

PARENTING GROUP
CIRCLE OF
SECURITY[®]
AT SUTHERLAND

8 WEEKS
STARTING
FROM

14

FEB 2025



Funded by

phn
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An Australian Government Initiative



LILLY PILLY
counselling

ABOUT THIS GROUP

Do you feel you don't know what to do when your child is upset? Why does it feel like you and your child don't understand each other?

This is a blame free safe space to share and learn about the toughest job in the world, parenting. Circle of Security is an internationally acclaimed parenting program, based on decades of research about how secure parent-child relationships can be supported and strengthened.

The program will help you:

- Understand your child's emotional world by learning to read emotional needs
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self esteem
- Honour the innate wisdom and desire for your child to be secure

Suitable for or parents and caregivers of children aged 0-7 years of age.

MEET THE GROUP FACILITATORS



Becca is a Registered Psychologist and mum of two. She is passionate about supporting parents to build on their strengths as parents.

She offers a safe space to be curious about adding to their parenting tool kit to support their own and their children's emotional needs.



Angie is an Accredited Mental Health Social Worker and Psychotherapist. She works creatively to help solve and cope with problems in everyday life.

THE DETAILS



10:00am - 12:30pm Fridays

8 weeks starting February 14, 2025



South Sydney PTS

Suite 2, 16 Boyle Street, Sutherland



FREE

For eligible participants

RSVP & MORE INFO



Becca Johnson: 0490 873 292



Angie Andrew: 0408 133 400

TO SECURE YOUR SPACE

Eligibility criteria:

must meet all criteria (including not currently receiving NDIS funding. Please discuss with facilitators)

This group is open to self referral or referral by clinician or support person using the link below:

<https://phncesws.redicase.com.au/#!/referral/create>