

Strides Toronto presents
Circle of Security Parent Group

Spring Groups Starting Soon!

*Many parents wish children came with instructions.
You're not alone. **We have a program for you!***

The **Circle of Security Program** can help you strengthen your parent-child relationship and gain confidence to better understand and support your child, especially during times of upset or distress.



This **FREE** 8-week virtual group will enhance your ability to support your child to achieve increased calmness, cooperation, and effective communication. You will gain knowledge and a deeper understanding of how behaviour and connection can impact your relationship with your child. As a caregiver, you will understand the importance of building a secure relationship with your child and help them to know that they can turn to you for support when confronted with difficulties or challenges.

Spring 2024 Groups

- Option 1) Tuesday Morning Group 10:00 - 11:30am
- Option 2) Tuesday Evening Group 6:30 - 8:00pm
- Duration April 23, 2024 - June 18, 2024
- Time Meeting one time per week for 1.5 hrs
- Location Virtual through Zoom



Call us at 416-438-3697 ext. 19055 for registration or more information about the Circle of Security Parent Group.