



Parenting Group: You and your child's emotional needs

Having difficulty understanding your child's behaviour?

Concerned about your child's anger?

Feel that your child is too clingy or dependent on you?

Struggling to get parenting right?

Join **Reconnect Child & Family Therapy's** six-week parenting group program, Circle of Security (COS), designed to enhance the bond and sense of security between parents and children.

Fifty years of research has shown that the more secure children are, the more they are able to:

- Have higher self-esteem
- Enjoy more happiness
- Have better relationships with parents and their siblings
- Feel less anger towards their parents
- Know how to be kind
- Trust the people they love
- Solve problems on their own

COS provides parents with a road map to better understand their child's behaviour, and support their needs. It also offers a safe environment for parents to identify their parenting strengths and weaknesses, and benefit from sharing with other parents in the group.

Please contact Evonne to enquire about places:

90749912 or **evonne@reconnect.com.sg**

Program Summary: The COS program is group-based meeting with other parents. Parents will participate in 1.5-hour meetings once a week for 6 weeks. COS is non-judgmental and helps parents find their inner strength to deal effectively with their children. The COS Parenting DVD will be used as a structure to organise discussion. Parents can share as much or as little as they feel comfortable with.

Week 1: Circle of Security Parenting

Week 2: Our Children's Security Needs

Week 3: Being 'With' Emotions

Week 4: Learning About Our Miscues

Week 5: Firm, No Nonsense Kindness

Week 6: Repairing Relationships

Dates: Please enquire about your preferred date and time, available Mon-Sat (start date to be confirmed when minimum number of 3 parents enrolled).

Who is this group for: Parents with children between the ages of 2 to 16 years. This program is beneficial for all parents: biological parents, grandparents, adoptive parents, and foster parents.

About the group: This is a closed group, which runs for six consecutive weeks. Commitment to attend all 6 sessions is required. Minimum group size of three and maximum of eight.

Venue: The Aldelphi, near City Hall MRT

Cost: \$380 for one parent, \$680 for two parents attending together (cost covers all six sessions)