



Circle of Security - Parenting™ - Term 4 2023

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 outcomes:

- 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
- Honour your innate wisdom and desire for your child to be secure

Please note: Commitment to attending ALL sessions is expected. This is not a counselling or behavioural management course for children.

When:

Wednesdays 18th October - 6th December 2023

Week 1: 18th October 2023

Week 2: 25th October 2023

Week 3: 1st November 2023

Week 4: 8th November 2023

Week 5: 15th November 2023

Week 6: 22nd November 2023

Week 7: 29th November 2023

Week 8: 6th December 2023

Time:

10am - 12pm

Where:

Cranebrook Neighbourhood Centre,
Hosking Street, Cranebrook, NSW 2749

Childcare available.

PLACES LIMITED. REGISTRATION ESSENTIAL.

Contact Sussan for all enquiries on 0437 699 019 or parenting@nepeancommunity.org.au



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