



# Circle of Security

*A 16-Week Reflective Parenting Program for Parents of Children (aged 1-5)*

## What is the program about?

The program supports and strengthens the parent-child relationship.

## What are the benefits for you?

- Facilitated by two accredited facilitators.
- Provide you with the opportunity to reflect on your own experience of being parented and how this may influence your ways of parenting.
- Come to understand your child's emotional world by learning to read your child's emotional needs.
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self-esteem
- Share and connect with other parents and benefit from growing together in emotionally focussed parenting.

## When

Beginning **Wednesday Sept 5, 2018** for sixteen weeks from 11.00am-1.00pm

## Where

Corazon Psychology  
11 Mortimer Street, Werribee, Vic 3030

## Cost

Bulk billing available for eligible clients  
*Tea, coffee and snacks will be provided.*

This is a closed group which builds on learning experiences from week to week, so commitment to attend is expected.

For further information about the program, cost and referral process contact:

Corazon Psychology |  
11 Mortimer Street, Werribee, Vic 3030  
Phone: 03 9974 2756 | 0438 742 753  
Email: [contact@corazon.org.au](mailto:contact@corazon.org.au)

*You will need a health care plan from your GP to participate in this therapy program.*

*Limited childcare provided*



[www.corazon.org.au](http://www.corazon.org.au)