

Parenting Education - Mackillop Family Services

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<https://www.mackillop.org.au/programs/parenting-workshops>

Service Description

Mackillop runs a range of parenting courses throughout the year, designed to support families to build strong and positive relationships. All courses aim to help parents and/or carers:

/>- Build better communication skills with their child- Understand the different ages and stages for emotional development- Raise independent, self-motivated children- Build positive self-esteem for healthy social development. Available courses

Bringing up Great KidsThe Bringing up Great Kids series of courses support parents to raise happy, confident children.

Each course runs over six consecutive weeks, for two hours at a time. The courses are free. Bringing

Up Great Kids – the early years (0-6 years)Bringing Up Great Kids (6-10 years)Bringing Up

Great Kids – Aboriginal families Circle of SecurityThe Circle of

Security parenting course looks at how parents can build their relationship with their children and enhance

attachment. Studies show that infants and children who have secure attachment to their primary caregiver

can develop more resilience, better social and problem-solving skills and higher self-esteem. This can assist

children to maintain positive relationships throughout their lives. This course runs for eight

consecutive weeks, for two hours at a time. It is available to the parents of children aged up to 5

years. Tuning in to Kids, Tuning in to Teens and Dads Tuning into KidsThe

Tuning into parenting courses help parents to build strong, healthy relationships with their children and

teenagers. This course provides participants with tools and strategies based on the latest evidence and

research. The workshops are free for parents. Tuning in to Kids is available to the parents of

children aged 3-12 yearsTuning in to Teens is available to the parents of young people aged 12-18

yearsDads Tuning into Kids is available to Dads to children aged 3-12 yearsStepping

Stones PPPStepping Stones PPP is an internationally recognised education course supporting the

parents of a child with a physical or intellectual disability, a delay or an emerging behavioural

issue. Through a series of workshops and seminars, parents are supported to better manage their

child’s behavioural or developmental issues. The course is available to the parents and carers

(including grandparents) of children aged between 2-12 years. How to access these

programsMacKillops' parenting courses are available to families living in Melbourne's

metropolitan western region. The workshops are held at various community locations. Courses are available to

all families. Please contact us on the details above for further information. If needed, we will provide child

minding at each session.

Service Type

INDIVIDUAL

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