

# Circle of Security Parenting



## A Self- Reflective Relationship Based Program for all parents/carers

**This 5 week program will allow you to:**

- ◆ Better understand your children's needs
- ◆ Encourage your children to feel safe and secure
- ◆ Support your child's ability to handle their own emotions and improve their confidence and self esteem
- ◆ Strengthen your skills in observing and connecting with your child
- ◆ Feel more confident as a parent

**Date:** Thursday 14/10/21– 11/11/21 (5 weeks)

**Time:** 9.45am (10am– 12pm)

**Where:** The Deli Women & Children's Centre  
72 Maloney St, Eastlakes NSW 2018

**Cost:** FREE Group and childminding

**Bookings:** **Entry criteria applies to this Group**  
Please contact us on 9667-4664 or  
admin@thedeli.org.au.

This group has been proudly sponsored by  
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