

Circle of Security

As stated on the 'Circle of Security Parenting Program' website, Circle of Security supports the following:

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.

Using the COS-P model developed by the Circle of Security originators, our trained Facilitators work with parents and care-givers to help them to:

- Understand their child's emotional world by learning to read emotional needs
- Support their child's ability to successfully manage emotions
- Enhance the development of their child's self esteem
- Honor the innate wisdom and desire for their child to be secure

If parents would like to know more information about this program, please check out their website. They have a great animated short on the front page of their website giving a preview on what Circle of Security Parenting Program is about.

<https://www.circleofsecurityinternational.com/>

Joanne Brown from New Directions Parenting Centre is now taking names for parents interested in the Circle of Security training. It will begin January 2019. If anyone is interested please contact Samantha Suche at 204-786-7051 (ext. 5212) or Samantha.suche@newdirections.mb.ca to register.

We truly believe this strategy is a great tool for families and caregivers, so much so that we will be training all our staff at both locations in 2019.