



# CIRCLE OF SECURITY PARENTING

## FREE 8-WEEK ONLINE PROGRAM

Parents are invited to join our free 8-week parenting program that will help you:

- learn how to recognize your infant's needs and better understand their behavior
- be supported as a parent and gain ideas on how to make parenting easier
- begin to understand your own reactions to your infant's behavior

This program is designed to help you understand and respond to your infant's needs, and as a result, creates a better relationship.

**TIME:** 10 - 11:30 a.m.

**DATES:** Friday, October 7 to Friday, December 2, 2022  
(No class on Friday, November 25)

**LOCATION:** At Home via Zoom

*Zoom link will be provided upon registration*

### GROUP IS FOR:

- + First-time parents
- + Pregnant moms
- + Parents with children under six months old

Registration is required.

To register and for more information,  
call **Brittney West** at **860-358-4825**.

