At times all parents feel lost or without a clue about what our child needs 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 an 8 week program based on years of research about how to best support and strengthen parent-child relationships. It is designed to help parents give their children a feeling of security and confidence so their children explore, learn, grow and build positive relationships. Parents who complete the class say their children are now more understanding of other’s emotions, have stronger self-esteem, and have happier, more positive relationships with their parents and other children.

**What’s in it for me?**

- Learn the importance of the parent-child relationship and how to keep it strong
- Learn how to manage your child’s emotions and your own response to them
- Learn how to be the best parent you can be
- Learn how to “be present” with your child during the best and toughest of times

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**Presented by:** Children’s Respite Care Center  

**Location:** CRCC Northwest Facility (2010 N. 88th Street)  

**Date:** February 2017 (Exact start date TBD)  

**Times:** 4:30-6:00  

**Cost:** $80 for 8 week course

Who should attend? **The course was developed for parents of children 0-5, however parents of older children, expectant parents, and individuals in a parenting role are also encouraged to attend.** Whether you are struggling with defining your role as a parent, or just want useful information on how to be the best parent you can be, this course is invaluable.

**How to register:** Contact Kalisha Reed at kreed@crccomaha.org or 402.496.1000