

Circle of Security Parenting Class

ENGAGING, INTERACTIVE, and REFLECTIVE, this program provides a **'Road Map'** for parents to understand their child's behaviours and needs. It opens parents' eyes to show them that children tell us what they need through behaviours.

Join other parents in learning to: **read and respond** to your child's cues, **soothe** your child, **use play** to build a secure attachment, and **set limits** and **establish boundaries** in a kind, no nonsense way. The learning occurs in a supportive, small group environment. For the maximum educational benefit, this group is for **parents only (no children)**.

Evelyn Wotherspoon and Associates is co-hosting this program because it is evidence-based and is delivered by Jan McInnis, a skilled parenting coach and registered COS Parent Educator. Group sessions include the use of recorded real life examples which easily and clearly illustrate the needs of a young child and how parents can respond effectively and sensitively.



FACILITATOR- JAN MCINNIS
Registered COS Parent Educator
(Of Evelyn Wotherspoon and Associates)

4 SESSION- PARENTING PROGRAM

WHEN- Thurs Mar 16- Apr 6, 2017

TIME- 6:30-9pm

WHERE- Calgary Reads,
Kahanoff Centre
105-105 12th Ave SE

COST- \$185

**REGISTRATION AND
PAYMENT DEADLINE-**
Fri Mar 10, 2017

**MAXIMUM
ENROLLMENT – 10**

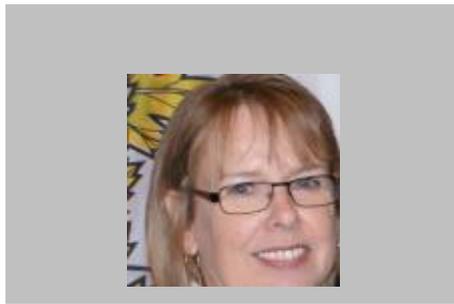
Upon completion of all 4 classes,
participants will receive a
Certificate of Attendance.

**Individual classes available
in your home upon request**

'Circle of Security' is a relationship based early intervention program designed to enhance attachment security between parents and children. Decades of research have confirmed that securely attached children have more empathy and self-esteem and are more resilient in the face of adversity when compared with children who are not secure. This program uses the Circle of Security concepts and strategies to teach parents how to support a secure attachment with their children.

"I had no idea that the behaviors my child was displaying was him telling me what he needed." JM

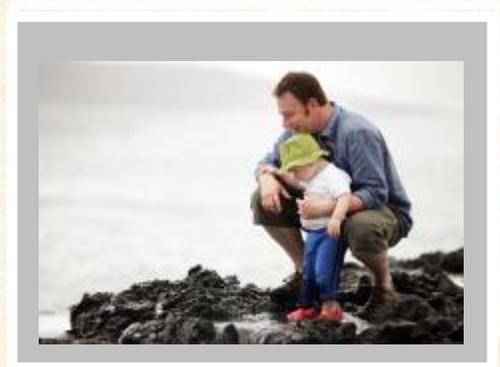
"Circle of Security taught me to use 'open hands' with my toddler. Instead of jumping in to fix the upset, I can open my hands and she knows she can come to me and we will fix it together." MG



The facilitator, Jan McInnis, is known for her warmth, compassion and expertise. Jan is a registered Circle of Security parent educator who has been using attachment concepts and strategies with parents for many years.

Watch this short video to get an idea of how COS can help you to have a fulfilling and close relationship with your child

<https://vimeo.com/122770192>



For more information or to register, please contact

Jan McInnis
cosparent@gmail.com
587-777-4414

Jan McInnis RSW Reg Circle of Security Parent Educator
Mindful Mediation
A member of Evelyn Wotherspoon and Associates
cosparent@gmail.com
587-777-4414