

# Circle of Security

This program is available for women living or working in the Fremantle, Melville or Cockburn regions with a child under three.



**WEDNESDAYS**

**10:15am-  
12:15pm**

The Circle of Security Parenting Program is based on decades of research about how secure parent-child relationships can be supported and strengthened. The program works with parents and care-givers to help them understand their child's emotional needs, support the child's ability to manage emotions, enhance the development of the child's self-esteem and honour the innate desire for their child to be secure.

**WEDNESDAYS**

**10:15AM - 12:15PM**

**FREMANTLE WOMEN'S HEALTH CENTRE**

**114 SOUTH STREET, FREMANTLE 6160**

- Groups commence at the beginning of school terms (4 x Yearly)
- Creche is available (limited spots)
- \$50 fee

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**REGISTRATION IS ESSENTIAL**

**Email: [enquiries@fwhc.org.au](mailto:enquiries@fwhc.org.au)**

**Phone: (08) 9431 0500**