



Community Wellness

# Circle of Security

## Parenting Program

Starting October 5th for 8 weeks



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.

**WHAT:** Understand your child's emotional world by learning to read their emotional needs  
Support your child's ability to successfully manage emotions  
Enhance the development of your child's self-esteem

**WHEN:** Every Wednesday from 10:30am-12pm in Belleville

**WHERE:** 161 Bridge Street West, Belleville

**Free and Open to Everyone in the Community!**

**Advanced Registration Required**

For more information, please call 613-962-0000, press '0' for reception

*Please Note: Group programs may be cancelled with short notice due to Covid-19*



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