



Circle of Security

Connection only happens when a child feels secure

Being a parent can be hard work and sometimes we all need some extra help and support.

The Circle of Security program is a parenting program designed to strengthen the relationship between the child and parent/caregiver, through enhanced attachment security.

It is an evidence-based relationships program, which teaches parents & caregivers new ways to understand a child's needs and behaviours and learn effective ways to respond.

Through focussing on building healthy family relationships, the program enables positive parental development and enhances a child's sense of security and self-esteem.



8 week program



**Childcare Available
(Limited Spaces)**



**Strengthening
Relationships**