



# Circle of Security<sup>®</sup> Parenting

PRESENTED BY CARYA



## A RELATIONSHIP BASED PARENTING GROUP

Join us for an eight-week virtual parenting group that will help you identify and respond to your child's emotional needs.

At times, all parents feel lost about what our child needs from us. Imagine what it would feel like if you could understand what your child was really asking of you. The Circle of Security<sup>®</sup> Parenting program is based on decades of attachment research about how secure parent-child relationships can be supported and strengthened.

**This group is only for Adoptive, Kinship and Foster Parents.**

### This group will help you:

- Understand your child's emotional world by learning to read emotional needs
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self esteem
- Honour the innate wisdom and desire of your child to be secure

**This program is FREE and is offered virtually over Zoom**



**Tuesdays, April 8 - June 3, 2025**  
(no group on May 20)



**6:00 pm - 7:30 pm**

**To register, please contact:**

**Nedra Huffey at 403-205-5237 or [NedraH@CaryaCalgary.ca](mailto:NedraH@CaryaCalgary.ca)**

**Sharon Gordon at 403-305-3700 or [SharonG@CaryaCalgary.ca](mailto:SharonG@CaryaCalgary.ca)**

