



CIRCLE OF SECURITY

Presented by: Youth & Family



Circle of Security

Welcome to Circle of Security! This 8 session evidence based parent education and discussion group has been described as life-changing for participants!

It helps to know that others are dealing with similar issues.

...chock full of great ideas!

Learning Objectives:

- Understand your child's emotional world by learning to read the emotional needs
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self esteem
- Honor your innate wisdom and desire for your child to be secure

Location: Youth Resource Centre at Oceanview Education Centre - 7105 Nootka Street

Dates: 10 - 11:30 AM on Tuesdays, May 14 - July 2, 2024

Cost: Free! Coffee, tea, snacks & childcare are provided.

Who should attend: Parents/ Caregivers of children ages 3 months to 6 years, but **all** parents/caregivers are welcome to attend and apply these practices.

How to register: Contact one of our facilitators (contact info below) to register. Maximum capacity for this training is 10 families. Those wait-listed will be transferred to the next session.

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