

EXAMPLES OF PARENTING AND PERSONAL DEVELOPMENT PROGRAMS (NSW)

A Resource for Parents written by Family Inclusion Strategies Hunter Peer Parent Expert

There are many different programs available to parents – some focus on parenting children and young people, while others support personal development, healing, or relationships.

Programs are delivered by different agencies and services and **may not always be available**. Availability can change due to funding, staffing, location, or time of year.

These are just some examples you can google what your looking for and find more information.

Behaviour, emotions and everyday parenting

123 Magic and Emotion Coaching

Supports parents of children aged 2–12 to manage difficult behaviours using calm parenting, clear expectations, and emotion coaching.

Tuning Into Kids

Teaches parents how to use emotion coaching to help children understand, regulate, and work through their emotions.

Tuning Into Teens

Designed to support parents to better understand and respond to the emotions of their teenage children.

No Scaredy Cats

Supports parents to recognise anxiety developing in their child and use practical strategies to encourage resilient thinking.

Raising the Growing Child

Helps parents explore how they want to parent, understand the origins of children's behaviour, and support emotional regulation.

Bringing Up Great Kids

Supports parents to learn about different parenting approaches and build strong, respectful relationships with their children.

Attachment, connection and emotional safety

Circle of Security

Designed for parents and carers of children aged 0–12 who want to strengthen attachment, build secure relationships, and better understand children's emotional needs.

Creating Emotionally Resilient Families

Provides strategies for parents wanting to raise resilient children and build a strong, emotionally connected family.

Mindful Parenting

A longer-term (24-week) program for parents experiencing distress, impulsivity, confusion, or black-and-white thinking, focusing on awareness, regulation, and reflection.

Peaceful Parents

A mindfulness-based program aimed at increasing resilience in both parents and children.

Fathers, dads and men with a fathering role

All Dads Online

For men with a fathering role who want to improve their relationships with their children.

Dads Tuning Into Kids

Builds fathers' skills in emotional intelligence and emotion coaching, with additional content specifically relevant to dads.

Fathers and Men with a Fathering Role

Offers individual family assistance (in-home or centre-based) and a range of group programs for fathers and men.

Separation, loss and life changes

Keeping Kids in Mind

For separated parents wanting to better understand their children's experiences after separation and develop supportive strategies.

Kids in Focus

Supports parents to help their children following separation.

Seasons for Growth

Helps parents understand how children experience loss, death, separation, and divorce.

Parenting when children are in care

Kids in Care

A support group for parents whose children are in care, providing a safe space to talk about grief and loss and to share strategies for managing relationships with workers and organisations.

My Kids and Me

For parents whose children are in care, offering space to reflect on experiences and explore changes that may strengthen the parent-child relationship.

Emotional wellbeing and self-regulation

Managing Strong Emotions

A 6-session group for people seeking support to manage emotions such as anger, jealousy, or grief that may be affecting relationships.

(Not suitable if currently experiencing domestic violence.)

Domestic and family violence – education and recovery

Black Box Parenting

Designed for parents parenting after violence, focusing on trauma, how attachment can be disrupted, and ways to repair the parenting bond.

Power & Abuse in Relationships

A 4-week program for women who are currently experiencing, or have experienced, control or abuse in relationships, focusing on power, equality, and positive change.

Relationships and You

A domestic violence education group exploring power and control, healthy boundaries, and the impact of violence on children.

Shark Cage

A domestic violence program for women focusing on strengths, early warning signs, boundaries, self-

care, and safety strategies.

Women Speak

A 6-week peer support program for women who have experienced or are experiencing domestic violence.

Women, Choice and Change

A free group support program for women in NSW who have experienced domestic and family violence, focused on safety, recovery, and rebuilding confidence.

Responsibility and behaviour change (men)

Start Today Again

Supports men to understand the impact of family violence on children and explore ways to change parenting and relationship patterns.

Taking Responsibility (Men)

For men who have used violent, controlling, or abusive behaviour and are ready to take responsibility and work toward change.

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