

PARENTING EDUCATION PROGRAMS

Term 3, 2024



BABY COLLEGE Pre-birth – 6 months

Baby College brings together women who are pregnant in their third trimester or have a child less than six months old, who may need additional support. The program aims to enhance parent and child attachment. Baby College is open to women over 25 years and first-time pregnancy is not a requirement.



BUMPS TO BUMS Pre-birth – 12 months

Bumps to Bums brings together young mothers and mothers-to-be up to age 23* or 25 with babies zero to one, in a supportive environment. This enables a relaxed opportunity to build friendships and share in the journey of parenting.



BUBS TO TOTS 12 months – two years

Bubs to Tots offers support and education to mothers (up to 24 years old) of children one-two years old. Through the use of play, the program informs parents about children's early development and helps them navigate the toddler years.



CIRCLE OF SECURITY Birth – five years

Circle of Security is a six-week program for parents of children aged zero to five years. The program helps parents build a secure and safe foundation for their children during the early years.



BRINGING UP GREAT KIDS 12 months – 12 years

Bringing Up Great Kids is a six-week program for parents of children aged 12 months to 12 years. The program helps parents enhance their communication skills to ensure they're having positive interactions with their children and fostering a strong sense of self-identity.



TUNING IN TO KIDS Three years – 12 years

Tuning in to Kids is a six-week supportive program for parents of children aged three to 12 years. The program helps parents work with their children to better understand and express their emotions. This aims to maximise social, behavioural and learning outcomes.



DADS TUNING IN TO KIDS Three years – 12 years

Dads Tuning in to Kids is a six-week program for fathers of children aged three to 12 years. The program helps fathers tune into their child's emotions and develops their confidence to manage and respond to the emotional needs of their child.



STRENGTHENING FAMILY CONNECTIONS Eight years – 12 years

Strengthening Family Connections is an eight week program for parents and their children aged eight to 12 years. The program helps improve communication among family members through focusing on family culture and routines to enhance the home environment.



BRINGING UP GREAT KIDS - PARENTING ADOLESCENTS Eight years – 12 years

Bringing Up Great Kids - Parenting Adolescents is a six-week program for parents of children aged 10 years to 18 years. The program helps parents build positive relationships, better understand the adolescent brain and explore the changing role from 'custodian' to 'consultant'.












TUNING IN TO TEENS 10 years – 18 years

Tuning in to Teens is a six-week program for parents of adolescents aged 10 years to 18 years. The program helps parents connect and communicate with their teen and assists them with strategies to foster emotional intelligence and support them through this period of their lives.



BRINGING UP GREAT KIDS IN THE FIRST 1000 DAYS Birth – two years

Bringing Up Great Kids in the First 1000 Days is a six-week program for expectant parents and parents of children up to two years, aimed at increasing parental knowledge during the first 1000 days of a child's life. Parents will be educated about how speech and actions impact on behaviour and development.

GROUP	VENUE	DATES	DAYS/TIMES
 <p>STRENGTHENING FAMILY CONNECTIONS</p>	<p>Meli 16 Ballarat Road Hamlyn Heights VIC 3215</p>	24th July – 11th September	Wednesday 4:30pm – 7:30pm
 <p>CIRCLE OF SECURITY</p>	<p>Bellarine Living & Learning Centre 20 Worden Ct, Whittington VIC 3219</p>	1st August – 5th September	Thursday 9:30am – 11:30am
 <p>TUNING INTO KIDS</p>	<p>Grovedale Community Hub 45 Heyers Rd, Grovedale VIC 3216</p>	30th July – 3rd September	Tuesday 9:30am – 11:30am
 <p>TUNING INTO TEENS</p>	<p>Meli 222 Malop Street Geelong, VIC 3220</p>	30th July – 3rd September	Tuesday 9:30am – 11:30am
 <p>BUMPS TO BUBS</p>	<p>Whittington Child & Family Centre 19 Worden Court, Whittington VIC 3219</p>	Every school term Term 3 dates: 17th July – 18th September	Wednesdays 1:00pm – 2:30pm
 <p>BUMPS TO BUBS</p>	<p>Armstrong Creek East Community Hub 46 Central Boulevard, Armstrong Creek VIC 3217</p>	Every school term Term 3 dates: 17th April – 26th June	Wednesdays 1:00pm – 2:30pm
 <p>BUMPS TO BUBS</p>	<p>Northern Bay Family Learning Centre Goldsworthy Rd, Corio [Early Help]</p>	Every school term Term 3 dates: 17th July – 18th September	Wednesday 1.30pm – 3.00pm
 <p>BUBS TO TOTS</p>	<p>Northern Bay Family Learning Centre Goldsworthy Rd, Corio [Early Help]</p>	Every school term Term 3 dates: 17th July – 18th September	Thursdays 10am – 11.30am
 <p>BABY COLLEGE</p>	<p>Korayn Birralee Family Centre 146 Purnell Rd, Corio [Early Help]</p>	Every school term Term 3 dates: 17th July – 18th September	Wednesdays 1.30pm – 3:30pm

