



# Circle of Security

Circle of Security 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



## Cost

\$150\*

\*Cost of course varies depending on duration. Final cost is confirmed with your booking. Concessions or reduced cost options available for selected course times.



## What

2 hr sessions x 6 weeks



## When

Mondays

19 October to 23 November

12:30 pm – 2:30 pm



## Where

Facilitated via ZOOM



Have a chat with us to book or enquire about this course **8522 4400**



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## Services offered

- Online
- In-person



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