

# Circle of Security Parent Group

The **Circle of Security** program is designed to enhance attachment security between a parent or caregiver and their child. Decades of research have confirmed that secure children exhibit increased empathy, greater self-esteem, an increased capacity to handle emotions more effectively, and better relationships with parents & others in later life!

**Participants will explore how to...**

- Assist your child in managing their emotions and behaviour
- How to pick up on your child's cues and signals
- Understand more clearly why your child behaves the way they do
- Encourage the development of confidence and self-esteem in your child
- Learn how your child's behaviour is a form of communicating their needs to you

## **Who?**

Parent or caregivers with children 9 yrs of age and under who are active clients.

\*Preference will be for younger children and/or those with a significant disruption in attachment

## **Where?**

Intersect Youth & Family Services - Group Room

**More Information on Circle of Security, Check out these videos:**

<http://circleofsecurity.net/animations>

**Please do connect with the Facilitators for more information:**