Meli

Parenting Programs

Term 3, 2026

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 to two years old. Through the use of play, the program informs parents about children's early development and helps them navigate the toddler years.

Bringing Up Great Kids – After Family Violence

Bringing Up Great Kids – After Family Violence is a six-week program supporting mothers after family violence, to reconnect with their parenting strengths and foster their resilience as mothers in a supportive and safe nurturing space. The program enhances communication skills building positive interactions between mum and children and nurtures a strong sense of identity for both mother and child.

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 evidence-based program delivered by Meli 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 seven-week evidence-based program delivered by Meli 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

10 years – 18 years

Bringing Up Great Kids – Parenting Adolescents is a six-week program for parents of children aged 10 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 evidence-based program delivered by Meli for parents of adolescents aged 10 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.

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**

To avoid disappointment please register early.
Registrations close 2 weeks prior to group start date.

Scan the QR code to register for our free Meli Parenting Programs. →

Parenting Collective Calendar | Term 3, 2026

GROUP	VENUE	DATES	DAYS/TIMES
Circle of Security	Meli Poa Banyul 110 Unity Dr, Mt Duneed	22 July – 9 September	Wednesdays 10am – 12pm
Dads Tuning in to Kids™	Meli 25 Gordon Ave Geelong West	22 July – 2 September	Wednesdays 5.30pm – 7.30pm
Tuning in to Kids®	Northern Bay Family Learning Centre Goldsworthy Rd, Corio	21 July – 25 August	Tuesdays 10am – 12pm
Tuning in to Teens®	Meli 16 Ballarat Rd Hamlyn Heights	21 July – 25 August	Tuesdays 12.30pm – 2.30pm
Neurokind	Meli 16 Ballarat Rd Hamlyn Heights	**Every school term** Term 3 dates: 20 July – 7 September	Mondays 11am – 12.30pm
Bumps to Bubs Corio	Northern Bay Family Learning Centre Goldsworthy Rd, Corio	**Every school term** Term 3 dates: 13 July – 14 September	Wednesdays 1.30pm – 3pm
Bumps to Bubs Whittington	Whittington Neighbourhood House 20 Worden Court, Whittington	**Every school term** Term 3 dates: 13 July – 14 September	Tuesdays 10am – 11.30am
Bubs to Tots	Northern Bay Family Learning Centre Goldsworthy Rd, Corio	**Every school term** Term 3 dates: 13 July – 14 September	Thursdays 10am – 11.30am
Bringing Up Great Kids	Whittington Neighbourhood House 20 Worden Court, Whittington	23 July – 27 August	Thursdays 10am – 12pm
Navigating Separation & Co-parenting navigatingseparation@meli.org.au	Meli 25 Gordon Ave Geelong West	5 August – 16 September	Wednesdays 11.30am – 1pm

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meli.org.au 03 5226 8900 groups@meli.org.au meli.community

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