



is offering a **FREE** parenting program

Circle of Security Parenting

It is an attachment-based parenting education program that aims to help parents & caregivers with children from birth to 6 years old better understand and strengthen their relationships with their children.

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*

Wednesdays,
April 15 -June 3

9:30-11:30

Access Fort Garry (135 Plaza Drive)

Note: **Childcare is not provided** at this site

Snacks will be provided.

For more information, please contact:
(204)774-7311 (Gabriela), or email us at ggalli@mosaicnet.ca