

Secure Steps Parenting Group

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.

For information please call
(519) 434-6848 ext. 253
or email
sheslop@merrymount.on.ca.



Scan here to register.



Secure Roots

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.

**Merrymount Family Support
and Crisis Centre**

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