



CIRCLE OF SECURITY PARENTING

– VIRTUAL GROUP



Sponsored by: The Family Development Center and Everyday Miracles

The Family Development Center helps families grow from roots to branches.

Facilitated by Circle of Security Parenting Facilitators:

Sifa Mosiori, LPCC Intern and Kate Dando, MSW, Licensed Independent Clinical Social Worker

Sifa and Kate both specialize in Culturally Sensitive, Relationship Focused Infant and Early Childhood Mental Health

Location: Virtual Group (Google Meets)

Dates: September - December 2022

Times: Mondays 10:00am until 11:30am

To inquire for more information about how to register,

contact Sifa@thefamilydevelopmentcenter.com or Kate Dando kate@thefamilydevelopmentcenter.com

Parenting often feels like the hardest job you will ever have.

We believe you want to do the best you can to understand our children's needs and create a healthy parent – child relationship.

The Circle of Security Parenting™ program for parents of children between the ages of 0-5 years old based on decades of research about how parent-child attachment relationships can be supported and strengthened. This program will provide you with tools to understand your child's needs: to explore, and to seek comfort, protection, and connection. The Circle of Security Parenting™ will also build your confidence to balance being kind and being able to take charge when needed in order to maintain your child's emotional safety and security.

For more information go to the Circle of Security International website@<https://www.circleofsecurityinternational.com>

What to expect?



During this 12 week period of time, you will meet with other parents of young children to learn and discuss the following topics:

This Group experience will be spread out over 12 weeks to allow for more personal reflection, more connection with group members, and time to integrate group topics into your family goals.

- Week 1. Introduction to group members and what is the Circle of Security
- Week 2. About Circle of Security Parenting
- Week 3. Exploring children's needs for comfort and security
- Week 4. Being with children when big emotions come up
- Week 5: Continue exploration about Being With feelings that feel hard
- Week 6. Understanding Cues and Learning about the emotional needs of infants
- Week 7. Reflect on your past relationships with your caregivers to Create a secure relationship with your child
- Week 8. Continue exploration about Being with feelings that feel hard
- Week 9. Exploring our struggles as parents
- Week 10. Rupture and Repair in relationships
- Week 11. Summary and Goal Setting
- Week 12. Goodbye Celebration