

Free parenting programs

See what's on in term 2 for parents & carers in Delahey, Kings Park & Ballarat



Our free, online programs help you to learn about emotional intelligence and build strong relationships with your children.

Emotional intelligence can help children, young people and adults to:

- build resilience
- cope better with life's ups and downs
- have reduced mental health difficulties
- improve relationships, including between children and parents.

Tuning in to Kids™

A free, 6-session program for parents/carers of children aged 3 to 10.

Learn how to understand your child's emotions and guide their behaviour with appropriate limits.

- Mondays, 7-8:30pm. 29 April to 3 June 2024.
- Online

Participant feedback:

'Our morning routine has been less chaotic. We're more aware of our emotions and their behaviours are much better.'



Circle of Security Parenting™

A free, 8-session program for parents/carers of children aged 0 to 6.

Learn how to recognise and understand your child's emotional needs.

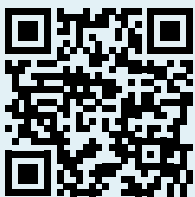
- Thursdays, 7-8:30pm. 2 May to 20 June 2024.
- Online

Participant feedback:

'I was able to implement changes in my approach immediately and noticed changes [with the kids] almost straight away.'



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Book online

Scan the QR code or visit rav.org.au/early-matters

Places are limited. If a group is fully booked, you will be added to the next available program in term 3.

Find out more

Email: earlymatters@rav.org.au

Ph: (03) 5337 9222 (Ballarat)

Ph: (03) 8311 9222 (Sunshine)

early matters is funded by the Australian Government Department of Social Services.

We acknowledge First Nations peoples as the Traditional Owners and Custodians of the lands and waterways of Australia and support their right to self-determination and culturally safe services.

We're committed to providing inclusive, safe and accessible services for all people.

