

The Circle of Security Parenting<sup>™</sup> program is based on decades of research about parent-child relationships. We will learn about our child's emotional needs, how to enhance safety & security in our relationship with our child,

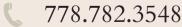
how to support their self-esteem, & explore challenges

that we may face as parents/caregivers.

## Apr 20 - Jun 8, 2023 Thursdays 10am-12pm

via Zoom

This is a video-based program, so you will need to be able to watch the media content and participate in discussion.



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