# Circle of Security Parenting Program

**2024 Term 2**

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

**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 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:** Meet and Greet Tue 16 Apr 2024

8 Week Program Tue 23 April - 11 June 2024

**Time:** 10am—12pm

**Venue:**

Boori Maternal & Child Health Centre Butterfly 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:**

Telephone 8401 6205 Tanja or Hayley [emchs@whittlesea.vic.gov.au](mailto:emchs@whittlesea.vic.gov.au)

*Book early as places are limited.*

*Babies under 5 months can come along.*

*No childcare available.*