

# Circle of Security Parenting

## PERINATAL MENTAL HEALTH PROGRAM

At times, all parents feel lost or without a clue about what our babies and children might need from us. Imagine what it might feel like if you were able to make sense of what your baby or child was really asking from you.

This 8-week reflective program for parents:

- is easy to understand
- designed to support you and your relationship with your child/ren
- will enable you to better understand their emotional world and how to respond to their behaviours and needs

Contact the PNMH team to inquire about or register for the group. Creche is available. Registration required; light refreshments provided.



All donations to this program are gratefully received and will enable others to receive perinatal support.

## COSP Program

Tuesdays  
10am — 12pm

23<sup>rd</sup> July —  
10<sup>th</sup> September 2024



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AND WELLBEING