



# Circle of Security

Parenting series for Parents or Caregivers of children up to 18 years of age.

Sometimes, you might feel lost or confused about what your child needs from you. This parenting program will help you to make sense of what your child is really asking from you, and how to strengthen the parent-child relationship.

What you will learn:

- Understand your child's emotional world.
- Support your child's ability to manage emotions.
- Enhance your child's self-esteem.
- Ensure your child feels secure.



8-week Program

## IN PERSON

Every Wednesday  
5th February 2025 – 26th March 2025

Times: 10 AM – 12:30 PM

Cost: \$105 (\$5 for concession card holders)

Bookings are essential.

A certificate of attendance is issued on completion of the course.

Call now at 📞 (02) 8843 2500 OR ✉ Email [enquiries@catholiccarewsbm.org.au](mailto:enquiries@catholiccarewsbm.org.au)