



Tuning in to Kids™ for Afghan Dads

A group for dads in the Cranbourne area to develop and enhance your parenting skills, focusing on building the relationship between you and your child.

Do you:

- have a connection to the Cranbourne area (place of residence, work, school or relatives), **and**
- have a child aged 12 or under?
- want to strengthen your parenting skills?
- have difficulty managing your child's behaviour?
- want to learn ways to better connect with your child?
- feel concerned about the level of conflict in your home?

This course teaches dads:

- to be aware and to regulate your own emotions
- to be aware of your child's emotions
- to use your child's emotional experiences as an opportunity for closeness and teaching
- skills to help your child verbally name their emotions
- skills to help your child to problem-solve
- to guide your child's behaviour with appropriate limits.

Please note: Only parents attend this program. Children cannot be accommodated in groups.

This group is for

Afghan dads in the Cranbourne area with children aged 12 and under. This group is delivered by Afghan facilitators who are fluent in several Afghan dialects.

When?

Six sessions from 6pm to 8pm on Wednesdays in Term 1, 2022:

- 23 February, 2 March, 9 March,
- 16 March, 23 March, 30 March.

Where?

Online via Zoom. More information will be provided when you register.

Cost

Free of charge.
(Bookings essential as places are limited).

Express your interest

Before you start the group, you will need to attend a brief assessment, on a Saturday, to confirm that this group is suitable for your circumstances.

Contact our Cranbourne Centre to get started:

- (03) 5990 1900
- cranbourne@rav.org.au

Tuning in to Kids™ is provided by Relationships Australia Victoria.

The Communities for Children Initiative in Cranbourne is supported by the Australian Government. Visit www.rav.org.au to learn more.

We acknowledge the Aboriginal and Torres Strait Islander peoples as the Traditional Owners of the lands and waterways of Australia.

We support Aboriginal people's right to self-determination and culturally safe services.

