

# Circle of Security Parenting



Course Starts: 22nd January 2025 9.45am to 11.15am

at Carshalton Family Hub and Children's Centre, Tweeddale Road, Carshalton, SM5 1SW

Please join us for a 6 week parenting programme for parents with children under 5 (creche provided) Offering reflection and discussion as we work through the Circle of Security Programme

- **Understand** your child's emotional world
- **Support** your child to successfully manage emotions
- **Enhance** your child's self esteem



What parents have said who have attended the course;

"I am a lot calmer now and I understand that every day isn't going to be great, my child just needs me to understand his feelings"

"I have better understanding of both our needs"

"I have a different awareness and I can be bigger, stronger, kinder and wiser"

"The relationship is much more positive between me and my children. There are more good days than bad because I now know how to comfort my children even on my bad days."

to book or make enquiries please call:  
Rachel Davey (Home-start) on 07784 122196 (Booking is required)



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