



STARTS
TUESDAY
**15th
Feb**

Circle of

Security

RELATIONSHIP BASED
PARENTING PROGRAM

At times all parents 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 helps you learn how secure parent-child relationships can be supported and strengthened in a small, supportive group environment

- ▶ Understand your child's emotional world by learning to read emotional needs
- ▶ Support your child's ability to successfully manage emotions
- ▶ Enhance the development of your child's self esteem
- ▶ Held weekly on **Tuesdays** from **10am to 12noon** over **8 weeks**. Bookings essential, no cost

Facilitated by Tracey Farrell and Liz Smith
For bookings or more information, please call (03) 5485 5800



Echuca Regional Health

WELLBEING & PRIMARY
MENTAL HEALTH DEPARTMENT