



Circle of Security[®]

PARENTING SERIES

Langley Community Services Society Presents: The Circle of Security with Rebecca Mitchell MA, RCC

Location: 20719 48 Ave, Langley, BC Fireside Room, Langley Evangelical Free Church

Dates: Mondays from September 25 to November 6 (except holiday on Oct 9)

Times: 10:00 am – 12:00 pm Cost: Free!

Childminding available

Who can participate: Open to parents and caregivers of children birth to 18 living in Langley

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. The Circle of Security[®] Parenting program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

By participating in this program you will have the opportunity to:

- Understand your child's emotional world by learning to read your child's emotional needs;
- Build your observational skills and ability to read and respond sensitively to your child's cues or signals (e.g., to explore, seeking comfort);
- Learn more about supporting your child's ability to successfully manage emotions
- Enhance the development of your child's self esteem
- Reflect on experiences you have had that could affect your parenting and
- Honor your innate wisdom and desire for your child to have a secure relationship with you

Space is limited. Please register by August 31. Call Jill Viens @ 604 533- 7920 extension 1302.