

Circle of Security Parenting

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

**Creche available for children 5 yrs and under
Bookings are essential**



To enquire about this group please contact Luma.

Kids in Focus

Wednesdays
10am — 12pm

16th Oct to 4th Dec
2024



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LUMA FOR HER HEALTH
AND WELLBEING