Parents of young children (0-7 years) are invited to join our free four-week program that will help you:

- learn how to recognise your child’s needs and better understand their behaviour
- be supported as a parent and gain ideas on how to make parenting easier
- begin to understand your own reactions to your children

The program increases awareness of children’s needs and develops an understanding of how our responses can meet those needs.

**Thursdays, 10:00am to 1:00pm**

12 March – 2 April 2015

**Venue: Interrelate**

5 Market Street, Lismore NSW 2480

Facilitated by Monique Rutherford - Child & Family Psychotherapist.

For information and to reserve a place, call Belinda Keech at Interrelate:

phone: 6623 2750 | mobile: 0475 817 383

email: belinda.keech@interrelate.org.au

The Circle of Security is an internationally recognised parenting program, designed to strengthen and build secure parent-child attachment. Decades of university-based research has confirmed that secure children show increased empathy, greater self-esteem, better relationships with parents and peers, enhanced school readiness and an increased capacity to cope with challenging situations.