PARENTING SUPPORT PROGRAMS

Geelong & Barwon Southwest

Term 1, 2027



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

COMMUNITY PARENT & CARER EDUCATION SESSIONS

Our Community Programs offer a wide range of free sessions designed to meet the changing needs and interests of families with young children. Programs are delivered both online and in person across a variety of locations, making it easier for families to access support in a way that suits their circumstances.

Families can choose from a range of topics including sleep and settling, introducing solids, behaviour and emotional development, toilet training and Solids and fussy eating. We also partner with organisations such as Ambulance Victoria and Fire Rescue Victoria to provide practical information on first aid, emergency preparedness, and keeping children safe.

Whether families are looking for information, practical strategies, or opportunities to connect with other parents, our programs provide a welcoming and inclusive environment where they can learn, ask questions, and build confidence in their parenting journey.

To view upcoming programs and register for sessions, please scan the QR code below. Families are encouraged to explore the range of topics available throughout the year and choose the sessions that best meet their needs and interests.

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

REGIONAL Parenting SERVICE

VICTORIA State Government

CITY OF GREATER GEELONG

Parent Education Events

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 12months 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.

Scan QR Code to Register Parenting Programs

Parent Education Events

Term 1, 2027

Program	Location / Venue	Days / Dates	Time	Bookings
Circle of Security	Virginia Todd Hall 9-15 Clarence Street Geelong West	Wednesdays 3 Feb – 24 Mar	7.00pm – 9.00pm	**Regional Parenting Service** www.geelongaustralia.com.au/parenting **Ph: 5272 4741**
Bringing Up Great Kids – Adolescents	Wurriki Nyal Civic Precinct 137-149 Mercer St, Geelong VIC, 3220	Thursdays 4 Feb – 11 Mar	7.00pm – 9.00pm	
Bringing Up Great Kids	Korayn Birralee Family Centre 146 Purnell Rd, Corio	Wednesdays 10 Feb – 17 Mar	7.00pm – 9.00pm	
The Anxiety Coach	Online via Zoom	Thursdays 11 Feb – 11 Mar	7.00pm – 8.30pm	
Tuning in to Kids	Online via MS Teams	Tuesdays 16 Feb – 23 Mar	7.00pm – 9.00pm	
1-2-3 Magic® & Emotion Coaching Inclusive Adaptation	Online via Zoom	Tuesdays 16 Feb – 16 Mar	7.00pm – 8.30pm	
Our Kids – Parenting after Separation (Parenting Orders Program)	Family Relationship Centre Level 1 92-100 Brougham Street, Geelong	Thursdays 4 Feb – 11 Mar	11.00am – 1.00pm	**Family Relationship Centre - Geelong** www.catholiccarevic.org.au **Ph: 5221 7055**
Program	**Location / Venue**	**Days / Dates**	**Time**	**Bookings**
Circle of Security	Online	Fridays 8 Jan – 26 Feb	1.00pm – 2.30pm	**Drummond Street Services** ds.org.au/events/ **Ph: (03) 9663 6733**
Tuning in to Teens	Online	Wednesdays 3 Mar – 7 Apr	TBC	

Parent Education Events

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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 Strengthening families & communities **CatholicCare Victoria – Warrnambool** www.catholiccarevic.org.au Ph: 5559 3000 E: Marea.Sholly@catholiccarevic.org.au
Circle of Security	Whittington Neighbourhood House 20 Worden Court, Whittington	Thursdays 4 Feb – 25 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 Rd, Hamlyn Heights	Thursdays 4 Feb – 18 Mar	10.00am – 12.00pm	
Tuning in to Kids®	Meli Poa Banyul 110 Unity Dr, Mt Duneed	Wednesdays 10 Feb – 17 Mar	10.00am – 12.00pm	
Tuning in to Teens®	Meli 16 Ballarat Rd, Hamlyn Heights	Wednesdays 10 Feb – 17 Mar	10.00am – 12.00pm	
Bringing Up Great Kids	Korayn Birralee Family Centre 146 Purnell Rd, Corio	Tuesdays 9 Feb – 16 Mar	9.30am – 11.30am	
Bringing Up Great Kids After Family Violence	Meli 25 Gordon Ave, Geelong West	Mondays 8 Feb – 15 Mar	10.00am – 12.00pm	
Navigating Separation & Co-parenting (navigatingseparation@meli.org.au)	Meli 25 Gordon Ave, Geelong West	Wednesdays 10 Feb – 17 Mar	11.30am – 1.00pm	