



Come and join us for a **FREE 8 week** parenting program

Circle of Security Parenting

Thursdays, 7th February - 28th March 2019

Days: Thursdays
Time: 1pm - 2.30pm
Venue: Whyalla Public Library, Ekblom Street, Whyalla Norrie
Cost: FREE

This 8-week program runs for one-and-a-half hours each week and offers the core components of the Circle of Security Parenting program.

Circle of Security Parenting provides a practical roadmap to assist adults in building stronger relationships with their children.

This course will cover 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 your child engage more in play and learning
- How to navigate your way in your role as a parent when times are tough
- How to support your child in managing difficult behaviours e.g. tantrums, attention seeking, being clingy.

**There will be a crèche available for this group.
Refreshments will be provided.**

For enquiries and bookings please contact:

Carmen: 0481 441 122

**"It's never too late.
As we are learning
new ways of parenting,
good things will happen
for both us and our
children."**

Circle of Security Parenting

www.gowriesa.org.au
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**MISSION
AUSTRALIA** | together
we stand

Gowrie
South Australia