



# CIRCLE OF SECURITY

## FREE 8-WEEK PARENTING 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:** Fridays, February 7 to March 27, 2020  
**LOCATION:** Pregnancy + Birth Center  
Middlesex Hospital  
28 Crescent Street, Middletown  
*Infants are welcome to attend with their caregiver!*

### GROUP IS FOR:

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

Registration closes on January 31.

Registration is required as seating is limited.

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



Circle of Security  
INTERNATIONAL  
Early Intervention Program for Parents & Children

**M+** Middlesex  
Health  
Family Advocacy  
Program