

Group Parent Education Events Barwon South Western Region - Term 3, 2018

Calendar Collated by:
Regional Parenting Service



For more information ph: 5272 4741

Geelong Region

Programs being Conducted By



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 30 July
Time: 7.00pm - 9.00pm
Location: Ariston House
245-249 Pakington St,
Newtown
Contact: Regional Parenting Service
Telephone: 5272 4741
Cost: FREE

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: Tuesday 7 August
Time: 10am - 12noon
Location: Maternal & Child Health
Centre, 29 Reynolds Rd
Highton
Contact: Regional Parenting Service
Ph: 5272 4741
Cost: FREE

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: Tuesday 14 August
Time: 7.00-9.00pm
Location: Ariston House
245-249 Pakington St,
Newtown
Contact: Regional Parenting Service
Ph: 5272 4741
Cost: FREE

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: Thursday 16 August
Time: 7.00pm - 9.00pm
Location: Ariston House
245-249 Pakington St,
Newtown
Contact: Regional Parenting Service
Ph: 5272 4741
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 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 31 July
6.00pm - 8.00pm **OR**
Wednesday 1 August
10.00am - 12.00noon
Location: Family Relationship Centre
27- 41 Myers Street, Geelong
Contact: Family Relationship Centre
Telephone: 5246 5600
Cost: \$150

Seasons for Growth Parent

Provides an opportunity for you to reflect on the experience of separation or divorce from your child's perspective and to explore ideas and strategies that might help you support your child/ren through the changes happening in your family. Groups run for 2 weeks

Date: Tuesday 11 & 18 Sept
Time: 6 - 8pm
Location: Family Relationship Centre
27- 41 Myers Street, Geelong
Contact: Family Relationship Centre
Telephone: 5246 5600
Cost: \$30 including manual

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: Monday 16 July
Time: 10am - 12noon
Location: Norlane Child and Family Centre
52-56 Gerbera Ave,
Norlane
Contact: BCYF, Mandy Caruthers
Telephone: 522 26911

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: Tuesdays starting 17 July
Time: 1.30pm - 3.00pm
Who for: Parents up to 23yo with babies
0-1 year
Location: Northern Bay Family Centre
25 Goldsworthy Rd, Corio
(Gate 6 - next to Northern Bay
College)
Contact: BCYF, Mandy Caruthers
Telephone: 522 26911

Programs being conducted by



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 25 July - 29 Aug
Time: 10am - 12.00pm
Location: Bethany Community Support
16 Ballarat Road,
Hamlyn Heights
Contact: Bethany Community Support
Telephone: 5278 8122

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: Tuesday 7 August
Time: 5.30pm-7.30pm
Location: Bethany Community Support
16 Ballarat Road,
Hamlyn Heights
Contact: Bethany Community Support
Telephone: 5278 8122

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 5 & 12 Sept
Time: 10am - 12noon
Location: Bethany Community Support
16 Ballarat Road,
Hamlyn Heights
Contact: Bethany Community Support
Telephone: 5278 8122
Cost: Free

South Western Region

Programs being conducted by



1-2-3 Magic and Emotion Coaching

This is a 3 week program for parents of children aged 3 - 8 years. Explores child development, emotion coaching and positive strategy to encourage self regulation.

Dates: 6th, 13th & 20th Sept
Time: 1.00pm – 3.00 pm
Location: Colac – venue TBC
Contact: Marea at Centacare
Telephone: 5559 3000
Cost: \$6.50 for workbook

Engaging Adolescents

3 week Program to assist parents in understanding their adolescent's behaviour and develop strategies to maintain positive relationships. For parent's of children aged 10 years and above.

Date: 11th, 18th, 20th Sept
Time: 6.30 – 8.30 pm
Location: Centacare Warrnambool
Contact: Marea at Centacare
Telephone: 5559 3000
Cost: \$6.50 for workbook

1-2-3 Magic and Emotion Coaching

This is a 3 week program for parents of children aged 3 - 8 years. Explores child development, emotion coaching and positive strategy to encourage self-regulation.

Dates: 19th & 26th July and 28th Aug
Time: 1.00pm – 3.00 pm
Location: St Malachy's Primary School
Edenhope
Contact: Marea at Centacare
Telephone: 5559 3000
Cost: \$6.50 for workbook

Bringing Up Great Kids

4 week Program to assist parents to view their child's reactions through a different lens. The program explores Messages from the past; communication; Messages of behaviour; Messages about me

Date: 23rd & 30th July, 6th & 13th Aug
Time: TBA
Location: Centacare, 142 Timor St,
Warrnambool
Contact: Marea at Centacare
Telephone: 5559 3000
Cost: \$6.50 for workbook

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:

- *Sleeping*
- *Behaviour*
- *Toilet Training*
- *Diet*

CAMPERDOWN

Dates: 1, 8, 15 & 29 Aug
Time: 6.00pm
Location: Killara Centre
210 Manifold St, Camperdown

TERANG

Dates: 2, 9, 16 & 30 August
Time: 9.00am
Location: Terang Children's Centre
62 Dow St, Terang

TIMBOON

Dates: 2, 9, 16 & 30 August
Time: 12.30pm
Location: Timboon Health Service
21 Hospital Rd, Timboon

To Register Ph: 5272 4741
Cost: FREE

On-going Groups

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: 9.30am - 10.30am
or
11.00am - 12.00noon
Location: Children's Services Centre
600 Raglan Parade
Warrnambool
Contact: Children's Services Centre
Telephone: 5559 4747
Cost: Free - Booking essential

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

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: Parent Support Worker
Gateways
Telephone: 5221 2984

Programs being conducted by



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

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.

For further details regarding any of these programs please contact Family Services City of Greater Geelong

Telephone: 03 5272 4741

Outside of Geelong Freecall 1800 111 078

<http://www.geelongaustralia.com.au/parenting/article/ite/m/8cbd447435d979a.aspx>

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