

Tuning in to Kids® for Afghan Women



A FREE, 8-session group for Afghan women to develop and enhance your parenting skills, focusing on building your relationship with your children.

Do you:

- have difficulty managing your child's behaviour?
- want to strengthen your parenting skills?
- want to learn ways to better connect with your child?
- feel concerned about conflict in your home?
- want to meet and connect with other Afghan women?

In this program, we'll talk about:

- emotional intelligence and why it's important
- how to maintain important cultural values whilst also incorporating new parenting ideas and research
- the 5 steps of emotion coaching
- our family experiences and how they might influence how we parent our children
- different parenting styles
- anger and conflict management
- problem solving
- emotional self-care.

Who can attend?

We're funded to provide this program for Afghan women with children aged 12 years and under and a connection to any of the following areas:

- City of Boroondara
- Shire of Cardinia
- City of Casey
- Greater Dandenong City
- City of Hobsons Bay
- City of Keilor
- City of Brimbank
- City of Manningham
- City of Melbourne
- Melton
- Bacchus Marsh
- City of Monash
- City of Greater Shepparton.

This group is facilitated by Afghan women who are fluent in several Afghan dialects.

Parents are able to attend this group with babies and pre-school children. Child care and refreshments will be provided.

When

8 x weekly, 3-hour sessions.
9:30am -12:30pm, starting on Tuesday 29 April.

Where

Clyde Township Family and Community Centre
45 Valetta Street Clyde, VIC 3978

Cost

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

More information

To express your interest in upcoming groups or to find out more, contact our Cranbourne Centre:

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



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