



Community Wellness

Circle of Security Parenting Program

Starting September 18th 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: Wednesdays September 18th — November 6th
12:00-12:30—Free Lunch
12:30—2:30pm Group

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

