

# Community Recovery Services



**Royal Far West**  
Children's health. country-wide

## FREE Online Parenting Programs

Do you want to help your child manage strong feelings like worry, frustration and anger?

Do you want to better understand your child's behaviour?

Meet other parents and carers and talk about your strengths and challenges together.



### What is Circle of Security®?

An evidence-based program to help parents better understand and meet children's emotional needs.

Best suited for parents/carers of children aged

1-6 yrs although beneficial for all ages.

[www.circleofsecurityinternational.com](http://www.circleofsecurityinternational.com)

### What is Tuning in to Kids®?

An evidenced based, emotion focused parenting course that helps parents/carers to recognise, understand and manage their children's emotions.

Best suited for parents/carers of children aged 3-12 yrs.

[www.tuningintokids.org.au/parents](http://www.tuningintokids.org.au/parents)

### Who is it for?

Parents/carers living in the following NSW LGAs: *Cabonne, Cootamundra-Gundagai, Dubbo, Forbes, Gunnedah, Snowy Valleys, Glen Ines, Severn, Snowy Monaro*

### Where?

Online via Zoom. Access to stable internet, a computer/device, and a private space will be required.

### When?

Tuning in to Kids: 10am - 12 pm, Wed 22<sup>nd</sup> Oct to 3<sup>rd</sup> Dec (weekly 2hr sessions for 7 wks)

Circle of Security: 10am-12pm, Wed 15<sup>th</sup> Oct to 3<sup>rd</sup> Dec (weekly 2 hr sessions for 8 wks)

### Book now:

Email or call our team to register your interest. [community.recovery@royalfarwest.org.au](mailto:community.recovery@royalfarwest.org.au) or (02) 8622 6808

*"I am so incredibly grateful for this course!"*

*I couldn't be more thankful for my learning and the strategies that are making an amazing difference with both my boys" - Parent*

Funded by the Australian and NSW Government



Australian Government



NSW GOVERNMENT

Funded under the Disaster Ready Fund - an Australian Government initiative. This program currently receives funding from the Australian Government and the NSW Government.