



Circle of Security

For Parents with children birth–5 years

Imagine what it might feel like if you were able to make sense of what your child was really asking from you.



Learn how to help your child feel safe, regulate their emotions, and build their self-esteem.

Bring a friend to the first session & be entered for a



Dinner & Childcare Provided

\$25



Gift Card



When?

Wednesdays

Sept. 10 - Oct 29

5:30-7:30PM

 **Handouts Included**

Call or Scan to Register



**541-389-5468
Option 2**

Where?

Family Resource Center

**2500 NE Twin Knolls Dr. #130
Bend, OR**

FAMILY RESOURCE CENTER
of Central Oregon



Brandi

Brandi brings out the best in others, she listens without judgment, sees, and nurtures positive perspectives.