

Circle of Security Parenting Program

Who:

The Circle of Security Parenting Program is designed to help caregivers build supportive and effective relationships with their children that can serve as a basis for lasting and pervasive change.

This is a program that can assist parents experiencing challenges in parenting from infancy to 5 years of age.

Content:

- Help caregivers identify issues in their interaction with their children
- Assist caregivers identify their emotional reactions and how this triggers/ perpetuates their depression and anxiety
- Encourage caregivers to find alternative ways of viewing their infants as needing connections
- Support caregivers develop strategies for dealing with their anxiety and depression in the group setting.

Goals:

- Increase security of attachment of child to the parent
- Increase parent's ability to read child's cues
- Increase parent's empathy towards the child
- Increase parent's capacity to self-reflect
- Increase parent's capacity to regulate stressful emotional states
- Increase parent's capacity to provide comfort when their child is in distress

When: This is a closed group that will run for 8 consecutive weeks.

Please contact the Day Program Intake Office on **03 9468 0177**.

A referral from a GP/Psychiatrist to a Northpark accredited Psychiatrist will be required. Private Health Cover is recommended to cover costs of attendance.

Corner Plenty & Greenhills Roads, Bundoora VIC 3083

Phone: 03 9468 0177 | **Fax:** 03 9468 0358

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