



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 an accredited facilitator.
- 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 **mid-March, 2020** for sixteen weeks from 1.00pm - 3.00pm

Where

Corazon Centre
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

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

Limited childcare provided.



www.corazon.org.au