

CIRCLE OF SECURITY[®]

STARTS

8

MAY 2025



A PARENTING GROUP FOR
FIRST NATIONS FAMILIES



Funded by

phn
CENTRAL AND
EASTERN SYDNEY
An Australian Government Initiative



LILLY PILLY
counselling

**The
Family
Co.**

ABOUT THIS GROUP

This is specifically for you if you identify as Aboriginal or Torres Strait Islander or have children that identify as Aboriginal or Torres Strait Islander.

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:

- Strengthen attachment security between parent and child
- Understand your child's emotional world by learning to read emotional needs
- Respond rather than react to behaviours in order to support emotional regulation
- Support your child's ability to successfully manage emotions
- Build effective relationship skills to enhance your child's security and self-esteem

MEET THE GROUP FACILITATORS



Jennifer Stephensen is a Wiradjuri woman and has experience working in a trauma informed and cultural responsive manner. She weaves Aboriginal worldviews in her work with First Nations people.



Danielle De Costa is a proud Yuin and Worimi woman who has worked in the community for over 15 years. She is passionate about strengthening families through parenting education and support.

THE DETAILS



10:00am - 12:00pm Thursdays
8 weeks, starting May 8, 2025



South Sydney PTS
Suite 2, 16 Boyle Street, Sutherland



FREE
For eligible participants

RSVP & MORE INFO



Jennifer: 0405 308 801
Danielle: 0400 882 548



Jennifer: jenstephensen@outlook.com
Danielle: danielle@thefamilyco.org.au

TO SECURE YOUR SPACE

Eligibility criteria:

All participants must meet eligibility criteria (including not currently assisted by the NDIS).

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>