

Circle of Security Parenting Group

Circle of Security (COS) is an **8-week attachment-based parenting program** designed to help caregivers better understand and respond to their children's emotional needs, with the goal of building **secure attachment relationships**. It is grounded in decades of attachment theory and research. In person only.

Presented by: Kate Fagan, LCSW, PMH-C

Location: Institute of Living/Buckingham Building 1st Floor

Dates/Time: Call or email to inquire

Cost: We accept most insurances

Who should attend:

- Parents of young children (typically aged 2 months–5 years)
- Caregivers struggling with attachment or bonding
- Foster and adoptive parents
- Parents with mental health concerns (e.g., anxiety, depression)
- Families involved with child welfare services
- Caregivers with trauma histories



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

How to register: Scan the QR Code to complete referral form to sign up!

Questions: Email IOLPerinatalProgram@hhchealth.org

Phone: (860) 545-7812

