



CIRCLE OF SECURITY PARENTING

FREE 8-WEEK PROGRAM

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: 1 - 2:30 p.m.
DATES: Mondays, September 19 to November 14, 2022
LOCATION: ACES
300 Washington Street, Middletown

Registration closes on September 9.

Registration is required as seating is limited.

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

Social and Emotional Playgroup for Children

*This program happens at the same
time as the parents' group*

- Our activities build social, emotional, physical and cognitive skills
- Playtime enhances social skills with peers
- Self-confidence and esteem will be built

