

Circle of Security Parenting - Abbreviated Intensive

**READING YOUR BABY'S NEEDS
BUILDING YOUR PARENTING CONFIDENCE**

Are you pregnant with your first baby?

This abbreviated antenatal intensive group program is designed for first-time mums who want to feel more confident and prepared for the emotional and relational aspects of parenting.

Drawing on Circle of Security principles, participants will learn how babies communicate their needs, how secure attachment develops, and practical ways to respond to their babies with confidence and sensitivity.

(Note: as this is an abbreviated version, a COSP™ certificate will not be provided)

Delivered over two sessions

Saturday November 7th and 14th, 10:00-15:00

\$600 in total, lunch provided

Suite 8, 20 Churchill Ave, Subiaco

RSVP by 24th October

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Kristie Rostant
Clinical & Counselling Psychologist



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