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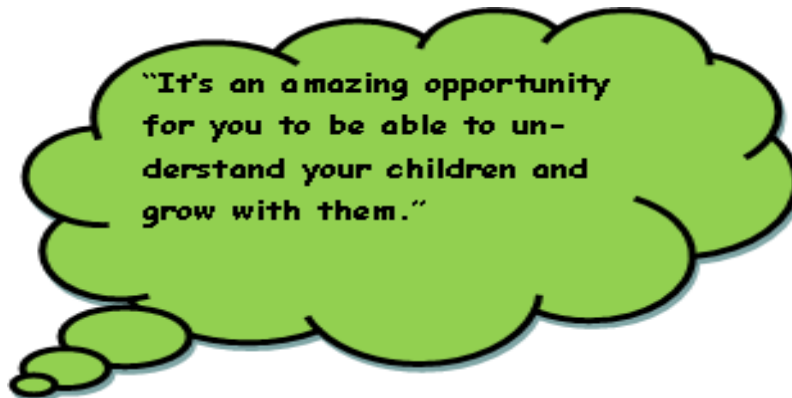
Bwrdd Iechyd Prifysgol  
Aneurin Bevan  
University Health Board

## Circle of Security Parenting

### Child & Family Psychology

#### Who is it for?

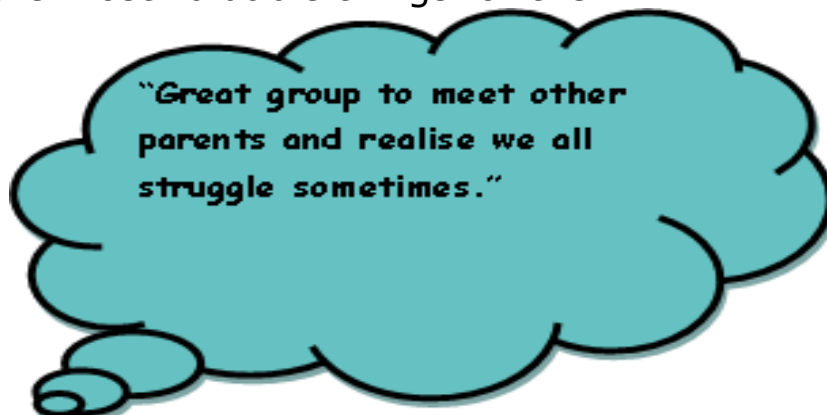
This group is aimed at parents of **children aged four months to 6 years old** or carers who would like to understand their child's emotional world and strengthen their relationship.



#### What is the group about?

Parenting can be one of the best and hardest jobs. All parents want to do the best for their children but this is not always easy. Sometimes, we feel stuck with certain behaviours and nothing we do seems to work.

Most parents who attend feel worried about being part of a group but afterwards tell us that sharing and connecting with other parents has been one of the most valuable things for them.



## How will it work?

Each week we will think about a different topic using short videos, handouts and chatting together to help you to understand:

- How to help your child cope with their feelings
- How to help your child feel secure in their relationships
- How to understand and respond to difficult behaviours
- How to improve your child's self-esteem and feel better about themselves
- How to understand your child's emotional world

## What do I need to know?

**Day:** The Virtual group will take place using Microsoft Teams. An invitation link will be sent, please do not click 'accept' until you the date/time stated as your link maybe lost in your emails.

Start date: **Monday 11th of January, 2021** for 8 weeks.

The last group will be **Monday 8th of March, 2021.**

There will be **No group** on the **15th of February (half-term)**

**Time:** 9.45-11.15 prompt start

**Venue:** From the comfort of your own home.

The group will be run by 2 trained facilitators: Diane Lewis: Health visitor in Flying Start and Charlotte Christiansen: Family Therapist in Gwent Community Psychology.

There will be up to 8 parents in the group.



## Who to contact?

Please contact Diane Lewis on Tel No: 07989 141015 or Charlotte Christiansen Tel No: 07970 166980 if you are interested in attending the group.

Or if you want a bit more information before making up your mind, have a look at: <https://www.circleofsecurityinternational.com/>



**"This document is available in Welsh /  
Mae'r ddogfen hon ar gael yn Gymraeg".**