulation and explore a strategy on how to have a conversation with their adolescent.

Dates: 7th, 14th & 21st March
Time: 6.30pm - 8.30pm
Location: Centacare Warrnambool
Cost: \$6.50 for workbook

For all above programs:

Contact: Marea at Centacare
Telephone: 5559 3000
E: marea.sholly@centacarewarrnambool.org.au

On-going Groups

Programs being conducted by



Parent to Parent Groups - Barwon Region

Parent to Parent Support Groups (P2P groups) are a great way to meet other families with similar issues and experiences, and can provide you with valuable and practical information, as well as an opportunity for social interaction. A number of Parent Support groups operate in this region, please call Gateways.

Contact: Gateways Parent Support Worker
Telephone: 5221 2984

Programs being Conducted By



Bumps2Bubs

The Bumps to Bubs Group Program brings young parents-to-be and parents (up to 23 years) with babies 0-1 year together to support the journey of parenting. It is through play that babies and children learn and develop. Come and join us for fun, learning and friendship.

Day: Mondays during School terms
Time: 1.30pm - 3.00pm
Who for: Parents up to 23yo with babies 0-1 year

Bubs to Tots

The Bubs to Tots Program brings parents together to provide support and education to enhance children's development in the 1-2 year age group. The Program will assist parents with ideas to manage the toddler years and enjoy this stage of early development. Come and join us for fun, learning and friendship.

Day: Tuesdays during School terms
Time: 1.30pm - 3.00pm

Location: Northern Bay Family Centre
25 Goldsworthy Rd, Corio

Contact: BCYF, Mandy Caruthers
Telephone: 522 26911
Cost: FREE

Programs being Conducted By



Simply Singing

An 8 week program devised to connect with your child through rhyme and sounds. Simply Singing focuses on the pleasure and power of using oral rhythms, songs and stories.

Session times: 9.30-10.30am or 11am-12noon
Location: Children's Services Centre
Raglan Parade, Warrnambool
Cost: Free - Booking essential

Young Parents Group- Parents under 25

Providing opportunities for first time parents to establish informal networks and social supports. To enhance parental emotional wellbeing and enrich the parent child interaction.

Commencing: Wednesday's during school term
Time: 1.30pm - 3.30pm
Location: Children's Services Centre
Raglan Parade, Warrnambool

Contact: Children's Services Centre
Telephone: 5559 4747

Programs being conducted by



Postnatal Depression, Stress and Anxiety Treatment and Support Group

For mothers experiencing postnatal depression, stress and anxiety. Information and support is offered in a group setting over an eight-week period, with additional support available for partners and other family members.

Organisation: The Raphael Centre
Time: 9:30am - 12 Noon, School Terms
Contact: The Raphael Centre
Telephone: 52217333

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 Regional Parenting Service on (03) 5272 4741. Outside Geelong Freecall 1800 111 078