

Group Parent Education Events Barwon South Western Region - Term 2, 2017

Calendar
Collated by:
Regional
Parenting
Service



Geelong Region

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.

Commencing: Tuesday 9 May
Time: 7.00pm - 9.00pm
Location: Ariston House
245-249 Pakington St, Newtown
Contact: Regional Parenting Service
Telephone: 5272 4741
Cost: 1 Payment \$20 / \$6.50 conc

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 1 May
Time: 7.00pm - 9.00pm
Location: Ariston House
245-249 Pakington St, Newtown
Contact: Regional Parenting Service
Ph: 5272 4741
Cost: Gold Coin Donation

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 8 May
Time: 7.00pm - 9.00pm
Location: Ariston House,
245-249 Pakington St, Newtown
Contact: Regional Parenting Service
Telephone: 5272 4741
Cost: 1 Payment of \$20 or \$6.50 conc

Keeping Kids Safe

Do you have a child aged 6 months to 8 years? Then come and join us for a free, 3 session program focusing on child safety and practical solutions to help reduce the risk of injury to children. Also includes an Infant & Childs CPR component.

Time: 1.00pm - 3 pm
Dates Wednesday 26 April & 10 May
& Locations: Norlane Child & Family Centre
Wednesday 3 May
Bunnings - North Geelong
Contact: Regional Parenting Service
Telephone: 5272 4741
Cost: Free

Parenting as a Team

This 4-week parenting program explores: The value of working together & moving in the same direction, Recognising and combining your strengths, supporting each other & sharing the load and decisions, developing a family approach to issues, complimenting each other's parenting style. Both are encouraged parents to attend.

Commencing: Wednesday 24 May
Time: 7.00pm - 9.00pm
Location: Ariston House
245-249 Pakington St, Newtown
Contact: Regional Parenting Service
Ph: 5272 4741
Cost: Gold Coin Donation

Tuning into Kids – Ocean Grove

Tuning into Kids is a 5 session parenting program for parents of children aged 4 to 8years. 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 25 May
Time: 7.00pm - 9.00pm
Location: Boorai Child & Family Centre
Shell Rd, Ocean Grove
Contact: Regional Parenting Service
Telephone: 5272 4741
Cost: 1 Payment of \$15 or \$5 conc

Tuning InTo Kids – Norlane

Tuning into Kids is a 6 session parenting program for parents of children aged 4 to 8years. 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: Wednesday 24 May
Time: 1.00pm - 3.00pm
Location: Norlane Child & Family Centre
52-56 Gerbera Ave, Norlane
Contact: Regional Parenting Service
Telephone: 5272 4741
Cost: 1 Payment of \$15 or \$5 conc

Childcare available – limited places

Programs being Conducted By

Barwon Health, City of Greater Geelong, Department of Education & Early Childhood Development

FREE Parenting Forum's

Raising a Resilient Child

Children have the potential to be resilient, responsible, capable and creative. How do you help your child become more resilient? How do children's play opportunities support resilience?

Date: Thursday 27 April
Time: 7.00pm - 8.00pm
Location: Barwon Health / Deakin:
Health Education and Research Building (Enter via side of Kitchener House)
212 Little Malop St, Geelong
Contact: susanpa@barwonhealth.org.au
Cost: FREE

Resilient Parents Grow Resilient Children

Parenting is arguably one of the most challenging, yet rewarding roles there is and it is embedded with responsibility! This forum among other things will share some key parenting messages to assist you to connect before you correct!

Date: Thursday 18 May
Time: 7.00pm - 8.30pm
Location: Moolap and Barrabool Hills Baptist Church, 4-32 Province Boulevard, Highton

Event Registration
RSVP by Friday 12 May 2017 to fsadmin@geelongcity.vic.gov.au or 5272 4741
Cost: FREE

Programs being conducted by



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.

Date: Friday 28 April
Time: 9.30am - 12.30pm
Contact: Bethany Community Support
16 Ballarat Rd, Hamlyn Heights
Telephone: 5278 8122
Cost: Free

Bringing Up Great Kids

A parenting group using mindfulness & reflection to support parents to review and enhance patterns of communication with their children, to promote respectful interactions and encourage the development of children's positive self identity. This group will look at developing positive parent/child relationships.

Commencing: Monday 1 May - 5 June
Time: 10.00am - 12.00noon
Location: Bethany Community Support
16 Ballarat Road, Hamlyn Heights
Contact: Bethany Community Support
Telephone: 5278 8122
Cost: Free

Great Dads, Great Kids

A 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.

Commencing: Wednesday 26 April - 14 June
Time: 5.30pm - 7.30pm
Location: Bethany Community Support,
16 Ballarat Rd, Hamlyn Heights
Contact: Bethany Community Support
Telephone: 5278 8122
Cost: Free

Navigating the Rough Swells - Separation

Parenting was never a cruisey 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: Tuesday 16 May - 20 June
Time: 10am - 12.00pm
Location: Bethany Community Support
16 Ballarat Road,
Hamlyn Heights
Contact: Bethany Community Support
Telephone: 5278 8122

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 9 May
6.00pm - 8.00pm **OR**
Wednesday 10 May
10.00am - 12.00noon
Location: Family Relationship Centre
27- 41 Myers Street, Geelong
Contact: Family Relationship Centre
Telephone: 5246 5600
Cost: Free

Group Parent Education Events Barwon South Western Region - Term 2, 2017



South Western Region

Programs being Conducted By



Bringing Up Great Kids

Bringing Up Great Kids is a 6 week program for **parents of children aged between 12 months & 10 years**. This program uses mindfulness and reflection to support parents to review and enhance their patterns of communication with their children. It promotes more respectful interaction, and encourages the development of children's positive self identity.

Commencing: Thursday 11 May
Time: 9.30am - 11.30am
Location: Colac Community Library & Learning Centre, Colac
Contact: Regional Parenting Service
Telephone: 5272 4741
Cost: 1 Payment \$20 / \$6.50 conc

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: 2, 9 & 16 May
Time: 6.30pm
Location: St Patrick's Port Fairy

Dates: 2, 9 & 16 May
Time: 1.30pm
Location: Warrnambool East Primary School

Dates: 1, 8 & 15 June
Time: 9.30am
Location: Maternal & Child Health Centre, Cobden

Contact: Marea at Centacare
Telephone: 5559 3000
Cost: Bookings essential \$6.50 for Workbook

Tuning Into Kids

A six week program for parents of children 3-10. Focus is on introducing participants to the skills and techniques of emotion coaching.

Dates: 1, 8, 15, 22, 29 May and 5 June
Time: 7.00pm
Location: King's College, Warrnambool
Contact: Marea at Centacare
Telephone: 5559 3000
Cost: Free

Engaging Adolescents

Parents of children aged 10 years+.
This is a **3 week** program that explores the adolescent development and a positive communication process and problem solving technique.

Dates: 27 April & 11, 18 May
Time: 6.30pm
Location: Derrinallum P-12 College

Dates: 31 May & 7, 14 June
Time: 7.00pm
Location: Monivae College, Hamilton

Contact: Marea at Centacare
Telephone: 5559 3000
Cost: \$6.50 for Workbook

Tuning into Teens

A 6 week program that explores the techniques of emotional coaching your Teenager.

Dates: 23, 30 May & 6, 13, 20, 27 June
Time: 1.30pm
Location: Warrnambool Primary School
Ph: Marea 5559 3000
Cost: FREE

Programs being Conducted By



1-2-3 Magic and Emotion Coaching

Program for parents of children aged 2-12. Sessions are based on sorting children's behaviours utilizing the 123 magic principals, learning to emotion coach your child. Involves developing positive parent/child relationships, child development, and behaviour management.

Dates: 10, 17 & 24 May
Time: 6.00pm - 8.30pm
Location: Archie Graham Community Centre, Warrnambool

Dates: 15, 22 & 29 June
Time: 10am - 12.30pm
Location: Archie Graham Community Centre, Warrnambool

Contact: Children's Services Centre Warrnambool City Council
Telephone: 5559 4747
Cost: Free - Booking essential

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.

Commencing: 18 April - 27 June
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



Who's in charge?

The Who's in Charge? Group is a FREE 8 week program for parents or carers of young people (8 to 18 years) who are out of control, violent or defiant.

Does your child hurt, intimidate or abuse you?
Do you feel you are losing control?
Want to handle conflict better?

Commencing: Monday 1 May
Session times: 10am - 12noon
Location: Warrnambool Brophy (at ozone carpark)
Contact: Brophy Family & Youth Services
Telephone: 5561 8888
Cost: Free

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
www.geelongaustralia.com.au

On-going Groups

Programs being Conducted By



Parent-child Mother Goose

The Parent-Child Mother Goose Program is a group experience for parents/carers and their children, from infant to pre-kinder age, focusing on the pleasure and power of using oral rhymes, songs and stories together. Connect with your child through touch, rhythm and sound. Play bounce, rock, cuddle, swing and tickle as we sing and say together.

Day: Wednesday's during school term
Time: 10am - 11am
Location: Warrnambool Primary School Infant Gym
Cost: Free
Contact: Sophie Jewell
Telephone: 5564 3504

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: 10am - 12 noon
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 rls@geelongciv.vic.gov.au or contact Regional Parenting Service on (03) 5272 4741.