

Parenting Education Programs Term 4, 2025



All of our
programs
are FREE!



Bumps to Bubs Pre-birth – 12 months

Bumps to Bubs brings together young mothers and mothers-to-be up to age 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 an eight 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.



Navigating Separation and Co-parenting Birth – adolescence

Navigating Separation and Co-parenting is a free six-week parenting after separation program to assist parents adjusting to separation, improving the co-parenting relationship, and supporting their children after separation. Please direct enquires to navigatingseparation@meli.org.au

GROUP	VENUE	DATES	DAYS/TIMES
 Circle of Security	Meli Poa Banyul 110 Unity Drive Mt Duneed	23 October – 11 December	Thursdays 10am – 12pm
 Dads Tuning into Kids	Meli 222 Malop St Geelong	21 October – 25 November	Tuesdays 5.30pm – 7.30pm
 Tuning In to Kids	Meli 16 Ballarat Rd Hamlyn Heights	21 October – 25 November	Tuesdays 10am – 12pm
 Tuning In to Teens	Kurrambee Myaring Community Centre 12 Merrijig Dr Torquay	23 October – 27 November	Thursdays 12pm – 2pm
 Bumps to Bubs Armstrong Creek	Armstrong Creek East Community Hub 46 Central Boulevard Armstrong Creek	Every school term Term 4 dates: 8 October – 17 December	Wednesdays 1pm – 2.30pm
 Bumps to Bubs Corio	Northern Bay Family Learning Centre Goldsworthy Rd Corio (Early Help)	Every school term Term 4 dates: 8 October – 17 December	Wednesdays 1.30pm – 3pm
 Bumps to Bubs Whittington	Whittington Child and Family Centre 27 Apollo Place Whittington	Every school term Term 4 dates: 8 October – 17 December	Wednesdays 1pm – 2.30pm
 Bubs to Tots	Northern Bay Family Learning Centre Goldsworthy Rd Corio (Early Help)	Every school term Term 4 dates: 9 October – 18 December	Thursdays 10am – 11:30am
 Strengthening Family Connections	Meli 16 Ballarat Road Hamlyn Heights	Term 4 dates: 23 October – 4 December (8 weeks)	Thursdays 4:30pm – 7.30pm
 Navigating Separation & Co-parenting navigatingseparation@meli.org.au	Meli 25 Gordon Ave Geelong West	5 November – 17 December	Wednesdays 11am – 12:30pm

