

CIRCLE OF SECURITY

PARENTING PROGRAM

The Circle of Security Program (COS) is a relationship based early intervention program. It was designed with the specific goal of making decades of attachment research as understanding as possible so that parents can support a secure relationship with their children. The approach was created to offer:

- ◆ A way to understand your child's needs.
- ◆ A way to understand how you see those needs (how some feel more acceptable than others).
- ◆ A way to make sense of why you welcome certain needs and struggle with others.
- ◆ Access to that part of you that is willing to override your discomfort to prioritize the needs your child has.

Circle of Security is designed to build reciprocal trust (parent's trust builds their child's trust) and a secure attachment by helping you in the following ways:

- ◆ Saying Good-Bye to Perfectionism and Self-Blame
- ◆ Relaxing into Confidence
- ◆ Keeping Our Eye on the Circle
- ◆ Being-With: Attuning to Our Child's Emotions and Needs
- ◆ Keeping Our Hand on the Circle: Balancing Sensitive and Responding with Taking Charge
- ◆ Sorting Through Our Baggage

CIRCLE OF SECURITY PARENTING PROGRAM

Tuesday Evenings, starting April 2, 2019 to May 21

6:00pm to 7:30pm

STURGEON HEIGHTS SCHOOL, 50 Hogan Road, St. Albert

Registration deadline is April 1, 2019. Space is limited so register early to avoid disappointment.

The program is free of charge, snacks, beverages and childcare are included. If you would like more information, please contact Kathy Lee, via email Katherine.lee@sturgeon.ab.ca or call 780.934.7940.

To register, simply visit our online link <https://goo.gl/forms/Yn6lYsmMebh5UWig2> If you have any questions about your registration, please contact Jessica Logan, via email jesica.logan@sturgeon.ab.ca or call 780.939.4341 ext. 1267.

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