

Canberra and region

PARENTING (AND OTHER) COURSE CALENDAR 2019, TERM 2

Compiled by Parentline ACT, 6287 3833

Date	Course name	Description	Venue	Time	Contact
7 May to 25 June Eight Tuesday 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
6 May to 20 May Three Monday	Bringing Up Great Kids	Bringing Up Great Kids is an evidenced based parenting program developed by the	Woden Community Service, Level 1 Building C Callam	6:00pm-8:30pm	Mary Ford Phone: 6234 6821 or 0475 987 513

evenings		<p>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.</p> <p>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</p> <p>The program uses mindfulness and reflection to support parents/carers to reflect on and enhance their interactions with their children. Cost – free.</p> <p>Tea and Coffee will be provided – please bring along something to eat.</p>	Offices, 50 Easty Street, Phillip		
7 May to 25 June Eight Tuesday mornings	Circle of Security	<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.</p>	Library at Narrabundah Early Childhood School 23-27 Kootara Cres, Narrabundah	9:30am-11:00am	<p>Donna Seal Phone: 6142 3828 donna.seal@ed.act.edu.au</p> <p>Mary Ford Phone: 0475 987 513 mary.ford@wcs.org.au</p>

		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.			
7 May to 25 June Eight Tuesday mornings	Working With Strong Emotions	Working With Strong Emotions is a group for women hoping to better understand their strong emotions; by learning the origin and purpose of their emotions, building self-awareness, and learning mindfulness and other strategies to manage and express how they are feeling. Cost - \$100 (full cost), or \$50 (concession). <i>Please discuss options if there are financial difficulties, as we do not want this to be a barrier to attending.</i>	The Family Skills Program at Marymead	10:00am-12:00pm	Phone: 6162 5859
8 May to 26 June	Circle of Security	The Circle of Security Parenting Program is an 8 week program	Marymead@Weston Community Hub, cnr of	10:00am-11:30am	Phone: 6162 5859

<p>Eight Wednesday mornings</p>		<p>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>Hilder and Gritten St, Weston</p>		
<p>9 May to 20 June Seven Tuesday evenings</p>	<p>Circle of Security</p>	<p>The group is limited to 8 to 10 participants and involves weekly 1.5 hour sessions using a DVD, discussion and handouts, run by a Circle of Security Registered Facilitator. Attending a Circle of Security Parenting Program can help by providing i) a road map for you to understand your child's needs; ii) a way to stand back and observe your interactions with your child; iii) an opportunity to discuss</p>	<p>Child Focused Solutions Canberra Gungaharra Homestead, Harrison</p>	<p>7:30pm- 9:00pm</p>	<p>Phone: 6140 5399 info@childfocusedsolutions.com.au Bookings: https://www.trybooking.com/BABQZ</p>

		your strengths and struggles in meeting your child's needs. Cost - \$280.			
13 June and 20 June Two Thursday evenings	The Messengers Program	The Messengers Program is offering two parenting seminars for challenged parents of adolescents. Facilitated by social workers, Gretel Burgess and Sarah Little, the seminars will cover: 1. Understanding adolescence and supporting young people; 2. Recognising mental health concerns in teenagers; and 3. Positive Communication Coping Strategies. Cost – free.	Tuggeranong Arts Centre	5:30pm-7:30pm	Phone: 6293 2212 Messengers@tuggeranongarts.com
15 June to 13 July Five Saturday afternoons	Club Mojo: Managing My Emotions	Managing My Emotions is a workshop for 8 to 12 year-olds. Club Mojo specialises in helping young people develop positive self-esteem and learn to understand and	Sanctuary Aus Grace Canberra 11 – 17 Swanson Ct Belconnen	1:00pm-2:30pm	www.sanctuaryaus.org.au

		manage their emotions in a safe and healthy way. A range of creative and therapeutic techniques is used to support the participants' learning. Cost: \$275.			
10-week program, held once a week (Wednesdays or Thursdays)	Calm Parenting	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 babies from 0 to 8 months old. Cost \$250.	Calmbirth training room, 12 Kett Street, Kambah	See the website	https://calmparent.com.au/