

CIRCLE OF SECURITY

Circle of Security® offers clear, individualised pathways for providing a secure relationship between parent and child



The Circle of Security® (Abbreviated) course is a six week innovative intervention program designed to improve the developmental pathway of children and their parents.

Who is suited to this program? ● Early intervention ● Primary school ● High school ● Adult
How is this program offered? ● In person ● Online ● Video conferencing

At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The **Circle of Security® Parenting™** Program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

Every child comes into the world seeking a secure relationship with her/his caregivers. The **Circle of Security® (Abbreviated)** Program helps promote that security.

The attachment between child and caregiver is critical to a child's current and future well-being. University-based research has shown that secure children have increased empathy, greater self-esteem, better relationships with parents and

peers, enter school more ready to learn, and are able to handle their emotions better than their less secure peers.

This program is aimed at parents with children aged 0-6 years, however the techniques will benefit parents with children or any age. Through the training you will learn to:

- Understand your child's emotional world by learning to read the emotional needs
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self esteem
- Honour your innate wisdom and desire for your child to be secure

TO REGISTER visit <https://fs30.formsite.com/TheShepherdCentre/CircleOfSecurity/index.html>

For any questions, please don't hesitate to contact the Program Coordinator, on **02 9370 4400** or groups@shepherdcentre.org.au

t 02 9370 4400 | **w** www.shepherdcentre.org.au | **e** enquiries@shepherdcentre.org.au
Facebook /ShepherdCentre | **Twitter** @ShepherdCentre | **Instagram** @shepherdcentre