

# CIRCLE OF SECURITY® PARENTING™ PROGRAM (8 WEEKS)

*Cameray Child & Family Services, Burnaby Pacific Grace Church and Pacific Immigrant Resources Society are hosting a free online workshop open to families with children 0-5 years old*

## PROGRAM DETAILS:

At times as parents we all feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security® Parenting™ Program is based on decades of research about how secure parent-child relationships can be supported and strengthened. During this 8-week series, you will learn how to:

- understand your child's emotional world by learning to read their emotional needs;
- support your child's ability to successfully manage emotions;
- enhance the development of your child's self-esteem;
- honour your innate wisdom and desire for your child to be secure and much more!

## FACILITATOR:

This series will be facilitated by Georgianna Lee, Parent Support Counsellor, from Cameray Child & Family Services.

Georgianna will be available for 30 minutes after each session to answer additional parenting/child development questions participants may have.



## WHEN:

1:00pm – 2:30pm

Friday, Jan. 22, 2021  
Friday, Jan. 29, 2021  
Friday, Feb. 5, 2021  
Friday, Feb. 12, 2021  
Friday, Feb. 19, 2021  
Friday, Feb. 26, 2021  
Friday, Mar. 5, 2021  
Friday, Mar. 12, 2021

## WHERE:

Zoom  
Online Group  
(meeting links will be sent to registered participants)

## WHO:

Parents/caregivers  
with children  
0-5 years old

## TO REGISTER

Visit:

<https://bpgc.org/upcoming-events/>

OR

E-mail:

Valerie Lai: [vlai@pirs.bc.ca](mailto:vlai@pirs.bc.ca)

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