



**CHILD & FAMILY SERVICES PROGRAM TIMETABLE TERM 1, 2021**  
**Call 5823 7000 for more information**

## Connections

A relationship building group for mothers and young children (0-4 years) who have experienced family violence

FamilyCare, Shepparton

**Tuesday 2 February till**

**Tuesday 23 March 2021**

**10am–12 noon**

Call Child FIRST

1300 854 944

## Tuning in to Kids

A six session parenting program for parents.

Tuning in to Kids shows you how to help your child develop emotional intelligence.

Online

**Thursday 4 February till**

**Thursday 18 March 2021**

(no workshop on 25 February)

**1pm–3pm**

[Register here](#)

## Real Men Make Great Dads A Men's Parenting Program

Being a dad can be a tough job. Join us and other dads to explore the daily challenges of being a dad in today's world.

Online

**Thursday 4 February till**

**Thursday 25 March 2021**

**5:30pm–7:30pm**

and

**Wednesday 10 February till**

**Wednesday 31 March 2021**

**10am - 12 noon**

Call FamilyCare 03 5823 7000

## Balancing Love & Discipline

For all parents who would like to meet with others to explore ways to increase their options in dealing with the various issues that parents experience while supporting and nurturing their partners and children of all ages.

FamilyCare, Seymour

**Tuesday 16 February till**

**30 March 2021**

**10am–12:30pm**

Or

**5:30pm–8pm**

Call FamilyCare 03 5735 4600

## Emotion Coaching Connecting with our kids

For parents and carers of children 2-10 years of age who would like to learn more about emotion coaching, understanding their children's emotional development and how they can connect with their children. Online

**Tuesday 16 February 2021**

**1pm–3pm**

[Register here](#)

or

**Tuesday 2 March 2021**

**1pm–3pm**

[Register here](#)

## The Importance of Play

Playing together is one of the most effective tools for building strong relationships with your child.

Online

**Tuesday 2 March 2021**

**10am–12 noon**

[Register here](#)

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## Life Hacks

Are you struggling with day to day pressure of life, finding a balance between the demands? Problem solving day to day issues overwhelming?

Online

**Tuesday 16 March 2021**

**10am–12 noon**

[Register here](#)



## How to manage emotions under pressure: Mindful Awareness

This evidence based program will address the above learning areas to support you to manage emotions more effectively when caring for your children, promoting better development and working towards more harmony in the home with common challenges faced in parenting

Online

**Tuesday 30 March 2021**

**10am–12 noon**

[Register here](#)