

HAVE YOU FALLEN OFF THE CIRCLE AND CAN'T GET BACK ON?

ARE YOU NEEDING MORE SUPPORT TO CONTINUE YOUR CIRCLE OF SECURITY PARENTING JOURNEY?

PLEASE JOIN THIS FREE MONTHLY DROP-IN GROUP!

WHEN: Wednesdays in 2025

September 24th

October 22nd

November 26th

December 17th

TIME: 10 am to noon

WHERE: Gaynor public library: Selkirk Huddle for Sept & Oct, Heritage room for Nov & Dec

TO REGISTER: Call or text Sherisse to secure your spot: 204-485-0652

PREREQUISITE: Completed the 8-week Circle of Security parenting program in the last year

This free monthly drop-in group builds on the concepts learned in the 8-week Circle of Security parenting program. The goals of the group are:

- Review of COS concepts previously learned*
- Encourage and practice ongoing use of COS strategies*
- Share circle stories*
- Provide support to one another & build community*
- Encourage continued growth as a person and parent*



In partnership with the Selkirk and Area My Health Team, Interlake-Eastern Health Authority and Selkirk Huddle