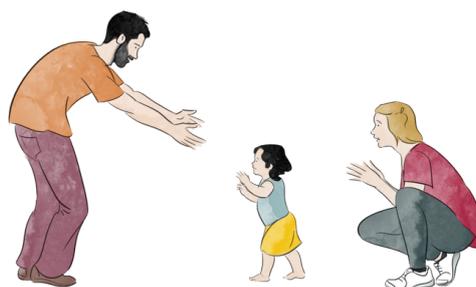# Parenting Program

Circle of Security
Monday

An evidence-based program that supports and strengthens child-parent relationships.

Circle of Security is an evidence-based program that supports and strengthens child-parent relationships. Research shows that children who experience a secure relationship with at least one parent have better health, stronger relationships and better educational outcomes into their future.

In this program, you'll learn to:

- Understand your child's emotional world by learning to recognize their emotional needs.
- Support your child in managing their emotions.
- Build your child's self-esteem.
- Honor your inner wisdom and your desire to make your child feel safe and secure.

Learn more about the Circle of Security program.

Cost
Free

Date and time
Weekly online sessions; Eight sessions, 2 hours each
Attendance at all sessions is required.
From Monday 4 May to Monday 22 June 2026,
7.30 pm to 9.30 pm AEST/ NSW, ACT, VIC and TAS
Please adjust for your time zone if needed.

Location
Online via Zoom.
Join us from anywhere in Australia!

This program is for
Parents, carers, and family members of children aged 0-12 years.
While the Circle of Security is not a disability-specific program, it will help families apply the approach to their child's unique needs.

Contact details
For more information, please feel free to contact Mana, Parent Learning Manager, at mana@plumtree.org.au

Secure your spot now

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