



Circle of Security

Parenting can be challenging, and it's often hard to know what your child needs. Circle of Security helps parents and caregivers understand their child's emotions, support healthy development, and build stronger bonds. Through guided discussions, videos, and reflections, participants gain practical tools to foster a secure, connected relationship with their child.

For parents and caregivers of children ages 2 months to 6 years

- FREE nine week program
- Tuesdays, 9 a.m. to 10:30 a.m., April 14 to June 9

Call **780-416-6730** or email familyresourcenetwork@strathcona.ca to see if this program is a fit for you!

