

Circle of Security

Circle of Security is a free, group program that helps parents to make sense of what their child is really asking and needing from them.

About the program

Circle of Security is a free parenting program, designed to help parents to understand their child's behaviour and to build and strengthen a secure relationship with their child.

Decades of university-based research have confirmed that secure children exhibit increased empathy, greater self-esteem, better relationships with parents and peers, enhanced school readiness, and an increased capacity to handle emotions more effectively when compared with children who are not secure.

Benefits of this program

- Ways to enhance the development of your child's self-esteem, trust and sense of security.
- Supporting the creation of a secure base from which your child feels able to explore their world, knowing there is a safe haven to return to.
- Strategies to build confidence as a parent so that you can enjoy parenting and take on new challenges along the way.

Who can access this program

Parents of children aged 0-5 years, residing in the north east of Melbourne are very welcome to participate.

Program information

Circle of Security is a free program running over 8 consecutive sessions.

New group commences

Thursday 5 May 2022, 10am - 12pm

Location

Boori Children's Services
Maternal & Child Health Centre
21a Winchester Ave, Epping

For all enquiries please contact

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