



## **Cameray** Child & Family Services

The Parent Support Program at Cameray Child and Family Services is hosting  
a **free** online 8-week workshop

### **Circle of Security™**

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. During this 8-week series, you will learn how to:

- Understand your child's emotional world by learning to read their emotional needs;
- Support your child's ability to successfully manage emotions;
- Enhance the development of your child's self-esteem;

**WHERE:** Zoom Online Group

**WHEN:** Wednesdays 10:00am – 11:30am April 7 – May 26, 2021

**HOW TO REGISTER: Registration is required** - To register please email [pspgroupsignup@cameray.ca](mailto:pspgroupsignup@cameray.ca) or call 604-436-9449

**Stronger Children, Stronger Families, Stronger Communities**

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