

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®

Location: Remote **Dates:** March 4th – April 29th (Mondays)
(no group Monday March 18th)
Time: 11:45am-1:00pm **Investment:** \$65/session (8 sessions total)

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

How to register: email Katie-Beth at: Katie-Beth@wakinglifecounseling.com

The Circle of Security Parenting™ 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 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 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
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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 March 4th. Don’t wait – register today and secure your spot!