

Why is this Program Important?

This program will help you understand your child and how to provide them with a secure relationship, the cornerstone of emotional security.

Research shows that children who are secure:

- enjoy more happiness with their parents
- feel less anger at their parents
- turn to their parents for help when in trouble
- solve problems on their own
- trust the people they love



Referral

Referral to the programme can be made directly to:

RelateWell;

Phone: 03 9354 8854

Fax: 03 9354 8860

Email: relate@relatewell.org.au

Complete

Completed referral forms can be emailed to RelateWell

Circle of Security
Parenting Program
Term 3-2022



RelateWell
family relationships institute

Circle of Security Parenting Program



An eight week free learning programme for parents who want to understand and respond to their children's needs more effectively.



Parenting becomes more enjoyable and less stressful.



Who is the program for?

- Parents/guardian with a child from 1 to 6 years, concerned about their relationship with their child, and/or their behaviour.
- Parents that want to support their child's ability to successfully manage emotions and enhance the development of their child's self esteem.
- Parents with a desire to explore the emotional life of their children.
- Parents who have had depression and/or other mental health issues and are concerned about the impact on their infant/ child.



Location



RelateWell Centre

Level 1, Suite 102,
398 Sydney Road, Coburg Vic 3058
(entry via Page Street)
Phone: 03 9354 8854
Fax: 03 9354 8860
Email: relate@relatewell.org.au

2022 Term 3 Dates

Introductory/Session1: Thursday 14th July
Welcom to Circle of Security Parenting

Session2: Thursday 21st July:
Exploring our children's needs all the way around the circle

Session 3: Thursday 28th July
"Being with" on the Circle

Session 4: Thursday 4th August:
"Being with" infants on the Circle

Session 5: Thursday 11th August:
The Path to Security

Session 6: Thursday 18th August:
Exploring our struggles

Session 7: Thursday 25th August:
Rupture and Repair.

Session 8: Thursday 1st September:
Summary and Celebration

Time

Thursdays: 11am to 12Midday

Arrive at 10:30am to 10:45am for 11am start
❖ Coffee and Tea provided
Finish between 12:00pm to 12:15pm