

Circle of Security[®]

2024 Term 2

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



Circle of Security[®] is a free 8 week parenting program which looks at how parents can build their relationship with their children to enhance attachment.

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

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.

Weekly on Tuesdays

Dates & Times: Meet and Greet Tue 16 April 2024 @ 10 to 11am

8 Week Program Tue 23 April - 11 June 2024 @ 10am - 12pm

Venue: Boori Maternal and Child Health Centre
Butterfly Room
Boori Children's Services
21a Winchester Avenue Epping

Bookings: Via the Eventbrite link found under Enhanced Maternal & Child Health Service @ www.whittlesea.vic.gov.au/mch

Enquiries: ☎ 8401 6205 Tanja or Hayley
emchs@whittlesea.vic.gov.au

*Book early as places are limited.
Babies under 5 months can come along.
No childcare available.*