



**Australian
Childhood
Foundation**

Parent group facilitator course

Skills for professionals supporting parents



While there are generic skills needed to facilitate a group for adults, specific skills are needed when the adults in the group are parents/carers.

This course comprises of 14 hours virtual interactive sessions as well as research and other outside session obligations.

The course is aimed at professionals working with parents/carers and families who want to develop and facilitate effective groups for parents/carers.

This course is designed to provide participants with the knowledge and skills to competently facilitate a group of parents/carers.

This course explores:

- The philosophy of facilitating groups for parents/carers using a mindful, respectful and inclusive facilitation style
- The rationale for facilitating a parenting program and understanding the issues that parents face
- The practicalities of setting up a group for parents/carers
- Group dynamics, process, and facilitation

Acceptance to the course will be through an Expression of Interest process.

[**Express your interest here**](#)



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From industry leaders:

As someone who has worked with parent groups, I know that effective facilitation is about much more than delivering content. This training goes beyond theory, offering practical tools, experiential learning, and opportunities for reflection that help facilitators create inclusive, supportive spaces where parents can connect, learn, and feel heard.

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About the facilitators

This course is delivered by experienced parent group facilitators with a strong focus on the use of mindful, respectful and inclusive facilitation style. They will support participants to create safe, comfortable environments for parents/carers within the group environment.

Target audience

This course is designed for all professionals in the field of health, welfare, early childhood and education who work with families and want to facilitate groups for parents/carers.

On completion of this workshop participants will earn 24 CPD hours (14 hours virtual attendance/10 hours research tasks).

Learning outcomes

Participants will gain skills and knowledge in:

- Parenting/carer group session structure
- The principles of adult learning
- Stages of parent/carer group development
- Balancing content and process
- Dealing with different behaviours in the parent/carer group
- Facilitating alone and co facilitation
- Different methods of parent/carer group presentation
- Being able to plan, set up, resource and facilitate successful parent/carer groups
- Identifying facilitator roles and responsibilities
- Supporting effective communication within a parent/carer group

Prerequisite criteria

Being able to commit to:

- 14 hours, being 4 workshops x 3.5 hours each
- Completing journalling and homework tasks (between 8 and 12 hours)
- Completing an in-session presentation including preparation time

Some experience in group work (facilitating groups) would be an advantage but not essential.

Cost

\$1360 (payment plans available).

About Australian Childhood Foundation

Australian Childhood Foundation is the leader in driving collective change in the care and protection of children and young people, keeping them safe from harm and helping them heal in safe and loving relationships.

Contact us

Visit our [learn website](#) to view all training opportunities with Australian Childhood Foundation.



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