

FREE

CIRCLE OF SECURITY INTRODUCTORY SESSION

Are you a parent or carer of a child aged 0 - 9 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.

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**.

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

1300 473 528
interrelate.org.au



FREE introductory session of Circle of Security - registration required

Thursday 30th April 2026
10.00am - 11:30 am

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 **8522 4400** for enquiries and to register for this session