



All parents wonder if they're getting it right.

You're not alone. Sometimes it's hard to tell what your child needs, what her behaviors mean and if you're doing right by him. Imagine what it might feel like if you could make sense of what your child is really asking from you.

Circle of Security™ Parenting is an opportunity to join other parents just like you, for an 8-week class where you'll learn to:

- Strengthen your relationship with your child
- Be present with your child during the best and toughest of times
- Recognize your child's needs and make sense of his or her behavior
- Meet your child's needs by being bigger, stronger, wiser and kind

Who should attend: Parents or Guardians of Children

Location: Nebraska Extension in Saline County, 306 West 3rd Street, Wilber, NE

Dates: February 6, 13, 20, 27; March 6, 13, 20, 27, 2019 **Times:** 6:30 - 8:00 PM

Cost: FREE

How to register: Email or call Leanne Manning at leanne.manning@unl.edu or 402-821-2151

Presented by: Leanne Manning

Sponsored by: Rooted In Relationships