

Circle of Security

Circle of Security at DPV Health is a **FREE 8 week video-based parenting program** for mothers who want to strengthen their relationship with their children aged four months to six years.

We will help you to:

- > recognise and respond to your child's needs
- > understand your child's behaviour
- > recognise that all parents struggle at times and there is no such thing as a 'perfect parent'
- > begin to understand your own reactions to your child.

Group details:

Date:

Thursdays, 18 July to 5 September


Time:

10:00am – 12:00pm

Location:

DPV Health Meadow Heights,
21-27 Hudson Circuit,
Meadow Heights 3048

To book or for more information:

 1300 234 263 (Option 5)

Note: Child minding facilities are not available at this group.

