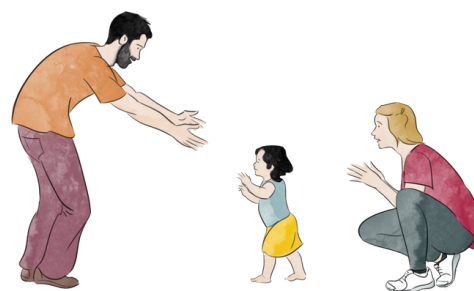


# Circle of Security

## Wednesday evening



**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.

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.

While Circle of Security is not a disability-specific program, it will allow families to use the approach to their child's specific needs.

### Cost

Free

### Date and time

8 x weekly online sessions; 2 hours each  
From Wed 23 October to Wed 11 December  
7.30pm to 9.30pm\* AEST/NSW time

\*Make sure to adjust to your time zone

### Location

Online via Zoom

### This program is for

All parents and caregivers of children aged 0-12 years old

### 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

[www.plumtree/event/circle-of-security/wednesday](http://www.plumtree/event/circle-of-security/wednesday)



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