



Community Wellness

Circle of Security

Parenting Program

Starting September 14th for 8 weeks



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.

WHAT: Understand your child's emotional world by learning to read their 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

WHEN: Thursdays from 12:30-2:30pm

WHERE: Abigail's Learning Centre, 119 Station Street, Belleville

Free and Open to Everyone in the Community!

Advanced Registration Required

For more information, please call 613-962-0000, press '0' for reception

Please Note: Group programs may be cancelled with short notice due to Covid-19



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