

We deliver workshops that provide education, support and information to parents, carers and professionals. Our workshops are available face to face or via Zoom and cover a range of topics relating to parenting and family relationships.

#### **PARENT WORKSHOPS:**

**Kids and Worry** - This workshop discusses strategies that may help children worry less; providing information and practical tools to assist children manage their emotions.  
(2 ½ hours)

**Kids and Anger** - This workshop covers the reasons why children get angry, understanding your own responses to your children's anger and ways to help children express their anger appropriately.  
(2 ½ hours)

**Knowing your Teenager** - This workshop covers the developmental changes for teenagers, peer relationships, and tips for building and maintaining positive relationships with teenagers.  
(2 ½ hours)

**Connecting with Kids** - A workshop focusing on using emotional intelligence to understand and guide children's behaviour, this workshop covers beliefs around parenting as well as information on brain development and children's emotional development.  
(2 ½ hours)

**Toddlers** - This workshop covers information on toddler development and will also focus on parenting strategies you may use for this age group  
(1 ½ hours)

**Boys Brains** – This workshop will give insight into the workings of a boy's brain and how their needs are different from girls. It will provide practical strategies to help parents and carers understand boy's needs and how to meet them.  
(2 ½ hours)

**The Importance of Dads** - This workshop is for Dads of children 0-10. It explores the unique role Dad's play in their child's development, including their social, emotional and academic growth.  
(2 hrs)

**Self-Care for Parents and Carers** – This workshop provides participants the opportunity to explore their current level of self-care. This practical and fun session also provides effective positive strategies for reducing stress levels, while keeping up with the demands of caring for others.  
(2 hours)

**Parenting Conversation** – This informal workshop is an opportunity for parents to gather in a small group setting and discuss parenting issues and ideas. The facilitator will support sharing of ideas and discuss possible strategies which may assist parents. This is a great option for existing playgroups/parent groups to include in their session.  
(1 ½ hours)

**Building Resilience in Kids** – This workshop explores how to help kids of all ages develop skills, habits and attitudes for building resilience: building good relationships, independence, confidence to face challenges & manage emotions (2 ½ hours)

**Re-partnering with Kids** – This workshop is aimed at parents who are newly re-partnered, as well as those already living as a stepfamily: It aims to equip parents and stepparents to support children, while also building their own relationship.  
(3-4 hours)

**PROFESSIONAL DEVELOPMENT WORKSHOPS**- Professionals are welcome to attend the parent workshops; however the following 2 ½ hour workshops are designed specifically for professionals:

**Understanding Loss and Grief** – This workshop is for anyone who is supporting children and adults cope with grief.

**Connecting with Parents and Children using Emotional Intelligence** – This workshop is specifically designed for professionals and covers how professionals can connect with parents and children and apply the steps of emotion coaching when working with families.

**Healthy Relationships in the Workplace** – This workshop discusses ways to promote healthy workplace relationships. It includes strategies to develop positive habits around communication and listening skills, together with acceptance of individual differences.

**Mindfulness Based Wellbeing & Self-Care Workshop** – This workshop provides participants with the opportunity to explore their current level of self-care. This practical and fun session provides effective positive strategies and mindfulness tools to reduce stress levels.

**Dads and Kids** - This workshop explores the unique role Dad's play in children's development. It is also designed to help professionals develop ways to work more effectively with Dads.

**Supporting Separated Families**- This workshop talks about some of the issues that parents and their children experience during and after family separation: It explores the reasons why conflict occurs after separation; what it's like for the children when their parents separate and are unable to communicate respectfully and offers strategies around how to best support children's well-being.

Please contact Narelle Williams (Manager Parenting and Counselling Programs)  
[narelle.williams@ccds.org.au](mailto:narelle.williams@ccds.org.au) to discuss requests/costs for Professional Development Workshops.

For more information on hosting a parenting workshop in your region, free of charge, please contact:

Julia Feiss [julia.feiss@ccds.org.au](mailto:julia.feiss@ccds.org.au)  
Maree Godsmark [maree.godsmark@ccds.org.au](mailto:maree.godsmark@ccds.org.au)  
Lisa Castles [lisa.castles@ccds.org.au](mailto:lisa.castles@ccds.org.au)

LGA: Loddon, Buloke & Mildura  
LGA: Goldfields, Mt Alexander & Macedon  
LGA: Campaspe, Gannawarra & Swan Hill

Additional queries can also be directed to Jo Rodriguez (Team Leader of Parenting, Group Work and Chaplaincy) [jo.rodriguez@ccds.org.au](mailto:jo.rodriguez@ccds.org.au)