

# PARENTING SUPPORT PROGRAMS

Geelong & Barwon Southwest

Term 2, 2026



## Free parenting programs for families with children, babies to teens aged (0–18 years)

### Programs delivered by:

Geelong Regional Parenting Service, MELI, Catholic Care Victoria, and Drummond St Services

- ✓ In person and online options
- ✓ Evidence based, supportive programs
- ✓ Delivered by trusted local services
- ✓ Bookings are essential for all programs

### NEW for 2026

#### EXPRESSIONS OF INTEREST NOW OPEN FOR JUNE

#### 1-2-3 Emotion Coaching – Additional Needs

This is a gentle, supportive program for parents and carers of children who experience big or unpredictable emotions.

Designed for families supporting children who are neurodivergent, have a developmental delay or disability, or need extra help with emotional regulation.

Using a simple 1-2-3 approach, parents learn to notice and name emotions, support calming through connection and co-regulation, and guide behaviour once emotions settle.

Flexible, practical strategies.  
No pressure, just support

### Are you a new Grandparent? 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

**Expressions of Interest now open for April**

## PROGRAMS FOR BABIES & YOUNG CHILDREN (0–9 YEARS)

### BUMPS TO BUBS

For: Young mothers and mothers-to-be (up to 23 years) with babies aged 0–1 year  
Bumps to Bubs brings young mothers together to support the journey of early parenting in a welcoming and supportive environment.

### BUBS TO TOTS

For: Mothers (up to 24 years) with children aged 1–2 years  
Bubs to Tots supports mothers through shared learning, connection, and parenting education during the toddler years.

### BRINGING UP GREAT KIDS – THE FIRST 1000 DAYS

For: Parents with children under 2 years  
This program supports parents to understand early brain development, nurture secure relationships, and reflect on their own experiences of being parented.

### BRINGING UP GREAT KIDS

For: Parents with children aged 12 months to 9 years  
This program supports parents to strengthen communication with their child/ren, build positive parent–child relationships, and encourage the development of children’s positive self-identity.

### CIRCLE OF SECURITY

For: Parents of children aged 1-5 years  
Length: 8 weeks  
This program helps parents build strong, secure relationships by understanding children’s emotional needs and responding in ways that support healthy development.

## PROGRAMS FOR PRIMARY SCHOOL-AGED CHILDREN (4–12 YEARS)

### TUNING IN TO KIDS

For: Parents of children aged 4–10 years  
Length: 6 weeks  
Supports parents to help children understand and manage emotions, strengthen relationships, and improve social and learning outcomes.

### THE ANXIETY COACH

For: Parents of children aged 5–12 years  
Length: 5 weeks  
Focuses on understanding childhood anxiety and learning practical strategies to build resilience and confidence in children.

### STRENGTHENING FAMILY CONNECTIONS

For: Parents and children aged 8–12 years  
Length: 8 weeks  
Supports families to build positive relationships, strengthen communication, and create a strong family culture.

## PROGRAMS FOR ADOLESCENTS & TEENS (10–18 YEARS)

### BRINGING UP GREAT KIDS – ADOLESCENTS

For: Parents of children aged 10–17 years  
Length: 6 weeks  
Supports parents to stay connected with adolescents, understand behaviour, and manage the challenges of parenting during this stage.

### TUNING IN TO TEENS

For: Parents of teens aged 12–18 years  
Length: 6 weeks  
Focuses on communication, emotional intelligence, adolescent development, and maintaining empathy and connection.

### 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

### OUR KIDS – PARENTING AFTER SEPARATION

For: Parents following separation  
Length: 6 weeks  
Supports parents to focus on children’s needs and develop helpful communication strategies after separation.

## Parent Education Events

Term 2, 2026

Program	Location / Venue	Days / Dates	Time	Bookings
The Dad Workshop	Online Via Microsoft Teams	Thursdays 23 April - 28 May	7.00pm – 9.00pm	 <p><b>Regional Parenting Service</b></p> <p><a href="http://www.geelongaustralia.com.au/parenting">www.geelongaustralia.com.au/parenting</a></p> <p>Ph: 5272 4741</p> 
Tuning in to Kids	Online Via Microsoft Teams	Tuesdays 21 April – 26 May	7.00pm – 9.00pm	
1, 2, 3 Magic & Emotion Coaching Adaptation	Norlane ARC 1-15 Cox Road, Norlane VIC	Thursdays 4 June – 25 June	7.00pm – 9.00pm	
BUGK First 1000 Days	Online Via Zoom	Thursdays 28 May - 25 June	7.00pm – 8.30pm	
Bringing up Great Kids	Virginia Todd Hall 9 Clarence St, Geelong West VIC	Thursdays 23 April - 28 May	7.00pm – 9.00pm	
Circle of Security	Highton Child and Family Centre 74 Belle Vue Avenue, Highton	Wednesdays 22 April - 3 June	7.00pm – 9.00pm	
Grandparenting program	Grovedale Child and Family Centre 45 Heyers Road, Grovedale	Thursdays 16 April - 7 May	1.30pm – 3.00pm	
Our Kids – Parenting after Separation (Parenting Orders Program)	Family Relationship Centre Level 1 92-100 Brougham Street, Geelong	Thursdays 30 April – 4 June	11.00am – 1.00pm	  <p><b>Family Relationship Centre - Geelong</b></p> <p><a href="http://www.catholiccarevic.org.au">www.catholiccarevic.org.au</a></p> <p>Ph: 5221 7055</p>
Online parenting programs	Drummond St Services offer a range of online programs, please see their website for further details.	Various dates	Various times	 <p><b>Drummond Street Services</b></p> <p><a href="http://ds.org.au/events/">ds.org.au/events/</a></p>

## Parent Education Events

Term 2, 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	 <p><b>CatholicCare Victoria – Warrnambool</b>  <a href="http://www.catholiccarevic.org.au">www.catholiccarevic.org.au</a>                      Ph: 5559 3000                      E: <a href="mailto:Marea.Sholly@catholiccarevic.org.au">Marea.Sholly@catholiccarevic.org.au</a></p>
<b>Bringing up Great Kids (after family violence)</b>	Meli 16 Ballarat Road, Hamlyn Heights	Mondays 4 May - 15 June	12.30pm – 2.30pm	<p><b>MELI</b>                      Meli, the new name for BCYF and Bethany</p> <p><a href="http://www.meli.org.au">www.meli.org.au</a>                      Ph: 5226 8900</p> 
<b>Bumps to Bubs</b>	Whittington Neighbourhood House 20 Worden Ct, Whittington	Tuesdays All term	9:30am – 11:30am	
<b>Bringing up Great Kids</b>	Korayn Birrale Family Centre 146-152 Purnell Road (corner Cheshire Street), Corio	Tuesdays 5 May - 16 June	9:30am – 11:30am	
<b>Dads Tuning in to Kids</b>	Poa Banyul 110 Unity Drive, Mt Duneed	Tuesdays 5 May - 16 June	5.30pm – 7.30pm	
<b>Circle of Security</b>	Meli 16 Ballarat Road, Hamlyn Heights	Wednesdays 29 April - 17 June	12.30pm – 2.30pm	
<b>Tuning In to Teens</b>	Whittington Neighbourhood House 20 Worden Ct, Whittington	Wednesdays 6 May - 10 June	12.30pm – 2.30pm	
<b>Tuning In to Kids</b>	Kurrambee Myaring Community Centre, 12 Merrijig Dr, Torquay	Thursdays 7 May - 11 June	10.30am – 12.30pm	
<b>To express your interest for the following programs please contact MELI</b>				
<b>Bumps to Bubs   Strengthening Family Connections   Bubs to Tots   Navigating Separation</b>				