

HOBSONS BAY - PARENTING SUPPORT FORUMS 2023

WWW.HOBSONSBAY.VIC.GOV.AU/PARENTINGSUPPORT



TERM 1

AGE GROUP	FORUM	WHEN	WHERE	TIME	COST	BOOKINGS AND/OR ENQUIRIES
Parents/carers of children 0 - 3 years	<p>Circle of Security Parenting</p> <p>This eight-week group aims to enhance childrearing competence by improving parent's or carer's understanding of their child's social and emotional needs. This program is based on decades of research about how secure parent-child relationships can be supported and strengthened.</p>	Tuesday 7 February to Tuesday 28 March (x 8 weeks)	<p>Outlets Co-Operative Neighbourhood House Newport Community Education Centre 43 Mason Street, Newport 3015</p> <p>Free childcare is available at the venue</p>	10.30am to 12.00pm	FREE	<p>Bookings essential via: mchinbox@hobsonsbay.vic.gov.au, 9932 1300 or www.hobsonsbay.vic.gov.au/MCH</p>
Parents/carers of children 13 - 19 years	<p>Tuning Into Teens</p> <p>Facilitated in partnership with Orygen Youth Health. An eight-session parenting program designed for parents of teens.</p> <p>This is an emotion coaching program that educates parents towards helping their teens develop emotional intelligence.</p>	Tuesday 14 February to Tuesday 21 March (x6 weeks)	Online	6.30pm to 8.30pm	FREE	<p>Bookings essential via: 9932 4000 or adminys@hobsonsbay.vic.gov.au</p>
Parents/carers of children aged 0-6 months, 6-12 months and 12 months to 2 years	<p>Baby and Toddler Sleep Settling Program</p> <p>Sleep and settling concerns are common issues affecting young families. This program delivered by Council's Maternal Child Health nurses, provides age appropriate information on infant and early childhood positive sleep patterns, as well as tips and strategies for settling your baby or toddler.</p>	Ongoing	Online	TBA	FREE	<p>For more information contact: sleepsettling@hobsonsbay.vic.gov.au 9932 1300 or www.hobsonsbay.vic.gov.au/MCH</p>
<p>Young parents/ carers aged up to 25 years</p> <p>Parents of young people aged 12-25 years</p>	<p>Youth Counselling</p> <p>Short to medium-term generalist counselling for young people aged 12 to 25 years who live, work or study in the municipality. Generalist counselling is for young people needing low-level support and strategies to handle everyday life challenges.</p> <p>Please note that generalist counselling does not require a referral, but must be by appointment following an assessment process</p>	Ongoing by appointment	Face-to-face or online	TBA	FREE	<p>For more information contact: youthcounselling@hobsonsbay.vic.gov.au or 9932 4000</p>
Parents/carers of children aged 6-14 years	<p>Fear-Less Triple P</p> <p>Help your child manage anxiety and become more emotionally resilient with this 24/7 online program, at your pace. Get a better understanding of anxiety and fear and what can be done about it with a whole range of tools and strategies based on proven principles.</p>	Ongoing	Online	24/7, at your pace	FREE	<p>To register, visit: www.triplep-parenting.net.au</p>