

PARENTING GROUP  
CIRCLE OF  
SECURITY<sup>®</sup>  
AT MARRICKVILLE

8 WEEKS  
STARTING  
FROM

20

FEB 2025



Funded by

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CENTRAL AND  
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LILLY PILLY  
*counselling*

connect  
  
marrickville  
schools as community centre

## 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?

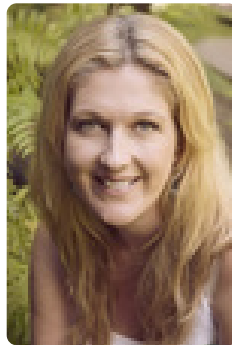
This is a blame free safe space to share and learn about the toughest job in the world, parenting. Circle of Security is an internationally acclaimed parenting program, based on decades of research about how secure parent-child relationships can be supported and strengthened.

### 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



Narelle Horwitz is a Perinatal Psychologist and mother of three. She supports parents to develop rich and meaningful connections with their children alongside breaking intergenerational cycles.



Malak Shakhtour is a Mental Health Social Worker specialising in neurodivergence and trauma. She works from an attachment framework, recognising the importance of connection and understanding within families. Malak helps individuals and families break unhelpful patterns to foster growth, resilience, and healthier relationships.

## THE DETAILS



**10:00am - 12:00pm Thursdays**  
8 weeks starting February 20, 2025



**Marrickville West Primary School**  
Beauchamp Street, Marrickville



**FREE**  
For eligible participants

## RSVP & MORE INFO



**Narelle:** 0410 630 131



**Narelle:** narelle@perinatalwellness.com.au

## TO SECURE YOUR SPACE

**Eligibility criteria:**  
**must meet all criteria**  
(including not currently receiving NDIS funding).

**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>