

Small changes big differences



Circle of Security

Circle of Security (COS) is designed for parents and carers who would like to support their children to build secure relationships

About the program:

- Evidenced based parent-reflective program
- Based on decades of attachment research
- Deals with common-attachment related struggles between parent and child

Learn simple and practical ways to:

- Understand your child's emotional world
- Support your child's ability to manage emotions
- Enhance the development of your child's self esteem
- Build secure attachment in your child

Children who are secure experience:

- Better relationships with parents and peers
- Enhanced school readiness
- An increased capacity to handle emotions

Please note that the number of participants is limited and bookings are absolutely essential.

Please also note that the program is **FREE** to families with children.

When – 13th Feb to the 3rd April – 8 consecutive Thursday

Time – 10am to 12noon

Where – Nambucca heads

Contact – T: 02 7206 5801 or E: lparth@uniting.org or Please use the QR code, to express your interest



Childcare facilities are NOT available.

Uniting

