



Circle of Security

Empowering parents to better understand and respond to their child's emotional needs by fostering secure and healthy relationships

Circle of Security is an eight-week parenting program designed to enhance attachment and security between parents/carers and children. Using the COSPT™ model developed by the Circle of Security originators, our trained facilitators work with parents and carers to help them:

- 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

During this program, participants will learn how to observe and understand their child's behaviours and emotions, which will help to strengthen their relationship and give their child a sense of safety.

Program Details:

- **Duration:** 8 weeks
- **Format:** In-person
- **Eligibility:** ACT residents only (due to funding criteria)
- **Cost:** Free, but registrations are essential



Term Three Sessions:

Location	Dates	When
Lyons Early Childhood School	12 August – 30 September 2025	3:30-5pm
Chandler St	12 August – 30 September 2025	3:30-5pm
Online	14 August – 2 October 2025.	3:30-5pm

**Registrations are essential as places are limited. This course is held several times a year.*

Give your child the gift of security. Join us for the Circle of Security Parenting Program and strengthen your bond with your child



For more information and to register, please contact us at: (02) 6264 0200 | families@crs.com.au
www.crcs.com.au