

Circle of Security Parenting Group

Sometimes, we get confused by our children's behaviour. We want them to stop acting in certain ways, and we don't know how to manage their behaviour. We may even wonder if there is something wrong with them.

Circle of Security is a **relationship based parenting program for parents of children aged 0 to 8**. The group is focused on helping us see our children's needs underneath their behaviours. We learn a very useful map to understand what is going on for our kids (and us when we get overwhelmed). Once we know this map, we discover how we can support and connect with our kids in ways that are helpful and positive.

Here's a short (2 min) video clip about the Circle Of Security approach:

<https://www.youtube.com/watch?v=F6DhnbGRAOo>



When: A ten week program with ongoing registration.

Where: Registrations are accepted through the John Tod Y - Early Years Centre.

Contact: E-mail: ssteele@kamloopsy.org Phone: 250 376 4771

The group is facilitated by trained and registered Circle of Security parent educators.