

This eight-week group aims to enhance child-rearing competence by improving parent's or carer's understanding of their child's social and emotional needs.

**For more information and bookings contact:**

Hobsons Bay City Council's Maternal and Child Health Central Bookings on **9932 1300** or **mchinbox@hobsonsbay.vic.gov.au**



to register your expression of interest, please scan QR code.



Council acknowledges the Bunurong People of the Kulin Nation as the Traditional Owners of these municipal lands and waterways, and pay our respects to Elders past and present.

## HOBSONS BAY CITY COUNCIL

115 Civic Parade, Altona  
PO Box 21, Altona 3018  
Phone 1300 179 944 Fax (03) 9932 1090  
NRS phone 133 677 and quote 03 9932 1000  
Email customerservice@hobsonsbay.vic.gov.au



## HOBSONS BAY LANGUAGE LINE

### 9932 1212

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# Circle of Security® Parenting™



FREE eight-week parenting program

## For parents/carers with a child from birth to three-years, who are concerned about their relationship with their child and/or their child's behaviour.

At times all parents feel lost and unsure about what their child might need.

Imagine what it might feel like if you were able to make sense of what your child was really asking from you.

The Circle of Security® Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

### Key aspects of the program:

This group aims to enhance parenting competence through:

- improving the parent's understanding of their child's social and emotional needs
- support their child's ability to successfully manage emotions
- enhance the development of their child's self esteem
- honour the innate wisdom and desire for their child to be secure

## Benefits of attending for you and your child:

Our trained facilitators will work with parents and care-givers to help you understand your child and provide them with a secure relationship; the cornerstone of emotional security.

Research shows that children who are secure:

- enjoy more happiness with their parents
- feel less anger towards their parents
- turn to their parents for help when in need
- solve problems on their own
- have lasting friendships
- have higher self-esteem
- trust that good things will come their way
- trust the people they love
- know how to be kind to those around them
- do better at school

### Register and book

**Hobsons Bay City Council's Maternal and Child Health Central Bookings**

Phone: **9932 1300**

Email: [mchinbox@hobsonsabay.vic.gov.au](mailto:mchinbox@hobsonsabay.vic.gov.au)

### Dates and Location

The eight-week parenting program is offered each term.

This program will either be offered online or face to face at Outlets Co-operative Neighbourhood House Community Education Centre  
43 Mason Street, Newport 3015

**Free childcare is available at the venue.**