



Circle of Security Parent Groups



Eight Week Parent Group

About the Group:

This is a reflective parent group that is built on decades of research. Using the principles of Attachment Theory and a simple circle graphic parents will work through the following:

- Understanding our children's emotional world by learning to read their emotional needs
- Supporting our child's ability to successfully manage emotions
- Enhance the development of our child's self esteem
- Honor our innate wisdom and desire for our child to be secure

Current Groups

IN PERSON

Monday Evenings (6-7:30pm)

**Location: Kinbridge (Main Location)
200 Christopher Drive, Cambridge**

8 WEEKS

**Starting Monday January 15, 2024 and
last session is March 04, 2024**

For more information or to register
for a group please email
groups@caminowellbeing.ca OR
call 519-743-6333



MAIN OFFICE

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caminowellbeing.ca