



What is the **Circle of Security** parenting program?

A free, eight-week program that will help you:

Understand your child's emotional world by learning to read the emotional needs

Support your child's ability to successfully manage emotions

Enhance the development of your child's self esteem

Honor your innate wisdom and desire for your child to be secure

Who is this program for?

- First-time parents
- Parents/grandparents/caregivers with children ages 4 months -6 years old

How do I sign up?

The group will be offered ongoing to meet the needs of families. The meetings will be once a week for about 40-60 minutes in person or virtual.

For more information or to sign up, please call Erin Grimes at 860-253-6580 or email

Meet the Facilitators...



Erin Grimes, Lead Parent Educator

"As a parent of two teenage daughters, I always say that I wish the Circle of Security program was offered when my children were little but as we learn in the program, it is never too late to learn new ways of parenting. My hope is to share this new approach with as many parents and caregivers as possible!"



Lisa Carriere, Parent Educator

"Although COSP is geared to parenting children up to 6 years old, as a mom of four, I have found the principles to be helpful in strengthening ALL types of relationships. I look forward to helping you improve your connections with your children in this safe and judgement free group!"



Angelica Fajardo, Early Childhood Social Worker

"As a parent, I value the COSP so much more. This program has taught me ways to honor and respect a child's emotional need and support family's social-emotional health. Parenting feels hard because it is hard. Every day is a new day in the world of a parent!"