

Parenting Riverina

Community Programs – Term 4, 2025

Albury

21 & 22 October

Mental Health First Aid

Teaches community members how to identify warning signs of a mental health problem or mental health crisis, how to support someone experiencing a mental health crisis, and how and when to refer to appropriate services.

Albury

Tuesday 18 & 25 November

Circle of Security

Focuses on how parents and carers can identify the needs underlying children's challenging behaviour and how to meet those needs in a way that promotes a healthy attachment between parent and child.

Cootamundra

Thursday 6 & 13 November

Circle of Security

Focuses on how parents and carers can identify the needs underlying children's challenging behaviour and how to meet those needs in a way that promotes a healthy attachment between parent and child.

Leeton

Wednesday 19 & 26 November

1-2-3 Magic and Emotion Coaching

A simple method to manage challenging behaviour in children aged 2-12 years old using an easy-to-remember technique. Learn how to encourage positive behaviour and reduce arguments.

Wagga Wagga

Wednesday 3 & 10 December

Circle of Security

Focuses on how parents and carers can identify the needs underlying children's challenging behaviour and how to meet those needs in a way that promotes a healthy attachment between parent and child.

Online

Wednesday 3 & 10 December

Parenting a Child With ADHD

A supportive group for parents who have a child with ADHD. The program covers understanding of ADHD, how to manage behaviours, how to support your child at school, and how to prevent problems from arising.

Please contact ParentingRiverina@MissionAustralia.com.au to register or for further information