

Circle of Security Parenting



Course Starts: 9th November 2023 7.00pm to 8.30pm
at Tweeddale Children's Centre, Tweeddale Road, Carshalton,
SM5 1SW

Please join us for a 6 week parenting programme
for parents with children under 6 years.

Offering reflection and discussion as we work through the
Circle of Security Programme

- **Understand** your child's emotional world
- **Support** your child to successfully manage emotions
- **Enhance** your child's self esteem



Parents that have attended the course have said;

"I am a lot calmer now and I understand that every day isn't going to be great, my child just needs me to understand his feelings"

"I have better understanding of both our needs"

"I have a different awareness and I can be bigger, stronger, kinder and wiser"

"The relationship is much more positive between me and my children. There are more good days than bad because I now know how to comfort my children even on my bad days."

to book or make enquiries please call:
Amy 07511 045308