



Circle of Security Parenting™ Class

Circle of Security Parenting™ is an 8-week evidence and strength-based parenting education program offered by the Parenting Education Department at The Opportunity Alliance.

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

Minimum of a 12-parent enrollment with anticipated start date below

January 31, 2023 – March 21, 2023
Tuesdays 9:30 – 11:00 am via ZOOM

To register for this class please contact:

Kelly Dell'Aquila, Circle of Security Parenting Co-Facilitator at:

Kelly.dellaquila@opportunityalliance.org

207-523-5023

Registration for this class will be open until January 24, 2023 or until full.