



Circle of Security

About

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 6 months to 6 yrs

Cost? Free

When? 8 x Thursdays 10am to 12pm, 25th July to 12th September 2024

Where? Carlton Baths, 216/248 Rathdowne St, Carlton VIC 3053

Free child minding on site available. Babes in arms also more than welcome!

Contact:

Register online today via the website or scanning the QR code



www.mackillop.org.au/parenting-education

☎ 0418 167 791

