



Circle of Security® Parenting Program



All children want to feel loved and safe. The Circle Of Security® parenting program has been developed with decades of evidence on ways to strengthen secure parent-child relationships.

The program supports parents to provide children with the confidence and freedom to explore their world while feeling a sense of comfort and security. The program assists parents to see behaviour as communication rather than a problem.

Experienced and trained Circle Of Security® Family Life practitioners will facilitate the group sessions.

The Circle Of Security® parenting program will help you:

- Support your child's self esteem
- Tune in to your child's world by reading important cues
- Understand your child's emotional needs
- Connect with your child and enjoy being in the moment
- Strengthen your bond and attachment with your child

Where: Online via Zoom

When: Wednesdays, 31st July - 11th September 2024

Attendance at all sessions is essential

Time: 10:30am to 12:30pm

Cost: FREE

Suitable for: Parents with children aged 0 - 5 years

Eligibility: Families residing within the Bayside Peninsula region

To register for the group, follow the link to fill in the referral form. Under "Get Support" select "Parents & Families" and then select "Parenting Programs: Circle of Security"



<https://www.familylife.com.au/support/request-for-support-with-family-life/>



For further information please contact:

(03) 8599 5433 or @ briefsupport@familylife.com.au www.familylife.com.au

