

Join us for an 8 week parenting program

Circle of Security Parenting

For parents of children living with autism

Tuesdays, 1st Aug - 19th Sept 2017

Time: 10am - 11.30am

Venue: Gowrie SA, 39a Dew St, Thebarton

CoS-P Facilitators: Cecilia Ebert & Marie Littlewood

Cost: \$50 per participant

This 8-week program runs for 1.5 hours each week and is a parent education program offering the core components of the evidence-based and internationally acclaimed Circle of Security Parenting protocol.

This course uses attachment theory and the Marte Meo approach to build on the strengths of families of children living with autism, using group discussion and DVD examples. Circle of Security Parenting provides a roadmap to assist adults build stronger relationships with their children. The program is particularly valuable when family members participate together.

Covering a range of topics including:

- ▶ How to interpret and understand your child's behaviour
- ▶ How to help your child organise their feelings
- ▶ How to help your child feel secure in their relationships
- ▶ How to help you discover the strengths in your child and in yourself
- ▶ How to navigate your way in your role as a parent when times are tough
- ▶ How to support your child in managing difficult behaviours, tantrums and meltdowns
- ▶ How to approach and assist your child and yourself with the above.

Special Price:

\$50 per participant!
(normally \$200)

Ask us about NDIS funding eligibility

"Feeling secure in the presence of a loving, dependable caregiver is like being offered a second skin that protects us during times of stress"

Cooper, G; Hoffman, K; Powell, B.

Enquiries and bookings:

p: 8234 5219

e: parenting@gowriesa.org.au

*A crèche will not be available for this group.

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Gowrie
South Australia