

Circle of Security Parenting™ Program

Sebastopol



At times all parents feel lost or without a clue about what our child might need from us. Imagine how it might feel 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 this group can help with

In this program, we'll support you to:

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

Who can attend

Parents and carers of children aged 3-10 years.

Please note that children can't attend the program with you.

What to expect

Facilitators with parenting expertise deliver this program. You'll learn about the topics above in a small group with other parents.

Group details

Length: 8 x weekly 1.5-hour group sessions

Dates: Tuesdays
April 28; May 5, 12, 19, 26;
June 2, 12, 29

Time: 10 - 11:30am

Location: Vickers Street Community Hub,
254-256 Vickers Street, Sebastopol

Cost

Free of charge. It's important to register.

Register your interest

Visit <https://forms.office.com/r/wvQv4gs3Ai> or scan the QR code



To find out more, visit Emily, Social Connector on Wednesdays at the Vickers Street Community Hub, email earlymatters@rav.org.au or call (03) 5337 9222.



Relationships Australia Victoria's early matters program is funded by the Australian Government Department of Social Services. Visit www.rav.org.au/early-matters for more information.

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We acknowledge First Nations peoples as the Traditional Owners and Custodians of the lands and waterways of Australia and support their right to self-determination and culturally safe services.

We're committed to providing safe, inclusive and accessible services for all people.

