



# Parenting Group: Raising an Emotionally Secure Child

Join our 6-week Circle of Security Parenting Group (COS-P), designed to enhance the bond and sense of security between parents and children.

Parents will be able to help their children:

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

The COS-P program is group-based weekly meeting with other parents. It provides parents with a road map to better understand their child's behaviour, and support their needs.

COS-P offers a safe environment for parents to identify their parenting strengths and weaknesses, and benefit from sharing with other parents in the group.

Videos will be used as a structure to organise discussion. Parents can share as much or as little as they feel comfortable with.

**Dates:** Six two-hour sessions on Wednesday mornings from 10am to 12-noon, starting 12 Oct (12/10, 19/10, 26/10, 2/11, 9/11, 16/11)

**Who is this group for:** Parents or caregivers of children between 2-14 years old

**Facilitator:** Yvette Tan, Family Therapist, Registered COS-P facilitator

**Venue:** Reconnect Psychology & Family Therapy, Orchard Shopping Centre #08-06

**Cost:** \$500/pax for all 6 sessions

**Feedback from participants:**

*"Great hands-on experience and really lifts the lid on many of my own personal triggers."*

*"A very useful course to take for all parents."*

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Bringing  
families closer