



# Circle of Security Parent and Caregiver Program

**Facilitated by Jo Cummings  
Trained COS Faciliator & OT**

8 week  
In person program  
27 April - 15 June  
Mondays  
6:30 - 8:30pm  
\$650 per fam

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.

## Learning Objectives of the Program:

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

## For further questions and enquiries:

[admin@littlerocketschildrensclinic.au](mailto:admin@littlerocketschildrensclinic.au)

Register

