

Elgin County Secure Roots Programming

Group programming for parents and caregivers with children aged 0-6 rooted in strengthening family relationships and secure attachments across Elgin County.

Groups Offered:

Secure Steps: An introductory group for parents/caregivers who are interested in learning about Circle of Security or, are on the waitlist to complete the Circle of Security group. This group introduces key themes of Circle of Security such as:

- Introduction to the “Circle.”
- Where do parents/caregivers struggle on the Circle?
- How do we support our children “going out” and “coming in” on the Circle?
- What is Shark Music and how do we manage it?
- How to “Be With” our children when they are experiencing difficult emotions.

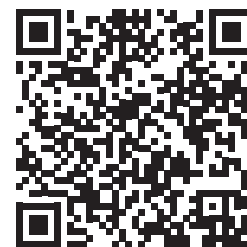
Parents/caregivers are encouraged to share circle stories, have group discussions and engage in interactive play with children to practice Circle of Security skills/strategies.

Circle of Security Parenting Program: explores your relationship with your child and helps you find ways to ensure your child has a secure attachment to you. The aim is to help parents understand challenging behaviour by responding to the child’s underlying need. In this video-based parent reflection program, parents will learn to support their child’s “going out” to explore their world with confidence and “coming in” when they are overwhelmed or emotionally distressed.

Secure Connections Playgroup: Weekly drop-in group for parents/caregivers who have completed the Circle of Security program. This group is a continuation of Circle of Security providing the opportunity for parents/caregivers to practice and strengthen the skills learned in group.

What parents/caregivers will gain:

- The opportunity to build on skills learned in Circle of Security
- Build connections with other parents/caregivers
- Discuss ways to develop secure relationships with our children
- Feel less alone when trying to manage challenging child behaviours
- Consult with group facilitators regarding child behaviours



Scan here to register



Secure Roots

For information about programming please call 519-694-2602 or email kfirth@merrymount.on.ca

Each year, Merrymount serves over 8,000 children and 2,500 families through innovative programs designed to support the overall well-being of children and families.

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