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# CIRCLE OF SECURITY PARENTING

(ABBREVIATED)

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At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was 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:

- Understand your child's emotional world by learning to read their emotional needs
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self esteem
- Honour your innate wisdom and desire for your child to be secure
- The program is aimed at parents with children aged 0-6 but may also help with older children



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**Bookings essential  
call 1300 473 528**

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## WEDNESDAYS

5:30 pm - 7:30 pm

**from 19 February to  
26 March 2025**

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## VENUE

Level 3, Suite 301  
304-318 Kingsway, Caringbah

**6 sessions** to be attended  
*(Intake appointment required)*

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## COST

\$25 per session (or \$15 concession)  
Total \$150 (or \$90 concession)  
Pre-payment requested