

# CIRCLE OF SECURITY PARENTING SERIES

Presented by Danielle Allen, LMHC, LMFT, CMHS



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.

This program provides support and knowledge for parents as they navigate the emotional needs of their children

## Learning Objectives of the Training

- Understand your child's world by learning to see and meet their 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

## Class Information

- Participants meet to go over eight chapters of learning together with facilitator
- Must have access to video/audio device and wifi
- Active participation and reflection are strongly recommended to enhance depth of learning/experience
- Workbooks and handouts are provided to participants

## Program Details & How To Register

**TWO** classes available for Summer 2024, starting the first week of July!

**In Person - Mondays 4:30-6pm @ Adams Elementary**

**Virtual - Tuesdays 4:30-6pm PST**

Please contact Danielle Allen if you have any questions or parents/caregivers to refer!

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