

# PARENTING EDUCATION CALENDAR

Term 3, 2023

Meli is a leading not for profit community service organisation supporting children, young people and families, to be safe, connected and empowered to live well.



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# MELI

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## Meli Parenting Education Programs



### BABY COLLEGE

Pre-birth – 6mths

**Baby College** brings women who are pregnant in their third trimester or have a child less than 6 months old, together to support the journey of parenting. Baby College is open to women over 25 years and first-time pregnancy is not a requirement.

The program aims to:

- Enhance parent and child attachment.
- Increase understanding of child development.



### BUMPS TO BUBS

Pre-birth – 12mths

**Bumps to Bubs** brings young mothers and mothers-to-be up to age \*23 or 25 [please see individual schedule for age range] 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.
- Increase understanding of child development.



### BUBS TO TOTS

12mths – 2yrs

**Bubs to Tots** brings mothers (up to 24 years) 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.
- Assist parents with managing and enjoying the toddler years.



### CIRCLE OF SECURITY

Birth – 5yrs

**Circle of Security** is a 6 week supportive program for parents of children aged 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.
- Develop confidence in parents to respond to their child in a way which builds a secure foundation for children.



### BRINGING UP GREAT KIDS

12mths – 12yrs

**Bringing Up Great Kids** is a 6 week supportive program for parents of children aged 12 months – 12 years.

The program aims to:

- Develop parents skills to enhance communication with their children.
- Promote positive interactions between parents and their children.
- Encourage the development of children's positive self-identity.



### TUNING IN TO KIDS

3yrs – 12yrs

**Tuning in to Kids** is a 6 week supportive program for parents 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.
- Maximise children's social, behavioural and learning outcomes.



### DADS TUNING IN TO KIDS

3yrs – 12yrs

**Dads Tuning in to Kids** is a 6 week supportive program specifically for dads of children aged 3 years – 12 years.

The program aims to:

- Help dads to effectively tune in to their child's emotions.
- Encourage dads to strengthen their emotional connection with their child.
- Support dads to build skills in emotion coaching to assist their child's individual needs.



### STRENGTHENING FAMILY CONNECTIONS

8yrs – 12yrs

**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.
- Build skills in all family members to improve family functioning.



### BRINGING UP GREAT KIDS - PARENTING ADOLESCENTS

10yrs – 18yrs

**Bringing Up Great Kids - Parenting Adolescents** is a 6 week supportive program for parents of children aged 10 years to 18 years. The program aims to:

- Support parents to build a positive relationship with their adolescent.
- Assist parents understanding of what is going on in the adolescent brain.
- Explore the changing role from "custodian" to "consultant".



### TUNING IN TO TEENS

10yrs – 18yrs

**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 develop emotional intelligence.

GROUP	VENUE	DATES	DAYS/TIMES
 <b>BABY COLLEGE</b>	<b>Korayn Birralee Family Centre (Early Help)</b> 146 Purnell Road Corio	<b>Every school term</b> Term 3 dates: 12 July – 13 September	Wednesday 1.30pm – 3.30pm
 <b>BUMPS TO BUMBS</b> <small>*MOTHERS AND MOTHERS-TO-BE UP TO AGE 23</small>	<b>Northern Bay Family Learning Centre (Early Help)</b> Goldsworthy Road Corio	<b>Every school term</b> Term 3 dates: 12 July – 13 September	Wednesday 1.30pm – 3.00pm
 <b>BUMPS TO BUMBS</b> <small>*MOTHERS AND MOTHERS-TO-BE UP TO AGE 25</small>	<b>Armstrong Creek East Community Hub</b> 46 Central Boulevard Armstrong Creek	<b>Every school term</b> Term 3 dates: 26 July – 13 September	Wednesday 1.00pm - 2.30pm
 <b>BUBS TO TOTS</b>	<b>Northern Bay Family Learning Centre (Early Help)</b> Goldsworthy Road Corio	<b>Every school term</b> Term 3 dates: 13 July – 14 September	Thursday 10.00am – 11.30am
 <b>CIRCLE OF SECURITY</b>	<b>Northern Bay Family Learning Centre (Early Help)</b> Goldsworthy Road Corio	25 July – 29 August	Tuesday 9.30am – 11.30am
 <b>BRINGING UP GREAT KIDS</b>	<b>Kurrabee Myaring Community Centre</b> 12 Merrijig Drive Torquay	27 July – 31 August	Thursday 12.30pm – 2.30pm
 <b>TUNING IN TO KIDS</b>	<b>Bellarine Learning and Living Centre</b> 20 Worden Court Whittington	27 July – 31 August	Thursday 10.30am – 12.30pm
 <b>DADS TUNING IN TO KIDS</b>	<b>Korayn Birralee Community Centre (Early Help)</b> 146 Purnell Road Corio	27 July - 31 August	Thursday 5.30pm - 7.30pm
 <b>TUNING IN TO TEENS</b>	<b>Meli</b> 222 Malop Street Geelong	3 August - 7 September	Thursday 12.30pm - 2.30pm
 <b>STRENGTHENING FAMILY CONNECTIONS</b>	<b>Lara Secondary School</b> 120 Flinders Avenue Lara	18 July - 5 September	Wednesday 2.15pm to 5.00pm

