

Circle of Security

7 week Relationship-Based Parenting Group

Nurture an emotionally secure relationship with your child.

Join us as we explore the emotional world of children and parenting

This seven week course will cover....

- How to understand your child's needs and help them organise their feelings
- How to help your child feel secure in their relationships
- How to help your child to engage more in play and learning
- How to meet your child's emotional needs through challenging moments
- How to manage your thoughts and feelings



WHERE: Carmina Cafe – Gawler & District College B-12 Children's Centre

WHEN: Tuesday from 1:30pm-3:30pm

DATES: 07/03/17 to 18/04/17

FACILITATOR: Megan Coad – Occupational Therapist

COST: Free

No Crèche provided – Young babies (pre-movers) welcome to attend with parents

**To book or to find out more please contact: Megan on 8522 3626 or
megan.coad@sa.gov.au**