



Circle of Security®  
PARENTING SERIES

## Perinatal Mental Health Circle of Security® 8 Week Parenting™ 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.

- Easy to understand
- Improve your relationship with your children and learn how to understand their behaviors

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

Creche is available

To enquire about joining the group call us on  
**6330 5400** or email [pnda@whfs.org.au](mailto:pnda@whfs.org.au)



womens health  
& family services



Circle of Security  
Parenting Program

Tuesdays  
10am-12pm

18<sup>th</sup> October –  
6<sup>th</sup> December 2022

227 Newcastle St  
Northbridge

Womens Health &  
Family Services

[www.whfs.org.au](http://www.whfs.org.au)