

Term 3, 2023

Loddon Mallee Regional Parenting

# What's On In Term 3

All programs are delivered by our qualified and passionate facilitators.

## Tuning in to Kids | 6 Sessions, Mondays

For parents and carers with kids under 12

Kids with emotional intelligence have better concentration, make friends more easily, and are better able to regulate emotions. In this program you'll learn to help your child understand and manage their feelings.

**FREE | Mondays, 17 July - 21 August OR**  
**Online, via Zoom | 10am - 12pm**  
**In-person, CatholicCare Victoria - Bendigo | 12.30pm - 2.30pm**



## Circle of Security | 6 Sessions, Tuesdays

For parents with kids under 10

Circle of Security Parenting is a relationship-based parenting program helping you to understand your child's emotional world by learning to read and support emotional needs.

**FREE | Tuesdays, 18 July - 22 August**  
**Online, via Zoom | 7pm - 9pm**



## Bringing Up Great Kids | 6 Sessions, Thursdays

For parents and carers of kids under 12

This program uses mindfulness and reflection to help parents and carers examine and improve communication with their children. By building more respectful and positive interactions, parents and carers can support their child's development and positive identity.

**FREE | Thursdays, 20 July - 24 August**  
**In-person, CatholicCare Victoria - Bendigo | 9.30am - 11.30am**



Register: [www.catholiccarevic.org.au/register](http://www.catholiccarevic.org.au/register)

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## Loddon Mallee Regional Parenting

### Our Kids | 6 Sessions, Tuesdays & Thursdays

Post-separation program

This program explores how ongoing parental conflict affects children, how you can support your children through changing family relationships as well as how to develop effective communication with your co-parent.

**\$150 (\$60 Concession)**

**Online Zoom | Tuesdays, 1 August - 5 September | 6pm - 8pm**

**In-person, CatholicCare Victoria - Bendigo | Thursdays, 3 August - 7 September | 12.30pm - 2.30pm**



## Free Single-Session Workshops

### Kids and Worry | Thursday 13 July

For parents with kids under 12

This workshop explores reasons why children worry and ways parents and carers can support them. It will include ideas and practical tools to help parents and carers assist children to manage their worries.

**Thursday, 13 July**

**FREE | In-person, St Therese's Primary School, Bendigo  
2pm - 3pm**



### Knowing Your Teens | Monday 28 August

For parents with teenagers aged 12+

Join other parents and carers in this workshop that aims to provide information, improve understanding, and explore strategies that focus on the strengths and challenges of this stage of development.

This free workshop looks at the latest research around teenage brain development, as well as discussing peer relationships and tips for building and maintaining a positive relationship with your teenager.

**Monday, 28 August**

**FREE | In-person, Sir John Gorton Library, Kerang  
6.30pm - 8.30pm**



**Register: [www.catholiccarevic.org.au/register](http://www.catholiccarevic.org.au/register)**