

Circle of Security Parenting Group

An 8 week attachment based programme for parents and carers



- Would you like to connect with your child more easily?
- Would you like to better understand your child's emotional world by learning to read their emotional needs?
- Would you like to enhance the development of your child's self-esteem?
- Would you like to support your child's ability to manage their emotions?

Tuesdays, 1:00 – 2:45 pm

Dates for 2025:

- May: 20th
- June: 3rd, 10th, 17th, 24th
- July: 1st, 8th, 15th
- Optional session*: 22nd July

Creche available for the duration of the programme.

*Optional session after the completion of the programme for parents/carers to attend with their children. You and your child can participate in activities based on "The Invisible String" to enhance the connection with your child. Every participant will receive a free copy of "The Invisible String" book to take home.

For more information contact
Clare: 07858 160015 or
Zuzana: 07546300898

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Come and join us for
Circle of Security
Parenting programme,
based on decades of
research about how to
support and strengthen
a secure parent and
child relationship.



**Cambridge
Acorn Project**

