

FREE

CIRCLE OF SECURITY INTRODUCTORY SESSION

Are you a parent or carer of a child aged 0 - 12 and interested in learning more about the Circle of Security parenting program?

Interrelate, together with Jacaranda Women's Hub are pleased to present this introductory session

What is Circle of Security?

Circle of Security is a practical, evidence-based framework that helps parents:

- Understand their child's emotional world
- Support their child's ability to manage emotions
- Enhance the parent-child bond
- Promote secure attachment and resilience

Whether you're navigating tantrums, transitions, or just want to deepen your connection with your child, this session will **introduce the concepts of the Circle of Security framework.**

1300 473 528
interrelate.org.au



FREE introductory session Circle of Security

Tuesday 10th March 2026
10.00am - 12:00 pm

Being held on site at
Jacaranda Women's Hub
21A Dalley Avenue Pagewood

This free session will be run by a Family Therapist from **Interrelate** - a not-for-profit organisation that specialises in supporting people with healthy relationships, family wellbeing, and related life challenges.

Please call Interrelate on **8575 4400** for enquiries and to register for this session