



Family Capacity Building and Support

Circle of Security Parenting Group

✓ KEY FEATURES

- **The Circle of Security Parenting™** Group is based on decades of research about how secure parent-child relationships can be supported and strengthened.
 - https://www.youtube.com/watch?v=q_b73UFqLaY&t=20s
- 8 week group for parents/caregivers.
- Currently being offered in person and virtually.
- Dates will be shared with participants when space is available.

✓ ANTICIPATED OUTCOMES

- Understand your child's emotional world by learning to read their 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.

HOW TO ACCESS SERVICES Contact the Huron Perth Centre at **1-888-260-3924** to schedule an intake appointment.