



Circle of Security® PARENTING SERIES

Presented by: Rev. Lynne Smith

Sponsored by: Birmingham UMC Counseling Center

Location: Garland House

Dates: Tuesdays 1/7-2/25, 2020

Times: 6:30pm - 8:00pm

Cost: \$100

Who should attend: Parent or Caregiver of children 4 months to 6 years

How to register: Register on-line at faithfulfamilylife.org/circle-of-security-parenting-workshop/

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.

Learning Objectives of the Training:

- Understand your child's emotional world by learning to read the 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

Why is a secure parent-child relationship important?

Because research shows that the more secure children are, the more they are able to:

- Turn to their parents for help when in trouble
- Have better relationships with brothers and sisters
- Have lasting friendships... and much more

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- ✓ Class is limited to 8 participants. Registration will be closed when 8 participants have registered.
 - ✓ It is important to plan to attend every session as each lesson builds on the material presented in prior lessons.
 - ✓ This interactive training includes video examples of parent-child interactions to enhance the learning experience.