



information
children

Circle of Security

Mondays 6:30–8:30 pm

January 9 – February 26, 2024

Via Zoom

<http://tinyurl.com/ICWinter2023>

The Circle of Security Parenting™ program is based on decades of research about how parent-child relationships can be supported & strengthened.

In this 8-week series, we will explore how to

- understand your child's emotional needs
- help them manage their emotions
- strengthen their self esteem
- honour your innate wisdom & desire for your child to be secure

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