



# CIRCLE OF SECURITY

## FREE 8-WEEK ONLINE PARENTING PROGRAM

### ARE YOU:

- Feeling overwhelmed as a parent?
- Anxious and stressed about how to read and respond to your child's cues, especially during this time of much uncertainty?

Join other parents and caregivers in Middlesex County to learn how to support your child(ren) and yourself.

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

**TIME:** 40 - 60 minutes weekly, at 10:30 a.m.

**DATES:** Beginning January 7

**LOCATION:** The comfort of your own home

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

### Participating online using Zoom

Zoom works across all operating systems and may also be downloaded for free for iPhone or Android

