

Circle of Security for Men

An 8 Week Parenting Programme

Using the COSP model our facilitators will help you to:

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



Kids in Focus

Thursdays

6pm — 8pm

17th Oct —
5th Dec 2024



luma.org.au

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To enquire about joining this group please contact Luma.

Contribution towards a light supper will be requested depending on income.

LUMA FOR HER HEALTH
AND WELLBEING