



Circle of Security Parenting

STRUGGLING WITH YOUR CHILD'S
BIG EMOTIONS AND BEHAVIOURS?

- ♥ Improve your interactions with your child
- ♥ Support them to manage their emotions
- ♥ Help build their self esteem
- ♥ Understand their emotional world and learning to read and respond to their emotional needs



Small group parenting program
8x Online sessions via Zoom

For parents of children
who:

♥ have a child with big emotions, meltdowns, or anxiety

♥ want to feel more confident in their parenting

♥ sometimes feel exhausted, unsure, or disconnected

DATES

Mondays 1 - 2:30pm

April 7, 14, 28

May 12, 19, 26

June 2, 9