



# CIRCLE OF SECURITY

(Abbreviated)

Delivered Face to Face

Circle of Security (Abbrev) is a program designed for parents and carers of children aged 0-12 years who want to strengthen the bonds with their children and would like support to help their children to build secure relationships.

Participants are encouraged to look beyond their children's behaviour to identify and respond to the emotional needs to help prevent issues in the family.

Over the course of the program, participants gain a new understanding of how they can strengthen the bonds with their children, in turn helping them to feel secure.

**Throughout this program, participants will:**

- Understand their child's emotional world
- Learn to 'read' their child's emotional needs
- Support their child's ability to successfully manage their emotions
- Enhance the development of their child's self-esteem



**BOOKINGS ESSENTIAL**

limited numbers

**call 8522 4400**

(Intake appointment required)

**FRIDAYS**

**from 20 February to 27 March 2026**

10:00 AM - 12:00 PM

**VENUE**

Level 3, Suite 301

304-318 Kingsway, Caringbah

**COST**

\$25 per session (or \$15 concession)

Total \$150 (or \$90 concession)

Pre-payment requested

**Scan the QR code  
to discover more  
about the course**

