



Circle of Security *Parenting*[®] Program

Parenting can be one of life's greatest joys –
and one of its greatest challenges.

Circle of Security Parenting[®] helps parents and carers better understand their child's emotional needs, build stronger relationships and respond with confidence during both the easy and difficult moments.

? Does this sound familiar?

- ✓ Your child experiences big emotions, anxiety, meltdowns or behavioural challenges.
- ✓ You sometimes feel unsure about what your child needs from you in difficult moments.
- ✓ You want to strengthen your relationship and connection with your child.
- ✓ You would like practical, evidence-informed parenting strategies.
- ✓ You are looking for support, reassurance and confidence in your parenting journey.

What parents and carers often gain

- Greater understanding of what their child's behaviour is communicating.
- Practical strategies to support emotional regulation and connection.
- Increased confidence when responding to challenging situations.
- Stronger and more secure relationships with their children.
- Greater awareness of their own parenting patterns and triggers.
- Reassurance that being a 'good enough' parent is enough.

Meet Your Facilitator



Deb Field

Social Worker | Licensed
Circle of Security Parenting[®]
Facilitator | Owner, Deb & Me

With extensive experience supporting children, young people and families, Deb creates a warm, supportive and non-judgemental space where parents and carers can reflect, learn and grow. Her approach is relationship-focused, practical and grounded in compassion.

“ Participant Reflection

“The program helped me understand what my child was really communicating beneath the behaviour.
I now feel calmer, more confident and more connected.”



Program Details

- Location:** Mackay
- Format:** 8-week program (group or individual)
- Duration:** 2 hours per week
- Investment:** \$500 per participant
- NDIS Participants:** Funding may be available. Please discuss eligibility with your NDIS support team.



To register your interest
or learn more, please contact Deb:

debandme@outlook.com.au

Creating wellness...
one connection at a time.