Circle of Security Parenting©

Program

The Circle of Security Parenting© program is aimed at parents of young children up to six (6) years of age.

The Circle of Security Parenting© program is an evidence-based program designed to strengthen the parent-child bond. It provides parents with tools to better understand their child's emotional needs and behaviours, fostering secure attachment.

Through reflective discussions and practical strategies discussed in a workshop setting, participants learn how to support their child's ability to manage emotions, build self-esteem, and develop healthy relationships. The program emphasises creating a nurturing environment where children feel safe to explore and grow.

Learning objectives

- Equip parents with a road map to better understand and respond to their child's needs
- Foster your child's ability to effectively manage emotions
- Support the development of your child's self confidence

Workshop location and duration

- The workshops will be delivered in Dubbo both face-to-face and online
- Face to face groups will have a minimum of six and a maximum of ten participants
- Online groups will have a minimum of four and maximum of six participants
- This is an eight week program, with one 90-minute workshop per week

Additional information

- No pre-reading required
- Designed for parents of children aged up to six (6) years
- Childcare arrangements are necessary for the duration of sessions to ensure focused participation
- Partner discounts available
- Fees apply

About the trainer

Tim Carr, Training and Engagement Officer, Marathon Health, has more than 15 years of experience in the mental health and wellbeing industry, with qualifications in both direct care, and management in community and sub-acute mental health settings. Tim has experience with clients who have severe and enduring mental health concerns and associated behaviour.

To register or for more information

📞 **1300 402 585**   ✉ **tim.carr@marathonhealth.com.au**

🌐 **marathonhealth.com.au/cosp**

Marathon Health pays respect to the traditional custodians of the land we stand upon.
This seal represents our commitment to working with our communities for a better future for all.

COSP

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