



# 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 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.

**DATES:** Jan. 29; Feb. 5, 12, 19, 26; Mar. 4, 11 and 18

**TIME:** 12 p.m.

**LOCATION:** The comfort of your own home (Zoom)

Registration is required.

To register, gain more information and your Zoom link, contact **Brittney West** at **860-358-4825** or **[brittney.west@midhosp.org](mailto:brittney.west@midhosp.org)**.



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