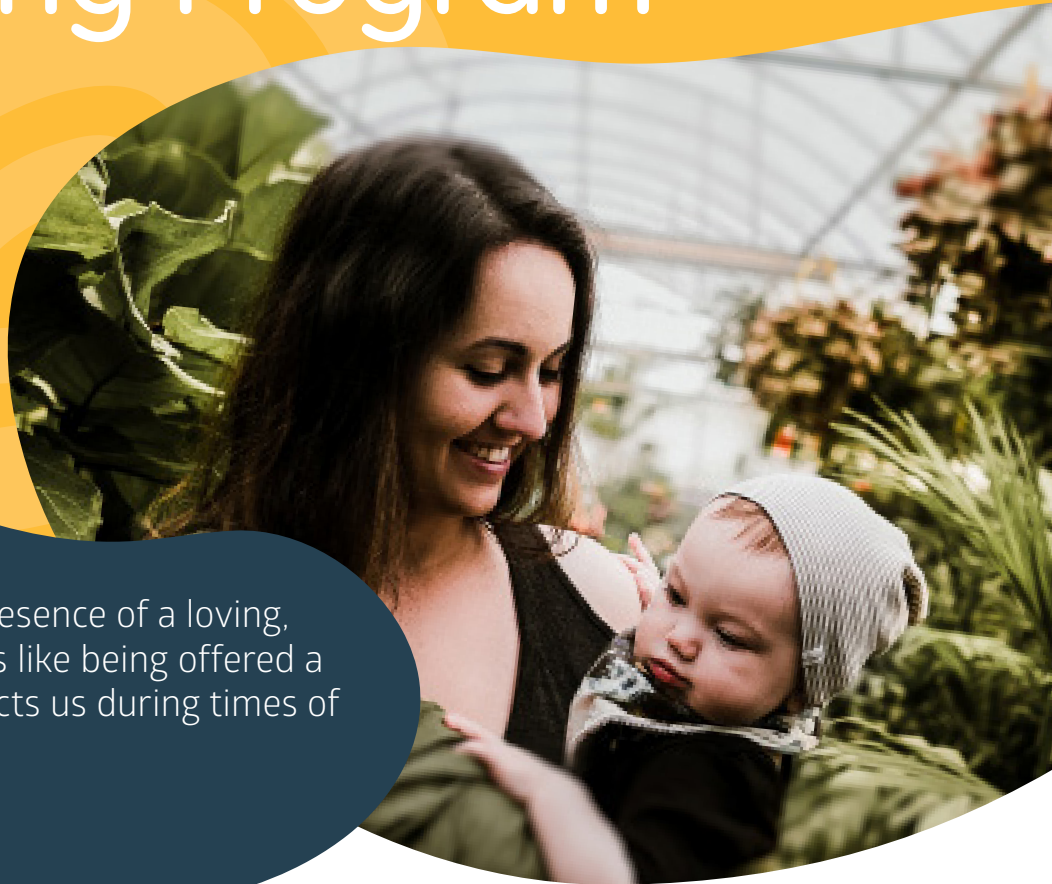


Circle of Security Parenting Program



“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.

Wednesdays
19th February to
9th April 2025

Time

5:30pm - 7:00pm

Venue

Gowrie SA
43 Dew Street,
Thebarton SA

Cost

\$200 pp or \$350 per couple

For enquiries & bookings

p: (08) 8234 5219 (option 1)

e: train@gowriesa.org.au

Join us for an 8 week 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.