



Circles Of Security

Circles of Security parenting looks at how parents can build their relationship with their children and enhance attachment, trust and a sense of safety.

Parents can learn ways to enhance the development of their child's self-esteem, trust, and feelings of security.

You can support 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.

Research shows that the more secure children are, the more they are able to feel happier, have lasting friendships, have higher self esteem and trust themselves and the people they love.

When:

**Tuesdays (8 evening sessions)
8th February- 29th March 2022**

Time:

7.00pm - 9.00pm

Who:

**For parents and carers of children
aged up to 6 years**

Where:

Online - VIA ZOOM

Free of charge (Bookings essential)

Bookings or Questions:

**Call Julia on 9721 3629
or 0400 866 495**

PARENTZONE