

PARENT EDUCATION EVENTS

GEELONG and BARWON
SOUTHWEST REGION



TERM 1, 2026

All Regional Parenting Service programs along with MELI (*formerly Barwon Child Youth & Family (BCYF) and Bethany*), Family Relationship Centre, Drummond St Services and Barwon Southwest Region programs will be offered face to face or online. Bookings are essential. For details of dates, times and venues please see below.

FEATURE FORUM

THE PARENTING MANIFESTO SERIES

Wednesday nights
18th March to 6th May 2026
7.00pm – 8.30pm
Waurin Ponds Library,
230 Pioneer Rd, Grovedale



Scan the QR code to learn more and book,
or visit [Geelong.link/ParentingManifesto](https://geelong.link/ParentingManifesto)

Presented by Sue Wong and Justin Robinson

Parenting is one of life's greatest responsibilities — and one of its most rewarding challenges. Amidst the noise, the nappies, and the never-ending to-do lists, it's easy to lose sight of who you are.

This in-person series, guided gently by My Manifesto co-authors Sue Wong and Justin Robinson, offers parents of young children and teenage children a unique and inspiring opportunity: to pause, reflect, and intentionally create a life statement that anchor them in their values, strengths, dreams, and personal wisdom.

Over six intimate and uplifting workshops, you'll craft your personal manifesto – your private declaration of intention and clarity – and reconnect with the self you want to bring to parenting, partnership, and daily life.

All participants receive a complimentary copy of the book: *My Manifesto – A compassionate guide to reveal your best life*, and a beautiful set of inspiration cards to accompany their journey.

GRANDPARENTING PROGRAM

Being a grandparent is one of the most exciting times in our life. A lot of information and safety recommendations have changed since we had our own children.

In this program join other grandparents as we look at:

- understanding and managing child behaviour
- connecting in meaningful ways to strengthen relationships
- safety tips
- looking after ourselves within the context of grandparenting
- where to find reliable information regarding raising children

BRINGING UP GREAT KIDS

The First 1000 Days

The first 1,000 days of life is a program for parents with children aged under 2 years and designed to nurture parents as they embark on their journey. It provides parents with knowledge about brain development and an understanding of how children grow and what they need. The centrality of family relationships and opportunities for parents to reflect on their own childhood and how to connect with their children are all explored.

BRINGING UP GREAT KIDS

Bringing up Great Kids is a 6-week supportive program for parents of children aged 12 months to 9 years.

The program aims to:

- develop parents' skills to enhance communication with their child/ren
- promote positive interactions between parents and their child/ren
- encourage the development of a child's positive self-identity

CIRCLE OF SECURITY

Circle of Security is an 8-week supportive program for parents of children aged birth to 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

TUNING IN TO KIDS

Tuning in to kids is a 6-week supportive program for parents of children aged 4 to 10 years.

The program aims to:

- help parents teach and support their child/ren to understand and manage their emotions
- support parents in encouraging children to express emotions appropriately
- maximise children's social, behavioural and learning outcomes

BRINGING UP GREAT KIDS

Parenting Adolescents

The program builds on maintaining positive relationships and interactions between parents and adolescents during the ages of 10 to 17 years.

This 6-week program will look at having a better understanding and being able to support your adolescent.

- finding meaningful ways to stay connected with your adolescent
- understand that all behaviour and interaction have a meaning attached to it
- develop an increased understanding about the messages that they communicate to their adolescent through their behaviour, actions and attitudes
- develop skills to identify and manage their stress associated with parenting

STRENGTHENING FAMILY CONNECTIONS

Strengthening Family Connections is a free 8-week program for parents and their children aged 8 to 12 years. The program aims to build a positive family culture and strengthen family connections.

OUR KIDS – Parenting After Separation

Our Kids is a 6-week course on parenting after separation and the impact of parental conflict on children. The course encourages parents to focus on the needs of their children and develop helpful communication strategies following separation. Courses run weekly for 6 weeks during school terms. Morning and evening sessions are available.

FLOURISHING FAMILIES

A 5-week program for parents with children of all ages to discover how you can help your family to flourish.

Learn about:

- how you can promote resilience
- increase awareness of your family's strengths
- create and nurture positive family relationships
- give feedback to support individual growth

THE ANXIETY COACH

Reducing Anxiety and Building Resilience in Children

A 5-week program for parents of children 5 to 12 years to gain an understanding of the increasing levels of anxiety in a child and strategies to help manage the "traps and tripwires" with strengthening sayings, questioning strategies and mindful exercises.

TUNING IN TO TEENS

Tuning in to teens is a 6-week supportive program for parents of teens aged 12 to 18 years.

The program aims to:

- support parents to connect and communicate with their teens
- assist parents with understanding adolescent development
- help parents to assist their teen to develop emotional intelligence
- remain empathetic and stay connected

THE DAD WORKSHOP

This 6-week program will focus on giving you the tools you need to create a better life for your entire family.

We will look at simple things you can do to improve:

- your relationship with yourself
- your relationship with your partner
- your relationship with your kids

POSITIVE PARENTING PROGRAM

Available online via the Triple P website

www.triplep-parenting.net.au/vic-ukn/triple-p/

LIVING WITH TEENS

A model for building strong, secure connections. Living with Teens is a 3-week program.

The program aims to cover:

- what parents need to be able to meet teen's needs
- what teens need from parents
- adolescent development

BUMPS TO BUBS

Bumps to Bubs brings young mothers and mothers-to-be (up to 23 years) with babies 0 to 1 year, together to support the journey of parenting.

DADS TUNING IN TO KIDS

Dads Tuning into Kids is a 6-week supportive program specifically for Dads of children aged 3 to 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

BUBS TO TOTS

Bubs to Tots brings mothers (up to 24 years) of children in the 1 to 2 year age group together for support and education.

STEPPING STONES

Stepping Stones is a 5-week program for families with a child who has a disability. The program aims to help parents use Positive Parenting to acquire new skills and knowledge. Skills are practiced and parents receive constructive feedback about their use of skills.

Parent Education Events

Term 1, 2026

Program	Location / Venue	Days / Dates	Time	Bookings
Tuning in to Kids	Grovedale Child and Family Centre 45 Heyers Road, Grovedale	Thursdays 05 Feb – 12 Mar	7.00pm – 9.00pm	 Regional Parenting Service www.geelongaustralia.com.au/parenting Ph: 5272 4741 
Tuning in to Teens	Online via Zoom	Wednesdays 11 Feb – 18 Mar	7.00pm – 9.00pm	
Bringing up Great Kids – Adolescents	Online via Zoom	Thursdays 12 Feb – 19 Mar	7.00pm – 9.00pm	
Anxiety Coach	Online via Zoom	Tuesdays 17 Feb – 17 Mar	7.00pm – 9.00pm	
The Parenting Manifesto	Waurm Ponds Library, 230 Pioneer Rd, Grovedale	Wednesdays 18 Mar – 06 May	7.00pm – 8.30pm	
Our Kids – Parenting after Separation (Parenting Orders Program)	Family Relationship Centre Level 1 92-100 Brougham Street, Geelong	Thursdays 05 Feb – 12 Mar	11.00am – 1.00pm	 Family Relationship Centre - Geelong www.catholiccarevic.org.au Ph: 5221 7055
Online parenting programs	Drummond St Services offer a range of online programs, please see their website for further details.	Various dates	Various times	 Drummond Street Services ds.org.au/events/

Parent Education Events

Term 1, 2026

Program	Location / Venue	Days / Dates	Time	Bookings
Various parenting programs	CatholicCare Victoria – Warrnambool offer a range of parenting programs, please see their website for further details.	Various dates	Various times	 CatholicCare Victoria – Warrnambool www.catholiccarevic.org.au Ph: 5559 3000 E: helen.diamond@catholiccarevic.org.au
Circle of Security	Norlane Child and Family Centre 52-56 Gerbera Ave, Norlane	Thursdays 05 Feb – 26 Mar	10.00am – 12.00pm	 Meli Meli, the new name for BCYF and Bethany www.meli.org.au Ph: 5226 8900 
Dads Tuning In to Kids	Meli 16 Ballarat Road, Hamlyn Heights	Wednesdays 11 Feb – 18 Mar	5.30pm – 7.30pm	
Tuning In to Kids	Meli 16 Ballarat Road, Hamlyn Heights	Tuesdays 10 Feb – 17 Mar	10.00am – 12.00pm	
Tuning In to Teens	Poa Banyul Community Hub 110-122 Unity Drive, Mount Duneed	Thursdays 12 Feb – 19 Mar	1.00pm – 3.00pm	
To express your interest for the following programs please contact MELI				
Bumps to Bubs Strengthening Family Connections Bubs to Tots Navigating Separation				