

PARENTING PROGRAM: Circle of Security

This 8 week program is for parents and carers with children aged from 0 – 12 years.

Circle of Security explores relationships and considers how to support a child's sense of security.

Children who are secure exhibit:

- Increased empathy
- Greater self esteem
- Better relationships with parents and peers
- Enhanced school readiness
- An increased capacity to handle emotions

The program supports parents to look beyond a child's behaviour and identify the relationship need.



DATES: Wednesdays 14th October – 2nd December (8 weeks)

COST: **FREE**

TIME: 9:30am – 12pm

LOCATION: Online – Details given when registered

CALL: Relationships Australia Blacktown to make a booking on ph: (02) **8811 0000**.