

Circle of Security[®]

Term 4 2022

For parents and caregivers with children
between the ages of 0 to 6 years.



Circle of Security[®] is a free parenting program which looks at how parents can build their relationship with their children to enhance attachment.

Facilitated by City of Whittlesea Enhanced Maternal and Child Health Service and Anglicare

Children who have secure attachment to their primary caregivers can develop more resilience, better social and problem-solving skills and higher self-esteem.

This can assist children to maintain positive relationship throughout their lives.

Benefits of this program

- ◆ Ways to enhance the development of your child's self-esteem, trust and sense of security.
- ◆ Supporting the creation of a secure base from which your child feels able to explore their world, knowing there is a safe haven to return to.
- ◆ Strategies to build confidence as a parent so that you can enjoy parenting and take on new challenges along the way.

This program is offered in partnership with:



Dates: **Weekly on Tuesdays**
Tue 4 Oct 2022 Meet and Greet
Tue 11 Oct to Tue 6 Dec 2022
(no session 1 Nov due to public holiday)

Time: **10am—11:30am**

Venue: **Boori Maternal & Child Health Centre**
Caterpillar Room
Boori Children's Services
21a Winchester St Epping

Bookings: **Via Eventbrite link**
found under Enhanced Maternal and Child Health Service on our web site
www.whittlesea.vic.gov.au/mch

Enquiries: ☎ **9401 6205 Viv or Margarita**
✉ **emchs@whittlesea.vic.gov.au**

Whenever possible, please avoid bringing your pram as there is limited space at the venue