



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.

**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

**Where:** online (via Zoom)

**When:** 29th April - 3rd June 2026

**Time:** Wednesday, 10:30am - 12:30pm

**Cost:** FREE

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

**Registration:**

To register for the group, [click this link](#) or scan the QR code and complete our Request for Support Form. Under 'Get Support' select 'Parents and Families', then select 'Circle of Security'.



**For further information please contact:**

 (03) 8599 5433 or [www.familylife.com.au](http://www.familylife.com.au)

