

# Circle of Security Parenting



## A Relationship Based EIGHT Week Day Group Program

### What is the program about?

Circle of Security Parenting is based on decades of research about how secure parent-child relationships can be supported and strengthened. This unique approach provides parents with new ways to understand and respond to their children's needs and behaviour.

### What are the benefits for you?

- Facilitated by an accredited therapist in a supportive environment.
- Parents will have an opportunity to increase their capacity to recognise and sensitively respond to their child's needs, so they are calmer and more co-operative.
- Parents will have the opportunity to enhance their child's self-esteem.
- Parents will have the opportunity to get support in a process of reflective dialogue to explore both their strengths and challenges in parenting,
- Parents will have the opportunity to explore how these challenges developed in parenting and how to transform them.
- It is a closed group that will be building from week to week so commitment to attend is essential.
- The group program, childcare and morning tea are provided at no charge.

### Where?

St Andrews Anglican Church Hall (Please use the back lower entrance into the hall)  
2 Henson Street, Summer Hill NSW 2130

### When does it start?

The group will commence Thursday 3 August 2017 from 10 am to 12 pm and repeat weekly until Thursday 21 September 2017.

**Enquiries & Bookings Essential:** Patricia on 0433069974 or Joanna on (02) 97870827

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