

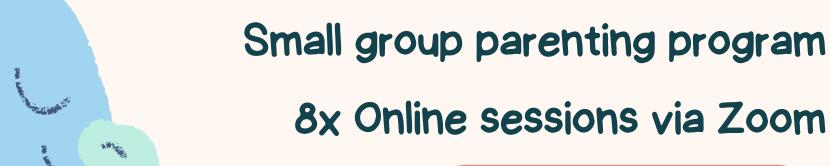


## Circle of Security Parenting

## 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





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



Mondays 1 - 2:30pm

April 7, 14, 28

May 12, 19, 26

June 2, 9