



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 situations.

It takes a village!

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 School, 7105 Nootka St.

Dates: April 7 - May 26
10 - 11:30 AM on Tuesdays,

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

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

How to register: Space is limited so don't wait!
Contact Debbie van Dok
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604-414-8507

(Family Enhancement Counsellors and registered COSP facilitators).