



FREE 8-WEEK CIRCLE OF SECURITY PARENTING GROUP

Offered by WellPower's Early Childhood Mental Health Consultation Team

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OR SCAN HERE:



For questions or more information contact:



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Presented by: Heidi Whitney, LCSW & Amy Lowright, LPC

Location: Virtual via Zoom

Dates & Times: Thursdays 12:00pm-1:30pm, September 29th-November 17th

Cost: FREE!

Who should attend: Caregivers (i.e. parents, grandparents, foster care/kinship providers, etc.) caring for children ages 4 months through 6 years.

This is a great opportunity for those who are looking to connect with other caregivers, learn about secure adult-child relationships, and explore their caregiving practices.

***Those who register must be able to commit to all 8 sessions of the group.**

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 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