

Circle of Security

for dads and male carers

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.

Tuesdays, 20 October to 8 December 2026

7.30 pm to 9.30 pm ([NSW](#), [ACT](#), [VIC](#) and [TAS](#)).

Location

Online via Zoom.

Join us from anywhere in Australia!

This program is for

Fathers and other male primary carers 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

