

# Circle of Security Parenting

7 week parenting program to develop secure relationships and stronger bonds with children.



Term 3  
2026

ONLINE

This 7 week program will teach you how to be a bigger, stronger, wiser, and kinder parent. *Circle of Security Parenting* is based on decades of research about how secure relationships can be supported and strengthened with children aged (0-12) years.

## The program will cover:

- Understanding your child's behaviour
- Help your child feel secure in relationships
- Navigating your role as parent in tough times
- Supporting your child in managing difficult behaviours, tantrums and meltdowns

REGISTER NOW 



## Program details

**Where:** Online via ZOOM

**When:** Tuesdays  
11th August - 22<sup>nd</sup> Sept  
7:00pm - 8:30pm

**Cost:** FREE for residents of  
Penrith & Blue Mtns LGA

## Enquiries and registration:

**Phone:** 4720 6500

**Email:** [groups@gatewayfamilyservices.org.au](mailto:groups@gatewayfamilyservices.org.au)

**Web:** [www.gatewayfamilyservices.org.au](http://www.gatewayfamilyservices.org.au)



We acknowledge and respect the Traditional knowledge holders and custodians of the land on which we work, the Darug and Gundungurra people.

