Parenting Programs
Term 4 2026

All of our programs are FREE!

Sunshine Circles Playgroup
Young families with children up to 4 years old

A supportive playgroup for young families to connect. Led by trained practitioners using Theraplay's Sunshine Circles® join us to participate in fun, nurturing activities, enjoy playful and joyful moments together with your child and explore ideas to support your child's social and emotional skills.

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 in the First 1000 Days
Birth – three 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.

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.

Neurokind
Birth – 3 years

Neurokind is a seven - week program for parents/carers who identify as having an intellectual/learning disability, acquired brain injury or as neurodivergent. Socialise and connect with peers while enjoying activities that support your child's learning through play.

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 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 evidence-based program delivered by Meli 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.

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 4, 2026

GROUP	VENUE	DATES	DAYS/TIMES
Circle of Security	Korayn Birralee Family Centre 146 Purnell Rd Corio	20 October – 8 December	Tuesdays 9.30am – 11.30am
Dads Tuning in to Kids™	Meli 25 Gordon Ave Geelong West	20 October – 1 December	Tuesdays 12.30pm – 2.30pm
Tuning in to Kids®	Whittington Neighbourhood House 20 Worden Court Whittington	22 October – 26 November	Thursdays 10am – 12.00pm
Tuning in to Teens®	Meli 16 Ballarat Rd Hamlyn Heights	22 October – 26 November	Thursdays 12.30pm – 2.30pm
Neurokind	Meli 16 Ballarat Rd Hamlyn Heights	**Every school term** Term 4 dates: 22 October – 3 December	Thursdays 9.30am – 11.00am
Meli Goldsworthy Playgroup	Northern Bay Family Learning Centre Goldsworthy Rd Corio	**Every school term** Term 4 dates: 5 October - 7 December	Mondays 9.30am – 11.30am
Sunshine Circles Playgroup Whittington	Whittington Neighbourhood House 20 Worden Court Whittington	**Every school term** Term 4 dates: 13 October – 8 December	Tuesdays 9.30am – 11.00am
Bubs to Tots	Northern Bay Family Learning Centre Goldsworthy Rd Corio	**Every school term** Term 4 dates: 8 October – 10 December	Thursdays 10am – 11.30am
Bringing Up Great Kids Parenting Adolescents	Meli Poa Banyul 110 Unity Dr Mt Duneed	28 October – 2 December	Wednesdays 10am – 12.00pm
Navigating Separation & Co-parenting navigatingseparation@meli.org.au	Meli 25 Gordon Ave Geelong West	28 October- 9 December	Wednesdays 11.30am – 1.00pm

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

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