



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

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

Thursdays, 14th February - 4th April 2019
Thursdays, 9th May - 27th June 2019

All sessions run from 5.30pm - 7pm
Venue: 43 Dew Street, Thebarton
Program cost: \$200 per participant/\$350 per couple

Thursdays, 25th July - 12th September 2019
Thursdays, 10th October - 28th November 2019

Enquiries and bookings:

p: 8234 5219
e: train@gowriesa.org.au

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.

"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.