



CIRCLE OF SECURITY®

Free Seven sessions parenting program for Mandarin speaking carers

At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security® Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

Learning Objectives of the Training:

- Understand your child's emotional world by learning to read the emotional needs
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self esteem
- Honour your innate wisdom and desire for your child to be secure

Date: 20th Oct – 1st December 2022, Thursdays

Time: 10am-12pm

Address: Mission Australia, Level 1, 1 Coronation St, Hornsby NSW

Cost: Free

Please contact Michelle to register: langx@missionaustralia.com.au



孩子的安全圈®

提供给华人家长的免费家长课程

所有家长有时都会感到迷茫，或者不知道我们的孩子到底需要什么。想像一下，如果您能够了解并理解您孩子的真正需求，那么会是什么样子？安全圈®亲子课程是根据数十年来关于如何支持和加强安全感亲子关系的研究创建的。

学习目标：

- 通过学习，阅读情绪需求来了解孩子丰富的情绪世界
- 帮助，支持和培养孩子的情绪管理能力
- 增强孩子安全感和自尊心的发展
- 尊重您与生俱来的智慧和对孩子拥有安全感的渴望

日期： 2022年10月20日-12月1日（七个周四上午）

时间： 上午10点-中午12点

地址： : Mission Australia, Level 1, 1 Coronation St, Hornsby NSW

费用： 免费

名额有限，请务必报名参加： langx@missionaustralia.com.au