



Secure Connections.

Building strong parent-child bonds

Presented by Frances Bilbao, Clinical Psychologist and founder of Mums Matter Psychology group

Join us for an insightful information session exploring how the Circle of Security framework and Gottman Emotion Coaching can empower parents and carers to nurture secure attachments with their children.

This session covers:

- Practical tools to understand your child's emotional needs
- How to respond with sensitivity
- Strengthening your bond

Whether you're navigating tantrums or fostering resilience, this session offers evidence-based strategies to support your parenting journey and help your child thrive emotionally.

When: Wednesday 26 August 2026 @ 12pm

Where: Online via Zoom

To register: Visit our website via the QR code or the link below

<https://www.yarracity.vic.gov.au/residents/child-youth-and-family-services/family-and-children/parenting-and-support-services>



Contact us

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National Relay Service

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Languages

العربية 9280 1930

中文 9280 1937

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Italiano 9280 1931

Español 9280 1935

Tiếng Việt 9280 1939

Other 9280 1940

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