

CONFIDENT PARENTING STARTS HERE

The Circle of Security® Parenting Series



Why Participate?

- **Enhance your parent-child bond**
Learn to understand and respond to your child's emotional needs, fostering a deeper connection and trust
- **Manage challenging behaviours effectively**
Discover how meeting your child's attachment needs can decrease troublesome behaviours and improve their confidence
- **Increase your confidence and emotional awareness as a parent**
Develop confidence in your parenting choices and improve emotional communication

Register Anytime

8-Week Attachment-Theory Based Reflection Class For Parents and Caregivers

- **Format:** Virtual or In-person
- **Led by:** Sherry de Rappard, MD, FRCP(C)
- **When:** Monday 5:30-7:30 PM or Tuesday 6:00-8:00 PM
- **Location:** #303 - 2902 W Broadway
- **Admission:** Rolling admission
- **Cost:** No cost with physician referral

More Information →



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Book your 20-minute consult

