

Circle of Security Parenting Program



“This Program has been amazing for me, before this program I never knew what made me feel uncomfortable. There are no words to describe how thankful I am.

Circle of security is an eight-session program for parents and carers with young children. The program is based on decades of research on how to strengthen parent-child relationship. The COS-P model can help parents and caregivers;

- Understand their child’s emotional world by learning to read emotional cues and needs.
- Support their child’s ability to successfully manage emotions
- Help enhance the development of their child’s self esteem
- Learn to understand parental influences by identifying parenting strengths and struggles within busy lives.

Circle of Security Program

Dates: *Friday’s: 31 July; 7, 14, 21, 28 August and 4, 11 and 18 September.*
(It is important that participants commit to attending all 8 sessions).

Time: 12.30pm – 2.30pm

Venue: Child and Parent Centre Warriapendi
8 Redcliffe Avenue, Balga, 6061.

Creche: Creche available. Babies under 6 months are welcome in group

To register or make an enquiry please contact

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