



Circle of Security® PARENTING SERIES

Supporting the emotional development of our babies & children

At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security® Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

Learning Objectives of the Training:

- **Understand your child's emotional world by learning to read their emotional needs**
 - **Support your child's ability to successfully manage emotions**
 - **Enhance the development of your child's self esteem**
- **Honor your innate wisdom and desire for your child to be secure**

When: This course will commence on Weds 6th March & will run for 8 wks, concluding 24th April
Times: 10am – 12.30pm

Facilitated by: Amanda Worrall (perinatal mental health service) and Stephanie Gaynor (child and family health service)

Sorry no toddlers, this can be too distracting for the group. Babies that can be held can attend if no comfortable alternative available.

How to apply: Contact Flynn drive clinic on 89516711.
There are limited places so please register early (there is no charge☺)
You will then be contacted by one of the facilitators.