

CIRE COMMUNITY HUB, CHIRNSIDE PARK

PARENTING WORKSHOPS

33 Kimberley Drive, Chirnside Park 3116



Cyber Safety Project

<p>Thursday 18th March 7:30pm</p>	<p>Live, Learn, Connect & Play Safely Online Now, more than ever before, young people have greater access to technology for learning, connecting and playing. The Cyber Safety Project Team will share insights and practical resources to help support and manage online child safety and digital wellbeing in the home. Introducing parents to a simple methodology; PLAN for the use of technology at home, PREVENT unsafe encounters and PROTECT children who connect, learn and play online parents and guardians will walk away with the confidence to support their young people to thrive online.</p> <p>What you'll learn:</p> <ul style="list-style-type: none">• Discover the ins and outs of the most popular social networking platforms• Uncover mobile apps and games that can be potentially harmful• Explore strategies that foster positive digital experiences for children• Discuss ways to manage digital wellbeing for children at home	<p>Scan each QR code below to book a workshop (2 ticket limit per booking)</p> 
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Building Better Brains Australia Workshops with Sian Chambers-Vallance and Tony Vallance

<p>Tuesday 20th April 7:30pm</p>	<p>Demystifying Brain, Behaviour and Trauma Learn how stress and trauma impact the brain and behaviour, regulation capacity and relationships. Explore practical ideas that can help restore regulation, calm, safety and connection to your family and help process the traumatic events.</p>	
<p>Tuesday 18th May 7:30pm</p>	<p>Connection Based Parenting How to build better brains and relationships for all ages. Learn what connections are essential for building resilient, confident and emotionally intelligent brains and how to use games, play and connection to help regulate your child's stress responses. Participants will find new ways to support challenging behaviour and increase family fun.</p>	
<p>Tuesday 15th June 7:30pm</p>	<p>Taming the Tiger Anger is a natural human emotion to stress or fear. It functions to alert, inform and prepare us for action. Learn how to identify the emotional triggers in yourself and your family that lead to anger, understand the science and function of emotions, explore coping skills, resourcing, effective communication and learn practical tools and techniques to help restore calm and emotional health to your family.</p>	
<p>Tuesday 20th July 7:30pm</p>	<p>2,4,6,8 This is How We Regulate! Our ability to regulate our nervous system and manage stress forms the basis of our daily functioning and sets up patterns of behaviour, emotions and thoughts. In this evidenced based workshop, we cover the science of regulation and teach practical tools and strategies that you can start using with yourselves and your children to help improve behaviour, emotional functioning, strengthen relationships, promote positive mental health and resiliency.</p>	

Australian Neighbourhood Houses, Centres Association (ANHCA) and Sidney Myer are proud support such initiatives that greatly benefit our local community.

Together with:

For more information or to book:

Visit www.cire.org.au/community-hubs

Call 1300 835 235



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This series of pre-filmed presentations, by Steve Biddulph, showcase and prompt many of the reflections and discussions that have inspired a new generation of parents.

Each topic will be offered twice (with morning and evening opportunities), encouraging all parents and carers to attend. These sessions will be facilitated by Brian Mier, Manager of Yarra Ranges Men's Health Project.

<p>Monday 19th April 7:00pm</p>	<p>The Secret of Happy Children Join us for this facilitated screening of a previously filmed presentation, by Steve Biddulph. Our first presentation provides the road map for parenting, and covers many aspects of raising girls and boys. We will explore what kind of love they need at various ages, and how to understand and enhance your parenting style.</p>	
<p>Thursday 22nd April 10:30am</p>		
<p>Thursday 17th June 10:30am</p>	<p>Raising Boys This session focuses on boys and men's development, looking at how parents can encourage boys to become open-hearted, kind and strong men. We continue to learn from Steve Biddulph and the way he has influenced how we look at childhood.</p>	
<p>Monday 21st June 7:00pm</p>		
<p>Thursday 12th August 10:30am</p>	<p>Raising Girls In our third 'Steve Biddulph topic', we gain insight into many of the aspects of raising girls. Join us as we explore and discuss the five stages of girlhood, the five big risk areas and how to help your family navigate them.</p>	
<p>Monday 16th August 7:00pm</p>		

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