

# Circle of Security®

## PARENTING SERIES

Circle of Security is a relationship based parenting program developed by clinical professionals over a period of 20 years. It provides parents with a roadmap to understanding their children's needs as well as a guide on how to get there. It is practical, understandable and portioned out in bite-size chunks. The method minimizes the shame and blame cycle and teaches parents reflective functioning. Building on strengths without ignoring the struggles. A trained Circle of Security® facilitator will be leading this series.

**Tuesdays, 9:30 am—11:30 am**

**Central Elementary School,  
9425 Young Road, Chilliwack**

**To Register phone: 604.792.8539**

**Email: [ccecss@gmail.com](mailto:ccecss@gmail.com)**

This is a free program.

Children 10 months and under are welcome to attend with their caregivers.

