

Circle of Security

Parenting Class

Starting in October

Feel like you need some support?

Need new tools as a parent?

Wonder how the other parents make it look so easy?

Circle of Security Parenting is an 8 week long relationship based parenting curriculum designed to enrich attachment between parents and children. The classes are for parents to explore how to relate and build connection with their children. There is no perfect parenting and the classes are built to be guilt free. The program is designed to help parents increase their understanding of their children's responses to situations.

- Circle of Security Parenting provider since 2010.
- The class is designed for parents of children ages birth to 11.
- Geared towards anyone who is a primary caregiver for a child.
- No childcare is provided for this class. Infants who are not yet mobile are able to attend.
- Cost of the class is \$15 per session.

If you find yourself trying to connect with your child, struggling with behaviors, or just want more tools as a parent please contact me today for more information or to sign up for upcoming groups. Space is limited.



Allies in Hope Counseling, LLC
Individual, Couples and Family Therapy

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