



Presents:



Introducing Circle of Security Parenting

www.circleofsecurityinternational.com

## What is Circle of Security?

Circle of Security is an evidence-based, eight-week group parenting intervention based in attachment theory. This group intervention is geared toward parents of children between the ages of four months and six years.

## Circle of Security Parenting aims to:

- Support individuals as they navigate parenting challenges
- Build awareness of ways in which parents serve as a secure base and safe haven for their children
- Build a sense of community and connection among parents

Run over 8 weeks

Family Resource Centre, Commons Rd, Navan.

For info contact us on 0469073178 or PM our FB page