

# Parenting Groups

Term 2 2024



## Circle of Security

For parents/carers of children aged from 0-10 yrs.

An evidence-based program backed by five decades of research about how security is supported (and not supported). The program is relationship-based and is designed to build healthy positive connections between parents/carers and children.

Tuesdays, 23 April - 4 June | 10:30am - 12:30pm



## Tuning into Kids

For parents/carers of kids aged 3 to 10

This evidence-based program teaches parents and carers skills in emotion coaching, a way of responding to emotions that can help children to understand, regulate and work through their emotions and helps them develop the important skills in emotional intelligence.

Wednesdays, 1 May to 29 May | 5:30pm - 7:30pm



## Parenting Skills

This program brings together theory and practical parenting tips from the many evidence-based programs offered by our team. We discuss the challenges of being a parent/carer, self-care and how to build strong healthy relationships with your children.

Wednesdays, 5 June to 12 June | 12:30pm - 2:30pm

To register or for any questions, please contact:

Location | Family Relationship Centre, 34 Peel Street, Ballarat VIC 3056

Email | [parenting.ballarat@catholiccarevic.org.au](mailto:parenting.ballarat@catholiccarevic.org.au)

Phone | 1300 303 988

# Parenting Workshops

Term 2 2024



## Kids and Worry (online)

For parents/carers of children under 12 years

This two-hour workshop discusses strategies that may help children manage their worries; providing information and practical tools to assist children understand and handle their emotions.

Online, register to receive link

Wednesday 19 June | 12:30pm - 2:30pm



## Knowing your Teen

For parents/carers of teens over 13 years

This workshop covers the developmental changes for teenagers, peer relationships, and tips for building and maintaining positive relationships with your teenager.

Wednesdays, 1 May to 29 May | 5:30pm - 7:30pm

To register or for any questions, please contact:

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