

# Center for Child and Family Wellness

## Safe Parenting Program



### Circle of Security Parenting: A Path to Good Enough/Safe Parenting

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 to create strong relationships that support the wellbeing of the family.

#### Learning Objectives of the Program:

- 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
- Develop parent resilience/wellbeing

### Center for Child and Family Wellness is offering the following programs to support parents:

#### Circle of Security Information Session

Join one of two virtual sessions to learn more about Circle of Security and its impact on child development and parent/child relationships.

##### Dates:

Tuesday, Feb. 17, 6:30–7:30 p.m.

or

Wednesday, Feb. 18, 6:30–7:30 p.m.



Use the QR code to register. An invitation will be sent to your email.

#### Circle of Security Parenting Group

This free, eight-week program meets virtually one evening a week for 90 minutes.

##### Meeting dates and times:

1. Wednesday, March 4, 2026, 6:30–8 p.m.
2. Wednesday, March 11, 2026, 6:30–8 p.m.
3. Wednesday, March 18, 2026, 6:30–8 p.m.
4. Wednesday, March 25, 2026, 6:30–8 p.m.
5. Wednesday, April 1, 2026, 6:30–8 p.m.
6. Thursday, April 9, 2026, 6:30–8 p.m.
7. Wednesday, April 15, 2026, 6:30–8 p.m.
8. Wednesday, April 22, 2026, 6:30–8 p.m.



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