



**AURORA FAMILY THERAPY PRESENTS**

# **Circle of Security Parents Group**

**AN 8 WEEK PROGRAM FOR PARENTS TO REFLECT &  
LEARN SKILLS TO HAVE A MORE SECURE RELATIONSHIP  
TO A CHILD (AND CO-PARENT!) IN THEIR LIFE**



**Wednesdays 7:00-9:00 pm**  
**Starting July 21; Registrations due by July 16**  
**Sessions on Zoom**  
**Total course cost; \$80/individual, \$120/couple**  
**Reduced rates available where needed**





Feeling overwhelmed with parenting during COVID?  
Struggling with your child's behaviour?  
Unsure what parenting advice to follow?  
Want a more secure relationship to your child?

## Learn to be bigger, stronger, wiser and kind

- **Understand** your child's emotional world by learning to read emotional needs
- **Support** your child's ability to manage emotions
- **Enhance** the development of your child's self esteem
- **Honor** the innate wisdom & desire for your child to be secure
- **Connect** with & better understand your co-parent

For inquiries or to reserve your spot please call (204) 333-7845 or email [anderson-warkent-s62@webmail.uwinunipeg.ca](mailto:anderson-warkent-s62@webmail.uwinunipeg.ca)