



Join us for an **8 week** parenting program:  
**Circle of Security Parenting** *for Fathers*

*New programs - we are taking bookings for 2019 sessions now:*

**Wednesdays, 13th February - 3rd April 2019**  
6pm - 7.30pm  
Renown Park Children's Centre,  
11/17 Napier St, Renown Park  
FREE

**Wednesdays, 8th May - 26th June 2019**  
6pm - 7.30pm  
Seaton North Neighbourhood Centre,  
Cnr Cairns Ave & Pedlar St, Seaton  
FREE

**About the Circle of Security 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.

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

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

**Enquiries and bookings:**

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