

## Circle of Security Friday daytime

**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 across eight weeks.

Each session is 2 hours, and attending all sessions is required.

From Friday 7 August to Friday 25 September 2026,  
10 am to 12 pm AEST/ NSW, ACT, VIC and TAS

Please [adjust for your own 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](mailto:mana@plumtree.org.au)

Secure your spot now

