

Allambee Circle of Security® Group Description and Referral Process

Allambee are delivering Circle of Security® (COS) groups in Mandurah

Description

The Circle of Security (COS) is a relationship-based early intervention program designed to improve attachment and security between children and their caregivers. COS groups (sometimes called COS-P: Circle of Security Parenting) are typically delivered as small group sessions for parents, foster carers, or other caregivers. The Circle of Security helps caregivers better understand and meet children's attachment needs and depicts the interplay between a child's need for exploration (going out) and their need for comfort and safety (coming in), with the caregiver acting as both a Secure Base and a Safe Haven.

Outcomes

For Parents/Caregivers

- Increased parental sensitivity and responsiveness to child cues
- Greater reflective functioning (capacity to consider child's inner world)
- Reduced parenting stress and guilt.
- Improved confidence and competence in caregiving

For Children

- Higher rates of secure attachment
- Improvements in emotional regulation and social competence
- Decreases in externalising behaviours (aggression, defiance) and internalising symptoms (withdrawal, anxiety)
- Stronger capacity for exploration and learning due to a secure base

Please direct parents to us that may:

- struggle with the transition to parenting (not exclusive to first-time parents),
- express relational or behavioural difficulties with their child,
- are having difficulty understanding their child's needs
- are struggling to make sense of their child's behaviour.

Circle of Security® is a targeted support group, which is complementary and not intended to replace psychological, psychiatric, or medical advice or services.

Locations: Allambee, Peel Health Hub or 119 Pinjarra Road, Mandurah (Choyces building)

Cost: No cost to participants.

How to refer: We welcome referrals from all perinatal and infant mental health practitioners, all early intervention professionals, child health nurses, midwives and G.P's.

Please complete the form overleaf and email your referral and any enquiries to referrals@allambee.org.au

Parent's Details				
<input type="checkbox"/> Consent for referral received from parent				
First Name		Surname		Date of birth
Is the parent of Aboriginal or Torres Strait Islander origin?				
No	Yes, Aboriginal	Yes, Torres Strait Islander	Yes, Both Aboriginal & Torres Strait Islander	
Residential Address				
Mobile Number				
Email				
Safe to contact via	Phone	Email	Leave a voice message	Send an SMS
Children/s Details				
Name and age of children in household.				
Other Details				
Relevant mental health and childhood history of parent (please include involvement of other health professionals, if known.)				
Are the children in the care of the client? Yes No		If No: Name of primary caregiver.		
Is this parent court ordered to attend COS?		Yes No		
Are there any restraining orders in place. Yes No		If Yes: Name of person on restraining order		
Reason for referral (why do you feel this parent will be suitable for the group?)				
Referrer Details				
Name				
Organisation		Contact		
Email				

Please note - this form does not guarantee a place in the program

Numbers are limited for each group and places are allocated/prioritised according to need. Please let the parent know that the lead facilitator in the area will conduct a phone interview with her 1-2 weeks before the group start date to assess suitability.