



# Circle of Security<sup>®</sup>

## PARENTING SERIES

Are you struggling with knowing what your child is really asking from you?

Join us to learn how to support and strengthen your parent-child relationship.

**Circle of Security Parenting will help you:**

- Understand your child's emotional needs
- Support your child to manage their emotions
- Enhance the development of your child's self esteem
- Strengthen your attachment with your child

This 8-session virtual series is geared towards children **ages 4 months-six years**. Sessions are offered at a variety of times to meet the needs of families.

Please contact Erin Grimes, Family Resource Center Parent Educator, at 860-253-6580 or [egrimes@enfield.org](mailto:egrimes@enfield.org) to get more information or be put on a list for an upcoming session.

