

Circle of Security Parenting

Join us for an 8 week parenting program



Thursdays, 19th October - 7th December

Time: 5.30pm - 7pm

Venue: Gowrie SA, 39a-43 Dew St, Thebarton

CoS-P Facilitators: Cecilia Ebert & Michael Hocking

Cost: \$200 per participant/\$350 per couple

This 8-week program runs for one-and-a-half 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 translates attachment theory in an accessible way for families, 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.

"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:

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