

CIRCLE OF SECURITY

8 week Parenting Program



Time: 6:00-7:30 pm

Dates: Tuesdays, June 6 - Aug. 1

Venue: HRDC Gardenside Room
2229 5th Avenue, Havre

Cost: FREE!

Please call or text (406)399-1919 to register.
Registration is required and space is limited.

Parenting is one of the most difficult jobs on the planet.

*We find ourselves asking: "Why would she behave like this just to get attention?",
"Is there something wrong with him?", "Why do they know just how to push my buttons?"
What if the problem lies in the question ... what if we instead asked:
"What is her behavior telling me?" or "How can I improve my relationship with my child?" ...
we start to see that **the need for attention is actually a need for connection!***

About the course: This program is based on decades of research on best practice parenting for healthy child development. It is designed to help parents and caregivers of young children learn how to provide a loving, safe and secure base for their children. Using DVD examples of real families, parents will see how their parenting choices impact their relationships with their children, as well as their children's behavior.

Who should attend: The course was developed for parents of children ages 0-5, but expectant parents and parents of older children, foster parents ... anyone who is raising children is invited to attend. It's never too late to connect!

What to expect: Participants will be introduced to the Circle of Security "roadmap" and watch DVD clip examples of how to implement it with your children. You will be asked to reflect on your own upbringing and how it influences your parenting style. (Don't worry, you won't be pressured to share with the group!) Through the clips and teaching, you will begin to better understand your child's behavior, recognize the underlying emotional needs and the importance of responding in ways that meet these needs, both for short-term behavioral change and long-term developmental outcomes.

About the facilitator: Amber Spring is a Licensed Clinical Professional Counselor and has a master's degree in Marriage and Family Therapy. She is a registered Circle of Security Educator.