

All parents wonder
if they're getting it right.

You're not alone. Parenthood doesn't come with instructions. Sometimes it's hard to tell what your child needs, what her behaviors mean and if you're doing right by him. Imagine what it might feel like if you could make sense of what your child is really asking from you.

Circle of Security™ Parenting

An opportunity to join other parents just like you, for a 8-week class where you'll learn to:

- Strengthen your relationship with your child
- Be present with your child during the best and toughest of times
- Recognize your child's needs and make sense of his or her behavior
- Meet your child's needs by being bigger, stronger, wiser and kind

Tuesdays beginning October 8th - November 26th
In Person with FREE Childcare at CES
6:00 - 7:30PM

Presented by: Joy Lenares and Ashley LaParre



**Growing
Stronger
Together**

To register for this FREE workshop, go to:
ColchesterC3.jumbula.com/#/caregiver-programs