



Bethany Parenting Groups 2017

Bethany Parent Educators offer a range of programs to support parents in the important task of raising children.

Venue: Bethany, 16 Ballarat Rd, Hamlyn Heights, 3215

Cost : All Bethany parenting programs are free

Please note: * Groups are **Not** suitable for children. * Separated parents are not placed in the same group * Certificates are provided on completion of all groups.

Fliers for each group are available on our website - www.bethany.org.au

Bringing Up Great Kids (emotionally intelligent parenting)

A 6 week parenting program to build respectful, caring and loving parent-child relationships.

- Insights to children's emotional development and the importance of connecting in a loving way with our children
- Supportive strategies for being a reflective (not reactive) parent
- Strategies for respectful and positive parent / child interactions
- Focus on communicating to support your children's positive self identity

Fun, interactive, reflective and supportive parenting program for parents of children up to or about 12 years of age.

When:

2 hours per week for six weeks

Daytime Dates: 10.00am - 12 noon

*Friday 10 Feb - 17 March

*Monday 1 May - 5 June

*Thursday 3 August - 7 Sept

*Tuesday 24 Oct - 28 Nov

Evening Dates: 5.30pm - 7.30pm

*Wed 15 Feb - 22 March

Where:

16 Ballarat Rd Hamlyn Heights 3215

Cost: FREE

Great Dads, Great Kids

An eight week parenting program especially for Dads who want to build supportive, respectful and loving relationships with their kids.

- Changing role of fathers & different styles of fathering
- Child development and basic child care
- Being a responsive Dad
- Guidance and discipline
- Building healthy self esteem
- Family relationships
- Connecting through play
- Looking after myself

For Dads of children up to or about 12 years of age.

When:

2 hours per week for eight weeks

Dates:

26 April - 14 June

18 Oct - 6 Dec

Time:

Wednesday evenings 5.30pm - 7.30pm

Where:

Bethany, 16 Ballarat Rd Hamlyn Heights 3215

Cost: FREE



Parenting After Separation Programs

* It is recommended that you register first for *Building Connections*, the 3hr seminar held regularly. Then, you can nominate to attend *Navigating the Rough Swells*, 6 wk group, which is often required as part of legal separation processes.

* Please note, court ordered clients (Family Circuit and DHS) are not automatically eligible for registration. If we cannot offer you a place in a group we can provide other options.

* As we do not always offer evening group options we would suggest you contact Family Relationships Centre ph: 52465600 or Lifeworks ph:1300543396 if you need an alternative option.

Building Connections Seminar

Building Connections, a 3 hour seminar, is a very useful starting point for parents who have separated and **we recommend parents complete this seminar before registering for Navigating the Rough Swells**

This intensive seminar covers

- the impact of separation and conflict on children
- ways of communicating with the other parent
- setting goals for future parenting
- support services available to you

Please note:

- * Separated parents do not attend the same group
- * This group is not suitable for grandparent-carers, or for parents not seeing their children due to DHS orders

Is this group the best option for you?

If your separation is new or you are experiencing high conflict then please consider contacting Bethany's Family Relationship Counselling service or Geelong Family Relationship Centre before enrolling for a group

Building Connections Seminar 2016:

Location: Bethany, 16 Ballarat Rd, Hamlyn Heights

Day/Date:

Time:

Thursday 9 February

9.30am - 12.30pm

Friday 28 April

9.30am - 12.30pm

Tuesday 18 July

9.30am - 12.30pm

Friday 13 October

9.30am - 12.30pm

Cost: FREE



Parenting After Separation Group: Navigating the Rough Swells

We recommend completing the Building Connections Seminar prior to doing Navigating the Rough Swells

It can be difficult to manage your needs and those of your children, especially after separation. Navigating the Rough Swells, a post-separation parenting group, can help you:

- see how separation affects not just you and your former partner, but your children
- develop parenting skills to help you relate to your children's issues and concerns around separation
- learn communication tools to enhance connections with your children, family and ex-partner
- put in place strategies to manage the changing family circumstances, shared care, re-partnering, step parents and siblings, difficult behaviour

When:

2 hours per week for six weeks

Dates/Times:

Thur 2 March - 30 March

Tues 16th May - 20th June

Mon 24 July - 28 Aug

Fri 20 Oct - 24 Nov

Time:

10.00am – 12.00pm

Where:

Bethany, 16 Ballarat Rd Hamlyn Heights 3215

Cost: FREE

When you complete the application form please clearly state which **ONE** or **TWO** of our programs you wish to register for.

Please note that application forms must be received **a minimum of 3 weeks prior to the commencement date of any group** to be considered for registration, and **a minimum of 7 working days prior to the Building Connections seminar** commencement date to be considered for registration.

If your application has been accepted you will receive confirmation stating that you have been registered **at least 2 weeks prior to the commencement date of the group**, or **at least 5 working days prior to the commencement date of Building Connections.**

Return the completed application and consent forms to Bethany:
PO Box 324 North Geelong Vic 3215
or Bethany Parent Education, 16 Ballarat Rd, North Geelong
or email to: info@bethany.org.au