



CIRCLE OF SECURITY

FREE 10-WEEK PARENTING PROGRAM

Parents are invited to join our free 10-week parenting program that will help you:

- learn how to recognize your child's needs and better understand their behavior
- be supported as a parent and gain ideas on how to make parenting easier
- begin to understand your own reactions to your child's behavior

This program is designed to help you understand and respond to your child's needs, and as a result, creates a better relationship.

TIME: 10:30 a.m. - Noon
DATES: Wednesdays, March 13 to May 1, 2019
LOCATION: Faith Lutheran Church/ACES
300 Washington Street, Middletown
Childcare will be provided.

Registration closes on March 6. Registration is required as seating is limited.

To register and for more information, call **Cyndi Perry Whaples (860-358-6958)** or **Sarah Thibodeau (860-358-8849)** of Middlesex Health Family Advocacy Program.

This program is provided through funding from the Nurturing Families Network, a division of the Connecticut Office of Early Childhood and the Middlesex Health Family Advocacy Program.

Social and Emotional Playgroup for Children

This program happens at the same time as the parents' group

- Our activities build social, emotional, physical and cognitive skills
- Playtime enhances social skills with peers
- Self-confidence and esteem will be built