Psychotherapy & Healing Associates, Ltd.

(612) 296-3800 • Multiple Twin Cities Locations and Greater Minnesota
www.phawellness.com

ONLINE PARENTING & ATTACHMENT GROUP

Circle of Security Parenting™

An 8-week parenting skills & counseling group utilizing research on parent-child attachment.



This group is for:
Parents and caregivers of children ages birth to 6 years – however, those with older children are welcome, too! Circle of Security is an attachment-based parenting skills & counseling group that helps parents & caregivers better understand & grow their relationships with their children. This group also helps parents & caregivers address their own feelings about parents and & themselves, by growing confidence & competence.

At times, most of us feel lost about what our child might need from us. This group shares skills & insights gleaned from decades of research on how securely attached relationships can be supported and strengthened by parents and caregivers. This group will also help you manage your own emotions and feel better about yourself as a parent.

THIS IS MORE THAN A CLASS OR SUPPORT GROUP. YOU WILL LEARN TO:

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

AND IN THE PROCESS YOU WILL:

- **Learn** how to manage your own emotions
- **Build** parenting competence
- **Increase** your own confidence & self-esteem
- **Reduce** depression, anxiety, & adjustment symptoms

Each session includes handouts, videos, and small group discussions.

Call, Email or Scan QR Code to register:

info@phawellness.com

(612) 296-3800

To get the most out of the group, attending each session is important.