

Family Education Programs

Southwest Victoria

Family Education Services

Children's Programs

1-2-3 Magic and Emotion Coaching (one on one)

This is an easy to learn, easy to use parenting program to help parents gently and firmly manage the behaviour of children in the 3-10 year age group.

1-2-3 Magic provides parents with strategies to sort between different types of behaviour and use less talk, less emotion which lessens both parent and child feelings of emotional stress and helps children to understand and better manage their emotions.

3 weeks duration.

Tuning in to Kids

An evidenced based parenting program focused on raising emotionally intelligent children through:

- Understanding the impact of emotions on behaviour
- Identifying and understanding your own emotions
- Enhancing emotional connection within your family

6 weeks duration.

Fun Challenges of Parenting Toddlers 18 months to 3 years

Participants are given strategies and resources to support their parenting and understanding of the development of their toddler. Topics include:

- Child development
- Language
- Play
- Routines – sleeping, toilet training
- Behavior
- Nutrition

3 weeks duration.

Adolescents

Engaging Adolescents

The engaging adolescents program will help parents understand and cope better with the challenges of early adolescence. It provides parents with information and skills for developing and maintaining trusting, positive relationships with their young adolescents. Parents will have the opportunity to discuss and practice a range of strategies and ideas, including:

- Adolescent Development
- Connecting and Communicating
- Negotiating boundaries
- Problem solving and limit setting

3 weeks duration.

Tuning into Teens

An interactive parent program that aims to increase parent child connection by improving emotional communication in the family.

- Communicating with your adolescent
- Help you adolescent manager their emotions
- Conflict resolution
- Strategies to assist

6 weeks duration.

Adults

Building Connections – Separated Parents

This program assists separated parents to develop and maintain healthy post separation relationships on the best interest of their children.

The program aims to provide participants with:

- Understanding the effects of family separation on children
- Understanding the impacts of conflict on children
- Improve communication with the other parent
- Be a more effective parent

Seasons for growth – adults

A grief and loss program which aims to build resilience and promote the social and emotional wellbeing of adults as they adapt to death, divorce or separation and the change in their lives.

Program 1: A 2 hour seminar where participants deepen their understanding of the nature and impact of change, loss and grief on their lives or in the workplace.

Program 2: A four week grief program that supports participants to learn about the impacts of change, loss and grief whilst developing skills in communication, decision making and problem solving.

Blended Families

The program covers issues stepfamilies have to face including:

- Relationship histories
- Parenting styles and divided loyalties
- Strengthening relationships

3 weeks duration.

Short Session Series

We Offer the following 2 hour short sessions on an as needs basis.

- Raising Teens
- Transition session in school
 - Kinder to Foundation
 - Year 6 to year 7
 - Year 12
- Sexting and the law
- Cyber Safety

For more information about accessing these services and costs please call

Marea Sholly phone: (03) 5559 3000

Email: marea.sholly@centacarewarrnambool.org.au

www.centacareballarat.org.au