Circle of Security Parenting Program

Presented by: Bethel Family Resource Center, Anne Johnstone-Diaz (Facilitator)

Sponsored by: Bethel School District, United Way of Lane County, and the

Oregon Parenting Education Consortium

Location: Bethel Family Resource Center 3455 Royal Ave in the Fairfield Annex Building (driveway just West of the playground)

Dates: English Language Program: Thursdays 5:30-7:45 Beginning April 18 and running for 8 weeks (4/18, 4/25, 5/2, 5/9, 5/16, 5/23, 5/30 and 6/6).

Times: Thursdays 5:30-7:45 Dinner and Childcare Included

Cost: FREE

Who should attend: Caretakers of children 0-5 interested in understanding more about how children express their needs and the support we can provide to nurture healthy adult/child relationships and child development.

How to register: Call The Bethel Family Resource Center at 541-607-1449 or email us at [frc@bethel.k12.or.us](mailto:frc@bethel.k12.or.us), Tell us your name, number of adults attending, ages of children for childcare, special needs, special dietary considerations. We will get back to you with a confirmation.

At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

Learning Objectives of the Program:

• Understand your child’s emotional world by learning to read the emotional needs

• 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