



# Circle of Security<sup>®</sup>

## PARENTING SERIES

Presented by: Penny Helgason

Sponsored by: Interlake Women's Resource Centre

Dates: October 1, 15, 22, 29, November 5, 19, 26, December 3 (8 weeks)

Location: Evergreen Regional Public Library, 292 Main Street Arborg

Time: 7:00 p.m.

Cost: FREE!!!

Who should attend: Parents/Care givers

How to register: Call or Text Penny at (204)641-4629

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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<sup>®</sup> Parenting<sup>™</sup> 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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