

HOBSONS BAY PARENTING SUPPORT FORUMS 2022

WWW.HOBSONSBAY.VIC.GOV.AU/PARENTINGSUPPORT



TERM 4

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>	<p>Tuesday 4 October to Tuesday 29 November (x 8 weeks)</p> <p>(no group Tue 1 Nov Melbourne Cup Day)</p>	<p>Outlets Co-Operative Neighbourhood House Newport Community Education Centre</p> <p>43 Mason Street, Newport 3015 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 newborns	<p>Baby Makes 3</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 4 October (x 3 weeks)</p> <p>Thursday 10 November (x 3 weeks)</p>	Online	6.30pm to 8.30pm	FREE	<p>Bookings essential via: mchinbox@hobsonsbay.vic.gov.au, 9932 1300 or www.hobsonsbay.vic.gov.au/MCH</p>
Parents/carers of school aged children	<p>How Sport Can Help Develop Resilience In Children</p> <p>This online workshop gives parents and carers a framework designed to help your child develop resilience. We'll look at some key factors in positive youth development, the specific benefits of community sport, and the role of parents/carers.</p> <p>Facilitated by Nat Gilbert, Managing Director at Pro Sport Coach. Nat is a youth worker, sports coach, and University lecturer who has worked in student wellbeing, athlete development and sports development roles.</p>	<p>Wednesday 26 October</p>	Online	7.00pm to 8.15pm	FREE	<p>Bookings essential via: https://prosportcoach.mykajabi.com/resilience or email nat@prosportcoach.com</p>

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TERM 4 - CONTINUED

AGE GROUP	FORUM	WHEN	WHERE	TIME	COST	BOOKINGS AND/OR ENQUIRIES
Parents/carers of children aged 2 to teenage years	<p>Raising an Emotionally Intelligent Child</p> <p>Raising an Emotionally Intelligent Child Facilitated by Frances Bilbao (Clinical Psychologist and founder of Mums Matter Psychology), this online forum explores how to build your child's emotional intelligence by helping them understand their emotions by recognising what they are feeling and why.</p>	Thursday 27 October	Online	7.30pm to 9.30pm	FREE	Bookings are essential via: https://us02web.zoom.us/webinar/register/WN_WEv9HuQgRoyhZUOLwrvRmg
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	For more information contact: sleepsettling@hobsonsbay.vic.gov.au , 9932 1300 or www.hobsonsbay.vic.gov.au/MCH
Young parents/carers aged up to 25 years Parents of young people aged 12-25 years	<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	For more information contact: youthcounselling@hobsonsbay.vic.gov.au or 9932 4000
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	To register, visit: www.triplep-parenting.net.au