



Circle of Security® PARENTING SERIES

Presented by: Sally Gradin, Child and Family Therapist, and Cassidy Smith, Skills Trainer

Location: Options Counseling and Family Services
8285 SW Nimbus Ave., Suite 148, Beaverton
(Hall Boulevard side, inside wheelchair ramp door)

Dates: April 9 – May 28, 2020; eight Thursday sessions, 11:30am-1 p.m.
Registration deadline: March 26

Who: Parents of children/youth. Childcare is provided.

Cost: Covered by OHP insurance. Non-OHP participants: \$40 per session (check insurance)
Registration is limited. See other side for attendance and weather information.

Circle of Security parenting education is for you if:

- You are looking for parenting strategies
- You want to increase your confidence as a parent
- You are concerned your emotional health is impacting your parenting
- The relationship with your child is a source of concern
- Differences exist between parents about parenting

At times all parents feel lost or confused 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.

Learning Objectives of the Training:

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



Please contact Front Desk (503.352.3260) or Sally Gradin (971.712.3528) for openings and registration, or to register for notification of future workshops