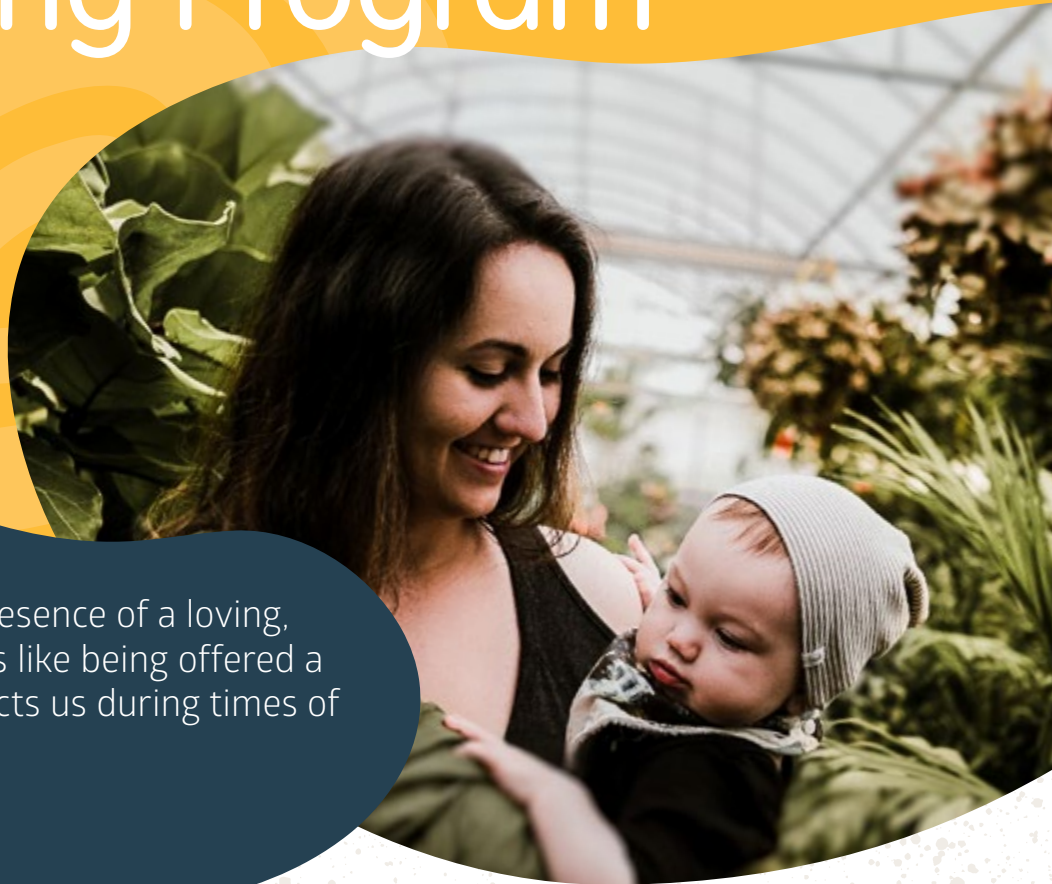


# Circle of Security Parenting Program



“Feeling secure in the presence of a loving, dependable caregiver is like being offered a second skin that protects us during times of stress”

Cooper, G; Hoffman, K; Powell, B.

**Thursdays,  
9th May - 27th June**

**Time** 5.30pm - 7pm

**Venue**  
Gowrie SA  
43 Dew Street  
Thebarton

**Cost**  
\$200 per participant/  
\$350 per couple

**For enquiries & bookings**

p: (08) 8234 5219

e: [train@gowriesa.org.au](mailto:train@gowriesa.org.au)

## Join us for an 8 week parenting program

This 8 week course translates attachment theory in an accessible way for families, using group discussion and DVD examples. Circle of Security Parenting provides a roadmap to assist adults build stronger relationships with their children. The program is particularly valuable when family members participate together.

### Covering a range of topics including:

- How to interpret and understand your child's behaviour
- How to help your child organise their feelings
- How to help your child feel secure in their relationships
- How to help you discover the strengths in your child and in yourself
- How to navigate your way in your role as a parent when times are tough
- How to support your child in managing difficult behaviours, tantrums and meltdowns
- How to approach and assist your child and yourself with the above.



Visit:  
[gowriesa.org.au](http://gowriesa.org.au)  
f /gowriesa