

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

8 WEEKS  
STARTING  
FROM

02

MAY 2025



Funded by

**phn**  
CENTRAL AND  
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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 May 2nd, 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>