

Circle of Security



Do you want your child to have empathy, greater self esteem and be better able to handle their emotions

WHAT'S THE COURSE ABOUT?

Circle of Security is designed for parents of children 0-5 to develop their connection and relationship with each other.

WHAT CAN YOU EXPECT?

Through the DVD, group discussions and reflective moments we will explore:

- 'All my child needs is for me to be good enough'. This means there is room to make mistakes in parenting.
- 'It's never too late'. As I'm learning new ways of parenting, good things will happen for both me and my child.

WHAT WILL YOU LEARN?

Through an 8 week course, parents will learn how to identify their children's emotional needs and respond to their behaviour in ways which result in greater resilience, better relationships and improved self-esteem.

WHAT PEOPLE ARE SAYING ABOUT THE COURSE

"Understanding my child's needs more fully and being more confident to identify their cues and act on them is tenfold."

"Great program, I've got so much out of it".

The course runs for eight weeks for two hours each week.

COST: \$40

CONTACT:

Bookings are essential

For further information on any of our courses or workshops please call 9am-12.30pm, Monday to Friday (07) 5524 8711 or ask at reception.

For more information on the course program go to www.thefamilycentre.org.au

Child minding is available upon request.