



CIRCLE OF SECURITY

(Abbreviated)

Delivered online by ZOOM

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)

TUESDAYS

from **17 February to 24 March 2026**

5:30 PM - 7:30 PM

Facilitated by ZOOM

6 sessions to be attended

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

