

PARENTING SUPPORT PROGRAMS

Geelong &
Barwon Southwest

Term 4, 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

The Dad Workshop

Building Stronger Fathers, Stronger Families. For fathers seeking to strengthen their relationships with their children and family.

This free six-week program supports fathers to build confidence in their parenting and strengthen connections with their children.

Through practical strategies, guided discussions, and shared experiences, participants will learn how to:

- Build positive and supportive relationships with their children
- Better understand their children's needs, feelings, and behaviour
- Strengthen communication and connection within the family
- Develop confidence and skills in their parenting role
- Reflect on their experiences as a father and the impact of their parenting
- Create positive changes that support long-term family wellbeing

Build your confidence with practical strategies to nurture stronger family relationships and promote a positive home environment.

Bringing Up Great Kids

Growing Strong Relationships Through Connection. For parents and carers of children aged 12 months to 9 years.

This free parenting program supports parents and carers to build stronger, more positive relationships with their children through connection, understanding, and reflection. Through practical strategies and guided discussions, participants will learn how to:

- Build positive and nurturing relationships with their children
- Better understand their child's feelings, behaviour, and developmental needs
- Strengthen communication and family connections
- Support their child's confidence, resilience, and positive sense of self
- Reflect on their own experiences and parenting approach
- Respond to challenges in ways that promote growth, trust, and wellbeing

Gain practical tools and insights to support your child's development and strengthen family relationships.

Scan
QR Code to
Register



Parent Education Events

Term 4, 2026

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.



Scan QR
Code to
Register

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

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

For: Dads and father figures
Length: 6 weeks
A free, practical six-week program designed to support dads and father figures in building confidence and self-awareness in their parenting role. The program provides practical strategies to improve communication, strengthen relationships with partners and family members, and build stronger, more positive connections with children.

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

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Program	Location / Venue	Days / Dates	Time	Bookings
Tuning in to Kids	Bop Bop Karrong Barwon Heads (Kornoo) Integrated Child and Family Centre 2D Geelong Road, Barwon Heads 3227	Wednesdays 04 Nov - 9 Dec	7.15pm - 9.15pm	 Regional Parenting Service www.geelongaustralia.com.au/parenting Ph: 5272 4741 
Tuning in to Teens	Online Via MS Teams	Thursdays 22 Oct - 26 Nov	7.00pm - 9.00pm	
1-2-3 Magic® & Emotion Coaching Inclusive Adaptation	Wurriki Nyal 137-149 Mercer Street, Geelong	Wednesdays 7 Oct - 21 Oct	7.00pm - 9.00pm	
Bringing up Great Kids	Lara Community Centre 9/11 Waverley Rd, Lara VIC 3212	Thursdays 08 Oct - 12 Nov	7.00pm - 9.00pm	
Bringing up Great Kids First 1000 Days	Online via MS Teams	Mondays 12 Oct - 16 Nov	7.00pm - 8.30pm	
The Dad Workshop	Online via MS Teams	Tuesdays 13 Oct - 17 Nov	7.00pm - 9.00pm	
Our Kids – Parenting after Separation (Parenting Orders Program)	Family Relationship Centre Level 1 92-100 Brougham Street, Geelong	Thursdays 22 Oct - 26 Nov	11.00am - 1.00pm	  Family Relationship Centre - Geelong www.catholiccarevic.org.au Ph: 5221 7055

Parent Education Events

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Circle of Security	Drummond Street Geelong 47 Yarra St, Geelong Victoria 3220 PH: (03) 9663 6733	Fridays 16 Oct - 4 Dec	1.00pm - 2.30pm	 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	Korayn Birrale Family Centre, 146 Purnell Rd, Corio	Tuesdays 20 Oct – 8 Dec	9:30am - 11:30am	 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	Tuesdays 20 Oct – 1 Dec	12:30pm - 2:30pm	
Tuning in to Kids®	Whittington Neighbourhood House, 20 Worden Court, Whittington	Thursdays 22 Oct – 26 Nov	10am - 12:00pm	
Tuning in to Teens®	Meli 16 Ballarat Rd, Hamlyn Heights	Thursdays 22 Oct – 26 Nov	12:30pm - 2:30pm	
Neurokind	Meli 16 Ballarat Rd, Hamlyn Heights	Thursdays 22 Oct – 3 Dec	9:30am - 11:00am	
Bringing Up Great Kids Parenting Adolescents	Meli Poa Banyul, 110 Unity Dr, Mt Duneed	Wednesdays 28 Oct- 2Dec	10:00am - 12:00pm	
Navigating Separation & Co-parenting	Meli 25 Gordon Ave, Geelong West	Wednesdays 28 Oct- 9 Dec	11:30am - 1:00pm	