

Circle of Security

FREE

Parenting Program



Circle of Security (COS) is an early intervention parenting program delivered over eight two (8x2) hour sessions to assist you to become more aware of and responsive to your children's emotional needs.

Imagine what it might feel like if you were able to make sense of what your child was really asking from you!

The COS Program is based on decades of research about how secure adult to child relationships can be supported and strengthened when they:

- Understand a child's world by learning to read the emotional cues and needs.
- Support a child's ability to successfully manage emotions.
- Enhance the development of a child's self-esteem, resilience, and their ability to thrive.



Note:

Participants will receive a certificate upon attendance of all eight sessions.

Crèche is unavailable for this group

Details 2025

Where: Online

Dates: Wednesdays May 7, 14, 21 & 28

June 4, 11, 18 & 25

Time: 5.00 – 7.00 pm

Cost: Free



For further information or to register please contact on
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