

Circle of Security Parenting Group (COSP)

with Dr. Rosalind Catchpole, R.Psych and Dr. Alex DiGiacomo

Who is this for?

- Parents or caregivers of children/ adolescents/teens with anxiety and/or behavioural concerns
- This group is not appropriate for children, teens, or siblings

Overview

- An 8 or 10 week virtual video-based group. There will be discussion, opportunities for parent reflection, and time for questions
- You will receive an e-booklet with relevant handouts

Group Content:

- Decades of psychological research show that a secure attachment in the parent-child relationship predicts all sorts of positive outcomes for youth (e.g., better emotion regulation, higher self-esteem, improved problem-solving skills, more enjoyment in close relationships just to name a few)
- Though we all want to have secure relationships with our kids, many of us feel unsure about exactly what our children need from us and feel “shaky” about how best to respond to them, especially in times of emotional distress
- COSP provides a clear roadmap for identifying and understanding our child or teen’s emotional needs. Our goal is to then equip parents to confidently respond to these needs in skillful ways that promote security.

HOW...

- Offered via Zoom Pro.
- Sessions are held either in the evenings (90min for 8 weeks) or over the lunch hour (60min for 10 weeks)

COST...

- \$180/60min lunch hour group or \$225/90 min evening group. You will receive weekly receipts for psychological services.

HOW TO APPLY...

- If you are a current client of Dr. Alex or Dr. Catchpole, please speak to them directly.
- If you are not a current client of Dr. Alex or Dr. Catchpole, please email Cornerstone Child and Family Psychology Clinic at info@cornerstonepsychology.ca to book a 50-minute intake session (billed at regular rates) to assess goodness of fit. If the group is deemed not to be a good fit, we will provide alternative recommendations.