

Circle of Security



What is CoS?

Learn how to better understand the emotional needs of your child.

CoS is a visually-based approach to help you see how to develop a secure attachment with your child.

Our six **free** sessions will help you to:

- Understand the importance of attachment
- Gain knowledge about relationships in which feelings can be shared
- Reflect on your own parenting experiences
- Learn about the CoS concept & how it occurs within the lives of children & adults

Where:

Burnside Office
7 Sherwood Road
Port Macquarie

When:

Wednesdays
23rd Oct – 27th Nov
August 2019

Time:

10:00am to 12:00pm

Get in Touch:

6581 6600

Morning tea provided

