



# Circle of Security

## About Circle of Security

At times we can all feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

### What you will learn over the 8 week course:

- To understand your child's emotional world by learning to read the emotional needs
- To support your child's ability to successfully manage emotions
- To enhance the development of your child's self esteem
- To honour your innate wisdom and desire for your child to be secure

## Details

**Who:** For parents living in the Western suburbs of Melbourne with children Birth to 6 yrs

**Cost:** Free

**When:** 8 x Mondays 10am to 12pm, 27th April to 1st June 2026

**Where:** 118 Commercial Road, Footscray, VIC (Mackillop Family Services office)

### What's included:

- Refreshments provided
- On-site child minding available so you can fully participate in the sessions

## Contact us

Register online today via the website or scanning the QR code.

 [www.mackillop.org.au/parenting-education](http://www.mackillop.org.au/parenting-education)

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