

# HOBSONS BAY PARENTING SUPPORT FORUMS 2022



## TERM 2

AGE GROUP	FORUM	WHEN	WHERE	TIME	COST	BOOKINGS AND/OR ENQUIRIES
Parents/carers of children 0 - 3 years	<p><b>Circle of Security Parenting</b></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 26 April (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	Bookings essential via: mchinbox@hobsonsbay.vic.gov.au, 9932 1300 or <a href="http://www.hobsonsbay.vic.gov.au/MCH">www.hobsonsbay.vic.gov.au/MCH</a>
Parents/carers & students in years 10, 11, 12	<p><b>Surviving and Thriving in VCE</b></p> <p>Facilitated by Dr Michael Carr Gregg. This webinar offers information to support students to thrive in their studies. This session also includes a Q&amp;A.</p> <p>The webinar will cover key points:</p> <ul style="list-style-type: none"> <li>• practical advice on how to survive Year 12</li> <li>• how to reduce stress and increase productivity                             <ul style="list-style-type: none"> <li>• study techniques</li> <li>• how to manage sleep, social media, improve memory and avoid distractions</li> </ul> </li> </ul>	Monday 2 May	Online	7.00pm to 8.00pm	FREE	Bookings essential via: <a href="#">Surviving and Thriving in VCE</a> - Hobsons Bay or 9932 4000
Parents/carers of newborns	<p><b>Baby Makes 3</b></p> <p>A three-week online program that provides tips and tricks for first time parents adjusting to life with a newborn, while also promoting equal and respectful relationships. These online sessions are run in the evening for three consecutive weeks with both a male and female facilitator.</p>	<p>Tuesday 3 May (x 3 weeks)</p> <p>Thursday 9 June (x 3 weeks)</p> <p>Tuesday 5 July (x 3 weeks)</p>	Online	6.30pm to 8.30pm	FREE	Bookings essential via: mchinbox@hobsonsbay.vic.gov.au, 9932 1300 or <a href="http://www.hobsonsbay.vic.gov.au/MCH">www.hobsonsbay.vic.gov.au/MCH</a>
Parents/carers of children 13 - 19 years	<p><b>Tuning Into Teens</b></p> <p>Facilitated in partnership with Orygen Youth Health. An eight-session parenting program designed for parents of teens. This is an emotion coaching program that educates parents towards helping their teens develop emotional intelligence.</p>	Tuesday 17 May (x6 weeks)	Online	6.30pm to 8.30pm	FREE	Bookings essential via: 9932 4000 or adminys@hobsonsbay.vic.gov.au

# HOBSONS BAY PARENTING SUPPORT FORUMS 2022



## TERM 2- CONTINUED

AGE GROUP	FORUM	WHEN	WHERE	TIME	COST	BOOKINGS AND/OR ENQUIRIES
Parents/carers of preschool children	<p><b>School Readiness Information Session</b></p> <p>Facilitated by Melinda Vander Reest from Early Life Foundations, and joined by local Primary School representatives. This webinar will give you an insight into the important aspects of school readiness. Readiness indicators and support strategies for parents and families are provided in this session for those thinking about when to start their child/ren at school.</p>	Wednesday 18 May	Online	7.00pm to 8.30pm	FREE	Bookings essential via: <a href="mailto:earlyyears@hobsonsbay.vic.gov.au">earlyyears@hobsonsbay.vic.gov.au</a> or 1300 179 944
Parents/carers of preschool and early years primary children	<p><b>ASD and Behaviour Support &amp; Schooling Options</b></p> <p>Facilitated by Jo McIntyre, Leading Teacher of Transitions and Sam Hindes, Assistant Principal at Western Autistic School. This online forum offers an additional understanding about autism, practical strategies to build connections with autistic children and how to make an informed decision about schooling options</p>	Wednesday 8 June	Online	7.00pm to 8.00pm	FREE	Bookings essential via: <a href="mailto:earlyyears@hobsonsbay.vic.gov.au">earlyyears@hobsonsbay.vic.gov.au</a> or 1300 179 944
Parents/carers of children aged 2-13 years	<p><b>Parenting Children Who Worry</b></p> <p>Facilitated by Helen Rimington of Drummond Street Services. This webinar offers basic information and strategies to help children worry less alongside how to develop an action plan for helping them move from feeling anxious, to feeling more empowered and able to act when they are uncomfortable.</p>	Thursday 23 June	Online	7.00pm to 8.00pm	FREE	Bookings essential via: <a href="mailto:earlyyears@hobsonsbay.vic.gov.au">earlyyears@hobsonsbay.vic.gov.au</a> or 1300 179 944
Parents/carers of children aged 0-6 months, 6-12 months and 12 months to 2 years	<p><b>Baby and Toddler Sleep Settling Program</b></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	For more information contact: <a href="mailto:sleepsettling@hobsonsbay.vic.gov.au">sleepsettling@hobsonsbay.vic.gov.au</a> , 9932 1300 or <a href="http://www.hobsonsbay.vic.gov.au/MCH">www.hobsonsbay.vic.gov.au/MCH</a>
Parents/carers aged up to 25 years	<p><b>Counselling</b></p> <p>Facilitated by Hobsons Bay UP youth counsellors, these sessions provide short to medium generalist counselling for young people who live, work or study in the municipality. Counselling allows young people and their families to be heard and supported without judgement in a safe and secure environment with trained professionals.</p>	Ongoing	Online	TBA	FREE	For more information contact: <a href="mailto:youthcounselling@hobsonsbay.vic.gov.au">youthcounselling@hobsonsbay.vic.gov.au</a> or 9932 4000