



Sponsored by: YWCA Spokane

Facilitated by: Teresa Dixon, Services Coordinator
at the Women's Opportunity Center

Location:

YWCA Spokane
930 N Monroe
Spokane, WA 99201

The Circle of Security is an 8 week parenting course available on the following dates

Dates & times:

- Weekly, 1-2:30pm, on Wednesdays, September 27-November 15, 2023

Cost: *Free*

Who should attend: Moms with children ages 1 year and older. *Free childcare available upon request.*

How to register: Contact Teresa Dixon at the following: teresad@ywcaspokane.org or 509-724-6337 (call or text)

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

For more information about Circle of Security and to access additional parenting resources:

www.circleofsecurityinternational.com/resources-for-parents

For information about the YWCA Spokane or to access support:

ywcaspokane.org

24 Hour DV Support: 509-326-2255 or help@ywccaspokane.org

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SPOKANE