



Circle of Security

At times, every parent feels uncertain about what their child truly needs. Imagine the confidence of understanding what your child is really asking from you.

The Circle of Security Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

Learning objectives of the program:

- Understanding your child's emotional world by learning to read their emotional needs.
- Supporting your child's ability to successfully manage emotions.
- Enhancing your child's self esteem.
- Honouring your innate wisdom and desire for your child to be secure.

Where:

Sessions will be held via telehealth.

When:

- 10 week parenting reflection program beginning 30th April 2025
- Wednesdays- 10-11.30 OR Thursdays- 5-6.30pm (day will be confirmed based on majority families preferences)
- Cost includes hard copy of resources including a reflection journal

Duration:

90minutes

Cost:

\$751.70 for the term plus one off fee of \$44.75 for resources

Next steps

Click [here](#) to register your interest to participate in this group or use the QR link.

We will require minimum of 4 families to participate to go ahead with the program

We will confirm dates and times once we have reached the minimum capacity to run the program.



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