

Free, healthy relationships programs for families in Ballarat, Delahey and Kings Park.



## When relationships get stuck

We know there are times family relationships can get stuck. This often happens at big life stages such as:

- having a baby
- children starting kindergarten, or primary or high school
- separation or divorce
- becoming a stepfamily
- the death of a family member.

For all these adjustments, it's important to get support and talk things through early.

Our early matters programs are designed to enhance your parenting skills and promote child wellbeing and healthy, safe family relationships.

**'I feel like I have a mini epiphany every time I attend a session. It just makes so much sense.'**

- early matters client

## How we can help

### Parenting groups

We run a range of online and in-person groups. Learn more on page 2.

### Family support

We offer short-term support, in the home or online, to help with parenting challenges you're facing.

## Getting started

You don't need a referral for our services and we encourage you to get in touch with us using the contact details below.

When we first meet with you, we'll ask some questions about you and your family.

This helps us to make sure that early matters is the best option for you at this time. If early matters isn't appropriate for you, we can provide referrals to other services that might be helpful.



**Find out how we can support you**

**Visit:** [rav.org.au/early-matters](http://rav.org.au/early-matters)

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

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

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

# Parenting groups

**Our free programs can 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 and cope better with life's ups and downs. It can also help to reduce mental health difficulties and improve relationships, including between children and parents.



We run a range of face-to-face group programs in universal services. These include kindergartens, primary schools, hospitals, maternal and child health services, and play groups. We also provide some programs online.

## Tuning in to Kids®

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

- 6 sessions
- For parents/carers of children aged 3 to 10
- Available in English and Vietnamese

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

- Group participant

## Tuning in to Teens™

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

- 6 sessions
- For parents/carers of tweens and teenagers aged between 10 and 16

**'[After attending the group] 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.'**

- Group participant

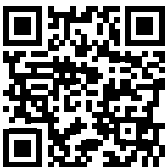
## Circle of Security Parenting™

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

- 8 sessions
- For parents/carers of children who are newborn up to age 6

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

- Group participant



**View our upcoming programs and express your interest**

**Visit:** [rav.org.au/early-matters](http://rav.org.au/early-matters)

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

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

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

