



## CIRCLE OF SECURITY CAREGIVING PROGRAM

*Creating more secure relationships with children in our community!*

**Circle of Security Parenting** is a relationship-based program designed to enhance connections between parents, caregivers and children. The relationship between child and parents/caregivers plays a key role in promoting growth and development across the life span. The program will support you:

- ✓ To understand children's needs – including cousins, nieces, nephews
- ✓ To support their ability to successfully manage emotions
- ✓ To enhance the development of children's self-esteem
- ✓ To honor the innate wisdom for all our children to feel secure

This program is open to all community members. ***"It takes a village to raise a child"***. The goal of the program is to understand each other's needs, emotional well-being, and build secure relationships within the family unit.

***Program runs January 30<sup>th</sup> – March 19<sup>th</sup> 10am-12pm – lunch to follow***

Circle of Security Program is designed to help caregivers be: ***"Bigger, Stronger, Wiser and Kind"***.

PROGRAM  
FACILITATOR:  
TAMARA SIMON

STARTING JANUARY  
30<sup>TH</sup> @ 12PM FOR 8  
WEEKS AT THE  
HEALTH CENTRE

LUNCH PROVIDED

CHILDMINDING  
AVAILABLE

CALL MELISSA @  
250-498-6935 FOR MORE  
INFO

REGISTERING NOW!  
Limited Seats Available

