



Circle of Security®



All children want to feel loved and safe. The Circle Of Security® parenting program has been developed with decades of evidence on ways to strengthen secure caregiver-child relationships.

The program supports caregivers to provide children with the confidence and freedom to explore their world while feeling a sense of comfort and security. The program assists caregivers to see behaviour as communication rather than a problem. Experienced and trained Circle Of Security® Family Life practitioners will facilitate the group sessions.

Suitable for: Caregivers of children aged 0 – 5 years. Please note this group is for caregivers only, and not suitable for children to attend.

The Circle Of Security® parenting program will help you:

- Support your child's self esteem
- Tune in to your child's world by reading important cues
- Understand your child's emotional needs
- Connect with your child and enjoy being in the moment
- Strengthen your bond and attachment with your child

For further information please contact:

 (03) 8599 5433 or www.familylife.com.au

