

## PARENTS BUILDING SOLUTIONS PROFESSIONAL TRAINING (FORMERLY PHILOSOPHY OF PARENTING – POP)

A comprehensive framework for professionals who work with parents. This core training will develop practical tools and strategies that professionals can use with parents in any circumstance.

“This whole training was fantastic and I have learned a lot. It’s something I will use with the families I work with.” - Family Services Worker

### LEARNING OUTCOMES

Engage parents effectively in conversations about their parenting role by using a strengths based, reflective approach

Draw on evidence-based materials from the Parents Building Solutions manual to respond to the expressed needs of parents

Articulate a comprehensive framework for parenting based on family values, relationships, and boundaries

Through individual, family or group-work, support parents to:

Develop known and agreed rules with their family

Implement appropriate discipline, including the use of known and agreed consequences

Develop appropriate expectations for the age and developmental stage of the child

Help children deal with a range of feelings, and deal with their own feelings as adults

Build positive family relationships and communication

Support resilience in children

### METHODOLOGY

The program is experiential – combining theory and practice wisdom to give participants fresh insights and practical tools they can use when working with families.

The program Parents Building Solutions, developed by Parentzone Southern, is an evidence based program.

### WHO THIS PROGRAM IS FOR?

Anyone who works with parents! A wide variety of people have told us they really benefited from this program - social workers, teachers, psychologists, case managers, children's services workers, family services practitioners, volunteers and residential staff.

**WHEN**                    **Tuesdays - 9, 16, 23 February  
and 2, 9, 16 March**

**TIME**                     **1:00pm - 4.30pm**

**WHERE**                   **ZOOM online**

**COST**                     **\$340.00 + 10% GST  
(includes PBS Manual-  
USB)**

A limited number of funded places are available free for volunteers, students, ACCOs & Anglicare Victoria staff. Please contact Parentzone for information on the application process.

Participants will receive an electronic copy of the Parents Building Solutions manual. Hard copies of the manual are available for \$93.50 each.

To express interest: please complete the application form and email to [louise.anderson@anglicarevic.org.au](mailto:louise.anderson@anglicarevic.org.au) Following the training, Parentzone may be able to support your organisation to implement learnings from the training through co-facilitating parenting groups.

### For more information contact:

**Louise Anderson** - 03 9781 6729  
[louise.anderson@anglicarevic.org.au](mailto:louise.anderson@anglicarevic.org.au)

**Michelle Brown** - 0429 174 150  
[michelle.brown@anglicarevic.org.au](mailto:michelle.brown@anglicarevic.org.au)

## 2021 PROFESSIONAL DEVELOPMENT PROGRAMS - APPLICATION FORM

To register for a Parentzone professional development program, please complete and return this form to [parentzone.southern@anglicarevic.org.au](mailto:parentzone.southern@anglicarevic.org.au) or [carol.abery@anglicarevic.org.au](mailto:carol.abery@anglicarevic.org.au)

Places will be confirmed via return email.

|                              |   |  |                |
|------------------------------|---|--|----------------|
| <b>First Name:</b>           |   | <b>Surname:</b>  |                |
| <b>Agency:</b>               |   |  |                |
| <b>Position:</b>             |   |  |                |
| <b>Address:</b>              |   |  |                |
| <b>Suburb:</b>               |   | <b>Postcode:</b>   |                |
| <b>Phone:</b>                |   |  |                |
| <b>Email:</b>                |   |  |                |
| <b>Dietary Requirements:</b> | <b>Vegetarian</b> <input type="checkbox"/>                        | <b>Gluten Free</b> <input type="checkbox"/>                                | <b>Other*:</b> |
| <b>Register For:</b>         | <b>Training Only</b> <input type="checkbox"/><br>\$340 (incl GST) | <b>Training &amp; Manual</b> <input type="checkbox"/><br>\$ 435 (Incl GST) |                |

A limited number of free places are available for volunteers, students, Anglicare Victoria staff and ACCOs. If you think you may be eligible, please contact us to discuss how you can apply.

Terms & Conditions: Places are subject to availability. Payment is by cheque or EFT transfer only. Fees will only be refunded if participants withdraw prior to 10 working days before the training date. Parentzone cannot guarantee we will be able to meet all dietary requirements.

Payment:

This form serves as a TAX INVOICE upon receipt of payment.  
Anglicare Victoria ABN: 97 397 067 466

- Cheque (enclosed) payable to Anglicare Victoria  
 EFT transfer: please contact for details

Office Use only: Payment rec. \_\_\_/\_\_\_/\_\_\_ Amt Rec \$: \_\_\_\_\_ Receipt No: \_\_\_\_\_  
Confirmation sent: