

# Term 3, 2024 programs

Free for parents and 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 (the ability to manage life's ups and downs)
- improve their mental health
- strengthen healthy family relationships.

### Tuning in to Kids®

**A 6-session program for parents and carers of children aged 3 to 10 years.**

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

Online on Mondays from 10-11:30am.

- 29 July
- 5 August
- 12 August
- 19 August
- 26 August
- 2 September.

It's important to attend all 6 sessions.

#### Participant feedback:

'Our morning routine has been less chaotic [since attending the group]. We're more aware of our emotions and their behaviours are much better.'



### Tuning in to Teens™

**A 6-session program for parents and carers of tweens and teens aged 10 to 16 years.**

Improve how you communicate and manage conflict with your young person.

Online on Mondays from 7-8:30pm:

- 29 July
- 5 August
- 12 August
- 19 August
- 26 August
- 2 September.

It's important to attend all 6 sessions.

#### Participant feedback:

'[After attending] I felt like I wasn't alone. We all have our challenges and I'd retreated into a corner thinking I was messing everything up, but then I realised I was okay.'



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Relationships Australia  
VICTORIA

early matters



## Circle of Security Parenting™

An 8-session program for parents and carers of children aged 6 years and younger.

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

### Participant feedback:

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



## Group 1 - Wednesday mornings

Delivered online from 10-11:30am:

- 17 July
- 24 July
- 31 July
- 7 August
- 14 August
- 21 August
- 28 August
- 4 September.

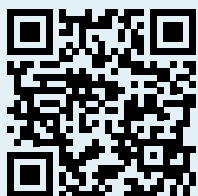
## Group 2 - Thursday evenings

Delivered online from 7-8:30pm:

- 25 July
- 1 August
- 8 August
- 15 August
- 22 August
- 29 August
- 5 September
- 12 September.

**Please note: Groups run separately.** It's important to attend all 8 sessions for either group 1 or group 2.

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## Book online

Scan the QR code or visit [rav.org.au/early-matters](https://rav.org.au/early-matters) to get started.

## Find out more

**Email:** [earlymatters@rav.org.au](mailto:earlymatters@rav.org.au)

**Ph:** (03) 5337 9222 (Ballarat)

**Ph:** (03) 8311 9222 (Sunshine)

Places are limited. If a group is fully booked, you'll be added to the next available program in term 4.

Relationships Australia Victoria is funded by the Australian Government Department of Social Services to provide early matters programs.

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.

