

# Circle of Security Parenting

A relationship based parenting program (developed by Cooper, Hoffman & Powell 2009)



**Circle of Security** is a seven week program which focuses on:

- Understanding your child's emotional world by learning to read emotional needs
- Supporting your child's ability to successfully manage emotions
- Enhancing the development of your child's self esteem
- Honoring the innate wisdom and desire for your child to be secure

## Term 1 2022

**When:** WEDNESDAYS | February - 16<sup>th</sup>, 23<sup>rd</sup> | March - 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> & 30<sup>th</sup>

**Time:** 10:00AM – 12:00PM

**Location:** CatholicCare Victoria Family Relationship Centre, 34 Peel Street Ballarat

**Cost:** \$80 (\$40 concession)

## Term 2 2022

**When:** TUESDAY EVENINGS | May - 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup> | June - 7<sup>th</sup> & 14<sup>th</sup>

**Time:** 6:00PM – 8:00PM

**Location:** Via Zoom

**Cost:** \$80 (\$40 concession)

**Registrations & Enquiries:** CatholicCare Victoria | P 1300 303 988 | E [ballaratfrc@centacareballarat.org.au](mailto:ballaratfrc@centacareballarat.org.au)

**Registrations are a requirement for participation**

*All participants are required to comply with government COVIDSafe requirements*