



## **CIRCLE OF SECURITY™**

### **PARENTING PROGRAM**

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!**

**[www.medsana.com.au](http://www.medsana.com.au)**



**MEDSANA**  
MEDICAL CLINIC

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

**Small groups**

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

**6pm – 8:30pm**

**Tuesdays**

**Cost \$400 per person**

**Cost \$700 per couple**

**(includes 4 sessions and  
workbook)**

**Dr Suparna Vaidya**

**(Paediatrician)**

**Dr Linh Cheung**

**(General Practitioner)**

**and  
Registered Facilitators**

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