



Circle of Security® PARENTING SERIES

Presented by: **Kerry Moss**
Licenced COS Group Facilitator

Location: **Southern Community Welfare**
Gymea Baptist Church
2-4 Tea Gardens Avenue
Kirrawee

Date: **From Monday, 28 May 2018**
Break for school holidays – 9+16 July 18
Last session: 30 July 2018

Times: **6.30pm to 8.00pm**
Once per week for 8 sessions

Cost: **\$88 per individual**
\$108 per couple
(incl. handouts)

Who should attend: Parents/Grandparents/Carers of children aged 0-5 years

How to contact us: Phone Janet or Kerry on (02) 9545 0299 or email: admin@scw.org.au

At times all parents feel lost or without a clue about what their child might need from them. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security® Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

Learning Objectives of the Program:

- Understand your child's emotional world by learning to read their emotional needs
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self-esteem and resilience
- Honour your innate wisdom and desire for your child to be secure

