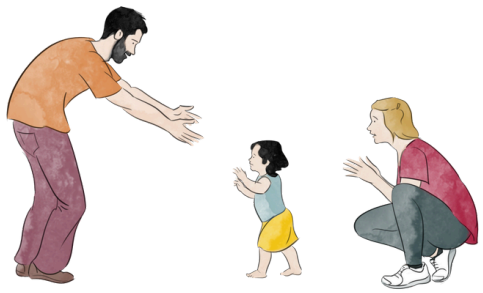
Circle of Security

Tuesday



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, 9 February to 30 March 2027
7.30 pm to 9.30 pm*
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

Secure your spot now

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Plumtree Children's Services
Yabsley Avenue, Jarvie Park
Marrickville NSW 2204
Phone: 02 9572 8840

Email: info@plumtree.org.au
www.plumtree.org.au
ABN 62 664 994 050
CFN 11220