

Waking Life Counseling, LLC
Katie-Beth Whitcomb, MA, LPC, RPT-S, ECMH-E®, NCC
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(303) 253.2342



Facilitated by: Katie-Beth Whitcomb, MA, LPC, RPT-S, ECMH-E®, NCC

Location: Virtual

When: Tuesdays February 10th – April 7th
(No Group March 24th)

Time: 12:00pm-1:30pm **Investment:** \$65/session (8 sessions total)

Who should attend: Parents / caregivers with children ages 6 months to 6 years

Contact Katie-Beth to enroll: Katie-Beth@wakinglifecounseling.com

The Circle of Security Parent™ group is based on decades of research about how secure parent-child relationships can be supported and strengthened. This group is for parents of young children ages 6 months – 6 years; for parents who may feel lost or confused about their child's needs. This group will help you feel more confident in your parenting! Imagine what it might feel like if you were able to make sense of what your child was really asking from you. This group is small – only 4 participants per session - which gives the opportunity to connect with other group members and know you're not alone in feeling confused or stressed about connecting with and understanding your child.

Learning Objectives of the Group:

- Understand your child's emotional world by learning to read their 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

Please call or email Katie-Beth with questions or to register. \$250 is due at registration and the remaining amount of \$270 is due on February 10th. Don't wait – register today and secure your spot!