



# Circle of Security Parenting

For parents or caregivers with pre-mobile babies

---

At times all parents 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.

## Learning Objectives of the Program:

- 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

---

**Presented by:** The CVCDA's Early Years Wellness Program

**Facilitators:** Sarah Shelin and Meghan O'Rourke

**Location:** Early Years Wellness Center, 211-750 Comox Road

**Dates:** Thursdays from October 13 – December 9, no class on November 3

**Times:** 10:00-11:30

**Cost:** Free!

**Who should attend:** Any parent or caregiver with a pre-mobile baby  
(we are not able to accommodate mobile babies or older children)

**Pre-registration required**

**How to register:**

Email – [meghan@cvcda.ca](mailto:meghan@cvcda.ca) | Phone or text – 250-897-8023