

# PARENTING EDUCATION CALENDAR

## Term 1, 2024

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.

### Meli Parenting Education Programs



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# Meli



#### BABY COLLEGE

Pre-birth – 6mths

**Baby College** brings women who are pregnant in their third trimester or have a child less than six months old, who may need additional support on their parenting journey. 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.

\*Support is available for up to 12 months



#### BUMPS TO BUMS

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.



#### BUMS 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 1 dates: 31 January – 27 March	<b>Wednesday</b> 1.30pm – 3.30pm
 <b>BUMPS TO BUMPS</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 1 dates: 31 January – 27 March	<b>Wednesday</b> 1.30pm – 3.00pm
 <b>BUMPS TO BUMPS</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 1 dates: 31 January – 27 March	<b>Wednesday</b> 1.00pm - 2.30pm
 <b>BUMPS TO BUMPS</b> <small>*MOTHERS AND MOTHERS-TO-BE UP TO AGE 25</small>	<b>Northern Bay Family Learning Centre (Early Help)</b> Goldsworthy Road Corio	<b>Every school term</b> Term 1 dates: 31 January – 27 March	<b>Thursday</b> 10.00am – 11.30am
 <b>BUMPS TO BUMPS</b> <small>*MOTHERS AND MOTHERS-TO-BE UP TO AGE 25</small>	<b>Poa Banyul Community Hub</b> 110-122 Unity Drive Mount Duneed	<b>13 February – 19 March</b>	<b>Tuesday</b> 9.30am – 11.30am
 <b>BUMPS TO BUMPS</b> <small>*MOTHERS AND MOTHERS-TO-BE UP TO AGE 25</small>	<b>Leopold Child &amp; Family Centre</b> 31-39 Kensington Road Leopold	<b>15 February - 21 March</b>	<b>Thursday</b> 9.30am – 11.30am
 <b>BUMPS TO BUMPS</b> <small>*MOTHERS AND MOTHERS-TO-BE UP TO AGE 25</small>	<b>Kurrambee Myaring Community Centre</b> 12 Merrijig Drive Torquay	<b>15 February - 21 March</b>	<b>Thursday</b> 12.30pm – 2.30pm
 <b>BUMPS TO BUMPS</b> <small>*MOTHERS AND MOTHERS-TO-BE UP TO AGE 25</small>	<b>Meli</b> 16 Ballarat Road Hamlyn Heights	<b>13 February - 19 March</b>	<b>Tuesday</b> 12.30pm - 2.30pm
 <b>BUMPS TO BUMPS</b> <small>*MOTHERS AND MOTHERS-TO-BE UP TO AGE 25</small>	<b>Poa Banyul Community Hub</b> 110-122 Unity Drive Mount Duneed	<b>7 February - 27 March</b>	<b>Wednesday</b> 5.00pm to 7.30pm

