



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

Presented by: **Karen Sayler Registered Parent Educator**

Sponsored by: **PRT 15, ESU 15 and McCook Community College**

Location: **McCook Community College
McMillen Hall Room 203
East 3rd Street McCook, NE 69001**

Dates: **Tuesdays January 13, 20, 27
February 3, 10, 17, 24,
March 3**

Time: **6:30 - 8:00 PM CST**

Cost: **\$25.00**

Who should attend: **Early Childhood Providers/Professionals, Parents**

To Register Contact: **Sharon Kircher, MPCC 308-345-8123 or kirchers@mpcc.edu**

