



CIRCLE OF SECURITY™ PARENTING PROGRAM ABBREVIATED

At times all parents feel lost or without a clue about what our child might need from us. 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.

Using the COSP™ model developed by the Circle of Security originators, our trained Facilitators work with parents and caregivers to help them to:

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

Limited Spots! Book online!

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MEDSANA
MEDICAL CLINIC

**All parents and
caregivers of
children 0-12 years**

Small groups
**(child-minding service will
not be provided)**

6pm – 8:30pm
Tuesday Dates:
19th July, 26th July,
2nd Aug, 9th Aug

Cost \$400
Partners \$300
**(Includes 4 sessions and
workbook)**

Dr Suparna Vaidya
(Paediatrician)
Dr Linh Cheung
(General Practitioner)

