PARENTING SEMINARS 2016

City of Darebin and Melbourne Parenting Consultants presents a series of free Parenting Seminars for parents of children aged 0-6 years.

Calm Toddlers - Happy Parents
This seminar will explore respectful ways to help your toddler to manage their “big feelings”, yet set very clear limits on behaviour.
Tuesday 23 February 2016
6.30pm - 8.00pm
Reservoir Community and Learning Centre
23 Edwardes Street, Reservoir

Siblings without Rivalry
This seminar explores a variety of ways that parents can encourage good feelings between siblings.
Tuesday 3 May 2016
6.30pm - 8.00pm
Preston Library Meeting Room
266 Gower Street, Preston

Mindfulness for parents
This seminar provides exercises for busy parents to incorporate into daily life to bring about a greater sense of calm.
Wednesday 15 June 2016
6.30pm - 8.00pm
Northcote Library Meeting Room
32-38 Separation Street, Northcote

When kids feel right they behave right
This seminar will give parents of 2+ year old children a greater understanding of their behaviour and ways to encourage cooperation.
Wednesday 10 August 2016
6.30pm - 8.00pm
Preston Library Meeting Room
266 Gower Street, Preston

Parenting in an anxious world
This seminar will provide practical ideas and strategies to help parents and their children manage anxiety.
Thursday 6 October 2016
6.30pm - 8.00pm
Reservoir Community and Learning Centre
23 Edwardes Street, Reservoir


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