

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 essential.
Additionally, the program is completely **FREE**.

TO REGISTER PLEASE CALL, EMAIL OR SCAN THE QR CODE

When: Seeing interest for a term 4 program

Where: TBA - Coffs Harbour NSW 2450

Time: 10am to 12pm

Contact: T: 6659 2800 or E: unitingcoffsharbour@uniting.org



Childcare facilities are NOT available.



Circle of Security
INTERNATIONAL
Early Intervention Program for Parents & Children

Uniting

