



Circle of Security® PARENTING SERIES

*"There is no such thing as a 'perfect parent'...
all my child needs, is for me to be just good enough"*

THE CIRCLE OF SECURITY PARENTING SERIES IS ABOUT UNLOCKING THE MYSTERIES WE FEEL AS PARENTS AND CAREGIVERS WHEN ATTEMPTING TO UNDERSTAND OUR CHILD, THEIR FEELINGS AND BEHAVIOURS.

**FREE 9 Week Programme for Parents being held at
Rivermead Community Centre, Fuscina Way,
Rogerstone, Newport NP10 9LZ**

**Every Thursday morning 24/09/2026 to 26/11/2026
9.30 to 11.30 (no group during Half-Term)**

Free CRECHE INCLUDED

To find out more, email Bernadette.Byrne@newport.gov.uk
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At times, all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you! The Circle of Security® Parent™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

Aims

- Understand your child's emotional world by learning to read their emotional needs.
- Support your child's ability to successfully manage emotions.
- Enhance the development of your child's self-esteem.
- Improve communication and relationships.

Autumn Term 26 Rivermead CoSP
Registration form



Circle of Security
INTERNATIONAL
Early Intervention Program for Parents & Children



Llywodraeth Cymru
Welsh Government