

Canberra and region

PARENTING (AND OTHER) COURSE CALENDAR 2019, TERM 2

Compiled by Parentline ACT, 6287 3833

Date	Course name	Description	Venue	Time	Contact
9 May to 27 June Eight Monday evenings	Parent Effectiveness Training	P.E.T. is an experiential, skills based course, teaching effective communication skills between children and parents, based on mutual respect. P.E.T. does not use rewards and punishment. Instead, it promotes consideration, resilience and emotional intelligence. Parents find they yell less and enjoy their children more. For cost enquiries please contact the course provider.	Weston Community Hub	6:30pm-9:45 pm	Larissa Dann: info@parentskills.com.au

<p>6 May to 20 May Three Monday evenings</p>	<p>Bringing Up Great Kids</p>	<p>Bringing Up Great Kids is an evidenced based parenting program developed by the Australian Childhood Foundation. It is a program for parents/carers of children aged 0-12 years which will promote positive and nurturing relationships with our children. We will look at the management of stress in the parental role, the development of the child's positive self-identity and how to deal with strong emotions and responses. The program uses mindfulness and reflection to support parents/carers to reflect on and enhance their interactions with their children. Cost – free. Tea and Coffee will be provided – please bring along something to eat.</p>	<p>Woden Community Service, Level 1 Building C Callam Offices, 50 Easty Street, Phillip</p>	<p>6:00pm-8:30pm</p>	<p>Mary Ford Phone: 6234 6821 or 0475 987 513</p>
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<p>7 May to 25 June Eight Tuesday mornings</p>	<p>Circle of Security</p>	<p>The Circle of Security Parenting Program is an 8 week program designed to enable parents and caregivers to understand and recognize their child's emotional needs. Participants will develop and increased awareness of their responses to their child and help them to develop skills and strategies to manage emotional and behavioural issues. Cost – free.</p>	<p>Library at Narrabundah Early Childhood School 23-27 Kootara Cres, Narrabundah</p>	<p>9:30am-11:00am</p>	<p>Donna Seal Phone: 6142 3828 donna.seal@ed.act.edu.au Mary Ford Phone: 0475 987 513 mary.ford@wcs.org.au</p>
<p>10-week program, held once a week (Wednesdays or Thursdays)</p>	<p>Calm Parenting</p>	<p>Calm parenting is unlike other programmes in that it focuses on the parent rather than the child. It is a safe circle of mothers and facilitated by Tracey Anderson Askew in Canberra. Each week explores a different theme and completes with a weekly relaxation exercise. This is typically a class for</p>	<p>Calmbirth training room, 12 Kett Street, Kambah</p>	<p>See the website</p>	<p>https://calmparent.com.au/</p>

		babies from 0 to 8 months old. Cost \$250.			
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