



CIRCLE OF SECURITY

FREE 8-WEEK ONLINE PARENTING PROGRAM FOR
BIPOC (BLACK, INDIGENOUS AND PEOPLE OF COLOR)

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

- learn how to recognize your child'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 child's behavior

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

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

DATES: February 2, 9, 16, 23, March 2, 9, 16, 23

LOCATION: The comfort of your own home

FACILITATORS: **Brittney West**, *Social Worker*
Kimberly Brathwaite, *Social Worker*

The group is for **BIPOC community members** to create a safe space to share experiences around parenting.

To register, receive a Zoom link and to gain more information, contact **Brittney West** at **860-358-4825** or **brittney.west@midhosp.org**.

