



# Circle of Security® PARENTING SERIES

**Location:** Centre for Young Parents  
9625 Prairie Road.

**Dates:** Tuesdays September 12th - October 31st, 2023

**Times:** 1:00 pm – 3:00 pm

**Cost:** FREE!

**How to register:** Contact 780 830 0920 to register.  
limited childcare spaces available.

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At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security® Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

Learning Objectives of the Training:

- 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

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Circle of Security is designed to help caregivers connect with the children in their lives. The Circle of Security figure focuses on helping caregivers reflect upon Children's attachment needs in order to promote secure attachment. Secure attachment relationships with caregivers are a protective factor for children, setting the foundation for social competence and promoting effective functioning of the emotion regulation and stress response systems.



**Grande Prairie and Area  
Family Resource Network**

