

# CIRCLE OF SECURITY<sup>®</sup>

STARTS

16

MAY 2024



A PARENTING GROUP FOR  
FIRST NATIONS FAMILIES



Funded by

**phn**  
CENTRAL AND  
EASTERN SYDNEY  
An Australian Government Initiative



LILLY PILLY  
*counselling*

**The  
Family  
Co.**

## ABOUT THIS GROUP

This is specifically for you if you identify as Aboriginal or Torres Strait Islander or have children that identify as Aboriginal or Torres Strait Islander.

Circle of Security is an internationally acclaimed parenting program, based on decades of research about how secure parent-child relationships can be supported and strengthened.

### The program will help you:

- Strengthen attachment security between parent and child
- Understand your child's emotional world by learning to read emotional needs
- Respond rather than react to behaviours in order to support emotional regulation
- Support your child's ability to successfully manage emotions
- Build effective relationship skills to enhance your child's security and self-esteem

## MEET THE GROUP FACILITATORS



Jennifer Stephensen is a Wiradjuri woman and has experience working in a trauma informed and cultural responsive manner. She weaves Aboriginal worldviews in her work with First Nations people.



Danielle De Costa is a proud Yuin and Worimi woman who has worked in the community for over 15 years. She is passionate about strengthening families through parenting education and support.

## THE DETAILS



**10:00am - 12:00pm Thursdays**  
8 weeks, starting May 16, 2024



**South Sydney PTS**  
Suite 2, 16 Boyle Street, Sutherland



**FREE**  
For eligible participants

## RSVP & MORE INFO



**Jennifer:** 0405 308 801  
**Danielle:** 0400 882 548



**Jennifer:** jenstephensen@outlook.com  
**Danielle:** danielle@thefamilyco.org.au

## TO SECURE YOUR SPACE

### Eligibility criteria:

Severe and persistent mental illness (not currently receiving NDIS funding).

**This group is open to self referral or referral by clinician or support person using the link below:**

<https://phncesws.redicase.com.au/#!/referral/create>