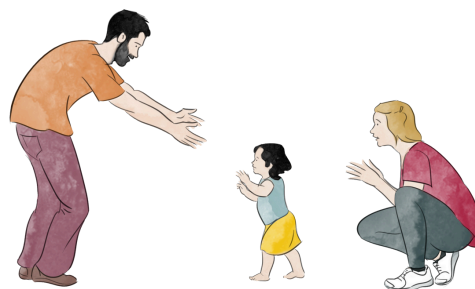


## Circle of Security Monday



**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

8 weekly online sessions; 2 hours each  
From Monday 5 May to Monday 30 June,  
7.30 pm to 9.30 pm AEST/NSW time  
Parents/carers must attend all sessions.  
[Please adjust for your time zone](#) if necessary

### Location

Online via Zoom

### 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**

