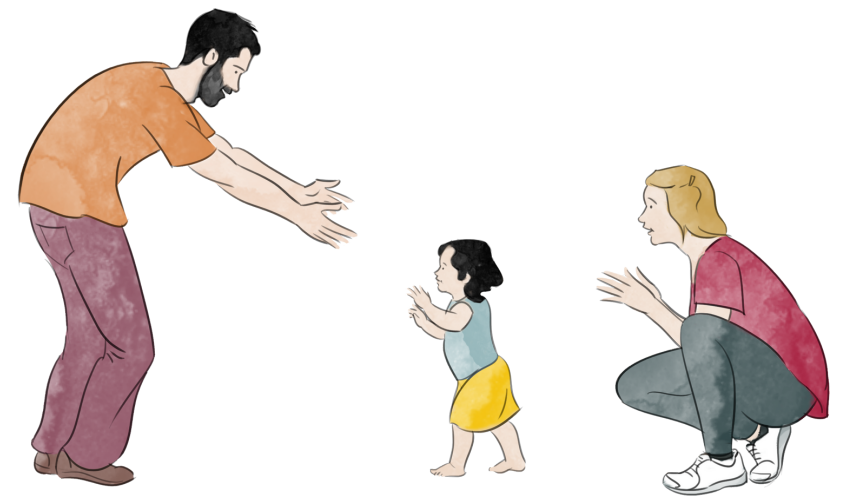


## Circle of Security



**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.

While this is not a disability-specific program, it will provide families with an opportunity to use the Circle of Security approach for your child's specific needs. It will also provide parents with a basic understanding of Attachment Theory and the vital role a parent has in creating a base from which emotional intelligence can flourish.

Learn about:

- Your child's emotional world by learning to read their emotional needs
- How to support your child to successfully manage their emotions
- Developing your child's self-esteem
- How to honour our innate wisdom and desire for your child to be secure.

### Cost

Free

### Date and time

8 weekly 2-hour sessions; 2 hours each from Monday 7 February to Monday 28 March 2022  
7.30pm to 9.30pm AEDT/Sydney time

RSVP by Sunday 30 January 2022

### Location

Online via Zoom

### Age Focus

For parents, family members and primary carers of children aged 0-12 years old  
Priority will be given to families of children with disability or developmental delays.

### More Info

If you would like to discuss this program further, please feel free to contact Mana at [mana@plumtree.org.au](mailto:mana@plumtree.org.au)

**Register your interest**

[plumtree.org.au/event/circle-of-security-t12022](http://plumtree.org.au/event/circle-of-security-t12022)



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