

Circle of Security Parenting



Circle of Security is a parenting program to help you build a strong and healthy relationship with your child!

Would you like to:

- Better understand your children's needs?
- Encourage your children to feel safe and secure?
- Feel more confident as a parent?

Circle of Security Parenting focuses on building secure relationships with children, and has implications for other close relationships in our lives.

Circle of Security Parenting provides a roadmap for parents to look beyond their child's behaviours and understand how to meet the underlying needs being expressed.

Using a combination of video clips and small group discussions, this group assists caregivers to become more attuned to their children's emotional needs and increases participants' understanding of children's behaviour. Learn more about how to identify your children's needs and promote secure attachment in your children!

FREE !
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FREE
CHILDCARE

25 July — 12 Sep 2023

Every Tuesday for 8 weeks

10am — 12noon

**16 Shortland St, Telopea
NSW 2117**

Registration is essential

Contact:

Tara 0438 289 159

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or complete the online
Expression of Interest form
at [https://
forms.office.com/r/
jF57Rgmf6y](https://forms.office.com/r/jF57Rgmf6y)