

PARENTING SUPPORT PROGRAMS

Geelong & Barwon Southwest

Term 3, 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

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

FREE FAMILY FORUM:

RAISING GRATEFUL HEARTS FORUM

Presented by Positive Parenting Expert Rod Soper

What if small, everyday moments could help your child grow into a kind, resilient and grateful person? Discover practical, research-informed strategies to help children develop thankfulness, empathy, resilience, and a greater appreciation of others.

Key Highlights:

- Simple gratitude practices for everyday family routines.
- Age-appropriate activities and conversation starters for children aged 0–12 years.
- Practical ways to build kindness, empathy, and resilience.
- Fun games and real-life strategies backed by child development principles.
- Take home a mini – Gratitude Toolkit to use straight away.

Event Details:

- Thursday 20 August
- 7.00pm – 9.00pm
- Norlane ARC, 1/9 Cox Rd, Norlane
- Free event
- Bookings essential

Scan QR Code to Register



COMMUNITY PARENT & CARER EDUCATION SESSIONS

Free, practical sessions covering early parenting topics including solids, fussy eating, toilet training, toddler sleep, emotional wellbeing, new siblings, and an Ambulance Victoria session.

Online and in-person options available.
Register: <https://geelong.link/CES>



Scan QR Code to register

ARE YOU A NEW GRANDPARENT?

Join our Grandparenting Program to connect with others and explore how raising children has changed over time. Supportive sessions for new grandparents to connect, share experiences, and learn about modern parenting, child behaviour, safety, and wellbeing.

PROGRAMS FOR BABIES & YOUNG CHILDREN (0–9 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 & PRE-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.

Program	Location / Venue	Days / Dates	Time	Bookings
Tuning in to Kids	Virginia Todd Hall 9 Clarence St, Geelong West VIC	Tuesdays 04 Aug - 08 Sept	7.00pm - 9.00pm	 <p>Regional Parenting Service www.geelongaustralia.com.au/parenting Ph: 5272 4741</p> 
Tuning in to Teens	Online Via MS Teams	Tuesdays 21 Jul - 25 Aug	7.00pm - 9.00pm	
Anxiety Coach	Online Via MS Teams	Wednesdays 12 Aug - 09 Sept	7.00pm - 8.30pm	
Bringing up Great Kids	Virginia Todd Hall 9 Clarence St, Geelong West VIC	Mondays 27 Jul - 07 Sept	7.00pm - 9.00pm	
Circle of Security	Wurriki Nyal 137-149 Mercer St, Geelong VIC	Thursdays 23 Jul - 10 Sept	7.00pm - 9.00pm	
Our Kids – Parenting after Separation (Parenting Orders Program)	Family Relationship Centre Level 1 92-100 Brougham Street, Geelong	Thursdays 30 Jul – 3 Sept	11.00am-1.00pm	

Parent Education Events

Term 3, 2026

Program	Location / Venue	Days / Dates	Time	Bookings
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/
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: Marea.Sholly@catholiccarevic.org.au
Circle of Security	Meli Poa Banyul, 110 Unity Dr, Mt Duneed	Wednesdays 22Jul - 9 Sept	10:00am - 12:00pm	 Meli, the new name for BCYF and Bethany  www.meli.org.au Ph: 5226 8900
Dads Tuning in to Kids™	Meli, 25 Gordon Ave, Geelong West	Wednesdays 22Jul - 2Sept	5:30pm - 7:30pm	
Tuning in to Kids®	Northern Bay Family Learning Centre, Goldsworthy Rd, Corio	Tuesdays 21Jul - 25 Aug	10:00am - 12:00pm	
Tuning in to Teens®	Meli, 16 Ballarat Rd, Hamlyn Heights	Tuesdays 21Jul - 25 Aug	12:30pm - 2:30pm	
Neurokind	Meli, 16 Ballarat Rd, Hamlyn Heights	Mondays 20 Jul - 7 Sept	11:00am - 12:30pm	
Bringing Up Great Kids	Whittington Neighbourhood House 20 Worden Court, Whittington	Thursdays 23 Jul - 27 Aug	10:00am - 12:00pm	
Navigating Separation & Co-parenting	Meli, 25 Gordon Ave, Geelong West	Wednesdays 5 Aug - 16 Sept	11:00am - 2:30pm	