



HOBSONS BAY CITY COUNCIL PARENTING SUPPORT FORUMS - TERM 2

WWW.HOBSONSBAY.VIC.GOV.AU/PARENTINGSUPPORT



2024, TERM 2

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>	Register your interest for further information.	Online	Register your interest for further information	FREE	Bookings essential via: mchinbox@hobsonsbay.vic.gov.au , 9932 1300 or www.hobsonsbay.vic.gov.au/MCH
Parents/carers of children 13 - 19 years	<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>	Register your interest for further information.	Online	Register your interest for further information	FREE	Bookings essential via: mchinbox@hobsonsbay.vic.gov.au , 9932 1300 or www.hobsonsbay.vic.gov.au/MCH
Parents/carers of preschool children	<p>School Readiness Information Session</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.</p>	Wednesday 15 May	Online	7.00pm to 8.30pm	FREE	Bookings essential via: https://events.humanitix.com/school-readiness-online-information-session For more information contact: earlyyears@hobsonsbay.vic.gov.au or 1300 179 944
Parents/carers of children 13 - 19 years	<p>Tuning Into Teens</p> <p>Facilitated by Hobsons Bay City Council and Hobsons Bay Youth Services. A free six-session parenting program designed for parents of teens. This is an emotion coaching program that educates parents towards helping their teens to develop emotional intelligence.</p>	Monday 20 May (x6 weeks)	Online	6.30pm to 8.30pm	FREE	You can register your interest via our online form: www.hobsonsbay.vic.gov.au/teens For further information contact: youth@hobsonsbay.vic.gov.au or 9932 4000
Parents/carers of children 18 months - 3 years	<p>Toilet Training Information Session</p> <p>Facilitated by Jodie Gregson, Council's Maternal Child Health Family Support Officer, this informative session provides many practical and important strategies for the family and for the child on when and how to prepare for this important transition.</p>	Thursday 23 May	Online	12.00pm to 1.00pm	FREE	Bookings essential via: https://events.humanitix.com/toilet-training-information-session For further information contact: earlyyears@hobsonsbay.vic.gov.au or 1300 179 944

2024, TERM 2 - CONTNIUED

AGE GROUP	FORUM	WHEN	WHERE	TIME	COST	BOOKINGS AND/OR ENQUIRIES
First time Indian parents	<p>Baby Makes 3 - Building Stronger Families</p> <p>One-day program to provide support to first time Indian parents as they adapt to the demands and expectations of parenthood. The workshop will be run by Hindi and Punjabi speaking facilitators and has been designed for the Indian community by the Indian community. Translation services available.</p>	Saturday 25 May	Altona Civic Centre, 115 Civic Parade, Altona	10.00am to 3.00pm	FREE	<p>Bookings and/or enquiries: https://www.eventbrite.com.au/e/building-stronger-families-tickets-879833023257?aff=oddtcreator</p> <p>For further information contact: mchinbox@hobsonsabay.vic.gov.au, 9932 1300 or www.hobsonsabay.vic.gov.au/MCH</p>
Parents/carers of preschool and early years primary children	<p>ASD and Behaviour Support</p> <p>Facilitated by Sam Hindes, Director at Autism Teaching Institute. This online forum offers an additional understanding about autism and practical strategies to build connections with autistic children.</p>	Thursday 13 June	Online	7.00pm to 8.00pm	FREE	<p>Bookings essential via: https://events.humanitix.com/asd-and-behaviour-support</p> <p>For further information contact: earlyyears@hobsonsabay.vic.gov.au or 1300 179 944</p>
Parents/carers of children aged 2-13 years	<p>Parenting Children Who Worry</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 27 June	Online	7.00pm to 8.00pm	FREE	<p>Bookings essential: https://events.humanitix.com/parenting-children-who-worry</p> <p>For further information contact: earlyyears@hobsonsabay.vic.gov.au or 1300 179 944</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	Register your interest for further information	FREE	<p>For more information contact: sleepsettling@hobsonsabay.vic.gov.au 9932 1300 www.hobsonsabay.vic.gov.au/MCH</p>
Parents/carers aged up to 25 years	<p>Counselling</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	Register your interest for further information	FREE	<p>For more information contact: sleepsettling@hobsonsabay.vic.gov.au 9932 1300 www.hobsonsabay.vic.gov.au/MCH</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>