

Parenting Workshops

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

Tech Strategies for Families (NEW!)

Tech is part of our reality but setting boundaries around its use is not always easy. This workshop aims to; present current research, reflect on tech use in your family- considering the challenges/opportunities and explore strategies that focus on creating a safe and healthy tech environment.

2 hrs in person or 1 ½ hours Zoom



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 hrs in person or 1 ½ hours Zoom

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 hrs in person or 1 ½ hours Zoom

Knowing Your Teen

This workshop covers the developmental changes for teenagers, peer relationships, and tips for building and maintaining positive relationships with teenagers.

2 ½ hrs in person or 1 ½ hours Zoom



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 hrs in person or 1 ½ hours Zoom



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 hrs in person or 1 ½ hours Zoom

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 ½ hrs in person or 1 ½ hrs Zoom

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 hrs in person or 1 ½ hrs Zoom



FOR MORE INFORMATION OR TO BOOK A WORKSHOP CONTACT US:

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