



Circle of Security is not rated P for "Perfect Parent", but rather G for "Good Enough Parent." We all want to get it right for our kids and this program is designed to help us achieve just that.

# CIRCLE OF SECURITY

*Free Parenting Program for Parents & Caregivers of Children ages 0-5*

Hosted by: LifeWorks NW Family Stepping Stones and Children's Relief Nursery

Facilitated by Ian Friedrich & Romy Leon

*Join us for a 10-week parenting group designed to help parents develop new insight into the meaning of their children's behavior & create secure and loving bonds. Parents who have taken the Circle of Security Parenting program report a reduction in problem behaviors and tantrums and an increase in enjoyment in parenting.*

**WHEN:**

**Wednesday Afternoons**

**2:00 PM to 4:00 PM**

**Classes Start October 14, 2020**

**WHERE:**

**Virtual Support Group**

**Join using Zoom!**

**Register for Link to Join**

Weekly dinner provided to participating families, please register for details! For more information or to reserve a spot please contact Romy at 503.319.6546 or email at [romy.leon@lifeworksnw.org](mailto:romy.leon@lifeworksnw.org)