



Black Box Parenting

Explore how past experiences influence the way we parent today. This program provides a safe space to reflect on yourself, your child, and your family relationships, helping to strengthen connection, healing, and wellbeing.

You will learn to:

- Understand how trauma, stress, and past experiences affect children, attachment, and relationships.
- Recognise how the past shows up in your parenting.
- Support children's behaviour while caring for your own wellbeing.



Seasons for Healing

A small group program offering culturally safe support for Aboriginal and Torres Strait Islander adults experiencing loss and grief. We will share experiences, learn coping strategies, and explore ways to move forward.

You will learn to:

- Understand and process experiences of change, loss, and grief.
- Connect with others and realise you are not alone.
- Explore problem-solving and planning for the future.
- Consider strategies for wellbeing and self-care.



"We are here to support parents, children and young people in their journey to become the best they can be"

Parenting Programs



*"SUPPORTING OUR BOORIS,
FAMILIES AND COMMUNITY"*



Monday - Friday: 8:30am - 5pm



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Medical Service
Aboriginal Corporation





Tuning Into Kids

Emotionally Intelligent Parenting Program

This program invites parents and carers of children up to 12 years to learn Emotion Coaching skills. You'll build confidence in managing your own emotions while responding supportively to your child's feelings, helping strengthen connections and promote positive behaviour.

You will learn to:

- 🌀 Understand how brain development and emotions shape children's behaviour.
- 🌀 Build emotion coaching skills and respond supportively to your child.
- 🌀 Reflect on how your own emotions and parenting style influence your parenting.
- 🌀 Use mindful, confident approaches in daily parenting.



Bringing Up Great Kids

In this program you will explore ways to build respectful, caring, and nurturing relationships with your children. Through group discussion and activities, you will reflect on your parenting, gain confidence, and learn mindful strategies to support your child's growth and wellbeing.

You will learn to:

- 🌀 Build confidence and develop a mindful, reflective parenting approach.
- 🌀 Understand your parenting style and how it developed.
- 🌀 Learn how children's brain development affects their thoughts, feelings, and behaviour.
- 🌀 Reduce family conflict and respond to your child's emotions with care.



Tuning Into Teens

Emotionally Intelligent Parenting Program

This program helps parents and carers navigate the emotional challenges of adolescence. Learn practical Emotion Coaching strategies to manage your own and your adolescent's emotions, stay connected, and support their emotional intelligence.

Adolescents who are emotionally intelligent are more likely to:

- 🌀 Navigate peer pressure, friendships, and conflict with confidence.
- 🌀 Cope with strong emotions like anger, stress, and sadness.
- 🌀 Experience fewer mental health and substance use challenges.
- 🌀 Build healthy, satisfying relationships into adulthood.
- 🌀 Achieve greater success at school and in future pathways.



Bringing Up Great Kids

In The First 1000 Days

A nurturing, empowering, and respectful program for expectant and new parents. You will reflect on your parenting role, explore mindful approaches, and strengthen confidence in supporting your child's growth and wellbeing.

You will explore:

- 🌀 Foetus growth and brain development and its influence on thoughts and feelings.
- 🌀 How parents and other adults can support healthy development.
- 🌀 A child's social, emotional, physical, and cognitive development.
- 🌀 Ways to promote the best possible health and wellbeing outcomes.
- 🌀 Strategies for parents to care for themselves and find support when needed.



Dads Tuning into Kids

A small group program for fathers and male carers of children aged 3–10 years. You will learn how to strengthen your connection with your child and build practical emotional skills to support positive behaviour and wellbeing. Through discussion, activities, and reflection, you'll gain confidence in your parenting, learn ways to respond to your child's emotions, and discover strategies to foster a strong, supportive relationship.

You will learn to:

- 🌀 Foster strong father-child connections.
- 🌀 Build your emotional competence and self-awareness.
- 🌀 Support your child's emotional development and behaviour.
- 🌀 Use reflective strategies to respond to everyday parenting challenges confidently.



Bringing Up Great Kids

Kinship and Foster Carers

An evidence-based, mindful parenting program for kinship and foster carers. You will explore ways to build respectful, caring, and nurturing relationships with children and strengthen positive family connections.

You will learn to:

- 🌀 Build positive relationships with children in care.
- 🌀 Understand child development and trauma impacts.
- 🌀 Manage stress and enhance communication.
- 🌀 Reflect on parenting approaches and strengthen confidence.